



PADEPOKAN SILAT TAUHID INDONESIA AS MIND BODY EXERCISE AND BIO-ENERGY MEDICINES

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Abstract

Silat Tauhid Indonesia is a healing/martial art adopting from hijaiyah form for stretching movement, implemented in breathing and dzikr exercise. Silat Tauhid Indonesia train breathing and dzikr for physical and psychosocial as well as mental health. Similar with Qigong practice, Silat Tauhid Indonesia consists primarily of internally energy activating and developing mind, physics, awareness, sense of feeling and focus of human energy entity to heal it self and health care, as well as Bioenergy cultivation for healing. Silat Tauhid Indonesia use term Nur Alif for Bio-energy form. Bio-energy forms such as electricity, magnetic force and bio-field radiation. The increased strength of body bio-field energy through Silat Tauhid Indonesia practice provide benefit in restoring the functions of the body and in addressing the miscommunications between the internal organs, tissues, and cells, thereby preventing and healing diseases and promoting the health and quality of practitioners lives. In concise, this traditional martial art can be a future solution of health care system for individual or wider range scope.

Silat Tauhid Indonesia is a healing/martial art combining martial art refer to hijaiyah alphabet with vital energy circulation, breathing and stretching techniques. Silat Tauhid Indonesia consists of a series hijaiyah movement both leg and arm with deep and dynamics breathings performed while standing. Silat Tauhid Indonesia has been shown to have both physical and psychosocial benefits for the

different populations. Silat Tauhid Indonesia train mind-body, involves a combination of muscular activity and an internally directed mindful focus on awareness of the self, the breath, attention of mind, energy and remembrance of God. Silat Tauhid Indonesia integrates an individual's physical, mental, and spiritual components to improve physical, and mental health, particularly stress related

illnesses. Silat Tauhid Indonesia, similar to Tai Chi and Qigong exercise, consists of a series of breathing practices with body movement and meditation to attain deep focus and relaxed state. Silat tauhid Indonesia supports the health benefits in various of populations with differing characteristics such as age, gender, and occupation



Figures 1. Steady position for Silat Tauhid Indonesia practice

Silat Tauhid Indonesia practice for a subtle energy-based for healing and preventing diseases and improving quality of practitioners lives. Subtle energy fields is an entity to therapeutically assess and treat energetic imbalances, bringing the body's systems (neurological, cardiovascular, respiratory, skeletal, endocrinal, emotional/psychological, etc) back to homeostasis (Ross C. L. 2019). Similar with "Qi" term used in

Qigong and Tai Chi, Silat Tauhid Indonesia use term Nur Alif for Bio-energy form. Bio-energy forms such as electricity, magnetic force and bio-field radiation. These forms of energies function through an energetic network in the body for coherent communication between all the body's organs, tissues, and cells; between the mind and the body; as well as between the body and the living environment. The increased strength if body bio-field energy through Silat Tauhid Indonesia practice provide benefit in restoring the functions of the body and in addressing the miscommunications between the internal organs, tissues, and cells, thereby preventing and healing diseases and promoting the health and quality of practitioners lives.

Silat Tauhid Indonesia is a non-profit organization engaged in sports and public health. Silat Tauhid Indonesia is not a branch of pencak silat because its movements and moves are not competed in the competitive silat arena in the Indonesian Pencak Silat Association (IPSI). Silat Tauhid Indonesia practicing the movements of hija'iyah letters while breathing and remembrance of God (dzikr). All of these rutinity recover and restoring Bio-energy like Qi in Qigong.

Qigong consists primarily of internal energy activating and developing exercises, breathing exercises, meditation, stretching, and physical movements, all pursued with a heightened sense of feeling, focus, and awareness of *qi*-subtle energy. This is what differentiates *qigong* from the other abovementioned modalities. This state of being present with the *qi*, in turn, plays a key role in healing and health care (Sun G. C. 2008). In this special issue, we have focused on Silat Tauhid Indonesia as mind-body exercise (Wang, Y.T, et al. 2017). and Bio-energy medicine.

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