



*Left: One of Elias's installations in Chile. Right Elias, Amanda, their two children and Irwan Wyllie during his July visit.*

## Solar Enterprise in South America

*Action Green Energy is a holding company being created in Chile to bring together the Chilean and Colombian companies owned by Elias and Amanda Urrejola and Venture Capital Partners (VCP). Elias and Amanda write of their experience to date of developing their businesses.*

Bapak always advised us to create enterprises, and I always wondered what exactly he meant by “enterprises.” Since becoming an entrepreneur, I have gone through many difficult and challenging situations, but the sense of fulfillment I experience is the greatest joy I have ever had in my profession.

This intense and demanding process has required a great deal of courage and faith, and perhaps it is bringing us—at least in a small way—closer to Bapak’s concept of work or enterprise.

Related to Subud, I was born into a Subud family, and have been a member since 1998. Back in 2008, I began working in the German industry as an engineer manufacturing solar cells, and in 2012 I graduated with a PhD in Physics. That same year, I was appointed as helper in the small Subud group in Konstanz that we had formed with some German brothers.

Also in 2012, I attended the Vancouver Congress, where I met my current wife, Amanda Rivera, with whom I now have two children. I have worked for more than >

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five years in the German solar industry (Sunways) and two years in the French solar industry (Air Liquide), researching and developing high-efficiency solar cells. On returning to Chile, I worked for seven years developing the first solar services for the local industry and created the first solar laboratory in the Atacama Desert for the company Engie.

“ *With the support of VCP, we aim to become a successful international Subud enterprise...* ”

What did all those years of work have in common? An inner emptiness and an unbearable desire to be independent – to be my own boss.

After 14 years in the photovoltaic solar industry, I had the opportunity to found Urrejola Ingenieros SpA in Santiago in 2022.

From there, I began offering consulting services to both the public and private sectors and installing solar parks for agricultural and residential clients across Chile. One year later, we decided as a family to move to Colombia, where we founded Energías Limpias Co SAS in Cali.

Since then, I have managed both companies remotely, travelling between the two countries several times a year.

I attended the World Congress in 2024 in Kalimantan, where I met VCP, Venture Capital Partners. I immediately felt this was the opportunity I had been seeking – to bring investment and experience into the company and take it to the next level.

My background, experience, and determination attracted VCP's attention as an appealing business in which to invest. After several months of negotiations and joint work, VCP and the new holding company Action Green Energy agreed to establish a partnership and VCP became a shareholder.

The energy transition, access to energy as a basic need, and carbon neutrality are driving the Latin American and international markets. Energy prices keep rising, and power outages are becoming increasingly common.

Thanks to VCP's strategic support, I have received mentorship, invaluable experience, and even hosted a visit from VCP to our facilities in Colombia.

We are currently working together on developing a strategic plan for the coming years. Today, the team already consists of four full-time employees, a crew of five installers, and several partnerships with local suppliers.

To date, we have installed 250% more solar systems than in 2024, achieving 172% growth in revenue compared to the previous year.

With the support of VCP, we aim to become a successful international Subud enterprise that supports our families, nurtures our talents, and contributes to the continued development of Subud. ●



**DEWAN of INTERNATIONAL HELPERS**  
World Subud Association

September 2025

Dear Sisters and Brothers,

We hope this message finds you in peace and good health.

We have received questions about the source of the Latihan, the role of helpers, and whether, in changing times, we should adapt the way we present and practice Subud.

We discussed those questions at our recent gathering in Indonesia, and we would like to gently reaffirm a few essential points that remain at the heart of our experience as helpers.

The Latihan Kejiwaan is a receiving — a direct and living experience that comes from the Power of God. We know this not just as a concept, but through the reality of our own receiving. It was first received by Bapak Muhammad Subuh, and through him, this contact became available to others.

Bapak appointed helpers to serve as his assistants — not as authorities, but as those who help new members enter Subud and support them in their spiritual journey. Our role is to preserve the simplicity and purity of the Latihan and to serve with humility, without adding or removing from what has been given.

Bapak also provided us with guidelines — not rigid rules, to ensure the Latihan is practiced in the same essential way across cultures and over time, so that its reality remains accessible and unchanged.

Changing the role of helpers or how we practice and describe the Latihan — or its essence — would turn Subud into something else. It would no longer be Subud.

When we accept the responsibility to become helpers of Bapak, we reaffirm our belief that the Latihan is a way to worship God, and we commit to reading and following Bapak's explanations.

While times may change and cultures may vary, the nature of the Latihan remains the same. It is not a philosophy, a belief system, or a form of meditation — it is a worship of God through surrender and receiving. This is what we continue to uphold as helpers, in the spirit of unity and devotion.

With love and respect,  
Dewan of International Helpers

[ih@subud.org](mailto:ih@subud.org)

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## Talking to Harissa

*Last summer was a very busy time for Subud members in Europe. First there was the WSC meeting in Fatima, then the German congress which included a Zone 4 meeting, then the holiday in Greece. In September I spoke on the phone to Harissa Deligianni, the Zone 4 representative from Greece who was been involved in all these events....*

**HS:** We have already had a very full coverage of the WSC meeting in Fatima in previous issues of Subud Voice, but what was particularly notable for you about the meeting?

**HD:** It was a very good experience for me. I met so many interesting people and the collaboration and cooperation between us all was outstanding. We worked well together, and the discussions were very open with a good feeling. We did testing about our roles as zone representatives and about our strengths and weaknesses. Throughout the meeting I felt very free to express myself in a very supportive environment. The feeling of connection and the freedom of expression was what was most important for me. For more specific information about the other events, I suggest you go to Subud Marketplace where you will find reports and articles about it all.

**HS:** I have taken the reports and articles from Subud Marketplace, <https://subudmarketplace.com> and I have published them all in this issue of Subud Voice. So, coming in quick succession, there is an official report of the Zone 4 meeting at the German congress, an article by Robiyan Easty about the Greek holiday, and finally a notice about a tour of Uzbekistan which is being organised by Feodora Shukurova, the chair of Subud Russia. [Read on...](#)



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## Harmony and Hope: A Look Inside the Subud Zone 4 Gathering

*A Gathering of Zone 4 was held in July as part of the Subud German Congress in Hubingen. Harissa Deligianni Zone 4 Chair writes...*

This year's Subud Zone 4 gathering was more than just a delegates' meeting; it was a powerful reunion of a family. Over three days, representatives from across the zone came together in person to tackle challenges, share insights, and reconnect on a deeply spiritual level. The atmosphere was filled with harmony and joy, proving that even in a world of online communication, there's nothing quite like gathering face-to-face.

### Global Connections and Future Plans

The meeting provided a crucial bridge between our local groups and the wider global organization. WSA Deputy Chair Hannah De Roo gave a comprehensive overview of the WSA's mission, highlighting its dedication to supporting members and preserving the Latihan. A new Mental Health and Crisis in Subud subcommittee was announced, a testament to the WSA's commitment to member well-being.

One of the most pressing topics was the importance of safeguarding policies. Delegates agreed that while a single global policy isn't practical, every country should develop its own guidelines to create a safe, harmonious environment for all members.

The Muhammad Subuh Foundation (MSF) also took center stage. Hamid Da Silva shared exciting news about its new, more active investment strategy designed to grow the fund. He also revealed plans for a European MSF branch, a crucial development to help European members with tax-deductible donations and better manage bequests, ensuring more funds go directly to supporting Subud's mission.

“ The gathering was a spiritual renewal...”



Delegates also received a first-hand report from the World Subud Council meeting in Fatima. The representative enthusiastically shared her experience of the Portuguese hospitality and the sense of unity felt among the different wings and council members. This provided a tangible sense of excitement for the next World Congress in Portugal in 2026.

### Navigating Common Challenges Together

Beyond the global updates, a significant portion of the meeting was dedicated to addressing shared challenges on a more local level. The delegates demonstrated a strong desire to support one another, turning individual problems into collaborative projects.

- **Archive Management:** Many countries face a widespread issue with managing their historical records. This challenge includes both the need for effective digital storage solutions and the difficulties associated with preserving physical archives in a secure and proper environment. Delegates shared technical solutions and the promising news of a potential new Area 2 European archive.

- **Finding Leaders and Helpers:** A significant and shared concern is the difficulty in finding members willing to take on official roles. The discussion delved beyond a simple lack of volunteers, exploring deeper issues like spiritual willingness, fear, and past negative experiences that may discourage members from serving. The group recognized the importance of relying on the Latihan and spiritual testing to find the right people for the right roles.

- **Community Responsibility:** The need for members to take greater financial and practical responsibility for their groups and Subud houses was a key point of discussion. The conversation highlighted a need for members to mature in their commitment, understanding that the community's spiritual gifts come with tangible duties.

### The Power of In-Person Connection

Delegates universally praised the effectiveness of meeting in person. The face-to-face gathering was described as a key factor in fostering a sense of family, unity, and spiritual rejuvenation, which is essential for tackling the challenges ahead. The delegates found that relying on the Latihan to guide their work and even admitting, "I don't know," when a solution seemed out of reach, was a powerful way to bring harmony and clarity.

The meeting concluded with a hopeful look ahead. The delegates confirmed that the next Subud Zone 4 Delegates Meeting in 2026 will be held in person, with Greece and Hungary both offering to serve as potential hosts.

As the meeting wrapped up, delegates went around the room to share a final thought. Words like "joy," "harmony," "unity," and "blessed" echoed throughout the room. More than a business meeting, this gathering was a spiritual renewal that left everyone feeling refreshed and ready to go forward, carrying the spirit of the Latihan into our communities.



## Sun, Sea, and Soul: Our Unforgettable Subud Holiday in Greece

*An article by Robiyan Easty*

Yesterday the last stragglers from our wonderful Greek holiday reluctantly (I believe) went back to their homes.

This gathering was truly a great gift, both to those who organized it and the 53 visitors from 13 countries. These included six former IHs, one current and two former Zone 4 Reps and three current KCs. There were several non-Subud partners and some with true grit who refused to be dominated by their health problems. Halim Korzybska described it as paradise in Greece.

The hotel we chose, just 2 hours from Athens, was perfect. It is a large hotel, so not exclusively for us as in Crete two years ago, but that was no problem at all. Harina had found it on a visit to a friend who has a house in Nafplion and her feeling that it might be a good place for a holiday proved to be true.

There was a space for latihan available to us the whole time and big enough. The blue Mediterranean Sea was welcoming, with an especial welcome from the little biters, the small (thankfully) fish who wanted breakfast when we went for an early morning swim...not enough to deter us.

It was just a few meters over the road, with canopies from the hotel and beach service if needed. The food buffet had variety, was tasty and was open for long mealtimes. The management and staff were friendly and helpful and indeed had shown interest in Subud when we went there to negotiate.

We had latihan every morning and they were deep and profound; for sure they left Zoom latihan in the dust.

Just as in Crete two years ago, there were excursions to historic sites: Epidaurus and Mycenae. Some felt a special vibration in the Epidaurus complex, which was a healing centre as well as having the big theatre it is well known for. The nearby city of Nafplion also has sites which were of great interest to some of us.

They were various evening events. We arranged a Bapak talk one evening and a presentation by those who had made the trip to Uzbekistan. The hotel arranged an evening of Greek music and dancing and also a disco on our last night. The latter saw many of us oldies rocking and rolling and doing the twist.

Fit and energetic Halim, an 81-year-old phenom, was a star for a group of Polish high school students, who formed a circle around him while he pulled them out to jive with him one by one (the >

pretty ones of course!). Many of us oldies were dancing in short spells, including Taufik and Leonore, Solihin and Alicia, Stephen and Rosaline, Harina and me, Silvana and, last but not least, Magdalena and her husband Rolf, 87! Go oldies!

“ *The gathering was truly a great gift...* ”

Harina and her sister Harissa were the main organisers, with some help from Silvana and myself. Harissa had just returned from chairing the Z4 meeting in Hubingen and prior to that was at the WSA meeting in Fatima as a director... all of which she carried out efficiently and with her warmth and affection for all.

Without exception, everyone was delighted and expressed great gratitude for the work that made this happen and the light handling of the few small problems. And we in Greece were very happy and grateful that the effort made was so worthwhile. Personally, it was a great boost to reconnect with old friends, some of whom I've known for decades and one, Solihin Thom, for 53 years since our time at Loudwater together.

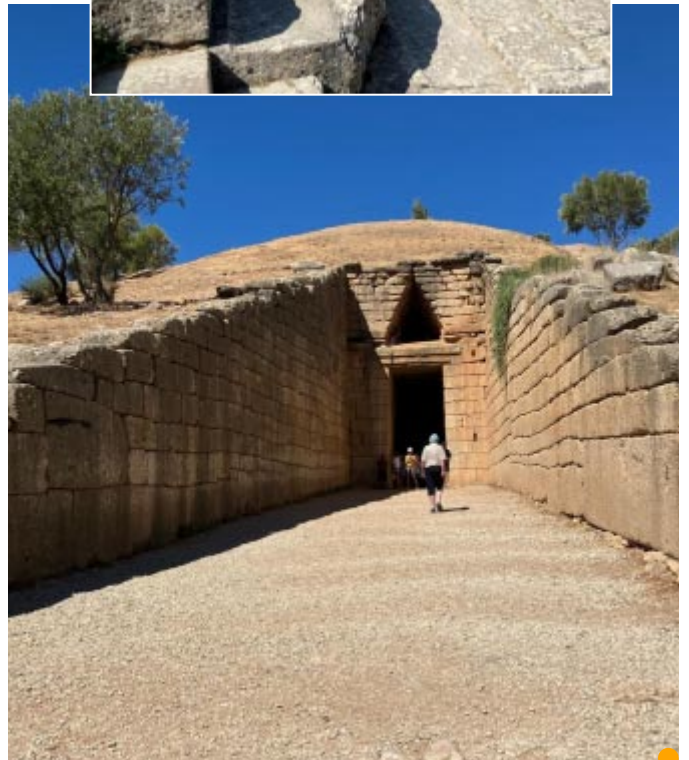
One of the huge benefits of these meetings is the opportunity to come together, sometimes after 10, 20 or 30 years and find that the bonds we formed are still there, unbroken.

Alhumdu lilla, the formula, as in Crete two years ago, was a winner: a combination of latihan, sun & sea, good food, great company and no business. By God's grace we hope to organise another such holiday in the near future; a country has talents, just like a person, it seems.



NB On the last day Rashid Butt had a heart attack and was immediately sent by ambulance to Athens. He was fitted with a stent and is full of praise for the Greek doctors. They told him it was fortunate that he came when he did and is now good for another few years. He will go in for another stent in a few days, but is now out and about, browsing the town and even coming to group latihan.





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# Discover Uzbekistan



*Feodora Shukurova, Subud Russia Chair and Zone 4 Treasurer, is organising a tour of exotic Uzbekistan. She writes...*

Dear Brothers & Sisters,

I invite you on a journey through Uzbekistan!

I want to take you on a special trip—not just a tour, but a true immersion into the atmosphere of my homeland. We'll start in Tashkent, where I'll guide you through the cosy streets, show you the city's landmarks, and share the stories that bring it to life.

Then, we'll venture to the magical cities of Samarkand and Bukhara—the ancient places filled with history, breathtaking architecture, and the unique charm of the East. We'll stroll through bustling bazaars, admire architectural masterpieces, experience the spirit of the Silk Road, and, of course, indulge in authentic Uzbek cuisine—samsa, plov, and delicious halva.

I want this journey to become a cherished memory for you, full of discoveries and unforgettable moments. Let's go together!

For full details go to: <https://subudmarketplace.com/uzbekistantour>



*Feodora Shukurova*

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## YUM Annual Report

*Vanessa Reksodipoetro, Executive Director writes...*

Dear friends and Partners

This year has been full of things to be grateful for. Thanks to your support, we've been able to keep running projects in health, education, agriculture, and community development for the communities we work with in West Java and Central Kalimantan. We truly feel blessed for all the encouragement and generosity we've received along the way.

I'm also excited to let you know that our 2024 Annual Report is now available on our website: <https://www.yumindonesia.org/images/uploads/report/1759377092.pdf>

Because of your donations and support, almost 21,000 people benefited from our programs >

in 2024—gaining access to better education, healthcare, and opportunities to improve their livelihoods. I've heard so many inspiring stories from the field and have seen with my own eyes the difference your help makes. Above all, I feel so proud to work with such a dedicated team. The YUM team are some of the hardest-working people I know, and their passion inspires me every single day.

Along with our Annual Report, don't miss our short updates. Go to our blog where you can catch up on the latest stories from our projects.

<https://www.yumindonesia.org/news/>

Once again, thank you so much for being part of our community. The entire YUM team and I are deeply grateful for your support, and we hope you'll continue to walk with us as we reach even more people and create a bigger impact together.



## Complementary Feeding Training For Parents in Cipanas

*From Yayasan Usaha Mulia*



*Mothers with YUM Cipanas, Mitsui and Posyandu staff.*

What does a healthy morning day look like in the heart of Sukaresmi? At Posyandu Cengkeh, it looks like babies being weighed, toddlers laughing in the arms of caregivers, and mothers chatting while learning something new—all part of the holistic program provided by YUM Cipanas and supported by Mitsui and KIN Dairy.



Posyandu Cengkeh welcomes families every month for a round of essential maternal and child health services. In one corner, toddlers were gently weighed and measured—height, head circumference, arm circumference—all carefully recorded to help track each child’s growth. For those who hadn’t yet completed their immunization schedules, it was a chance to catch up and move one step closer to better protection.



Meanwhile, in a quieter space nearby, expectant mothers met with local midwives for prenatal checkups. Blood pressure was taken, bellies were gently examined, and TT immunizations were given with care.

But the heartwarming highlight of the day? That came from the kitchen. In a cosy corner of the Posyandu, 10 enthusiastic participants gathered for a hands-on MPASI (complementary food) cooking class, led by one of YUM’s own. The recipe of the day was Baso Rambutan—a creative, nutritious take on meatballs that’s as fun to make as it is to eat!



As ingredients were chopped and stirred, the group shared tips and laughter, learning how to turn simple local ingredients into nourishing meals for their babies. And when the tiny taste-testers gave their stamp of approval (with eager bites and messy smiles), the success was undeniable.

With support from five community health cadres, two midwives, and two YUM staff, the day unfolded as more than just a health service—it became a space of connection, empowerment, and growth. While numbers were recorded and immunizations delivered, something just as meaningful was taking root: a shared understanding that health isn’t only about checkups—it’s about confidence, habits, and the joyful act of learning together.

And as the morning drew to a close, each expectant mother didn’t just leave with information—they brought home a bundle of nutritious food filled with local proteins, fruits and vegetables. ●

# SIHA Highlights

*From the SIHA Newsletter...Over the past months, there were several inspiring SIHA Zoom gatherings that brought brothers and sisters from all over the world together.*

## SIHA Presentation at the World Subud Council Meeting in Fatima

During the World SUBUD Council Meeting in Fatima (Portugal) Anita Schorer, the Vice International SIHA Coordinator, introduced SIHA as a Wing to the Council Members in an inspiring presentation, outlining:

- Our understanding of SIHA – health has many levels, concerns all of us, and begins within each individual
- Our mission – to spread knowledge, exchange experience and expertise, explore health topics with the help of the latihan, and collaborate with the other Wings
- Our international network – already active but still in need of extension to cover all zones
- Our financial situation

Her presentation gave a clear and heartfelt picture of SIHA's significance, and current challenges. You can watch it in full on our website: [subudhealth.org](http://subudhealth.org) – SIHA at Gatherings.

## SIHA Presentation at Zone 4 Gathering in Hübingen (Germany), 4th - 10th August 2025

During the Zone 4 Gathering in Hübingen (Germany), SIHA was presented to the delegates by Anna Maimer, Anita Schorer, Anita Hytha, and Marisol Greenslade. The team highlighted upcoming SIHA Zoom events, emphasizing that these are open to all Subud members and that automated translated captions are now available.

Several health-related workshops were offered, including a sound healing session by Dylan Vaughn and a self-care session by Anita Hytha teaching Tellington TTouch techniques such as the “Heart Hug” and the “Body Blessing”. In addition, there was an opportunity for members of the International SIHA team to test together with the International Helpers, and to explore possible synergies with representatives of the other Wings in the spirit of “Wings without Borders”.



## Highlights of recent SIHA Zoom Presentations

Over the past months, there were several inspiring SIHA Zoom gatherings that brought brothers and sisters from all over the world together.

A special highlight was the uplifting and informative presentation by Latidjah Miller and Laura Nasser — both nutritionists — on “Nutrition & Stress Resilience”.

Their talk sparked a lot of interest and valuable reflections, and we are happy to let you know that the recording is already available on our SIHA website for everyone to revisit. Even more exciting: Latidjah and Laura are preparing a follow-up session, this time focusing on how to strengthen our neurovegetative stress resilience. We look forward to sharing the date with you as soon as it is set.

We also enjoyed two SIHA Kejiwaan events, where, with the support of the International Helpers, we could explore and test together on the themes of “Guidance in Nutrition” and “Exhaustion & Fatigue”. The test questions are already listed on the website, and the introductory videos will soon be available there as well. [subudhealth.org](http://subudhealth.org)

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## SICA'S AGM Party

We have some exciting presentations lined up and we can't wait for you to participate! Hear the updates on what SICA has been up to and plans for the future.

WHEN: Saturday, November 8th, 2025 at 11pm (Western Indonesian Time).

HOW DO I JOIN? Online, via Zoom!

Use the Zoom link at end of article:

OR, use this ID and Passcode to log into Zoom:

Meeting ID: 849 8167 1382

Passcode: SICA2025

We only have 100 spaces available, so the first 100 people to join the meeting get a guaranteed spot!

Please share this invitation with all your Subud friends!

We hope to see you there!

<https://us02web.zoom.us/j/84981671382?pwd=bwgHkaoeO6MKlgZrEWAI7Ealf4rc7Q.1>

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## CEA Newsletter #2

*The team informs...*

As a corporation created by Subud members, we are committed to joining the Wings' efforts to make Bapak's recommendations a reality, to put the Latihan into action, where we all work together for the good of our Subud Brotherhood in a harmonious and collaborative manner.

Thus, moving toward this goal, we have participated in meetings with SDIA and SESI. Conrad Aldridge, SESI's global coordinator, invited us to join the \*SESI Business Support Group\*, whose main objectives are to develop an entrepreneurial culture and generosity within Subud, such as:



“ To put the latihan into action...”

1. supporting networking between entrepreneurs and Subud experts
2. facilitating Subud collective ventures, and
3. promoting business-related group meetings

CEA is fully aligned with these objectives, and in our work, we are well on that path. Susila Dharma International (SDIA), SD Spain, SD Canada, and SESI have also invited us to participate in meetings to jointly analyze the best ways to help our Subud Cuba brothers and sisters develop businesses, which will help them have resources to support existing members and strengthen groups.

### Training Programs for Subud Members

1. “Theory for Wealth Generation” Workshop:

Consistent with its mission to facilitate and promote the creation and sustainability of Subud businesses, CEA International, together with the founder of SOMIC Soluciones SAS engineer José Luis Rojas Leal (\*), organized a three-month workshop for Subud members interested in improving their company or business. This workshop was inspired by his book *Theory for Wealth Generation*.

Please read José Luis's impressions, plus much more here:

<https://www.subudworldnews.com/news.html>

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## New EP from Frances Madden

Dear friends,

I'm so excited to share with you my new EP, *Next Flight Home*, produced here in London by Grammy Award winner Cameron Craig.

These six songs feel like a bridge between chapters of my life. Some were written back in Australia before I left my family and friends; others I finished after arriving in London, starting a new chapter in search of change, challenge, and freedom. A few were born here in London as life unfolded in unexpected ways.

The EP brings all of that together: there's a love song, a heartbreak song, a song of gratitude that grew out of loss, and a letter home to Australia with all the mixed feelings that came with distance. At its heart, though, it's about belonging, about finding yourself and about searching for home as a feeling as much as a place.

Listen / Stream Here : <https://ffm.to/b4q8vqx>

I hope you enjoy listening, and that one of these songs feels like home to you. I'd love to hear your thoughts and if you enjoy it, please share it around! With love, Frances xx

If you'd like to order a physical CD delivered by mail, go to: <https://www.francesmadden.com/store> ●

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## After Eden

*Constantina Alexander writes...*

This is an oil painting on canvas I have been working on since September 2024 and completed in July this year. It is the largest I have made, owing to the size of my studio which begs for large paintings; I needed a step ladder for most of it. It was inspired by my study of astrophysics for the final year of my second degree in physics and maths, completed this June with a great result after 6 years of calculations and complete focus.

I so love cosmology, the power and energy of the creative forces at work in space are incredible and I just wanted to paint something to represent those forces at work.

The three figures are angelic forces dancing across the newly created Universe, creating large star forming dust clouds as they traverse space. One has a tear on her/his face as the significance of this creation was a result of the Fall.

At the base of the painting are the figures of Adam and Eve, who is pregnant with Cain, her first child. Adam is in an exhausted sleep from the distress of having been cast out of Eden. Eve is pondering the child to come. In >

front of her is a long red pebble reminiscent of Uluru and a representation of the deep spirituality of Heaven is not lost but still present in all things on Earth.

In the background is a city on a hill representing a holy place to journey towards. In the mid foreground and slightly to the right there is a hint of a migrating people leaving some boats behind, journeying to the place of promise.

So despite the Fall there is also the hope of redemption and a way to return.

“ *Despite the fall there is also the hope of redemption...* ”

## I Must Go into the Other Room Now

*Harris Smart remembers his father's experience of death...*

My father came from a large Irish Catholic family. There were 12 children in the family. My father's ambition, his dream in life, was to become a schoolteacher, but he had to leave school at 14 to work as a clerk in an insurance office in order to help support the family.

When the Second World War came, he wanted to be a fighter pilot, but he was colourblind and so he could not be a pilot. So, he became a mechanic in the Air Force.

He was posted up to Darwin, the northernmost city in Australia, which was bombed more than 200 times by the Japanese. But when he was not being bombed, he managed to put himself through all the levels of high school so that by the time the war ended he was qualified to begin to train as a schoolteacher.

### *Ferntree Gully...*

My father found a house on a hillside in an area about 20 miles from the centre of Melbourne called Ferntree Gully. It was so-called because of the giant fern trees that grew there. This house had been built by a ship's carpenter and its proud boast was that there was not a single nail in the building. Everything dovetailed.

We were alone on the hillside and then there was a walk of about a mile down to the Ferntree Gully township where there was a Catholic Church and a primary school.

So, my father walked down the road every day and caught the train into the city to begin his training as a teacher. Once walking down the road he killed a tiger snake which he hung over a neighbour's fence. You were also subject to attacks by magpies if one walked too close to the trees where they nested.

### *Happy Memories...*

I have many happy memories of my father. I was five years old when he came back from the war. I remember one time we went for a walk in the bush, my father and a friend of his and myself. My father and his friend became involved in a deep conversation, and they walked on ahead faster than my little legs would carry me. But then my father remembered me and came back down the path and picked me up and I still remember the feeling of comfort of being held in my father's arms.

Another thing was that on Sunday mornings my sister and I would get into bed with my father while my mother made the breakfast and my father would read to us from the comic strips which came with the Sunday morning paper. Comic strips like Tarzan and Prince Valiant and Ginger Meggs (an Australian comic strip about a little boy).



*Little Harris with his Mother and Father.*

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## His Death...

My father suffered from terrible headaches. I still have memories of my childhood seeing my father studying at night by the light of a kerosene lantern with his head bound in a cloth because we had no electricity in the house.

Then, towards the end of the year he suddenly got very ill. He was admitted to hospital, and it was found he had an inoperable brain tumour.

A vivid memory I have of his funeral, is that we did not attend the funeral, my sister and me. At that time, it was considered too traumatic for children to attend the funeral, but it was much more traumatic not to. We were left in the care of a neighbour and we kept running away, trying to join the funeral.

While my father was in hospital, the exam results of the teacher training he had been doing came out. My mother was able to go to the hospital and him that he had passed all the exams, and he was now qualified to be a teacher.

Soon after that he went into a coma, and he was in the coma for three weeks and then he died. After my father had died, my mother went to the hospital to collect his belongings and a man who is been in the same ward as my father told my mother that at a certain moment my father had awoken from the coma, sat up in bed and began to sing a popular song of the time, *Oh give me more, give me one minute more*.

Then, the man told my mother, just before he died, my father sat up in bed and said, I must go into the other room now, and died.

Wonderful to think that death can be as simple as stepping from one room into another room. ●

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## Alone with Others

Beneficial latihan part five by Suryadi Mai...

There is another important point regarding the difference between 'Practicing Latihan alone' and 'Practicing Latihan with a group'. In Bapak's talk code 63 BCL 6 with excerpts of Bapak's answers published in 'Bapak's Advice and Guidance for Helpers', 1988 edition / Page 78, on 'Self-practice of Latihan' by isolated members not in a group:

*"Question: Would Bapak further clarify his remark in Tuesday morning's talk that since distance has no significance in spiritual matters, it is quite proper for isolated people to do latihan alone at the same time as a group? This will no doubt be a justification for people to stay at home and do their latihan, since nearly always some sacrifice of time and money is needed to travel to the Centre.*

Bapak: Are you saying that they will not come just because of the distance? It is very necessary that helpers give advice to prevent that happening, because this is only meant for members who live very far from a group. It was only intended for those whose homes are really far from the group and who are unable to take part in the group latihan. They can have latihan at home and do not need to come to the group, provided that their latihan are done at the same time as that of the group. In other words, if the group always does latihan on Monday and Thursday, those living far away should also do it on Monday and Thursday. Doing it at the same time, they will be in contact with each other and their latihan will go well. But this does not apply to members belonging to one group and all living in, say, New York, who then, because the latihan place is some little distance away, think that they have no need to go there and so do latihan by themselves at home. Not at all!"

Thus, practicing Latihan alone is only for cases of force majeure. Otherwise, 'Not practicing Latihan with a group may fall into the following cases, as explained by Bapak in his talk code 77 MEX 3 also in 'Bapak's Advice and Guidance for Helpers', 1988 edition / Page 78:

*"Those who cherish the Latihan, even though, let us say, they do not practice the Latihan with a group, as long as they cherish the Latihan and accept the power of Almighty God, God will always guide and accompany them. Bapak can only express his hope that the brothers and sisters will not*



Suryadi Mai.

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separate themselves from their brothers and sisters.

In fact, if you decide to do that, then you are really just giving in and obeying the will of the material power or Satan and even the animal power. In other words, you are submitting yourself to the domination coming from your own Nafsu."



*Latihan is the means to help each of us become a real human being...*



In Ibu's talk code 10 JOG 2, Ibu also talked about the difference between practicing Latihan with a group and practicing Latihan alone as follows:

"And this is probably good for the helpers to know. When you attend the members in latihan, you helpers need to do your latihan too. Do not just monitor the latihan; it does not need monitoring. You think that since you are a helper, you just need to walk around looking at everyone. That is not so. Why do we all need to do latihan together? Doing latihan together generates an energy that is different from when you do latihan on your own. That is why it is recommended that we do latihan together.

It is not enough to just do latihan on our own at home, because human beings are too weak. Like I said just now, we need self-discipline in whatever we do. Well, we have been taught self-discipline or we have long practised self-discipline in our religions. Why do religions have rules? We need rules partly to discipline ourselves to make sure we carry out our obligations as set out in our religion. But we do not have rules in Subud. You make your own rules. So if we grow used to being undisciplined, you will only come to latihan when it suits you – if it is raining, you will not come; if you are tired; you will not come".

The energy that comes from practicing the Latihan together, as Ibu said above, is attested to by Subud members who have had the opportunity to practice the Latihan together during Subud Congress. Especially during World Subud Congress. When the number of members practicing the Latihan at the same time reaches several hundred or even thousands. The Latihan energy is really much stronger than when practicing the Latihan alone or with just a few people.

### Stop the Latihan

The average Latihan practice lasts about 30 minutes, and will end automatically. If practicing in a group, we should stop the Latihan immediately after hearing the helper's announcement "Finish", to maintain the same harmony and stability as at the beginning of the Latihan.

After stopping the Latihan, we should maintain our Inner Feeling in a calm and quiet state to feel the transition from the latihan state to the normal state of the mind and heart. This awareness in feeling will gradually help us to distinguish between two different states of Inner Feeling: One state of Inner Feeling when accompanied by the power of God, and one state of Inner Feeling when not accompanied by the power of God. And it is this first state that we always need to have in applying the Latihan in our lives.

In short, practicing Latihan and implementing Latihan in life is the foundation and means to help each of us change and evolve to become a real human being, a Perfect Human Being according to God's will. Therefore, the basic and important advice that Bapak often repeats in almost every talk is: "Practice Latihan diligently with patience, acceptance and readiness to let go, and always keep yourself filled with an inner feeling of absolute surrender and sincere trust in the infinite power of Almighty God." ●

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## A Functional Latihan

*Lucas Horton writes about how the latihan can serve a purpose in his life...*

Back in the day, a friend of mine who was an International Helper talked about how the latihan can be employed to improve our lives. The normal twice a week latihan he said was mainly for the soul and for later on in the next world.

It is permissible, he said, to get help for one's life here in this world, but it must be preceded by the right 'intention'.

Many years later after renovating the Perth Subud House, I was the only male helper in a newly formed group in Tayside, Scotland.

There were 5 or us men who came regularly to latihan and each of us had some issue in our outer lives. For me it was recovering from the trauma of the demise of Premier Hotels, one of the >

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others was stuck in an unhappy and difficult marriage, another who had problems relating to people desperately wanting to get married.

Finally, there was another member who had never travelled more than 20 miles from the place of his birth and suffered from anxiety attacks about going further afield.

Each of these individuals came to me requesting some testing to help them with these problems. I am reluctant to do this type of testing because I am never sure that I can keep my personal opinions out of the testing. I have been in many testing sessions skewed by self-interest and opinionated helpers.

It was at this time that I remembered the talk with the IH who had since died,

So, this is how it went...

Once a week after the regular latihan we would do another 'special latihan' for our physical lives, somewhere between latihan and testing.

I would get each to stand who wanted to participate and said aloud the following:

'Almighty God, may we each receive for ourselves a latihan that would be beneficial for our lives in this world'.

We each held the silent request for help for our own issues, and then we needed to let go, and let God be with us.

We did this once a week for about a year, by which time we had each seen our outward lives radically improve. Each of us. All these issues for people had been resolved.

It is worth describing in some detail how it was for me...

I had just been declared bankrupt and my reputation had been trashed. I had sheltered my then wife and children in accommodation far away, mainly for their protection from the vitriol that was aimed at me.

These 'special latihan' were quite different from the normal latihan and were much more 'physical'. Through the latihan I was introduced to 3 entities, maybe they were always there in my inner feeling or more likely they were servants that I acquired through the latihan which were specifically part of improving my outer life. They were as follows:

- 1 An 800-pound Gorilla
- 2 An Italian Opera Singer
- 3 A Jewish merchant

Firstly, the Gorilla, nobody messes with a Gorilla. I found that I did not have to actually manifest as the Gorilla physically, it is enough to 'hold the space'. This is particularly useful when facing potentially threatening physical situations like a herd of teenage kids hanging around smoking dope or walking in a dark lane late at night.

The Italian Opera singer persona is useful whenever I have self-doubts creeping in. For the Italian is amazed at his own brilliance and he gets a real buzz out of doing his work. I know I do good work, but I don't always accept that in myself. The Italian fixes that.

The Jewish Merchant is very calm and is completely in control of the material world. If ever I feel anxious about money this persona has me clearly dealing with invoices and payments generally, getting stage payments and payments in advance for my work, taking the financial stress out of my life.

He also instinctively knows the 'value' of things, He knows the realistic from the fanciful. Recently this persona has helped me resolve some basic issues in myself. It is fine and indeed important to have a 'vision' to aim for, but the route to the big vision is to be attentive to what is already at your feet and may be the first step towards that vision.

### Useful clothes...

These personas are like clothes that I can put on to perform various functions for me, in particular the ones where I have been historically lacking. It would have been useful for me to have had these servants earlier, but maybe they were always there, asleep until I was able to surrender sufficiently well to wake them up. Maybe we cannot access these useful personas until we have openly and deeply accepted the need for them and have asked Almighty God for help.

Interestingly enough a new helper turned up at the end of that year before I moved to the USA and he did not believe in these special latihan, would not participate in them and considered them 'mixing'. >

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## Fast Forward...

Fast Forward now 15 years to when I was the Kejiwaan Councillor for Ireland.

I have been concerned that even though we share the latihan experience, but that in itself fails to produce a sense of 'brotherhood' or shared vision in its participants even though this is something Bapak talked about all the time.

There are two other organizations that have been much more materially successful in this area than Subud and both were created about the same time, although I won't mention them by name. These organizations have managed to use group dynamics to improve the lives of their members.

One espouses the vulnerability of individuals where the power of the community can bolster individual resolve. The other has this understanding that without help from Almighty God we are powerless to deal with our demons. The group dynamic helps to address this.

So back to my KC experience, once a month all the men interested in taking the latihan further in their lives with this personal development program would meet for an all-day session in Central Ireland.

“ *What we need is to 'let go' and have the courage to face our problems...* ”

We would start and end the day with a regular latihan.

After the first latihan I would encourage the members to talk about any issues that they might have with no subject off limits. The one caveat was that these meetings were strictly confidential, and no one should talk about what went on, what they heard to anyone, particularly not partners and spouses.

To get the meeting going I would be the first to outline some issue that was going on with me. This discussion group would go on until everyone who wanted to participate had had an opportunity to speak.

Having thoroughly listened to each person, and without offering any comment or advice, we would have this 'special latihan' as outlined before. We would then break for lunch, do another general latihan and then disperse home.

These sessions were very beneficial for me and in particular helped to foster a feeling of compassion amongst each member for the others in the group. The whole process was a cathartic experience for me.

I believe that participating in this process was central to offering brotherly support for each other with an enhanced understanding about the realities of surrender to Almighty God and that it is God who knows all, each of us and knows what we need.

What we need is to 'let go' and have the courage to face our problems and offer this all up to Almighty God in a safe, secure environment.

Far from 'mixing' I believe that if these techniques were widely available for Subud members then the decline in numbers and activity of the members that we see in the West would be halted and reversed.

Of course, these are my own personal experiences and opinions. I share them only for the conviction that others may find them interesting or useful. ●

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## Sport and Subud

*By Harris Smart...*

How often does it happen to you that something someone does really gives you a lift in life?

They happened to me recently. A friend in Subud drew my attention to the American basketball player Caitlin Clark. And I found that watching many video clips of her on YouTube was like a spiritual nourishment to me because of her extraordinary skills and her appearance of being a truly good person.

I do not think it is trivial to talk about sport in Subud for. After all, Bapak used refer to sports people as models whom we might in some ways emulate. Bapak used to talk about the Brazilian soccer player, Pele, as an example. Here is one reference from a talk he gave in London in 1983.

*“Now if your legs are alive, once your legs have truly come alive - then they will be truly valuable for you, for your life. And the proof and the reality of that you can see in the world. For example, >*

you know of a footballer called Pele. The reason why he is a really famous and well-known footballer is because his legs are alive. Because they are alive they are aware of their job, of what they have to do. And it is because his legs are alive that his legs are worth millions of dollars. He was able to earn millions of dollars with his legs while he was playing football.”

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*Some of Pele's feats seemed near miraculous.*

*At the Anugraha World Congress, Bapak did a test about Pele. The person tested was Conrad Aldridge who has of course recently become the SES Chair. Fortunately, some years ago, Conrad wrote a very interesting account of his experience...*

### **Being Pele**

*Conrad Aldridge recalls testing at the Anugraha World Congress...*

I happened to be on the front row of the audience in a tent at the Anugraha World Congress. Bapak was giving a talk about the benefits of the latihan and explaining how a person's true, God given talent can be uncovered and revealed by doing the latihan.

Bapak liked to demonstrate what he was talking about and often tested with us all, especially during his talks, to let us feel the reality or truth of his subject matter for ourselves.

"People need to experience the truth for themselves, listening to someone talking is not enough these days to convince people. It used to be enough at one time, but nowadays there has to be something more," Bapak would say.

The something more is testing. Through the miracle of testing, Subud members can know or experience things that otherwise remain buried or secret. The testing bypasses any thinking and delivers the essence of the subject matter straight to the recipients inner feelings. As I said, miraculous.

In this talk that I was attending, Bapak needed to demonstrate what he meant by a God given talent. He looked straight at me. "Come, stand up here, in front of everyone. I'd like to show you all what I mean. Just relax," he said. I stood quietly with my eyes shut. "Now, show by your latihan, how does Pele play football? Allah hu Akhbar."

Well, I saw a ball coming down to me, I was suddenly a player in a real football match, I could hear the excited crowd. My legs took off, they easily grabbed and took control of the ball. Two men from the opposing team were coming towards me. My legs took me and the ball around them, they had no chance.

There was the goal mouth in front of me, my legs were still doing their stuff and kicked the ball. The shot bent around the goalkeeper into the top right-hand corner of the net. I (Pele) was amazed, the crowd were going mad.

Suddenly other players were jumping on me with enthusiastic joy.

"Finish, finish," I could hear Bapak say.

He laughed along with the audience and looked earnestly at me. "Do you understand?" He asked "Yes, or not?"

I did understand, I really felt like Pele for those few moments. Pele was a person that I now knew had a talent programmed into his legs. He too was amazed each time he played. This was demonstrated whenever I saw him on TV by his humility and the gratitude he expressed to God for this special gift that couldn't be learnt or copied by others without the talent, no matter how much coach- >

ing they received.

I can re-visit that testing anytime I like, it's there, deep inside me together with the understanding that Bapak wanted to share with us.

To read some more about inspiring moments in sport

Click: <https://subudvoice.net/wp-content/uploads/CLARK.pdf>

“

Once your legs have truly come alive – then they will be truly valuable to you...

”

## Two Poems by Ilijas Baker

*Past and Presence in the Suleymaniye Mosque, Istanbul: A Haibun\**



*The interior of the Suleymaniye Mosque, Istanbul.*

*Photograph: Alex Segre/Alamy Stock Photo*

Suleyman 1, more commonly known as Suleyman the Magnificent or Suleyman the Lawgiver, commissioned the Suleymaniye mosque in the sixteenth century intending that it should surpass the majesty of the Hagia Sophia, a Christian Basilica built by the Byzantines ten centuries earlier. He had political intentions too. Its location on a hill made it visible from the Golden Horn and was a sign of Ottoman imperial power to the outside world. The view remains, but the empire began to decline early in the seventeenth century and ended in 1922.

Such mundane thoughts now receding, I entered the mosque's white marble courtyard with its enclosed decorated central fountain which originally provided the believers with drinking water and water for ablutions but has not been used for centuries. Being the beginning of February, it was cold enough for snow to fall in Istanbul and I felt the cold acutely. Nevertheless, I made my way to the open-air ablution area between the side entrances to the main prayer space, facing the mihrab. The large stones directly beneath the cold-water ablution taps are noticeably worn away in parts as a result of centuries of ablution water falling on them. I happily watched my own ablution water fall there, then made my way into the mosque for the prayer, like the millions of believers before me.

for centuries we've  
come here to purify ourselves  
before surrendering to the Real

The inside of the mosque is a vast almost empty space. The sense of spaciousness and the feeling of lightness are reinforced by the architect Sinan's success in incorporating into the walls >

---

the marble pillars which hold up the vast central dome and the light coming from over 200 windows, with those on the mihrab wall made of stained glass. The dome's central cupola is painted predominantly in gold and beneath it there are 32 windows which contribute to the sense that the dome is floating and which help to illuminate the interior. The gold colour is repeated throughout the mosque's interior and the white is repeated on the red and white arches and on the white marble of some of the interior walls. The sense of physical unity, spaciousness and beauty make it easier to perform the ritual prayer with khushu (the presence of the heart). But only perfect presence will enable it to ascend towards 'the Throne'.

in that vast space  
the heart truly present  
might taste heaven

*\*A haibun is a Japanese literary form that combines prose and haiku. The prose typically records an event or experience, and the haiku typically illuminates the prose.*

The Surprising Words Spoken by Shams-i-Tabrizi

can you unlearn  
everything?  
can you like the sun  
accept that the moon must  
take over  
sometime?  
receive this from me  
when you have reached  
the invisible border  
feel the life  
within your life  
follow where it goes  
and you will meet  
the living Mohammed  
when you are  
utterly speechless  
he will show you  
God's secrets  
and let you sip from  
Al Kawthar\*

*\*Al Kawthar refers to the abundance of good (spiritual and material) bestowed on the Prophet Muhammad, including the Revelation. It is also said by some commentators to refer to a river in Paradise granted to the Prophet. Travellers on the path can also, to some extent, experience spiritual and material blessings (guidance, protection, inspiration, livelihood etc) bestowed by God. In the Quran, the term is mentioned only in Chapter 108.*

These poems were originally published in Beshara Magazine August 2025.

*Iljas Baker is Scottish and lives in Nonthaburi, Thailand. His poetry collection Peace Be Upon Us was published by Lote Tree Press, Cambridge, UK at the end of 2022.*

*His poems have appeared widely in poetry anthologies and journals and are always about essential things.*

---

## Looking Back

*The editor w*



Looking back on this issue of Subud Voice, I am very happy that we were able to begin with a very good enterprise story.

Of all the stories of Subud life which we try to find to put in this magazine, enterprise stories are the hardest of all to find. We have personal experiences and musings, we have stories about the organisation, we have stories about social welfare projects and cultural projects and all kinds of projects, but it is hard to find enterprise stories.

Of course, enterprise can mean many different kinds to different people, it can mean any kind of EFFORT. But amongst the many things that Bapak meant by the word, he included serious, sizeable sustainable business entities. And in this issue, we have been able to highlight this solar energy enterprise in Latin America which we have featured on our front page.

It is an important story not only because it is all about the EFFORT of those solar entrepreneurs from Latin America but also because it represents a COLLECTIVE EFFORT by Venture Capital Partners, that group of four Subud members who've got together to support and guide Subud Enterprises.

As we all know, Bapak put a lot of emphasis on Subud enterprise balancing the spiritual side of our organisation. And of course, there have been successful Subud Enterprises as well as some unsuccessful ones. But the whole enterprise concept took a mighty battering back in the 20th century when those big enterprises, those major projects, like S Widjojo building, Anugraha and Project Sunrise failed to fulfil all the hopes we had for them.

That they existed at all was a miracle, but it was also disappointing that they proved not to be as sustainable as we had wished. Well perhaps that story on our front page represents the beginning of a new era of enterprises. Let's hope so.

Well, as well as that story in this issue we have some personal experiences and musings, some stories about the organisation. some stories about social welfare projects and a story about culture. We also have a very significant letter from the International Helpers. I'm sure there will be much to talk about in future issues of Subud Voice about the matters which are raised in this letter. ●

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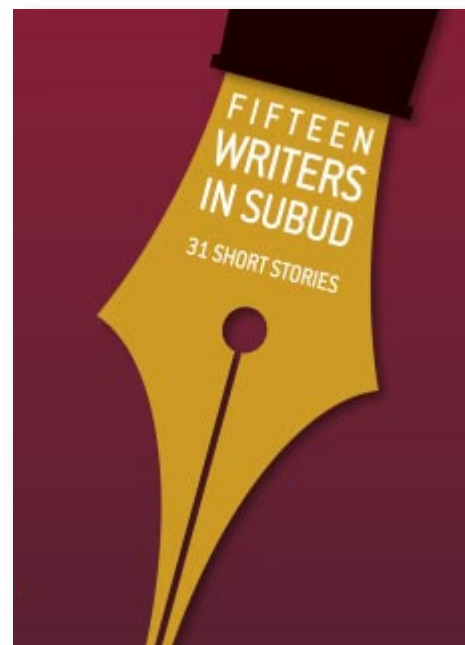
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Send articles, photos, cartoons etc. to Harris  
 Smart, Editor Subud Voice,  
 email: [subudvoice@gmail.com](mailto:subudvoice@gmail.com)  
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