

The Experiences of Mas Sudarto Martohudojo

as originally published in
Pewarta Kejiwaan Subud



FOR SUBUD MEMBERS ONLY



A SUBUD VOICE ONLINE PUBLICATION

The Experiences of Mas Sudarto Martohudojo

as originally published in
Pewarta Kejiwaan Subud

Compiled by Solihin Garrard

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FOREWORD

We are pleased to republish this booklet in an electronic version as a supplement to Subud Voice. It was originally put together by Solihin Garrard some years ago collecting the writings by Sudarto originally published in *Pewarta Kejiwaan Subud*. These were, of course, published with Bapak's express permission. We thank Solihin for his permission to republish.

This document might be called a "classic" text of Subud. Bapak once remarked that we do not receive the latihan bit by bit. It comes to us complete "from A to Z" at the moment of our opening. Of course, at that moment, most of us are not aware of what we have received but over the years of following the latihan, we hopefully "grow into it".

So, in a sense, Subud does not progress. It is all there from the beginning. Of course, we hope that Subud will "progress" materially in the world, and we hope that we all individually will "progress" in the latihan as we "grow into what we have received", but in a very real sense it is all complete from the beginning.

So, writing about Subud and the latihan does not necessarily become more profound as time goes on. As we know, nothing will exceed what is contained in Bapak's talks, and nothing has so far excelled the wisdom displayed in Sudarto's writings.

The reason we have republished this booklet is that we feel Subud members should be aware of it and have access to it. For many years, it has been virtually unobtainable. We think it will be especially valuable to young members who may never have heard of it.

Sudarto was one of a group of Subud members of long-standing who assisted Bapak in the Sekretariat at Wisma Subud in Cilandak, Jakarta, Indonesia, where Bapak lived. Sometimes called the "Three Musketeers" (or sometimes the "Four Musketeers" depending on how you counted), they were available to be consulted by Subud members who visited Cilandak.

Each was said to have his own particular expertise in the spiritual life. They included Prio Hartono with whom I had never had very much to do, and Rusli Alif whose expertise was in Islam. If you wanted to embrace Islam, or be circumcised, or find out about Islamic prayers and customs, you went to Rusli Alif. In the series of "classic texts" which we are issuing as supplements to Subud Voice, we will also be publishing Rusli Alif's amazing account of his "spiritual crisis".

Then there was Brodjo whose particular area of spiritual expertise I was never quite sure what it was. I cannot resist one Brodjo story. He once told me that he had kept chickens and he would be entertained for hours listening to their conversation. "What did they talk

about?" I asked him . "Food and sex," he replied. "Food and sex."

Then there was Sudarto. I have written a memoir of my own contacts with him which I will issue with this booklet, so I will not say much here about this wonderful human being.

One of his particular areas of expertise was being able to tell people what inner animal they were. But he was even better known as the expert on sex and many people, particularly or perhaps exclusively men, would consult him on the subject when visiting Wisma Subud.

It is my opinion that his extraordinary experiences of sex and his profound understanding of this subject are absolutely unique as well as being extremely useful. I do not think you will find in any other writings that exist anywhere anything resembling Sudarto's contributions to this vexed subject.

We hope that other Subud members will find this collection both extremely interesting and extremely valuable.

Harris Smart

Melbourne, May 14 2011

PART I

INTRODUCTION

COMPILER'S NOTE

When browsing recently through old copies of the *Pewartas Kejiwaan Subud* I was struck by the extraordinary – and wonderful – descriptions of some of Mas Sudarto Martohudojo's experiences which Bapak had asked him to record for the benefit of Subud members at the time.

I was reminded of the power and force of the latihan which we receive almost as a matter of course and also of this brother who was present from the earliest days as the latihan was brought to brothers and sisters throughout the world. Mas Sudarto's counsel in spiritual matters has been invaluable to many and his name is known to even more.

I felt that others might like to share in my feelings and have brought these experiences together into one binding.

I should like to express my thanks to Rifai Lawrie who supplied me with copies of *Pewartas* which were missing from my "collection" and to the family of Pak 'Darto, to Ilaine Lennard and Harlinah Longcroft for helping with information for Mas Sudarto's biography.

Solihin Garrard

MAS SUDARTO MARTOHUDOJO

Mas Sudarto – known to many as Mas ‘Darto or Pak ‘Darto – was born on 29 January 1897 in Jogyakarta which is where his parents came from. Because both his father and mother were connected to the Sultanate of Jogya, Pak ‘Darto once worked in the printing office of the palace governor in the Sultan’s palace.

After graduating from the Teacher’s College in Jogya he taught for five years – the last two as head teacher – in a primary school in Krawang (West Java) where he met his wife, Siti Syamsiatun. They had eight children, five boys and three girls, but one of the boys died when he was two. During the Revolution just after the Second World War Sudarto moved to Jogya where he taught history in the Dutch colonial secondary school until it had to be closed. He then started to work by day for the newly formed Indonesian government, while in the evening meeting with Subud members, the first Subud group in the world.

When Sudarto was a student he often went cycling around Bali as well as to the town of Semarang where he visited his grandfather and another relative, who happened to be Bapak’s first wife. This is how he met Bapak. In *The History of Subud* Harlinah Longcroft describes the way in which Sudarto came to Subud. “In 1934 he was only nineteen years old, and he became curious about the strange noises he heard coming from the house of his neighbour, Pak Wignyosupartono. He also saw people dancing.

“He was young, so he thought it looked like fun and he wanted to join in, so he asked Pak Wignyosupartono if he could come too. Pak Wignyosupartono replied that he could join when he was twenty, so Pak Sudarto had to wait a few months before being opened. Later, Bapak confirmed that Sudarto was his right name, and added his second name, Martohudojo.”

Gradually Bapak began to pass on questions from Subud members for Sudarto to answer. He was also sent by Bapak many times to groups in the area and also to Singapore and Malaysia to give explanations about Subud. In 1955 Bapak asked him to leave his job with the government and move to Jakarta to become a member of Bapak’s Secretariat.

Pak ‘Darto lived in his house in the Wisma Subud complex until his death on 28 September 1999.



INTRODUCTION BY MAS SUDARTO

from PEWARTA KEJIWAAN SUBUD

VOLUME I No. 1 – September 1960

THE EXPERIENCES OF MR. MARTOHUDOJO (FORMERLY DIRDJOSUDARTO) AN INDONESIAN MEMBER OF SUBUD OF LONG STANDING

Dear Readers of the *Pewarta Kejiwaan Subud*:

I began the latihan of Subud when I was studying at a teachers college, that was 25 years ago, and during this long time I have had many experiences of different kinds and have also continuously received advice and explanations on spiritual matters directly from Bapak Muhammad Subuh Sumohadiwidjojo himself. It should be stated too, that in those days there was still no organisation for the members of Subud. Now however the opportunity given by the publication of *Pewarta Kejiwaan Subud* makes it possible for me to put in writing those experiences, as asked by Bapak, for the benefit of all our brothers and sisters in Subud everywhere. Some important ones will be described below.

PART 2

THE EXPERIENCES OF MAS SUDARTO MARTOHUDOJO

VOLUME I No.1: September 1960

1

I still remember a certain unforgettable event on an occasion while I was teaching when I had to stop teaching because of the arrival of an unusual visitor. I was not conscious from which direction he entered the classroom, for suddenly he was in my presence. I was filled by a happy feeling at that moment. The visitor had a normal appearance, but the nose and eyes were triangular in shape and on each hand he had only three fingers and each foot only three toes. The extraordinary effect increased by his friendly address to me: "Darto, I have come to see you here and I'll pray for your faithfulness and sincerity of worshipping God. As a proof that I have visited you, I'll spit three times on the ground in front of you and ask a souvenir from you." I was surprised to learn that he knew my name and to comply with his request I handed him a coin worth half a rupiah. After taking it he suddenly vanished, frightening all the pupils. I ordered all the pupils afterwards to search for him, but nobody could find out where he had gone.

Ten days afterwards, again I had to stop my lecture as it was interrupted by the entrance of a man of bad appearance whose body was misshapen, but on looking into his eyes I become aware that he was a man of virtue. At the same time my body was chilled and I was conscious of strong vibrations. Learning from my former experience I followed him after having given him a small coin as alms. As he left, at every 7 metres he turned and smiled at me. A strange fact was that he hid himself behind a tree, and when I arrived at the tree he vanished. Such extraordinary an event was reported to Bapak. Bapak told me to test for myself in the presence of Bapak. The result of the test should show whether the two embodiments were satanic or those of a Saint (Waliullah).

After the test Bapak explained that both appearances were those of a Saint, therefore he advised me to be very attentive and heedful to such apparitions.

2

On another occasion while surrounded by my boarding pupils, one of them told me of his grandfather's supernatural knowledge, and I jokingly explained to him that the experiences of which he spoke were of satanic origin.

My words seemed to trouble him and he asked permission to go and ask his grandfather. The next night as I was doing latihan, a voice came out of me warning me to be careful.

During my sleep two nights afterwards my body was very light and hot. When I woke up

I could not see my body even when I looked into the mirror. It was a strange feeling to me being conscious of walking and opening the front door without my body and I saw my own physical body in the front room smoking while sitting on a chair. As I came closer to it I felt that I should not touch it. Then the front door that was locked flew open by itself and 2 men and 2 women entered the room. These four people approached my body in order to attack it, but before reaching it they fell down. Several times they rose to make an attack but failed. At last they disappeared the same way as they had come in. I was confused because I was separated from my physical body. Then I went into latihan. After the latihan I was very surprised, because I was one again with my physical body. The next morning something strange happened: glasses, plates, spoons and forks moved away from me if I tried to touch them. I supposed these satanical forces from the evening before were working again. This occurred seven nights in succession. In the latihan I received a pail filled with water and I threw this water to the four devils and they disappeared. Strangely enough at that moment I smelled roasted meat. According to Bapak's explanation, I was tested by an old man, the grandfather of the pupil that boarded with me.

3

At another time three days before vacation the teachers were chatting together. One of them was telling us about a strange case – a certain teacher of religion who died and was buried.

Later it was noticed that the body had vanished from the grave and only the shroud remained; and in the evening, light was visible coming from the grave. The other teachers felt this was very strange and I explained to them that the physical body had disappeared into the satanical world and that the light was a sign that the holy earth did not want to receive the body because it was polluted by satanical forces. It seemed that the narrator did not agree with my explanation. Five days after this, I felt when I was asleep that something sharp was pierced into my heart. At that moment I started latihan and my body moved. At last the sharp thing left my body and disappeared. After the disappearance of the sharp thing I saw a cloud of smoke and a vampire appeared out of the smoke. The body of the vampire was as large as the body of a dog and its wings were one metre wide. I woke up the people who were sleeping in the house. They took a stick with the intention of killing the animal which was still visible but I forbade them because it would disturb the neighbours.

At daylight the animal turned into smoke again and disappeared. Afterwards I went to latihan and I received as follows: "if someone had killed that animal, that would mean that that person would also die."

After all this had happened I told Bapak the whole story. Bapak said: "You are now being tested by people who practised black magic, so you must do your latihan diligently. But do not be afraid, believe that God will always be there to protect you".

VOLUME I No. 2 1960

4

It was our exercise day and usually I arrived early, but on that occasion I came late because the busy street hindered my arrival. Many of the members, especially the candidates, waited for my coming because they wished to hear explanations received about Subud and also about experiences during the latihan.

One of the members, Mr. Djamiin by name, asked me if I was able to help his friend's wife, who was ill and spitting blood. I accepted his request and promised to come the next day.

After beginning our exercise I felt that I had gone away and I saw many stars falling on the body of Mr. Djamiin. After the latihan Mr. Djamiin told me that he experienced a very delicate feeling in the latihan. I did not know what such receiving meant.

The next day Mr. Djamiin told me that last night we had come to visit and help his friend's sick wife. This visit took place at the same time as our latihan in the building of Adhuc Stat. Then I knew that our receiving that night was indeed meant to help the wife of Mr. Djamiin's friend. This experience has happened not only once but several times.

According to Bapak this was a real spiritual experience, which was willed by the One God Almighty.

5

After a visit to Bapak at Semarang, lasting 3 days, I felt a change in my inner feeling and I could not sleep before 2 o'clock in the night. I remembered Bapak's advice: "If you can't sleep, that is the sign that your soul wants to exercise."

So I began the latihan, and at that moment my body felt very pleasant and as light as a feather. Little by little my eyes were opened and I discovered that I was not in the same place as before, and that the surrounding view was changed. At that moment, I saw a being with a physical body of water, and as it approached me the feeling of bliss increased extraordinarily, until I felt that if it were to increase much more I would die.

After a while the being disappeared, and my mother opened the door. She looked at me and, approaching, embraced me and kissed me without ceasing for several minutes. I asked her: "Why did you kiss me, mother?" and she answered: "You are your father when he was young."

After a while my father awoke from his sleep and told my mother that he had never had such a pleasant and delicate sleep, and perhaps that was the feeling people had when they died and went to heaven.

According to Bapak's explanation, there are creatures whose physical body are made from earth like we are (*alam djasmani*), creatures made from water (*alam rohani*), made from wind (*alam rochmani*) and made from light (*alam rohani*). He told me: "The creature you saw was of the world of *rohani*, and you were in that world at that moment, and your father was within you. It is because of this that your mother saw you as if you were your father when he was young.

This is an example of how you can help the one from whom you have descended, while your mother will be helped by your wife. How many ancestors you can help depends upon God's Will and upon your own purity. It is indeed heavy for you being a son in the family, because you have to help your ancestors as well as yourself.

Be diligent in your latihan, because there is no other way." Amin.

VOLUME I No. 3 1960

6

For a certain period of my life I was very surprised to find that I was disliked by everybody around me; by my family, my friends, and the people I worked with at the office who always looked at me angrily.

To avoid any trouble which might arise against my will, I started to work harder, and, in addition, to do the latihan more than usual. Despite this, the situation did not change, but on the contrary people disliked and slandered me more.

I spoke to Bapak about my situation and he looked at me in such a way as if to say – "Subud members must be strong enough to face these problems from the outside."

The situation grew worse and it seemed as if I did not have a friend left in the world.

It was particularly difficult at home, with my Mother, my Father, my children and my wife disliking me – fortunately my wife only for one week – while the whole period was eight months.

Finally I reached the conclusion: let everybody dislike me, as long as God does not.

Then in the latihan I received the indication that I could not hate or dislike people any more, as my heart was now freed from these forces.

I told Bapak of this experience, and Bapak replied: "Thanks to God, you were able to face and come through this heavy period. This is indeed the way God purifies the heart of man. In the nature of man's heart there is hate, conceit, meanness, anxiety and other passions, and these will be purified in that way. What you have seen is in fact the nature of your own

heart. Although people are generally not strong enough to face such a period, finally these obstacles will be purified by the soul for its development.

“Because of this you have to be cautious and not criticise other people for showing dislike or other feelings. The people you are with are just like mirrors, which show you the working of your own heart, so when you are with other people you should always consider whether the feelings come from yourself or from them.

“In the latihan also you need to distinguish between these feelings, so that you know which force moves them.”

7

When my fourth child was born I asked Bapak what his name should be. As Bapak gave the name of SOENARJO, which means ‘light’, he looked very serious and at the same time I experienced a shock, so I asked Bapak why he looked so serious.

After a moment’s silence, Bapak said: “There is not a balance between his soul and his body, and Bapak will pray that God may let you keep your child.”

I felt, from Bapak’s words, that the child would die; and indeed the child became very ill when it was thirty-five days old. Despite our efforts to help him he remained ill until he was two years old. Ibu said that the soul of the child frequently left his body.

Before the child died, my wife in her latihan, received indications of this happening; she saw a pale-green light and an old man wearing a tabard and smelt various smells. I tested about these experiences of my wife and received that our child would leave us. At seven minutes to three o’clock, the morning that our child died, there was a fine aroma hanging in the room, and close above his head there was a pale-green light the size of an apple which rose slowly and then disappeared. At that moment he stopped breathing.

At four minutes to three o’clock many stars began falling on our baby’s head and disappearing immediately, and I saw that our child was alive again. He looked first at his Mother and then at me, and cried; then crossing his hands on his chest and straightening his legs he said: “I will come back.” It was then exactly three o’clock.

For seven days the fine aroma remained in the room, and people coming to see the baby were astonished at his appearance, not pale, and just as if he were sleeping.

As he was taken to the cemetery, the man carrying him was startled to hear a voice from inside, say: “Yes indeed.” While hearing this, the man thought of God.

In the evening, when I was doing the latihan, I was awakened by an old man wearing a tabard, whose face was that of my dead baby Soenarjo, and he said: “Father, go on with the

latihan and worshipping God. I will always pray to God that He will give you His Grace. Do not leave Subud whatever happens, because this is the right way.” He then disappeared.

When my wife slept in the house where our child died, she experienced very pleasant feelings in her body, and also a cold feeling. She was afraid, as she had never felt anything like it before.

The moment of our child’s death was the same month, day and hour as his birth.

When Bapak returned from abroad I told him what had happened and he said: “You have to learn much from your late son; in fact, in essence he is older than you are. You are fortunate to have such a child, because later you will be raised by him, as the law of God is that a son must help his father to reach heaven.”

VOLUME I No. 4: December 1960

Some Explanations Concerning Mr. Martohudojo’s Experiences

8

After reading Mr. Martohudojo’s experiences, Mr. JG Bennett submitted some questions and enquiries to Bapak and Bapak’s replies are as follows:

Dear Mr. JG Bennett,

Bapak has received your letter in good order. Bapak wants you to know that the *Pewarta Kejiwaan Subud*, is a magazine which would contain Bapak’s talks, letters and guidance for all Subud members.

But because with the publication of the *Pewarta Kejiwaan Subud*, the “Aneka Subud” which was published in East Java had to be stopped, the opinions and experiences concerning the latihan kejiwaan especially of Subud members in Indonesia with long standing experiences that were usually published in the “Aneka Subud”, and whose experiences were often asked for by Subud members outside Indonesia, have been allowed by Bapak to be published in the *Pewarta Kejiwaan Subud* after Bapak’s writings.

Bapak considers that the publication of the articles by the Subud members mentioned above, after Bapak’s writings will not create any difficulty, and all those writings have been examined by Bapak before they are published.

Concerning the writings of Mr. Sudarto Martohudojo, Bapak hopes that you will not misunderstand it. He did not write it from his imaginations, but according to his experiences at the early stages of his latihan kejiwaan and his experiences became better and better, because the experiences that one gets when receiving the latihan kejiwaan of Subud is only a form of purification of his inner-feeling. This will be experienced by all Subud members

although in a different manner, each according to the nature of their own Inner Self.

Obviously then that what has been written by Mr. Sudarto Martohudojo is not an experience that has to be followed by other Subud members, but it will only give you a picture of the way that he had passed till he reached the way which is free from the temptations of the lower forces which constitute the obstacles for the growth of the human soul. Such experiences can even serve as a mirror for the other Subud members and by that way they can diminish the working of the passions that always become the tools of the lower forces.

So the conclusion is that Mr. Martohudojo did not approach nor possess magic, but on the contrary he is brought far from it by the latihan kejiwaan, because the latihan kejiwaan of Subud is a latihan which in its nature is a guidance received from the Power of Almighty God.

Bapak has once said the same as your warning in your letter that members should not too quickly believe and be attracted by something which they feel and see in their quietness. This advice is indeed necessary to be kept strictly because mostly the feelings and sights during the quietness are still influenced by the lower forces and such experiences are actually only purifications. But nevertheless this will also be experienced in reality.

Indeed spiritual experiences which you can find in the latihan kejiwaan of Subud are of various kinds. All of these show you the width of the latihan kejiwaan of Subud and the Greatness of Almighty God. Therefore Bapak hopes that all of you should be broad-minded, all the things are just ordinary things if we direct ourselves towards one direction, i.e. God Almighty.

Regarding your intention to publish a new chronicle which will contain experiences of Subud members all over the world to replace the present Subud Chronicle, with regard to the continuous expansion of the growth of Subud. Bapak will approve it if you are able to reserve and prepare all that is needed. But if Bapak takes into consideration the rumours which reached Bapak that Subud members in every country have begun publishing their own chronicle in their own languages, will there still be many who wish to contribute their writings concerning the experiences of the latihan kejiwaan to the chronicle which you are intending to publish?

Therefore Bapak considers that you should better go on with the present Subud Chronicle and meanwhile wait for a better opportunity and better possibilities.

Regarding the material which is needed as the content of the Subud Chronicle, you can keep it as it is at present, only it needs to be added to by the writings of Subud members from everywhere who like to contribute to the Subud Chronicle. Probably Indonesian Subud members will also contribute their writings to the Subud Chronicle, because the *Pewarta Kejiwaan Subud* is needed by Bapak mainly so that it may contain talks, advice,

instructions etc. from Bapak which are meant for all Subud members; whilst the pages reserved for the writings of the members are very limited.

It is necessary to tell you that the *Pewarta Kejiwaan Subud* is only sent to the Subud centres, i.e. it is not sent to individuals, and free of charge, because Bapak will and has already received contributions from the Subud centres.

To make it available to individual Subud members, Bapak leaves it to the local committee to reprint as many copies as necessary and the price may be fixed by the committee concerned.

That is all that Bapak wants to say and may God bless you all.

9

One night I was awakened from my sleep and felt I was in a state of latihan. I followed all the movements which I received. Not long afterwards I heard a stone thrown near my house. I did not take any notice of that noise and kept doing my latihan, because according to Bapak's advice when at night we are awakened, it indicates that our Inner Selves want to do latihan, and also probably there might be some matters which are connected with our condition.

About five minutes later I heard somebody was throwing sand on the roof of my house. In my heart I felt that this was an act of a thief. Ten minutes later small pebbles were thrown on the roof but I remained calm and wanted to know what would follow.

I continued my latihan. Not long afterwards I heard two people talking to each other near to my house. Their conversation was like this: "I think we should better cancel our intention to steal, because I am wondering why at this moment I am thinking of God."

And the other man replied: "Yes, I think you are right. I am afraid we will get caught."

Later the two burglars left that place and my latihan ceased.

I told this experience of mine to Bapak, who then explained that such was the nature of God's Grace. The influence of the latihan which I did touched them, causing them to abandon their wicked intention. I was also told that actually I had experienced many of such similar cases I was not aware about it. I was reminded that there were many friends or acquaintances who were about to be angry with me, but failed to be so afterwards due to the fact that I always surrendered my condition to God and that was why God has always given His protection.

10

When I was still at Jogjakarta, I and my family occupied a small house, while at that time

the nature of my latihan still needed a lot of movements. Therefore I felt as if I was strained. One night I did my latihan near the bed where my wife and two sons were sleeping. After my latihan had proceeded for about a quarter of an hour, I felt as if I was lifted upwards and at that time I felt that there was somebody swinging and opening my eyes I saw that my eldest son was climbing up the bed post and the younger one was sitting and shaking his body, while my wife was fast asleep. Due to the fear that my son would fall down, I put them one by one slowly to sleep.

Later I told this to Bapak, he then explained that I did the latihan too close to the place where my family were sleeping. To avoid affecting them, Bapak advised me next time to do my latihan some distance from the bed of my family. For the same reason, there were many members whose houses were too close to their neighbours, and often heard something like the groanings of their neighbours. Such was Bapak's explanation.

VOLUME II No. 2: January – February 1961

11

When I was still in Jogjakarta, there was a certain period of time, when the latihan was held in Bapak's house, and it was after 0.00 am at night. The members who intended to do the latihan were advised to do latihan on their own for at least half an hour before entering the general latihan in order that the general latihan could proceed smoothly. This period lasted for more than one year. I followed the latihan regularly.

Usually it was my turn to do the latihan at about 02.00 a.m. but one time my turn was at 02.30 a.m. so that it finished exactly just before dawn (meaning the time when the Muslims do their morning prayer). I began to feel later on that in fact latihan after 2.00 at night gave a different effect from latihan before 12.00 midnight.

When I told this to Bapak he gave me the following explanations : "When we held the latihan before 12.00 midnight, its pressure is heavier because there are many people who are still awake. Usually when people have not gone to sleep they are thinking of this and that, and every man who is thinking is sending waves of vibrations so that the atmosphere is filled with all sorts of thoughts, desires and wills, and such atmosphere is really the cause of the heavy pressure. That is why those members who hold their latihan at midnight or late at night can feel more compared to those who do the latihan before 12.00 midnight.

"Another advantage of post-twelve o'clock latihan is so as to get used to not letting our hearts be overcome by sleep. When the Inner Self is already strong it will be capable of keeping aside these pressures so that it will no longer depend on time and place.

That is why Bapak regards it as still necessary for all of you to do the latihan late at night." After that period of late night latihan, lasting about 3 or 4 months, Bapak began to test all

of us and asked us to go out from the hall and stand in the road. Bapak then asked us to walk back into the front yard of the house doing the latihan at the same time and what would the result of this be?

From those who joined in this testing no-one was able to enter the guest room of Bapak's house. One was in the road, one was dancing 30 metres from the front gate, one was kneeling under a tree, and one entered the kitchen, another one entered the garage etc. I myself wondered that I was praying in front of the hall door.

After it finished, all of us gathered with strange feelings in the sitting room. Bapak then explained that such was the fact when seen from the spiritual point of view. Therefore, if it is really from the Inner Self, it is very hard for people to get near to Bapak. It is therefore clear that those who always come, come not because of their Inner Selves but because of their desires. It is true that most of them enjoy being near to Bapak, because they are showered with a feeling of bliss, so that they forget their own strength.

It is true that many of them can test in front of Bapak. This is needed in order to make them convinced. But it does not necessarily mean that they really can do the testing by themselves. If they really can do it by themselves, they should also be able to do it at home by themselves. If they cannot do so, it means that the reason why they were able to do the testing before Bapak was because they received a loan of power at that time. Therefore, to be near to Bapak can have a good effect, but it can also have a bad effect.

It will be good for those who are already able to receive the power, but bad for those who are not yet strong enough to receive it. Those who actually are not able as yet to receive it can easily become boastful and consider themselves better than their friends. Such an attitude will have a bad effect on themselves as well on their friends. And for that reason, all of you must be cautious and do the latihan diligently and you should only rely on the strength of your own Inner Self.

VOLUME II No. 3-4: March – April 1961

12

One day I received an invitation from Mr. Gunadi, a Master Valuer of the government Pawning office at Krawang.

I accepted the invitation but was surprised afterwards because here at his house I found a Mystical leader accompanied by five of his followers. After I was introduced to them, he asked me whether my name was Sudarto and whether I originally came from Jogjakarta. I felt it strange that he should ask me such a question, but courteously I answered: "Yes, indeed I am Sudarto and I originally come from Jogjakarta."

Later he asked me whether in the spiritual field I had certain experiences. Afterwards he

explained to me, one by one, the experiences which I had received which he knew of already without my having to tell him. I was intrigued, for what he had just told me were among the experiences of mine which I regarded as important and I had only told these to Bapak. When I realised that he knew of all my experiences, I said to him: "All you have told me is perfectly true."

After this a strange thing happened. The mystical leader cried and kissed my knees, while his hands held mine firmly. Later I asked him about himself and he then explained as follows: "My name is Utom and I came formerly from Tjimahi.

"At one time I was a rich man. There were seven houses in my possession, big ones, and I had ten hectares of land. But suddenly within a year all my wealth was gone and to cover my shame I and my wife went to the forest and we lived only by selling wood and fish which I caught in the streams nearby.

"Afterwards I wandered around for years, and one night when I was making myself quiet I heard a voice which said to me: Ask a young man called Sudarto who originally came from Jogja for prayers. I have been searching for you for years and now I found you. Therefore, now that I have found you I ask for your knowledge."

At this time I had not become a helper yet, but I was facing this mystical leader in the state of latihan. Automatically he was then opened and he felt the latihan as a warmth inside his chest and his mind became clear.

After this he said: "Now if God wills me to die, I am prepared for death."

This happening shocked his five followers and also Mr. Gunadi and his family.

As there were many of his followers in the locality of Krawang from that time on many people began to respect me highly, whilst formerly I was regarded as just an ordinary young man. I should add here that the mystical leader died a year afterwards.

Later I told this happening to Bapak, and he explained to me that what had happened was indeed willed by God. Such was the manner in which God raised up His beings. Because I was still young, in order to prevent me from becoming boastful, Bapak advised me that I should diligently attend the latihan, so that my heart would not become boastful.

Bapak also told me that not only the younger people in the locality where I lived regarded me highly, but also the older ones. Bapak advised me also not to be too ready in giving advice, especially if it was not asked for. This really needed great patience, because my nature was young and did not find it easy to do such things. Later the time would come by itself and there was no need to think about it.

VOLUME II No. 5-6: May – June 1961

13

One day I was sitting on the front veranda of my house, relaxing in the fresh air. After a while I heard the voice of my eldest son, who was at that time about four years old, shouting in the room where I usually do my latihan. He was calling: “Father, father, God, God!”

Just as I started to get up, my son came to me, climbing into my lap. I touched his chest and felt his heart beating very violently, showing that he was in great fear.

After I had given him something to drink, he told me what had happened. “Father, just now I went into the room, and did a latihan as you usually do. I felt as if I was flying, and I saw clouds and many stars. The room looked as if it had no roof. I was very afraid and cried”.

While listening to his story, I had to cry, for I felt very grateful to God that my little son had already been given such a rare experience, which I myself had received only after following the latihan for many years.

When I told Bapak about this, he explained it to me. “Give thanks to God that your son was allowed this experience. This is the fruit of your coming into Subud before you got married, so that you were able to get a Subud child. Through the latihan you were able to diminish the impurities of your ancestors and your wife. I hope your other children will be like that also.

“To be more specific, if you are clean, your descendants will also be clean, and in this way your children will spontaneously respect and serve their parents. In other words, they will always make their parents happy. Moreover, whenever you do your latihan at home your children will be touched by the vibration thereof, whether you will it or not.”

14

One day I was surprised to feel, about four o'clock in the evening, my body quite fresh, my chest cold and my head very bright. What kept me wondering was the fact that the feeling became nicer and nicer. Then I remembered advice that whenever you feel something out of the ordinary, you should do the latihan, so that setting aside your passion, you should have the opportunity to pray to God.

It might be well to mention that there are latihans which at first are set in motion by the mind, but there are also latihans which come directly from the Inner Self. This nice heavenly feeling went on until about half-past seven, and at that time I became free to do my latihan. At first I had the same movements as usual, except that my body was very cold; but mixed with this was the nice, heavenly feeling, and then, as I opened my eyes, I was

astonished to see the clouds flying by on my right and left sides, and it seemed as if the sun, the moon and the stars were very close to me. All the time I could still feel the strange and pleasant sensation.

Just when all of this ended, I heard people shouting outside my house. As I came out, I saw many people gathering in the yard, and they all wanted to shake and kiss my hand. I still did not understand why. Then one of them explained that a green light, as big as a tennis ball, had fallen on the roof of the house, just over the place where I had been doing my latihan. Now I understood the reason why so many people were shaking and kissing my hand – they hoped to get my blessing.

When I described this experience to Bapak, he told me: “It was, in a way, a sort of revelation, but you should not seek to understand it with the mind. Simply keep on purifying yourself by doing the latihan.

“When your body is finally really clean, then God will bless you. In fact, God is most merciful but, because most of the people are not yet clean, because they are covered by their passions, it is no wonder that His blessings return to Him. They cannot reach the people because they are still filled with passion. If one can put aside his passion and give his Inner Self a chance to develop, his body, feelings, his heart, passions, etc, will then be cleaned by the Power of God, and once they are clean, then God will bless him or give him a revelation.”

VOLUME II No. 7-8: July – August 1961

15

One day I heard that my uncle was ill. As I had already called a doctor to see my child, who was also ill, I asked the doctor to see my uncle, as his house was only two doors away.

After he had been examined and given some medicine, my uncle improved a little. However, a few days later he suddenly became very ill again and all his family, relatives and friends were called to see him. I was the only one who did not go, even though I lived so close. Whenever I tried to go to see him, something always prevented my doing so. Finally, to avoid misunderstandings, I asked my wife and children to visit him. When my wife returned, she told me that my uncle had already collapsed and was in very serious condition. She also told me that she was surprised on arriving there, because suddenly my uncle regained consciousness. My wife had grown afraid and come home.

So, knowing the condition of my uncle, I did a latihan, about eight o'clock that evening. After being in the latihan for about fifteen minutes, I was surprised because I saw my uncle coming to me to say farewell, because he was about to leave. Not long afterwards, I felt as if something had left my chest. I was shocked, and my latihan ended.

I was worried, and asked my wife to go to see my uncle again. When she came back, she told me that he had died at exactly the time when I had experienced something leaving my chest. Later I told Bapak about this. He gave me the following explanation.

“Such is the fruit of the latihan kejiwaan. Due to your latihan, you were informed by the Power of God of the coming death of your uncle. This will not only happen in this case, but also in the case of your other relatives, brothers in Subud, and others. The way one will receive this differs, one from another, depending upon the spiritual purity of each. Usually the signs of the death of a man can be seen one thousand days before.

“The closer the day of death approaches, the more clearly these signs can be seen, and it will be very clear forty days before death. No wonder that people in Indonesia used to celebrate the third, seventh, fortieth, and one hundredth days, the year, second year, and one thousandth day after the death of a person – all arranged to accord with important events in the hereafter.

“Further, it is necessary to explain that if you receive a spiritual experience during the latihan, you will feel that there is something leaving your body, and at that time your breathing and heart stand still. After such an experience, your heart usually becomes afraid and you think – ‘Was I dead just now?’ Indeed, son, God creates human beings to die eventually. It means that it is through death that a human being will know the Power of God. We are very lucky because we can already receive the Power of God before we die. In other words, in our life here on earth, we ought to be able to live a life similar to that before we came to this earth and to the life in the hereafter. There is no other way for you to receive such an experience except by doing the latihan diligently. “

16

Once, while doing a latihan with other Subud brothers, I was surprised, because my feelings were quite chaotic, although I had already done a cleansing latihan – a special latihan which is done after helping the latihan of others. Usually I felt very fresh and relaxed after a latihan, but it was not so this time.

Coming home that night, I found that all my children were up and they were crying, and my wife was worried. I understood that all of this was due to the lower forces that were influencing me. After doing a latihan for about an hour, the chaotic feelings gradually began to diminish and, when they had all disappeared, I saw an old man who seemed to be suffering from a serious disease. He said, “Please show me the right way, because I would like to return.” After saying this, he disappeared and I went to sleep.

The next morning I did not remember this experience at all, although usually when I have an experience, I do remember it. It was two weeks later that it came to mind again, when a Subud brother came to my house to ask a blessing for his father who had been ill for a long time.

I went with him, to see his father who indeed was seriously ill. I was quite surprised to find that the face and clothes of his father were exactly the same as those of the old man whom I had seen during my latihan two weeks earlier. I did a latihan with the old man and afterwards he felt light and relaxed, as if he had just been freed from the pressure of some strong forces.

At that time I promised that I would return four days later, but strangely enough, I forgot my promise and instead did a latihan alone, at home. I felt very good. The next day my friend came to tell me that at the time when I was supposed to do the latihan with his father, he had gathered all his children and other relatives to his house to say farewell to them for he knew he was going to depart this life. His father died in a very peaceful condition, he said, with a smile on his face.

I told Bapak about this experience. He explained that the chaotic feelings were due to the lower forces employed by the witch-doctors who had tried to cure the old man at the request of his family.

“These lower forces were pressing on his inner self,” Bapak explained. “As he was a religious man, it had been the Will of God that you were ordered to relieve the pressure of these forces, because his son, who was already in Subud, was not yet able to face such a task. Such are the influences of healing practices which do not have their origin in the Power of God, but derive from the power of the Satanic forces.

“You cannot ask the help of devils to cast out devils, but you should just leave it to the Greatness of God, by way of doing the latihan. It is necessary to advise you not to seek patients purposely, because this would harm you. You should only help people when you are unexpectedly or incidentally asked for help, as in this case, because this was actually willed by the Power of God, and such an experience is, in fact, even beneficial for yourself. By receiving such an experience, you were also cleansed at the same time. If you purposely seek for patients, you will not be cleansed or purified, but, on the contrary, you will become soiled, because such action is only motivated by the desires of the heart.”

VOLUME II No. 9-10: September – October 1961

17

It has been more than ten years since Bapak appointed me as a helper, and in fulfilling my duties as a helper, I naturally have had many experiences, some quite strange.

There was a man originally from Banten (West Java) who became a Subud probationer. After he finished the probationary period, Bapak advised me to open this man myself.

The reason was that he already possessed many kinds of mystical powers and magic, originating from the lower forces, such as the power to become invisible. People said that he

also had the habit of staring directly into the sun.

After hearing all of this, my heart grew doubtful about opening him, but as Bapak had already suggested it, my doubts soon disappeared. and finally I opened him. During the opening, I felt that there was something going out from my body. My chest felt as if it were exploding and my eyes seemed to be turning around in their sockets.

My feelings were chaotic and highly unpleasant.

After doing the latihan for some time, the man wept and said that all his occult powers and magic had left him. But after that, he became conscious that all the powers he possessed originated from the satanic forces.

A week later, I became ill. My eyes were red and very hot, as when faced with fire, and a large carbuncle formed on my chest. I spoke to Bapak about it.

“Bapak had purposely asked you to open this man because he possessed many magic and occult powers. After being opened, all of these disappeared. To get these powers he had already spent a great deal of money. This was the reason he wept, because he remembered all his efforts and the great amount of money that had been spent to gain all of this. The chaotic and unpleasant feelings that you felt were due to the satanic forces that were the sources of the power of his magic. The reason your eyes seemed to be turning around was because his eyes already had been turned by the satanic forces.

“A normal eye will be unable to stare at the sun, but this man could do it, because it was not his own self that was staring at the sun, but the satan that had already taken possession of him, and that was why he could become invisible. The carbuncle on your chest shows that this man’s power was centred in his chest. This had enabled him to become bullet-proof.

“All these experiences were needed by you because your ancestors also possessed these kinds of magic and occult powers. By this action, your own inner self was purified from the lower forces within you which originated from your ancestors. Without this, it would have taken a longer time to purify it, accompanied by a serious illness. This was why Bapak especially wanted you to open this man. In addition, it was to train you to become immune to satanic forces.”

18

On another occasion, Bapak sent me to Medan (Sumatra), as there was a Subud member there whose feelings, heart, and mind were in a chaotic and confused crisis state.

After receiving the necessary guidance, I began to prepare myself for the journey. Fortunately I got a seat on the plane the next morning for an early departure.

In the plane, my mind was not at peace because there had been no change in my state. Normally if I receive a task from Bapak, my feelings are enveloped by a very pleasant sensation which shows that I am already blessed by Bapak. After flying for nearly five and one half hours, the plane landed at Medan Airport. I only felt at peace when my feet touched the ground. Then the pleasant feelings that I had been expecting came to me. I felt as if I had been cleansed with cold water. My chest was cold and my body felt very light. My mind was clear and bright and I felt that I was free from any pressure of the lower forces. This was the condition I had been waiting for, because it indicated that during my task I would usually be protected and blessed by Almighty God, so that I would be able to carry out my duties as well as possible.

During my stay in Medan I always attended latihan and answered the questions of the Subud members there every day until late at night, and my body remained healthy and even became fatter.

When I was telling Bapak about this experience after my return, the pleasant feelings that had enveloped me during my task left me. Bapak gave me the following explanations: "Indeed son, when Bapak asked you to go to Medan you went on a Subud mission. That was why you received the blessings of Almighty God, and received a power which you felt as a pleasant sensation. This was in fact a kind of mandate for you to carry out the task, and when it was finished, the mandate was recalled. This was what is called an 'inner duty'."

19

I received a call to come to Mr. Martoredjo's house in Gowongan, Jogjakarta. He did not explain why he wished to see me, so I just went.

He had gone to Bapak for an explanation of an experience he had undergone but Bapak had sent him to me. He said that during the past few days, he felt as if his chest was cut in two and he asked me to test and explain this experience.

We did a latihan together. I felt as if I was flying up into the sky. Then, to my surprise, I heard Mr. Martoredjo shouting quite loudly. After the latihan, Mr. Martoredjo was nearly unconscious. He cried bitterly, the tears rolling down his cheeks. When he was able to speak, he told me that when he closed his eyes for the latihan, he felt as if he was lifted by a very great and powerful wind. He saw a light which split his chest in two. This was why he had shouted, because he was afraid.

I told him that this experience was necessary for him before he died. I explained that before he died, he needed to be purified and this experience was a purification process but of a rather strong nature.

That evening he went to Bapak and told him everything that had happened. He said that

Bapak had confirmed my explanation. Later that night, Bapak called me. I was afraid and felt guilty. It turned out that my feelings were right. When I arrived, Bapak was angry with me. The testing that I had done with Mr. Martoredjo was not suited to his strength or capacity. It was too strong for him.

“You should be more careful next time, because that could cause Mr. Martoredjo to die,” Bapak advised me.

One year later I heard that Mr. Martoredjo had died, but after having these experiences, all his illnesses had been cured, so that his death was not due to illness but it was the Will of God that he should die at that time. Before his death he really looked a very healthy man.

VOLUME II No.12: November – December 1961

20

Compared with my friends, I married very late by Indonesian standards. This was because I did not wish to marry before I was purified. I was convinced that our descendants are very important to us, as it is they who may raise us to heaven in case, during our life here on earth, we do not reach perfection. Furthermore, a proper life partner is a very important factor for harmony and well-being in life on earth and in the hereafter.

When I was twenty-four, Bapak often suggested that I look for a suitable partner, having conditions similar to mine in her. And the only way to find such a wife was by doing the latihan kejiwaan, Bapak said.

One night I did a latihan very late, during which I fell asleep. About three in the morning I was awakened by an old man wearing old-fashioned clothes, and holding a cage. He nodded to me, and a strangely pleasant feeling came over me. Just as I was about to question him, he disappeared. I did not understand the meaning of this experience, but it became clear to me that after this I became more and more aware of an urge to marry.

Two weeks later I again did a latihan at midnight, and again I fell asleep. At the same hour as before I was awakened by the old man with the cage, but this time there were two doves in it. He said, “Now it is clear” and then disappeared.

I was still puzzled by these visitations and then, thirty days after the last visit, I fell in love with a girl. My feeling for her was so strong that I could not contain it and whenever I did the latihan the same voice always came from my mouth saying: “Yes, yes, this is your partner.” However, before I got to know her, I went to see Bapak in Semarang to seek his counsel and advice.

“My son, the girl who has moved your feelings is willed by God to be your wife. The old

man who woke you at night was one of her ancestors. During his life here on earth this man followed a certain spiritual discipline, but, alas, he died before he could find the true spiritual way. Before his death, he prayed to God Almighty that one of his descendants, if a girl, should marry a spiritual man, and if a boy, he prayed that he should become a spiritual man himself.”

Later, after investigating, I found that the girl’s grandfather was a sage, and most of her family were religious people.

Bapak continued his explanation. “The girl is of the fifth generation after the old man, and as it is willed by God that you should fulfil His promise to the old man, it would be better if you postponed your marriage until you have enough experience and strength in the spiritual field. Also you should do your latihan diligently to get rid of the impurities which you have inherited from your ancestors, and you should only marry the girl when you reach the age of thirty.”

After receiving these explanations, I asked the girl to become my fiancée. After being engaged for about five years, Bapak suggested that I marry her. And so, on the eighth of May, 1947, we were married.

21

After my marriage, I experienced very great changes within myself. Various kinds of feelings developed in me, and my heart and mind became confused. In fact, I felt as if I had returned to the condition I was in before I began to receive the latihan kejiwaan. I felt that my latihan was “stuck”. It no longer went as smoothly as before I married. My heart became doubtful and I lost faith in myself. I questioned within my heart: “How have I sinned?”

At first I did not do anything about this, but my heart grew more and more worried. So finally I went to submit the problem to Bapak. Fortunately I found Bapak alone at his house, so I could talk freely to him. In answer to the questions I asked, Bapak gave me the following explanations: “It is like this because, before you were married, what you received was not yet recognised as official by God, and so did not have its full value. It was only given as a sample. Now, after your marriage, you must start again from the beginning. That is why you feel as if you have not yet received the latihan kejiwaan. But this does not mean that you are going backwards. On the contrary, ultimately you will receive deeper knowledge and wider experiences.

“Furthermore, you now have a heavier task than before, as you must also work out the impurities your wife has inherited from her ancestors. When these impurities are removed, you will feel light and free. This is a necessary condition for the real union between husband and wife, so that later, what you feel will also be felt by your wife, and she will also be able to receive what you are thinking. In this way, you and your wife can

become a truly united pair. To reach this state it is necessary for you to do the latihan regularly and diligently.

“Besides the impurities that can be removed by doing the latihan as usual, there are also certain impurities in man which lie in his deeper self that can only be purified through the sexual union between husband and wife. And the impurities that are removed in this way will finally come out through the wife. Outwardly this is shown to us by the fact that women have been willed by God to menstruate once a month.

“In addition, it is necessary for a man to get married so that he can experience again how he was at his conception and when he was born. This condition is the same as when he becomes the channel of God for the bringing into existence of his child. For this reason, the sexual union should be regarded as a sacred and a holy act and it should not be carried out for pleasure just to satisfy the passions, because, in fact, at that moment you become the channel of the Power of God.”

This was Bapak’s explanation and as I listened, I felt as if fresh, cold water was being poured over me, and my feelings became very relaxed.

VOLUME III No.2: November 1962

22

One evening, after taking a bath, I was sitting with my wife on the front veranda of our house, relaxing in the fresh air, when a Subud member came to tell me that Bapak wanted me. I went to Bapak’s house on a bicycle, and on arriving, I saw that Bapak was cleaning a big flowerpot. After looking more carefully I saw that there was a picture of a baby boy in the middle of the flowerpot and that Bapak was cleaning the baby’s picture. At that moment I received an indication that what Bapak was doing symbolized the condition of myself and my family.

When he saw me, he asked me to wait in the sitting room. Shortly afterwards he came in and joined me. First he asked me about the progress of Subud. Then he told me the following fragment of the Wayang epic (Mahabharata).

“Once upon a time, there was a young man who came to Ardjuna and claimed to be his son. Ardjuna refused to recognize him. They became involved in a dispute and finally fought each other. It seemed that Ardjuna could not conquer this young man. Ardjuna used all the weapons he possessed to try to kill him, but even with all his weapons he did not succeed.

“Finally Ardjuna had to recognize the young man as his son, because only his son could stand against his weapons.”

While listening to this story I remembered that my wife was two months pregnant. I also

received what Bapak meant by telling me this fragment. All was clear to me when I went home.

I told my wife all that I had experienced, and after midnight we did a latihan together. In this latihan I received an indication to come to her. She was worried and afraid. She told me that during her latihan she saw a knight fighting a huge giant, and finally the knight succeeded in killing the giant with a dagger. The strange thing was that at the moment the knight plunged the dagger into the giant's chest, my wife felt as if the child within her was also pierced with a dagger. That very night my wife started to bleed quite heavily and the next morning she had a miscarriage.

For safety I took her to the hospital. After three days she was allowed to go home. This surprised the doctors because usually one must stay in the hospital at least ten days after a miscarriage. Another strange thing was that the doctor's bill was for exactly the amount of money I possessed at that time.

When I told all of this to Bapak, he said; "Bapak gives praise to God that you could receive what Bapak meant. Bapak has told you several times that sexual union is a sacred action, because at that time one becomes the channel of God for the bringing into existence of a child. Therefore you should be careful not to come to your wife driven by passion. If this may be compared to a man who writes, your first writing was not correct, therefore it was wiped out by your Inner Self."

23

One night I felt as if my head was enveloped by a very nice sensation. It had become my habit to do the latihan if anything unusual happened to me. During this latihan, I felt as if my Inner Self was entirely changed. It was as if another soul was entering into me, filling my entire being and a lovely sensation enveloped my whole body. Then this feeling moved, very slowly and smoothly. It became concentrated in my sexual organ and therefore developed a very powerful sexual urge within me. My body began to stimulate the sexual movements.

After receiving three such experiences I was still unaware of their meaning. Therefore I went to Bapak to ask for some clarification. After telling the whole story to him, he laughed and said that from the experience itself I ought to understand the aim and its meaning.

Then Bapak gave me this explanation; "The aim of these experiences was to give you a lesson in writing – writing living words with a living pen in a living book. The pleasant sensation which you felt flowing within you was actually a human seed. This was actually an opportunity given to you to know how the character and behaviour of the child will be.

"As a child comes into the world through his father, so the father ought to know the character and behaviour of the coming child. In this way he can refuse to receive a seed of low

qualities and receive the seed if it is of good quality.

“If you observe such a feeling, you will notice that your wife also shares this same feeling. If you and your wife come together under these conditions, then it is an act moved and willed by God. At the same time you will also receive a powerfully lovely feeling.

“A moment ago Bapak told you about “writing lessons”. In this connection, you were the pen, your wife was the book, and your child the word. This is the true meaning of ‘Alif, Lam, Mim’, mentioned in the Holy Koran.

“Bapak gives praise to God that He has given you this experience and Bapak hopes that if you again receive such an experience, you will then come to your wife.

“Most people are intoxicated by the sweet sensations during the sexual act, and so forget themselves. Those in whom the latihan has penetrated deeply enough will finally be able to stand and pass through this intoxicating sensation and will even be able to observe where this comes from, and to control it. Most parents are so absorbed during the sexual act that they cannot differentiate or choose the good seeds from the bad ones.

“Therefore it is of no wonder that among children of clever people, with high positions in society, there are some who commit indecent acts, even crimes.”

24

Some time later, about eight o'clock one evening, my body again became very light and enveloped by this peculiar and lovely feeling. This time there developed in me a great urge to sit alone outside, to enjoy the beauty of nature in the moonlight. In this blissful state I unceasingly praised the Greatness of Almighty God. Then, at midnight, my wife came to me and said that since ten o'clock our bedroom had been fragrant and that she had been enveloped by a very lovely feeling.

Then I remembered what Bapak had told me. I went to my wife. When performing the sacred task, both my wife and myself were surprised, because besides being enveloped by an unusually glorious feeling, we both felt as if we were not in our bedroom, but somewhere else – out of this world. All about us, everywhere we looked, we saw various kinds of flowers which gave a very fragrant smell, and the stars seemed to be very close to us.

When the sacred task had been completed, then the sensations began to fade, and all these visions grew dull and finally disappeared.

I was not sleepy at all that night, and in the morning I felt very fit and fresh and had more enthusiasm and power to work than was usual.

After relating all of this to Bapak, he gave me the following commentary: “Indeed son, at

that time you were not in this world. This was indeed necessary so that in performing the sacred task, you would not be disturbed and affected by the satanic beings. Bapak gives praise to God that you have received such an experience, and this could also increase Bapak's own confidence. It means that Bapak will be more confident of what he has received if other Subud members also receive similar experiences, even if they are not of the same measure. Bapak hopes that the child to be born will become a devoted Subud child; that he will be a child who will always pray to God.

“It is necessary to add that if a sexual act is moved by the passions, then after the act the persons concerned will feel as if their strength is diminished; and in fact their strength really does decrease. If the sexual act is moved by the soul, then after the completion of the act, the persons concerned will not miss any strength or power. On the contrary, they will feel more fresh and fit than normally. That is why the Islamic religion allows a man to have four wives. But in fact, this could only be applied to those who have really reached the perfect human stage, which is called the ‘Insan Kamil’, because the spiritual power of a perfect human soul is four times that of the normal human power.

25

In the course of time, my wife began to show symptoms of pregnancy, After the doctor had examined her and confirmed her condition, I went to Bapak to ask for advice.

“It is better that during the pregnancy of your wife that you should not go too often out of your house, and that you should only go if it is really necessary,” Bapak told me. “Otherwise you should stay at home and do your latihan.”

I followed Bapak's advice strictly.

One night, when I was doing my latihan, I had a vision which showed the interior of my house – the bedroom, the dining room, the living room and the kitchen. In this vision I saw that the arrangement of the furniture was different. The next morning I set about to rearrange my furniture according to the way it had been in the vision.

After this re-arrangement, my wife appeared to be more tranquil and she became more diligent in doing her latihan.

On one occasion, while doing her latihan, my wife saw seven kinds of vegetables. For the next seven days she cooked each of the seven kinds of vegetables which she had seen in her latihan. I told Bapak all of this, and received his explanation.

“What you have both done is right, and you should continue in this way. Such is the way of God in giving His guidance to both of you, in your domestic and family life. If during this time, you often left the house for unimportant matters, then you would not have been

able to receive this guidance.

“These experiences are actually God’s guidance to both of you in giving an education to the child that is still in the womb of his mother. It is most important to give the proper food which is necessary for the growth of the baby, and also to maintain a peaceful atmosphere in the house.

“Thus these experiences were meant to be guidance for your wife on how she could give proper food to the baby, and it was also a lesson to you on how to create a more peaceful atmosphere at home. If you could fulfil these two conditions, the baby which is still in the mother’s womb will derive the most benefit, and this is actually the way in which to educate a baby before it is born. Besides, you should always be patient and you must not be interested in, and do, improper things. You should always follow the guidance which you receive during the latihan and you should have faith that God will always give His guidance when it is really needed.”

A month later my wife went to the doctor for a check-up. The doctor said that the growth of the baby in her womb was excellent and that it was not necessary to give her any medicine or special treatment.

One evening, without any apparent reason, my wife went to sleep at five o’clock, and slept very deeply. I was rather surprised since it was not her habit to do so. Then I discovered the reason. While my wife slept, a terrible accident occurred. One of our neighbour’s children fell from a tall tree. Many people screamed, and it was a chaotic situation. I gave praise to God that my wife was spared from being a witness to this horrible accident. She only woke up when it was all over. In this way the baby in her womb was saved from the influences of the shock that might have occurred had my wife witnessed this tragic event.

VOLUME III No. 3-4 (Published February 1963)

26

One day, when I came home from work, about three o’clock in the afternoon, my wife told me that there had recently been a visitor, brought by a Subud member. They were going to come back later between six and seven that evening.

After she told me this, a feeling of great sadness suddenly arose in me. This sadness grew stronger as time passed, particularly as it approached six o’clock. So strong did this feeling become that tears came to my eyes. From this phenomenon I realized that the person coming was in great distress.

At six o’clock he arrived. Strangely enough, the sadness disappeared, and there arose in me a great longing to worship Almighty God, and a feeling of happiness. I asked him and the Subud member who accompanied him to sit down. He told me that he and his family

were very distressed. His eight-year old child had disappeared five days ago and had not been seen since. So he begged me to help through testing and said that he would follow sincerely my advice. While he was telling me all this, I was surprised to see something floating about his head. When it became clearer, I saw that it resembled a pair of short trousers. As I saw them, my chest felt cool as if I were bathing in the river.

I didn't know why, but I told him: "Take your child's trousers and put them in a pail filled with water and put the pail under his bed." I also suggested to him that he do a midnight prayer according to the Moslem religion – he is a Moslem. The visitor seemed to understand what I was saying and wanted to do as it was indicated. Then he went home.

The next morning, just before I left for the office, the man appeared and told me what had happened as a result of following my advice. "Thank you, Brother," he said.

"Very early this morning my missing son returned. And when I was praying last night, I felt very quiet and calm. I have never experienced such a feeling before. If there are no objections, I would very much like to join Subud. This experience while I was praying, doing what you had told me, has awakened a feeling of devotion to God which is quite new to me. It made me feel like a small child who knows nothing. I feel this is the right way, although I don't understand it. I earnestly ask to be opened and to be allowed to follow the latihan."

I felt sincerity within myself which proved that he was truly sincere. Following an indication which I received, I agreed to his request. After receiving the contact with the power of God it was clear that his latihan was good. The disappearance of his son, who had already returned, was the means through which he found the way to follow the Will of God. So now, he is a faithful and active Subud member. And for myself, the experience had indicated how one could know whether a person was sincere or not in his wanting to follow the Subud Latihan in order to worship God according to His Will.

27

I was in our office. We were all very busy that day as there was a lot of work. A colleague of mine touched my arm, indicating that a visitor was approaching. I noticed that the visitor's face was quite different than was usual. He was a Subud member and had been in it for quite a long time. He was known to be a quiet person, and quite sociable. I asked him to sit down.

"What's the matter, brother?" I asked.

He became rather panicky and distraught. "Look, brother," he began. "Well... It's a serious problem. Please come to my home after office hours. When you get there you'll know for yourself."

It was obvious that he did not wish to disturb us during work. He said good-bye, forgetting to drink the tea that was offered to him.

After this man had gone, I sat again at my desk, and felt that my body was quite hot. But it became cool again, then hot, and then cool, and these feelings kept recurring until work was over. I knew from experience that my visitor had brought these feelings to the office, and inevitably my efforts to do some more work were stifled. Despite the small result that was achieved, I still kept trying to work. It was frequently interrupted, I noticed, by the feeling as if there were tensions and quarrels in my household.

When work was over, I kept my promise and went to see this man. Upon my arrival, I was surprised to find his wife crying. His little daughter was also in tears. Things were scattered on the floor and the maid looked frightened. The house looked as if a family had just moved in, and had no time to settle.

I asked the man to do a latihan with me in his room, and suggested to his wife that she also exercise in the other room. His latihan was quite energetic at the beginning, but after half an hour he became quiet. His wife's face no longer was depressed after the latihan, and soon afterwards they asked the maid to put the house in order.

I asked them what the problem was, but they both told me that they had no idea why they had quarrelled. I sat down quietly and tested the problem. I received an indication that they were affected by someone else's influence which caused the dissension. It was the result of dealing with a letter written by a member abroad to Bapak, which this friend was helping to translate into Indonesian. He did not realize then that the feelings of the writer were also experienced in himself as he translated – such as anxiety, sadness, anger, the desire to quarrel and so on. His intention to help translate the letter was certainly good, but it was clear that he was not yet able to free himself from the effects that were brought about as a result of this kind of work.

The next day I told Bapak about this experience. He explained that reading or translating a letter also involves bringing in the feeling and condition of the writer. This was the reason why it was sometimes not easy to discard the influence, especially when one was not strong enough yet. The influence might stay with the person, sometimes for days, even weeks. In order to avoid this, Bapak said that not all members who wished to help with the work were allowed to do so. Undesirable occurrences, such as the above, should be prevented.

So work at the Secretariat requires not only knowledge of the language, but also the ability to get rid of the influence of the letters. It may also be necessary to say here that of those people who had helped translate letters in the past, many of them were often afflicted by falling ill and experiencing confusion, anxiety and other similar phenomena.

After these unpleasant experiences, fewer members seemed to offer their help, and in the end there was hardly anybody. And those of us who are now undertaking this task can only thank Almighty God for the strength that He has given us to cope with the work under the guidance of Bapak, whom we love.

VOLUME III No. 5-6 (Published July 1963)

28

I was sitting by myself in our little garden, enjoying the rather cool late afternoon. It was pleasant and quiet. Suddenly I felt as if I was being tickled from inside.

As usual, whenever something like this happens, I went into my room to allow and follow whatever was happening inside. Once I was in the room, the tickling became more intense and I could not prevent myself laughing and giggling. Hearing this, my wife entered the room and, apparently affected by the funny atmosphere, asked laughingly, "What's the matter, dear? Laughing all by yourself?" Still giggling I tried to explain to her that I was being tickled from inside. She reminded me of Bapak's advice that when something was happening to your inner feelings, you should follow it so that in the end its meaning would be indicated to you.

This funny feeling was still with me when I heard some people approach the house on bicycles. I left the room to meet them. They were two Subud members, one of whom was only recently opened. I asked them to sit down. Strangely enough, as soon as I sat with them, the tickling immediately disappeared and instead, there arose a feeling of sexual satisfaction. I had no idea what it meant, nor did I try to understand. I just entertained the visitors normally.

The member who had been in Subud for some time explained what they had come for. His friend, the younger member, wanted some advice. After this introduction, he asked his friend to speak for himself. This friend gave some account of his relationship with his wife and finally said: "Actually, brother, being a man, I am very ashamed of myself, because my wife said that Sate Bloral tasted better than to sleep with me." (Sate Blora is well-known in Djakarta. It is roasted meat on skewers, sold on the side of the road in the open. It is delicious and connoisseurs take great delight in eating it). He paused for a while and then continued. "I would like some advice about the best course to follow so that I can save my manhood."

Based on my own experiences I advised him first to follow the latihan kejiwaan of Subud sincerely and patiently as the best. In the meanwhile I did some testing. I felt and saw in the test as if I was at the entrance of a cave, holding a stick. A little way inside the cave, right on top, I saw a waterfall. I tried to penetrate with my stick into all parts of the walls inside the cave but there was no flow of water as I felt I expected. Finally the waterfall itself became the target of my stick and with it there was a strong flow of water accompanied by

a feeling as if sexually satisfied.

I told the friend quite plainly what I had received in the testing. I was rather surprised to see that he obviously seemed to understand the meaning of what I had received. In his feelings he was himself witness to the testing. He said that the cave stood for the female sex organ, and the waterfall that was situated precisely on top of the inside of the cave symbolized the sensitive part of the organ. His interpretation was in accordance with my receiving and again I stressed to him such a condition could only be experienced when he was in a state of worshipping God, as in the latihan.

The visitors left. I was alone. My thoughts tried to analyse what I had just received, and caused me to ask myself whether it was really correct. But as soon as I asked this I felt myself overcome by the latihan which caused my thoughts to stop. In my heart I could only thank God for the indications that He had given me.

A few days later the young man came again. He looked very happy. "Your theory is correct, brother," he said. "This is the proof." He raised his left arm to show it to me. "It was bitten by my wife," he explained. Hearing this, my wife, who happened to be there with me, invited him to sit down, and then she left.

He continued, "Since that night, brother, the atmosphere in the house has become quiet and harmonious. Whereas before, I seemed to be uncared for, and there was always tension in the house, now I have a delicious breakfast before leaving for the office."

We both became silent. The result of the testing made us more sincere in our worship of God, and when the visitor had left, I again felt within, gratitude to Him, as due to His guidance, a family had become harmonious and united.

29

One Sunday morning, when I got out of bed, I felt my body very stiff. When feeling like this I usually try to do some physical work. This time I had no idea what to do. First I tried to fill up the bath, but the physical stiffness was still there. Then I tried cleaning the house, but this did not help either. Then it occurred to me that in order to know what it signified I should sit quietly and so I did this, in front of the house.

There was somebody walking down the street with a broad hoe on his shoulder and, surprisingly, the stiffness completely disappeared when I saw this. I took this to mean that I should do some digging.

I got up, fetched the hoe, and started to work in our kitchen garden in the back yard. I had been working about fifteen minutes when suddenly I felt my head as if penetrated by wind; my throat was dry and there were some vibrations in the middle of my chest. I simply followed the experience until all the sensations became concentrated and descended

toward my sex organ.

The experience ended simultaneously with the sound of a horn of a car blown in front of the house. A moment later my son came to say that there was a couple to see me. They were a friend of mine and his wife. I asked them to sit down, and excused myself to have a bath and change to clean clothes. Then my wife and I went to the sitting room to join our guests.

At first our conversation was only about the conditions of everyday life. Then my friend's wife came to the point and said that after being married for fifteen years they still were not blessed with a child. She said that she had a dream in which she felt that she should come to see me and get some advice and then they would get what they wished.

Listening to her I remembered the experience I had while digging in the garden. After testing about it I received an indication that it was the answer to the problem of my guests. While I was sitting quietly and testing, I heard the couple cry to get advice for the best way to follow. Then I said to them: "Well, brother, seen spiritually, you two can have a child. The reason why you haven't thus far had a child is something like this. You should write when the fountain pen has ink in it. Up till now, whenever you have written, the fountain pen has been dry. Now, the signs indicating that the fountain pen has ink in it are these: a feeling in your head as if penetrated by some wind, a feeling of dryness in your throat, and the existence of vibrations in your chest."

On hearing this, my friend responded immediately. "Well, brother, I have indeed experienced what you have just described, but it usually happens between nine and ten o'clock in the morning. What am I do to? Being a director of a firm, it is impossible for me to arrive at the office after ten. You know, I must arrange things at the office in the morning."

Jokingly I replied, "Why not move the director's office to your house for a while, for the sake of your wishes? You might try it."

It seems that they actually followed my suggestion. For two months later my friend came to our home again and said that, according to the doctor, his wife was already pregnant. When the child was born, they made a great feast to celebrate their happiness at this event. And their respective families took upon themselves all costs of the feast as a token of their rejoicing at the happiness of their children.

I told Bapak of this experience and he replied: "Yes, what you experienced was really a happy receiving. When we are aware of it, God's grace to mankind is infinitely great. But it is only those who worship Him who know its value. Therefore, you must always be diligent with your latihan, so that through the purification of your body you will be able to receive things which are secrets to the eyes of others. As to whether or not you are strong

enough to receive these secrets from God depends on whether or not your body is purified. Bapak prays that you will come to true receiving in the latihan so that there will be witnesses to what Bapak has received other than Bapak himself.”

VOLUME III No. 7 (Published March 1964)

30

One night, when I was writing an article for the *Pewarta Kejiwaan Subud*, suddenly my wife called me, and her voice sounded as a voice of someone who was in a great anxiety. I stopped working and dashed to her room.

Arriving there, I was shocked, because I saw that her face was very pale, and she was in a semi-conscious state.

I immediately did a latihan beside her, and not long afterwards, she regained full consciousness. I was aware that she was going through a spiritual experience, therefore, I did not want to disturb her.

I let her relax for a rather long time. Subsequently I asked her what she had experienced, and she told me the following story: “Five days ago, when I was lying in bed in a latihan condition, suddenly I saw that the door of the room opened and I also felt a cold wind coming in that touched my entire body.

“When I looked towards the door, I was shocked, so much so, that my heart stopped beating, because without knowing from where it came, a huge black crow as big as a calf, stood at my bedside.

“Before I was relieved from the first shock, I was shocked again by the fact that this peculiar bird could talk like a human being and the words this creature uttered were frightening because three times it said that it would take away my soul.

“But every time it said that it would take away my soul, I rejected it and said that I did not want to die, because my children were still very small.

“Then this bird flew away and only after it had disappeared, my heart began beating again.

“But five days later, that is today, once again I had to face another frightening experience.

“Just now, when I was lying on my bed in a latihan state, I suddenly saw a dead body shrouded in white clothes lying next to me. When I opened the cloth which covered its face, I was startled, because it appeared that it was my own body.

“At this moment I heard a voice saying that I will later also become a dead body like this,

and the voice also told me not to be afraid of this. At that moment I shouted very loudly because I was very terrified, the more so because my heart ceased to work. But my call was only heard by you after the body had disappeared.

“Now I am afraid to sleep, because my heart often stops working. Sometimes it even happens, that if I am sitting alone and come into a latihan state, I feel as if my body is lifted and flies away in the sky, and at the same moment my heart as well as my lungs stand still.

“Therefore, I ask you not to leave me alone, because I am afraid and terrified.”

After reporting this experience to Bapak, he gave us the following explanation: “It is true, son, that whilst we are walking on our spiritual path, we will often come across heartbreaking and frightening experiences. Therefore, the most important means to follow a spiritual latihan is to have great courage and conviction and to believe fully in the power of Almighty God. To reach the perfect state in the soul, we have to undergo several processes of dying, that is, being dead whilst still being alive.

“Every time we die, we will experience being reborn, but in a higher or more perfect state, spiritually. To be able to pass these trials, one has to have great courage and conviction. If we are not strong enough to face this, the process of death and rebirth of our soul cannot proceed smoothly.

“The reason why you could not hear the shouting of your wife while she received this experience was, because at that moment, her heart had already gone out of her body. So her heart could not move her body to shout.

“When the experience had come to an end and the heart of your wife had been replaced in her body, you were able to hear her call, because it was then the cry of a heart which resided in a physical body.”

On hearing this, I remembered a similar explanation given by Bapak before, in which he said that to be able to be free from the influence of the satanic world, we have to experience seven different times of spiritual death. That is, the death of the sjaitoniah part of the sjaitoni, the death of the nabadiah part of the sjaitoni, the death of the chaiwaniah part of the sjaitoni, the death of the djasmaniah part of the sjaitoni, the death of the rohaniah part of the sjaitoni, the death of the rochmaniah part of the sjaitoni and the death of the rubaniah part of the sjaitoni.

So to reach the spiritually perfect state as human being, we have to experience four times seven spiritual deaths which is twenty-eight different times of spiritual death. That is, seven deaths in the sjaitonic world, seven deaths in the nabadi world, seven deaths in the chaiwani world, seven deaths in the djasmani world, and we have also to experience the same amount of re-births, that is, to be born again in a higher spiritual level or to be born again

with more perfect spiritual qualities.

To reach this state, there is no other way for us except to do the latihan diligently and regularly and with patience, submission, sincerity and surrender to the greatness of Almighty God.

31

One evening, I was visited by a Subud member. He told me that his wife was ill. She had a terrible headache and wanted to vomit, but was unable to do so. Therefore, he asked me to come to help her.

I agreed to do so, as I had no other appointment that evening except to come to the latihan hall later at night.

Arriving at his place I saw that his wife looked very pale and she could hardly breathe. Then we tested together, and received an indication, that her illness was caused by black magic.

There is no other way for us, in Subud, to overcome this situation, except to leave it to the Power of Almighty God, by doing the latihan kejiwaan.

Then my friend's wife did the latihan in her room, and my friend and I did the latihan on the front veranda.

After doing the latihan for about thirty minutes, my friend's wife vomited, felt rather relieved and she could breathe easier, too.

I had to take my leave at seven p.m., because I had to prepare myself for the latihan. Before I left, I told her the following: "I hope that you will follow your Inner Self. If you are moved from within to do the latihan, you should do so, because at this moment, your body has become an arena for a big battle between the black magic power and the power of your Inner Self. Therefore, you should follow the urge of your Inner Self, even if you have to continue with the latihan for hours". Then I was taken back home by her husband.

Arriving at home, I saw that there was already another Subud member waiting to take me to the latihan hall.

At the hall, Bapak asked me to open a new member. Shortly afterwards, a man came to see me. He told me that he was asked by the husband of the sick woman to tell me that there was a snake, about eight inches long, coming out of the mouth of the woman.

After reporting this news to Bapak, Bapak told me to go immediately to their house to help her. Arriving there, her husband showed me the snake that had just come out of the mouth of

his wife. He told me that after I left them, his wife wanted to vomit, and during the latihan, she felt as if she was fighting with a strong man.

After struggling for about thirty minutes, she could vomit easily, and then suddenly this snake came out of her mouth. When coming out of her mouth, this snake tried to bite the crown of her head, but as she was moved by the latihan to shake her head, the snake fell down on the floor.

The snake moved in a peculiar way. It was as if she was walking on her tail. The snake had a triangular head, and belonged to the most poisonous snakes of Indonesia.

Falling down on the floor, the snake tried to bite her. She continued with the latihan, and at this moment, she heard a voice telling her to jump over the snake. She did so, and the snake began to collapse and finally died.

The news spread in the area very rapidly and many people came to see the viper. Many people tried to give various interpretations about this happening, but I told her not to bother about them. It is more important to hear the guidance of our Inner Selves. To be able to receive it, we have to do our latihan diligently.

Coming back to the latihan hall, I told Bapak about all that had happened. Bapak then gave the following explanation to all Subud members who were present: “Bapak is grateful to God that the wife of this Subud member has been protected by the power of Almighty God.

“The reason why she was attacked by black magic, was because there was somebody who hated her and was jealous of her. She then tried to kill her by means of some black magic practice.

“Fortunately, this woman had already followed the latihan kejiwaan of Subud, otherwise, the black magic power might have won the battle, in which case the woman would have died.

“It is clear therefore, that by doing the latihan kejiwaan regularly, we will always be protected by God.

“If this woman had been following the latihan for a longer period, and had been more purified, the black magic attack would not have been able to enter into her body.

“This experience warns us, that we should sincerely do our latihan, so that our Inner Selves will become stronger, and will be able to reject every kind of lower force which will harm us.

“There is no other way for us to reach this state, except by doing the latihan kejiwaan reg-

ularly, diligently, with patience, submission and sincerity. And we have to believe fully in the greatness of Almighty God”.

This was Bapak’s explanation in connection with this case.

He also asked me to visit the family every day to comfort them and strengthen their faith in the Power of Almighty God.

After the poisonous snake had come out of her body, the sick woman recovered her health.

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