



Spirit of Galungan | **Spirit of Galungan**

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Galungan is celebrated every 210 days—equivalent to six months in the Balinese calendar—falling on Buda (Wednesday) Keliwon, Dunggulan. 25 days before Galungan is called Tumpek Wariga (also known as Uduh, Pengatag, or Pengarah). It serves as a reminder that Galungan is approaching, accompanied by a playful chant: “kaki-kaki dadong dija, tiyang mepengarah buin selai lemeng galungan, nged-nged, nged” — a call to the ancestors that Galungan is coming soon. Offerings of bubur (porridge) are made during this day. Because it falls on the Wariga week, it is also known as Tumpek Wariga. The ritual is accompanied by ngatag — gently shaking plants and trees — symbolizing hopes for abundant fruiting and fertility. 6 days before Galungan is called Sugian, followed by Penyajan. 3 days before Galungan, it is believed that the Kala Tiga (three dark forces) descend upon the earth: Buta Galungan, Buta Dunggulan, and Buta Amangkurat. Devotees are reminded of various temptations and challenges, symbolizing the need to maintain cosmic balance. This is marked by the erection of penjor (decorated bamboo poles). The day before Galungan is called Penampahan, dedicated to preparing offerings and ceremonial equipment for the main celebration. On Galungan day itself, Balinese Hindus believe that the spirits of ancestors descend to the earth early in the morning to bestow protection and blessings upon their descendants. Activities on this day include making offerings at household shrines, village temples, cemeteries, and other places believed to bring blessings. The ancestors are believed to remain in the mortal world for 10 days, until Kuningan. On Kuningan day, early in the morning — before the sun stands directly overhead — the ancestors return to the heavenly realm (kahyangan). Devotees perform morning offerings at sacred sites to pray for safety, peace, and prosperity for all beings in the visible world.

Hari Galungan dirayakan setiap 210 hari atau 6 bulan kalender Bali yang jatuh pada hari Buda (Rabo) Keliwon, Dunggulan. 25 hari sebelum Galungan disebut Tumpek Wariga/ uduh/ pengatag/ pengarah, untuk mengingatkan Galungan akan datang dengan mantra “kaki-kaki dadong dija, tiyang mepengarah buin selai lemeng galungan, nged-nged, nged” dengan sarana upacara bubur. Karena jatuh pada wuku wariga disebut juga tumpek wariga. Rangkaian upacara disertai dengan ngatag yang artinya menggoyang-goyang tumbuhan dengan harapan berbuah lebat atau kesuburan. 6 hari sebelum galungan disebut “sugian”, dilanjutkan dengan “penyajan”. 3 hari sebelum galungan dipercayai turunnya “kala tiga” yaitu; buta galungan, buta dunggulan, dan buta amangkurat. Para bakta diingatkan dengan berbagai godaan untuk memperoleh keseimbangan alam ditandai dengan “nanjep penjor”. Sehari sebelum galungan disebut “penampahan” untuk persiapan sarana upacara dan perayaan galungan. Pada hari galungan dipercayai oleh umat Hindu Bali, roh dan leluhur turun ke dunia pagi-pagi sekali untuk memberi perlindungan dan berkah pada umatnya. Aktifitas yang dilakukan umat pada hari galungan berupa persembahan di tempat suci pekarangan, di pura-pura, di kuburan, dan tempat-tempat yang dianggap mendatangkan berkah. Leluhur dipercayai berada di dunia selama 10 hari hingga hari “Kuningan”. Pada hari kuningan, pagi-pagi sekali sebelum matahari tegak lurus, leluhur sudah kembali ke kahayangan. Aktifitas yang dilakukan melakukan persembahan dipagi hari di tempat-tempat suci, untuk memohonkan keselamatan, kedamaian, dan kesejahteraan umat di alam nyata.