

Conference Paper

The Tradition of Melukat in Trauma Healing

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Abstract.

Melukat is a Hindu spiritual cleansing ceremony for the mind and soul. It has been practiced for generations. Spiritual cleansing refers to getting rid of dirty/klesa influences. This study intends to reveal the attractiveness of practicing Melukat to recover from a sense of trauma as part of self-empowerment efforts to improve the community's quality of life. Recently, Melukat has attracted public figures' interest. This had pros and cons in the community. Data collection was carried out by conducting a literature study. The data obtained was compiled and analyzed to get an understanding of the nature of Melukat. The results of the literature study showed that post-traumatic experiences due to the COVID-19 pandemic were one of the reasons for people to carry out the Melukat tradition, aiming to heal, sanctify themselves, and relieve the trauma they experienced. It was also discovered that the Melukat tradition was prohibited from being carried out by certain groups because it was not in accordance with their religious teachings.

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1. Introduction

Trauma is the body's emotional response to a horrific event such as an accident, rape or natural disaster. It can also occur in response to a physically or emotionally harmful event. Trauma can appear after the incident or in the long term. Factors causing trauma include an unsafe environment, parental separation, serious illness, neglect by those closest to them, and many more.

The existence of the Covid-19 pandemic that occurred was also one of the factors causing trauma. This is due to conditions that come and change suddenly, eventually making people unprepared to deal with them [1]. Also, people affected by the Covid-19 virus who self-isolate will feel lonely because they cannot meet their parents or those closest to them. The lack of support from those closest to them during such conditions also eventually makes them feel they have no hope [2].

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Post-trauma that occurred due to the impact of COVID-19 ultimately made people interested in healing for themselves, with the hope of reducing the stress and trauma they felt. The healing they do can be in the form of visiting natural attractions, spiritual healing, meditation, and others [3]. The Melukat culture in Bali, Indonesia, is one of the people's concerns in trauma recovery or reducing the stress experienced. Melukat is a form of spiritual healing for the Balinese Hindu community [4]. Enthusiasts for Melukat are increasing, not only for the people around Bali but also reaching out to communities outside the Bali region and even abroad, as shown by the hectic conversations on social media and visitor data for Melukat [5]. This article will discuss what made Melukat become a lot of enthusiasts in the process of trauma healing during the Covid-19 period.

2. Literature Review

2.1. Definition of Melukat

Stated from [6] the Melukat tradition is:

1. Examining the function of water as a complex customary tradition with interconnected, interdependent parts with precise procedures and roles. It is a tradition to maintain harmony between Parahyangan, Pawongan and Palemahan, which is still being carried out from generation to generation until now.

2. Humans have spiritual/spiritual needs, namely belief in God Almighty. Sometimes, this closeness psychologically gives suggestions to feel peaceful and safe. Spiritual life is essential and related to mental health. Spirituality can keep people from feeling stressed so that they become mentally healthy, meaning that a healthy mind will feel closer to God, feel surrendered, and believe that something from God is the best.

3. There is a term spiritual therapy that has developed in society. But religion assures us that illness is not merely suffering. All have a relationship with the Almighty. Not only physical condition but also psychological illness. By having good spirituality, it is believed that God will provide healing.

[7] stated that the meaning of Melukat has two understandings: first as a mandatory ritual that requires a prayer ceremony and a Hindu priest at a certain time, and the second is Melukat as a tourist attraction where the offering is used in moderation, and the priest is always on duty.

2.2. Groove Doing Melukat

Reported from research conducted by [8] at Sunaradi temple:

People who perform the Melukat ritual must use a white cloth. White cloth has been provided in the temple area free of charge and can be used in rotation between fellow visitors.

People are encouraged to bathe first in the main pool flow before entering the main pool area. This is done so that the main pool area is completely sterile and not exposed to suds, soap, and shampoo.

Before entering the main pool, the community first makes Canang (offerings) in the sacred pool to respect the temple area.

The Melukat ritual is performed in the main pool, there is a large shower, which is a spring that never stops flowing. People will take turns bathing and praying right before the shower. Using the holy water, usually made spiritually or from holy springs, fragrant flowers of various types and colours, small young coconuts or called Bungkak. Usually use the green Bungkak (Bungkak gadang) and the yellow Bungkak (bungkak ivory), the means for the offering ceremony are called Pejati and Canang.

After Melukat, the people change their clothes to wear the middle/main traditional prayer clothes.

Besides the Melukat pond area there is a Pesimpangan temple, so people who have Melukat are obliged to pray at the Pesimpangan Temple using Canang and daksina facilities.

After praying at Pesimpangan temple, the community is advised to pray at Utama Mandala, which is next to the primary location of the Melukat pond.

3. Method

This study uses the literature review method to investigate the development of the trauma recovery tradition of Melukat. The journal study method involves analyzing literature from various scientific journal sources relevant to the study topic. The selection of relevant literature is done by considering the quality, methodology, and accuracy of previous studies conducted in this field.

This study collected related journals and literature focusing on the Melukat tradition and trauma healing. Data from the literature include significant findings, research methods, and related research results. After collecting data from various journals, researchers analyze and compare these findings to identify emerging trends and patterns.

4. Discussion

4.1. The Relationship of Melukat and Trauma

There is no health without mental health. Body health is not only seen in physical appearance but is also related to mental. Psychological trauma is a condition that occurs as a result of a bad event that befalls a person. These unpleasant events make those who experience them feel insecure and helpless in the face of a world of dangers.

The Covid-19 pandemic can be a trigger for ongoing trauma. For almost two years, people have experienced a lot of grief, even losing loved ones due to Covid-19. Nearly 5 million people died from Covid-19. Not a few have lost their jobs and are financially unstable [9].

The World Health Organization (WHO) says the pandemic has caused mass trauma on a larger scale than World War II. This trauma is what some medical professionals call post-pandemic stress disorder or Post post-pandemic stress Disorder (PPSD) [10].

Various methods are used to recover from trauma and achieve mental and spiritual health, including participating in the Melukat ritual. Recently, the tradition of Melukat has been loved by many artists to restore their mental health.

Reporting from health.detik.com, the Melukat tradition is believed to be able to heal someone's trauma. Psychologists view trauma healing by wounding as permissible, especially for mental health purposes [11].

The Indonesian Association of Clinical Psychologists (IPK) Annelia Sari Sani believes that handling trauma from both the psychological, medical and cultural domains, such as the procession of wounding, can contribute to recovering a person from traumatic injuries [11].

For Hindus in Bali, Melukat is part of the religious tradition. This activity has long been and is routinely carried out as a form of self-purification. While undergoing this purification, tourists also feel some other meanings and meanings. In his book *Spiritual Tourism: In Theory and Application*, he conducted in-depth interviews with several tourists. In research conducted by [5], almost all tourists agree that they feel refreshed or calm after performing the Melukat ritual. It is because there are several Melukat

activities, including praying, sitting and contemplating, listening to nature stories, and the like. Thus, tourists can be swept away in a serene atmosphere.

4.2. The Connection of Melukat with Healing

4.2.1. Indonesian Mind Healing Technique

Stress is a physical and psychological reaction to every demand that causes tension and disrupts the stability of everyday life. According to the WHO (World Health Organization), stress is the body's reaction or response to psychosocial stressors (mental pressure or burdens of life) [8].

There are several ways to reduce stress or also known as coping. According to Weiten and Lloyd, coping is an effort to reduce, overcome or tolerate the burden of feelings created by stress. The coping activities include [10] :

1. Reducing harmful environmental conditions.
2. Being tolerant (adjusting) to adverse events or realities.
3. Maintaining emotional balance and positive self-image.
4. Building positive relationships with others, and, most importantly.
5. Drawing closer to the Creator.

If someone still can't deal with stress, he can see a psychologist for consultation, followed by therapy or alternative ways. One alternative method is self-healing by training brain waves to stay in the sincere zone every day and apply all our activities; then, a willing and honest attitude toward life will be created within us.

One effort to reduce stress levels can be done with self-healing. In practice, self-healing is a term that uses a principled process that the human body can repair and heal itself through specific scientific methods. These methods, for example, are related to the human mind. Physical and psychological health is actually closely related to the feelings of the heart and mind. "Happy thoughts create happy molecules. Healthy minds create healthy molecules." Furthermore, stress will make various diseases easily enter and undermine our health.

Several psychotherapeutic theories emphasize how we think, especially about ourselves, dramatically affecting our lives. The thing that distinguishes one soul from another is the level of consciousness. A healthy or sick soul can be distinguished from the mindset and behavior of that person.

Self-Healing through the Mind Healing Technique is always associated with prayer therapy methods, positive thinking, relaxing, focusing to heal, listening to Murotal and Surrender. With this method, we are guided to enter the sincere zone so that thoughts and feelings become light and peaceful because the heart becomes more peaceful and full of love. This Mind Healing Technique is owned by Melukat in ceremonial activities such as praying, praying, and releasing negative energy [12].

Mind Healing Technique Indonesia has facilities that can help people overcome physical and psychological problems, especially stress, in dealing with their issues. The Mind Healing Technique Indonesia provides therapy by praying, thinking positively, relaxing, focusing on healing and surrendering. As well as being guided to enter the sincere zone so that thoughts and feelings become light and peaceful because the heart becomes more peaceful and full of love [13].

This mind mind-healing technique in Indonesia can help with different problems such as stress, anxiety, confusion, prolonged sadness, fear, and disappointment in various circles, namely parents, youth, employees, and others.

4.2.2. Healing Activity

There are several ways to do self-healing [13], including:

1. Me time

Me time is time for yourself. For example, doing a hobby that has been considered so fun or even going on vacation to several places you want to visit. The positive impact of me time is that it can make you relax and feel comfortable. This could be a mental treatment method that was previously injured.

2. Mindfulness

Mindfulness is done by closing your eyes and then breathing fresh air. This method is considered helpful for oneself and personal thoughts, starting from helping the process of managing thoughts and feelings to the environment in individuals.

3. Forgive Yourself

One of the things that makes a person experience inner pain is not being able to forgive oneself for the circumstances that have been. The best self-healing way in this condition is to forgive yourself and slowly accept reality. This will help to be calmer and get the best course of self-healing.

4. Meditation

Meditation can be done in a quiet and calm place by taking the most comfortable position, placing your feet on the ground/floor, taking a deep breath, and exhaling slowly.

4.2.3. Healing Environment Theory

The Healing Environment concept is a design theory that links space with human health and well-being to create spaces that make users feel better and happier. Healing Environment is a concept that connects the environment with human health and well-being to create spaces that make users feel better, live longer and happier. The idea of the Healing Environment is usually applied to hospitals and is proven to improve the healing process and reduce the stress level of patients [13].

The environment shapes our body, mind and spirit. The environment is the source of all the stimuli we receive. Through complex neurological processes, impulses, transmissions, interconnections, and interactions, these stimuli can be sensed, stored, and set in motion by the body. These reactions include physical responses ranging from simple reflexes to more complex answers such as fainting or modulation of the immune system. In addition, a whole range of emotions, from ecstasy to depression, can be experienced due to environmental conditions. These emotions then have physiological effects on our bodies. Healing Environment is a concept that connects buildings with human health and well-being to create spaces that make users feel better, and live longer and happier [13].

Healing Environment is an environment that can improve health and provide a restorative experience to the user. This environment can be achieved by incorporating natural elements such as natural light, natural air, and natural elements. An unorganized environment makes users tired, whereas a clean, easy-to-read environment gives peace of mind. This calm can provide healing. Thus the Healing Environment provides a restorative experience and sends a good safety message. The environment should also have a hierarchy indicating which spaces are essential, of secondary importance, and what exists at a level of detail that the user's sensory systems can sense. Because of this, Stigsdotter concluded that the Healing Environment must be balanced between being in the environment, experiencing the environment and working on the environment, the visitor's mental power, having spaces with different characteristics, and easy accessibility for users [13].

4.3. Melukat, from A Religious Point of View

The people who come to do Melukat are not only Hindus but some from non-Hindus. This is interesting because many think carrying out the Melukat ritual on certain days can cure medical and non-medical ailments. In this case, the community considers Melukat to contain magical powers. As stated by Tylor [14] (in Daniel L. Pals. 2012: 39), magic is based on a combination of ideas of a tendency "which lies at the base of human ratios." If someone in their thinking connects one idea with another, then logic will lead them to conclude that the same relationship also exists outside the mind.

In addition to treating illnesses, the people who perform the Melukat ritual also think that after carrying out the Melukat ceremony, they feel cleaner physically and mentally. In addition to Melukat, the community can carry out religious tourism, namely praying and recreation in the forest and culinary tours. Some tourists also feel that after painting, the body will feel fresher, and apart from that, according to research, bathing in cold water can open pores, so it is perfect for regenerating dead skin cells.

4.3.1. Melukat According to Non-Hindu Views

There are pros and cons to the increasing interest in the Melukat ceremony. Melukat, and the like are forbidden for a Muslim [15]. Therefore, cultivating a place and ritual that is an act of ignorance that is prohibited by Allah and His Messenger, vowing to do good deeds in all areas is permissible if the place where the vow is made is not carried out by the ritual of ignorance if the way of ignorance is found in one place then it is the same as do idol worship in that place, and this is strictly prohibited by Islam.

For example, a friend of the Prophet vowed to slaughter a camel in a place called Buwanat. The Prophet checked whether there had ever been a cult in that place where idols were worshiped or something like that; a friend answered that there had never been a cult there, then the Prophet allowed the vow to slaughter the camel, meaning that if there was a cult of ignorance in a place, vows in that place are prohibited. In addition, if this ritual leads to a specific religious ritual, then this activity is forbidden, because Tasyabbuh (following) the rituals of other religions. If it is done, then it is part of it.

In other religions, such as Christianity, Catholicism, Buddhism, and Confucianism, to follow the tradition of Melukat itself, there is no prohibition in the book. It goes back to the beliefs and choices of everyone.

4.3.2. Melukat According to the View of Hindu Religion

Everyone can be hurt if the person wants and believes [16]. Don't worry. Melukat is not a religious conversion ritual. You are not an auto-Hindu just because you have embraced it. Since artists and influencers have been busy painting and publicizing their activities on social media, the image has become a tourism trend in Bali. Tourism practitioners use the booming "Little Healing, Little Healing" phenomenon by making Melukat tour packages or spiritual tours by visiting Melukat places, including the famous Tirta Empul temple.

According to Hinduism, the Melukat procession aims to cleanse oneself and the mind of anyone who wants it. As is known, the majority of Balinese people adhere to Hinduism. However, this Melukat can be done by anyone regardless of religion.

The goal is to do self-cleaning and peace of mind. It is known that several female artists, through uploading videos and photos on Instagram, also carry out this Melukat procession. Call it Cinta Laura, Jessica Iskandar, Pevita Pearce, and Ariel Tatum.

This ritual is also believed to provide positive benefits if done correctly, regularly, and diligently, for example, every full moon, Tilem, or Kajeng kliwon. However, remember that Melukat is not a way to atone for sins. For Hindus, the law of karma will only stop when someone has experienced moksha or complete liberation.

4.4. Increasing Interest in Melukat

Reporting from [9] Melukat has become an attraction for tourists interested in spiritual tourism for the last few years. Even though it has only recently been busy on social media and carried out by many public figures, this Hindu tradition has been carried out for a long time. Melukat has also become part of several tour packages in Bali. Melukat itself comes from the word Sulukat. "Su" means good and "Lukat" means purification. Melukat is not a new phenomenon. Since a long time ago, the Melukat ceremony has been part of the Bali tour package, whose concept cannot be separated from Bali," said the Chairperson of the Bali Indonesian Tour Guide Association (HPI), Nyoman Nuarta.

Before digitization developed rapidly, the Melukat ritual was in great demand by foreign and domestic tourists. For example, many domestic tourists come from big cities like Jakarta to ask for blessings. While foreign tourists usually come from Japan or Europe.

Only later, when social media became more sophisticated and easier to access, promotions regarding spiritual tour packages that included the Melukat ritual became

increasingly sought after. After observing tourism trends in Bali for years, we see that interest in spiritual tourism packages will continue to increase. "In other words, unique things like seeing sacred places or the like will attract tourists, not just Melukat in Bali." Nuarta said.

Several artists have painted to overcome trauma [17]. Like Pevita Pearce, Ariel Tatum, Nikita Willy, Cita Citata, Jessica Iskandar, Cinta Laura and several other artists. They stated that after doing Melukat they could feel more positive things. Even Pevita Pearce noted that she performed the ritual of Melukat to make peace with her trauma in the past. During the Melukat ritual procession, she cried and was hysterical, but after that, she felt more able to accept all the situations she was experiencing and handle them with love. Based on the data obtained by Mahardika [18], a list of the number of visits by foreign tourists to the temple at Dalem Pingit / Pira Kusti Temple, Pekraman Sebatu Village, Tegallalang District, Gianyar Bali, continues to increase from year to year.

TABLE 1: The number of foreign tourists visit Penglukatan Pura Bali by year.

No.	Month/year	Number of Tourists
1.	December 2017	568
2.	January 2018	1.102
3.	February 2018	960
4.	March 2018	1.360
5.	April 2018	1.490
6.	May 2018	1.600

Based on data obtained by (5) the motivation for tourists to do Melukat is:

1. Cause calmness
2. Strengthen communication within the family
3. Following the trend
4. Soul healing process

5. Conclusion

Trauma is the body's emotional response to a horrific event. The existence of the Covid-19 outbreak that recently occurred in Indonesia is one of the factors causing trauma. Many patients with Covid-19 who are forced to self-isolate due to government policies end up experiencing stress and trauma. It happens because most of them feel lonely, shunned by those closest to them, and do not receive support, so in the end, some

of them feel that they have no hope in life. Post-trauma, due to the impact of Covid-19, ultimately made people interested in healing for themselves, hoping to reduce the stress and trauma they felt. The healing they do can be in the form of visiting natural attractions, spiritual healing, meditation, and others. However, lately, there has been a lot of discussion on social media regarding several public figures who perform the Melukat ceremony in Bali as a means of spiritual healing, intending to eliminate the trauma they have experienced. Melukat itself is a ceremony of spiritually cleansing the mind and soul in humans with holy water, carried out from generation to generation by Hindus until now.

With so much Melukat news carried out by several public figures circulating on social media, it finally attracted and increased public interest in trying to carry out the Melukat ceremony. It eventually caused controversy because this ceremony was seen as leading to Hindu religious rituals. In contrast, most people and public figures who performed the Melukat ceremony were non-Hindu.

Melukat is unlawful for a Muslim due to the cult of a place and ritual, an act of ignorance that Allah and His Messenger prohibit. Meanwhile, according to the views of other religions such as Christianity, Catholicism, Buddhism, and Confucianism, to follow the Melukat tradition, there is no prohibition in the book. It goes back to the beliefs and choices of everyone. Then, according to Hinduism itself, this Melukat procession can be done by anyone regardless of religion.

Psychologists view trauma healing by wounding as permissible, especially for mental health purposes. The Indonesian Association of Clinical Psychologists (IPK) Annelia Sari Sani believes that handling trauma from both the psychological, medical, and cultural domains, such as the procession of wounding, can contribute effectively to recovering a person from traumatic injuries.

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