

Stories of Heritage

Kropak Part 1

Lancar Ida-Bagus

© Copyright: Vishnuh-Society

© Copyright: Grandmaster Lancar Ida-Bagus

© Bibliography, photos, and illustrations Vishnuh-Society

No part of this publication may be reproduced or made public by means of print, photocopy, microfilm, or any other means, without the prior written permission of the rights holders. The Dutch and Javanese translations of the Lontar books of the Vishnuh-Society are registered at the Rijkssuccessie in Leeuwarden, the Netherlands, and deposited by Grandmaster (professor, heir, priest) of this Vishnuh-Society R.R. Purperhart.

Grandmaster/Professor/Priest/Heir and Overseer of the Vishnuh-Society of Suriname, Brazil, and the Netherlands, Lancar Ida-Bagus/R.R. Purperhart, and also the eldest and only grandson of the last descendant of the Majapahit dynasty (Bupathi Amat Paul Bolkiyah Ida-Bagus, who died in Suriname in 1965).

© All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form by any means, electronic, mechanical, photocopying, recording, or otherwise, without the written permission of the publisher.

Index

ONLY NATURE LIVES ETERNALLY.....	14
Nature is the Creator of Life.....	14
Live and let live.....	14
"The first initiative	16
"Trace back to the origin."	23
The history and origins of Pencak Silat	28
Determinedly, they rebuilt boats once more.....	46
"The Vishnuh-Society and the Liberation of Slaves in Suriname"	52
"The Vishnuh-Society and Withdrawal from the Surinamese Community"	59
"The Vishnuh-Society and the Discovery of Pencak Silat in the Netherlands.....	71
The Spread of Pencak Silat by Gurubesar Lancar Ida-Bagus .	73
The Anchoring of Pencak Silat: A Legendary Precedence	75
"Pencak-Silat, what is it?	77
The Facts - The Doctrine.....	77
"The Historical Role of Pencak-Silat within the Teachings of Vishnuh"	82
"The Universal Accessibility and Philosophy of Pencak-Silat"	85

The Vishnuh-Society: Guardian of the Teachings of Vishnuh	88
Spiritualism, Mysticism, Religion, and the Philosophy of the Vishnuh-Society	92
"Know and let know."	101
THE VISHNUH-SOCIETY PAST AND PRESENT	108
RESTORATION OF PENCAK-SILAT	114
The essence of the Indian martial arts teachings is as follows:	117
"VISHNUH-SOCIETY"	120
Not only the common people managed to escape their oppressors.	122
THE HEAD OF THE VILLAGE	132
Adversity, gathering courage, and the new life.	138
It was far from humane.	140
RISE AND FALL OF INDIAN RELIGIOUS BELIEFS	148
THE MASSIVE POPULATION MIGRATION FROM INDIA	152
GUILTY, HAUGHTY, AND INHUMANE	155
WHAT IS A PARIAH OR SUDRA	158
THE INDIAN ARCHIPELAGO	163
{NEW-INDIA}	163

THE COASTAL REGIONS.....	167
THE NEW HOMELAND.....	170
THE CAUSE OF PERIODIC MIGRATION	173
THE INDIVIDUALS OF THAT TIME	183
DE INDIAN OCEAN	190
FAR FROM THE PAST.....	197
THE APPARATUS OF OPPRESSION	200
RIOTS BROKE OUT	203
The teachings of "Vishnuh" say the following about it:	214
THE MOUNTAIN VILLAGES.....	222
THE SUDDEN ERUPTIONS.....	224
THE GUNUNG PENU'LISAN, THE FIRST MONASTERY IN BALI;	227
Masculinity and aggression.....	251
THE HEADHUNTERS	254
The Peaceful Humanity	257
THE ROYAL HISTORY BY THE VISHNUH-SOCIETY.....	261
THE COLONIZATION PERIOD OF THE INDONESIAN ARCHIPELAGO	264
THE RISE OF THE PADRIS.....	267
THE JAVANESE MATERNAL RIGHT WAS SUPPRESSED	270

THE SO-CALLED DIVINE FANATICISM	271
KUWALAT = THE NATURAL PUNISHMENT	284
The oppression trauma of yesteryears	286
The Indonesian Archipelago	293
"To seize is pleasant, but to receive is the art."	295
"DEJAVU... ..	297
Now, here's the glossary:.....	304



ONLY NATURE LIVES ETERNALLY

Nature is the Creator of Life.

Live and let live.

So says the doctrine of "Vishnuh":

"We learn through teaching, for in guiding others, we deepen our own understanding. In this pursuit, we dare to uphold the sacred rights of Nature — the eternal force from which Earth itself was born, and from which all living beings have arisen.

... Humans, animals, plants, and all forms of life are expressions of the same creative essence. We dwell together on this living planet, our shared home. It matters not from which land or lineage we come; mortals we are, and mortals we shall remain.

... Life is a gift of Nature, not to be possessed, but to be cherished and safeguarded. It is our calling to preserve its harmony and to enrich existence for all who partake in it.

The doctrine of *Vishnuh* reveals the profound unity that binds all living beings to the natural world. Life is not a

human possession, but a manifestation of Nature's enduring pulse. This philosophy is not a doctrine of mere words; it is a living awareness that all creatures — visible and unseen — are part of one continuous cycle of creation, growth, and renewal. By teaching and sharing knowledge, *Vishnuh* nurtures respect, understanding, and compassion, guiding us toward a mindful coexistence with the Earth and its countless inhabitants.

Throughout history, sages and thinkers have glimpsed this truth: from the early Eastern philosophers who revered Nature as sacred, to the pre-Socratic visionaries who recognized the living essence of the cosmos, humanity has long wrestled with the question of its place in the world. The *Vishnuh* tradition carries this wisdom forward, reminding us that to dominate Nature is to betray life itself, while to honor her is to live in harmony with all that exists.

Every being — human or animal, plant, or microorganism — is a vessel of the same vital pulse. Our true measure lies not in the ability to control, but in the capacity to coexist, with humility, with reverence, and with care. Life is precious, and we are its guardians. The doctrine of *Vishnuh* calls us to act with conscience, to cultivate joy rather than

suffering, and to enhance the world's beauty rather than diminish it.

To defend Nature is to defend life in its most sacred form. To cherish every living being is to honor the eternal source from which we all emerge. We are called not as conquerors, but as stewards; not to exploit, but to nurture; not to dominate, but to preserve — so that life may continue, in all its diversity and radiance, now and for all generations yet to come.

"The first initiative"

This book marks the first step toward honoring the authentic Indian martial art of *Pencak-Silat*, as preserved and cultivated through the wisdom of the Vishnuh-Society. It encompasses ten distinct styles, accompanied by the theoretical teachings that form the heart of the Vishnuh curriculum. The principles of *Pencak-Silat* emerge from the ancient Lontar manuscripts of the Society, inscribed in diverse Sanskrit variants that reach back to a time when knowledge was a living force, intertwined with Nature herself. Within these teachings, as with all doctrines of the Vishnuh-Society, lie the eternal mysteries of life and death

— a secret woven into the fabric of Nature and into every living being.

In our modern age, humanity begins to perceive the shadow cast by the relentless pursuit of material gain, greed, and self-interest. Those who follow only the path of accumulation find themselves descending into a void of emptiness, for worldly possession can never satisfy the soul. Humanity has learned, sometimes painfully, that reliance on artificially acquired knowledge, often cloaked in religious authority, has led to entanglement in materialism and spiritual confusion. In response, there is a turning toward the ancient wisdom of pre-Biblical cultures — a revival of values and principles rooted in harmony with Nature, simplicity, and inner understanding.

There is also a dawning awareness that many teachings considered "sacred" are but fragments, sometimes distorted, of historical truths from ancient peoples. The earliest Germanic myths, the wisdom of indigenous cultures, and even elements of Eastern philosophy were frequently adapted, reshaped, and absorbed into later religious narratives. Jewish chronicles of Abraham, Isaac, and Jacob, like the sagas of other peoples, were gathered

and sanctified, forming foundations of belief and moral guidance, yet often obscuring their deeper, original context.

The era of colonial domination brought with it not only the plunder of land and wealth, but the systematic extraction of cultural wisdom.

Mythologies, spiritual practices, and philosophical knowledge — treasures of the indigenous mind — were appropriated and reframed to serve the purposes of the colonizers. Through this act, the colonizers sought to assert superiority while silencing the authentic voices of the peoples they subdued. Sacred knowledge was made a tool of power, and the spiritual identity of entire cultures was diminished.

Yet the essence of these teachings endures. Indigenous philosophies and worldviews, though co-opted and often misrepresented, remain as luminous traces of the human spirit's dialogue with Nature. Across centuries, Western and other thinkers drew from this heritage, sometimes with reverence, often with distortion. Religious authorities conferred upon these borrowed ideas a seal of divinity, enshrining them as immutable truth, yet in so doing, they obscured the living wisdom from which they sprang.

To read and understand these truths is to awaken to the subtle unity of all life — to see that knowledge, culture, and spirit are inseparable from Nature itself.

The Vishnuh-Society invites us to honor this unity: to reclaim the wisdom of the ancients not as relics to be possessed, but as living principles to guide our hearts and actions. In recognizing the sanctity of indigenous knowledge, we affirm the dignity of all peoples, the sacredness of all life, and the eternal bond between humanity and the natural world.

This reflection illuminates the intricate interplay between power, culture, and religion, underscoring the necessity of approaching inherited truths with discernment, while honoring the richness of diverse worldviews and beliefs. Throughout history, many world powers have constructed their state philosophies upon such "misguided truths," selectively adopting and adapting elements from various philosophical traditions to validate and consolidate their dominion. The ruling classes were acutely aware that they curated, interpreted, and recorded the philosophical ideas of ancient civilizations and the wisdom of oppressed peoples according to their own discretion.

By manipulating and selectively interpreting these ideas, rulers could present their authority as divinely sanctioned or naturally inevitable, all the while suppressing, marginalizing, and silencing the original voices and worldviews of the peoples they governed. This distortion of philosophical thought has left enduring traces in history, contributing to ongoing struggles for social justice, cultural recognition, and the reclamation of lost wisdom.

It is a sober reminder that philosophy and ideology are rarely neutral; they are often instruments wielded by those in power to serve their own interests. This reality calls for critical reflection, a questioning of dominant narratives, and a recognition of the contributions and value of diverse traditions and perspectives.

Throughout history, powers have annexed these ideas and reshaped them to serve their agendas. Then, as now, power was concentrated entirely in the hands of the rulers. Contemporary society, shaped by inherited religious and ideological structures, continues to wrestle with understanding itself and the nature of life, carrying traumas passed down through generations by those who once held sway.

This phenomenon echoes in narratives such as the Biblical Exodus, recounting the departure of an oppressed people, mirroring the migrations of various groups from South India to the Indian Archipelago during the second century AD. Such historical threads reveal the recurring patterns of displacement, resilience, and the pursuit of freedom across cultures and epochs.

So declares the doctrine of *Vishnuh*:

"Utilize all your talents to achieve your objectives and fearlessly express your unspoken hopes and desires.

... Be proud of yourself as a human being in all that you accomplish and stand for your self-worth in this singular life.

... Care and respect for yourself are prerequisites before extending them to others.

... Yesterday was Yesterday, Today is Today, and tomorrow will come – but remember, each Day holds the same weight as the one before. Live and let live."

The doctrine of *Vishnuh* exhorts us to employ all our abilities, to pursue our goals with courage, and to bring forth even the most long-hidden hopes and dreams. It

affirms that striving to fulfill our purpose is an intrinsic part of our humanity, and it calls upon us to take pride in our achievements and endeavors.

Equally vital is the understanding that self-care and self-respect form the foundation for compassion and care toward others. Only by honoring our own worth can we truly support and uplift those around us. Each day is a new opportunity — a gift of time in which to learn, grow, and live fully. Though days accumulate, each carries the same potential as the last, inviting us to embrace it with mindful attention and resolve.

The mantra “*Live and let live*” encapsulates the essence of this teaching. It calls for tolerance, compassion, and respect — for granting others the freedom to follow their path while fully inhabiting our own. The doctrine of *Vishnuh* ultimately guides us toward authenticity: to pursue our passions boldly, to cultivate our potential, and to care for ourselves and others with profound respect and empathy. It is a meditation on life as a precious gift, one to be treasured and celebrated with every passing day.

"Trace back to the origin."

The path to tracing the origins of these ancient indigenous philosophies of life lies in global efforts dedicated to restoring and honoring the timeless values and norms from which they emerged.

The rulers of old, having never truly understood the essence of these ancestral life philosophies, often obscured their ignorance and self-interest behind invented narratives. It is vital to recognize that belief in a hypothetical higher power was, for the most part, a construct devised by religious authorities to impose control, exploit populations, and legitimize domination.

Modern societies are beginning to awaken to the relevance of these pre-Biblical teachings. A convergence of pressures — the stress and violence of contemporary life, the shortcomings of organized religion, social unrest, and personal and collective spiritual longing — has led humanity to reconsider the wisdom of the ancients. People are increasingly aware that genuine well-being, both mental and physical, as well as a sense of connection with the world, is central to a fulfilling life. In this context, the teachings, and practices of the Vishnuh-Society,

particularly the authentic discipline of *Pencak-Silat*, are gaining renewed appreciation.

Pencak-Silat, as preserved by the Vishnuh-Society, offers more than a system of martial techniques; it provides a holistic approach to personal growth, encompassing body, mind, and spirit. Through its disciplined practice, individuals cultivate inner balance and harmony, enabling them to meet the challenges of modern life with clarity, resilience, and self-awareness. The resurgence of interest in such traditions reflects a profound human desire to reconnect with foundational truths and timeless wisdom.

Both Western and Eastern civilizations now show a growing recognition of the metaphysical dimensions of *Pencak-Silat*, beyond its physical techniques. Many seek to understand these teachings deeply, aiming for spiritual insight, inner peace, and a meaningful existence. The Vishnuh-Society encourages this quest, viewing *Pencak-Silat* as a path to holistic well-being — where the mastery of body and mind harmonizes with the cultivation of the soul.

The doctrine of *Vishnuh* proclaims:

"He who is wise oversees the movements of body and mind, ensuring that worldly duties, imposed by Nature and life itself, are not neglected.

... The mind should not be overwhelmed by material concerns nor enslaved by the dependencies of the senses. Instead, discernment, the higher aspect of intellect, must be measured and aligned with equanimity of mind across all seasons and circumstances.

The truly wise banish impatience and await the appropriate moment to act; in doing so, their state of being matures fully when the time arrives.

.... Know that time and space are boundless, and the world contains an immense emptiness in which the images of life, projected by the mind, are reflected.

The so-called holy scriptures have arisen from wandering knowledge and often serve as idols for the prideful, ignorant, and malicious.

... Reality itself is shaped by the mind, and all phenomena are internally interconnected.

... Through the mind, one can diminish or enhance spiritual strength along the path of enlightenment.

... Understand that this world is a living illusion, sustained by the spirit of time in concert with the primal force of Nature.

... Those who consciously or unconsciously shape this imagined world do so as a duty prompted by Nature.

... To grasp the weight of this inner sense of duty is to recognize the profound effort required before it can be fully and freely expressed.

... The wise should examine the phenomena of the world, discern truth from falsehood, distance themselves from the false, and adhere solely to the true.

... The world is born of the mind, and through the mind, it expands, creating its visions and imaginings."

From these teachings emerge five essential principles:

1. **Conscious Awareness and Duty** – True wisdom lies in guiding the mind and body with awareness while fulfilling worldly responsibilities without attachment or distraction.
2. **Transcending Illusion** – Life is transient and often deceptive; the recognition of its illusory nature

allows for deeper understanding beyond appearances.

3. **The Power of the Mind** – Perception shapes reality; consciousness is both creator and interpreter of the world we experience.
4. **Equanimity and Inner Peace** – Cultivating patience and balance enables resilience, serenity, and clarity amidst life's challenges.
5. **Discernment and Truth** – Critical inquiry and intellectual honesty are essential to differentiate truth from falsehood, enabling the pursuit of genuine understanding.

In essence, the doctrine of *Vishnuh* offers a philosophical and spiritual journey — one that guides the individual to self-discovery, cultivates inner harmony, and illuminates the intricate relationship between consciousness, duty, and the cosmos. It calls us to awaken, to understand ourselves, and to live in harmony with the world that is both within and around us.

The history and origins of Pencak Silat

Approximately nine thousand years ago, there lived a man named Vishnuh, a mortal of flesh and blood. Disheartened and outraged by the rigid and unjust caste system that dominated India at the time, he chose to break with the kingdom of which he was a citizen and embark upon a life of independence. Casting aside the chains of his past, he adopted the name “Vishnuh,” which in Sanskrit signifies “independent and alone.”

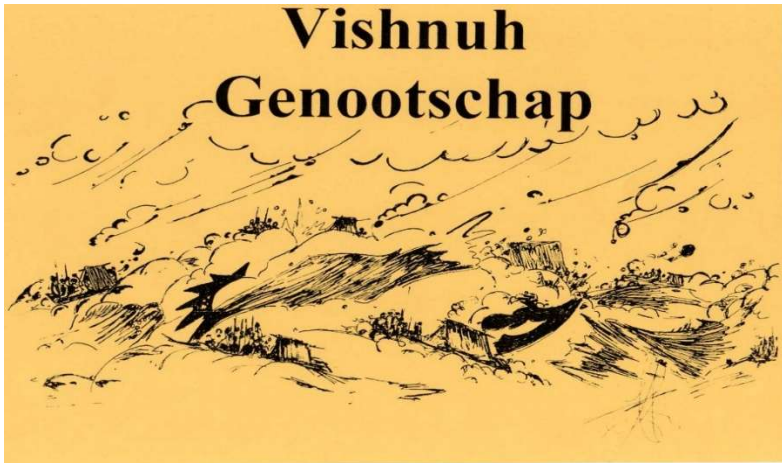
Those who joined him soon came to regard him as the head of their clan, and thus the seeds of the Vishnuh-Society were sown in Sri Lanka. Vishnuh understood that for a people to endure, they must be capable of sustaining themselves in harmony with nature. To this end, he developed a system of knowledge encompassing agriculture, philosophy, self-defense, and the general principles of living in accordance with natural law.

In time, various Indian royal houses joined the Vishnuh-Society, and in homage to its founder, they referred to their

self-developed and safeguarded texts as *Kropaks* – the “**Teachings** of Vishnuh.” The priests of the Society, who served as spiritual representatives and historians, mastered writing, and Sanskrit, preserving the chronicles of their kingdoms while instructing members of the royal households and military leaders.

Yet the path of knowledge is never without peril. Some kingdoms misused their acquired wisdom to subjugate neighboring realms, violating the *adat* – the guiding principles of the Vishnuh-Society. Coupled with the scourge of famine in India, these injustices compelled the Society to seek a new home elsewhere in the world.

Their journey was long and arduous, traversing unknown lands and facing countless hardships. They were joined by a significant portion of the Indian populace, including a contingent of K’satriyas, the noble warrior class. Together, they carried forward the teachings and ideals of Vishnuh, preserving a vision of self-sufficiency, wisdom, and harmony with nature that would endure across generations and continents.



The sea crossing exacted an immense toll, claiming countless lives. In memory of this great sacrifice, the fleeing people named the island upon which they landed “Bali,” a Sanskrit term meaning “hell,” reflecting the tremendous cost of their pursuit of freedom. In the dense jungles of the archipelago, these “Indian immigrants” encountered both natural and human dangers: hungry predators roamed the wilderness, and nomadic tribes, including cannibalistic groups, inhabited the land. The urgency of survival necessitated the development of a sophisticated system of defense and combat.

The priests of the Vishnuh-Society, ever observant of the natural world, studied the movements and strategies of

wild animals in the jungle. By adapting these techniques to the human form, they created *Pencak Silat*, a martial discipline that combined efficiency, agility, and harmony with natural principles. Through this innovation, the Society ensured both the protection and resilience of their people in a hostile environment.

Most of the Indian immigrants were accepted by the indigenous populations, as they settled in regions beyond the territories of the local tribes, where land was abundant and unclaimed. They severed all ties with their former homeland, seeking to realize their ideals on these islands, which they named New India.

A remarkable transformation accompanied this migration. Having been marginalized for centuries in ancient India, women were entrusted with leadership roles in the newly forming kingdoms of New India. This historic shift represented not only a decisive break with the injustices of the past but also an opportunity to create a more inclusive and equitable society. Women assumed active roles in governance, shaping the social and political structures of the emerging civilization. The elevation of female leaders catalyzed profound changes, fostering a society guided by

justice, collaboration, and shared responsibility, in accordance with the principles of the Vishnuh-Society.



After centuries of oppression and marginalization, women were finally afforded the opportunity to demonstrate their abilities at the highest levels of governance. The emergence of female leaders transformed traditional perceptions of gender roles, shattering long-standing stereotypes and proving that women were not only capable of leadership but also adept at navigating the complex political and social challenges of their time.