



A Prayer for Peace

Latifah Taormina writes in response to the state of the world...

Dear Ones,

I want to share an experience. . .

Like many, I have found the news of the Israeli-Palestinian conflict agonizing. Last night I just burst into tears. I couldn't stop crying. I sobbed myself to sleep. I'm so aware of Bapak's prayers like the one below, and we seem so far away from fulfilling Bapak's prayers.



A PRAYER

*We pray to Almighty God.
May we receive God's blessing,
The latihan of all of you
May it spread everywhere
May it become the foundation of human character
And spread through the world.
For indeed such is the reality.
The duty of all mankind is to worship Almighty God,
So that their hearts and minds may become peaceful,
So that all things in the world
May become peaceful and calm for mankind.
Quickly therefore, worship Almighty God.
Let it not happen that at the end of our lives
We find ourselves far from God's power,
For this is God's Authority
Which can truly bring us to peace and tranquillity —
A peace and tranquillity for the life of man.*

I cried myself to sleep and woke up crying some more. Not little tears, but big heaving sobs. Everything in me ached. I knew I had to do latihan but felt unable to even start on my own. I called my dear friend, Halimah Polk, and she offered to do latihan with me. I was so grateful. We gave ourselves a little bit of time between the call and latihan to get quiet... We began at eleven AM, my time.

“ What an incredible gift we all share... ”

You have no idea how grateful I was for this latihan. What an incredible gift we all share. And then, this suddenly came to me in the middle of that latihan: What if Subud members all over the world did a latihan for peace at their own eleven o'clock—night or day? Once a week? Twice a week? Every Friday? We might have a whole world doing latihan round the clock from time zone to time zone. It would be our prayer for Peace. Our prayer to carry on Bapak's work.

It doesn't have to be on Zoom. Whoever feels like it.

Thank you, dear Halimah, for being there for me. Indeed, sometimes help comes at the eleventh hour.

With love, Latifah

PS. I was living in Austin when we all experienced 9/11. Ibu Rahayu gave this advice to a sister there about praying for peace:

"We should truly face the one Almighty God. After doing the latihan, quiet yourselves for several minutes and pray that God will give peace and quiet to all His creatures. And we should ask forgiveness for every sin and mistake and ask for His guidance for a life filled with love, peace, and one that is useful for your fellow human beings. If this is sincere and truly comes from a noble feeling I believe God will always listen."

God bless you all and forgive my mistakes and shortcomings.

The Amaranthe Community – History in the Making

Irwan Wyllie writes...

There's a lot going on around that tiny red dot on the map of France. That dot identifies the ancient village of Montbrun Bocage. No one seems to know exactly how old the village is, but it sits beneath a decaying castle that dates back to at least 1272.

Every wall of every house in this small village of approximately 500 people has that history etched into its crumbling stone walls, ancient timber framing, and shuttered windows. It's a gem of a place. Incredibly peaceful.

Now, a small group of Subud members is carving a new chapter in the village's history. At the village's edge, they are creating an intentional community built around the latihan, community, and sustainability. The project was begun about 2011 by Erica Sapir, Thierry and Pascale Nieto, and Saul and Manouela Davos, but the infrastructure did not start until 2021 and the first houses in 2022. See:

www.ecoquartieramaranthe.fr

Four straw bale houses are nearing completion on a block of around 4 hectares. Not everyone is a Subud member, but the spirit of love and co-operation is palpable, and more people are on their way. Eventually, there will be 7 houses in total.

Adjoining the housing site is another plot of land (3,000 sq m) acquired by a group of Subud members in the hope that the land will be purchased by Subud France, and that a Subud house will be built there. Drawings have already been prepared and costed.



The work of building is hard; the days are long; but everyone comes together for lunch on that adjoining block of land set aside for the Subud house. They bring food to share – even the kids – who have been busy making cookies in the little shed on the site.

On Sundays, the quiet village comes to life. Market stalls fill a village street and you soon realise this is a very interesting, multicultural community – a home to writers, environmentalists, film makers, artists – people from all over the world who have come to the region to enjoy its tranquil beauty and alternative lifestyle.

The entire region is a patchwork of fields, quite brown due to recent dry hot weather. But the views from the numerous hills are spectacular. And there are beautiful small villages everywhere. On the last day's drive to the train station before heading back to UK, the Pyrenees, only 100 miles away, were already showcasing a fresh fall of snow. Winter is coming.

A big thank you to Dave Weir, and Maya and Erica Sapir for hosting me for six days. What fun !!

I've fallen in love with this fascinating, history-drenched region of France and made a bold promise to return next year.



The houses are set in a picture-perfect landscape and they are beautiful.



The weekend village market at Montbrun Bocage attracts people from around the region.



Mischievous mates – Dave Weir and Irwan Wyllie.



Panoramic landscape near Amaranthe.



Erica Sapir, daughter Maya and her partner Dave Weir

Are You Ready for Venture Capital?

Irwan Wyllie writes...

Are you ready for Venture Capital?

Five Subud members from around the world are establishing a Venture Capital Fund (VCF). This is a Subud enterprise, and it will contribute financially to the Subud organisation.

The aim is to encourage and support Subud enterprises around the world, but it will also be considering non-Subud enterprises as well.

Venture capital companies (VCs) provide capital and management support for early-stage businesses that have the potential to scale up and become substantial players in their market. Google is one example among many major companies that received early-stage VC support. In return, the VCs receive equity in the projects, typically in the order of 25 - 35%.

If you would like to know more, there is a lot of information online, including this article, about how VCs operate and the benefits to emerging businesses.

From an entrepreneur's perspective, venture capital is one of the few sources of capital for start-ups and early-stage businesses. From a VC perspective, these types of businesses are high-risk, high-reward projects.

The hallmark of businesses that receive VC support is that they are innovative. This might be in the form of a brand-new product, or a substantial improvement to an existing one. For example, sophisticated software applications that solve complex problems are much sought after by VCs. However, there are opportunities in all types of businesses.

Our VCF team is on the lookout for good projects and business ideas. We are inviting Subud members with promising projects to start a dialogue with us with a view to showcasing some of these projects at the Kalimantan Congress, and possibly at the Subud Australia Congress in January 2024.

Subud enterprises applying for VC funding will be asked to commit to contributing to the Subud organisation from their profits in a manner of their choosing. The most outstanding projects may be eligible for VCF funding.

If you think that VC funding might be relevant to your situation, as a first step in the assessment process, please tell us a bit about your business and where you want it to go.

Please send information to Irwan Wyllie at freeman.wyllie@gmail.com by 15 December 2023. ●

“ Our VCF Team is on the lookout for good projects and business ideas... ”

A Bit of Peripateticism Goes a Long Way

By Irwan Wyllie...



Irwan walking in the Highlands.

After two months travelling in Scotland, England and France, I've returned with new energy, new optimism about Subud, a deep appreciation of my Subud brothers and sisters, and a head full of wonderful memories.

“ I've returned renewed, optimistic and inspired. All we have to do, all I have to do, is follow...”

The original aim of my travels was to have a break after a seven-year period as CEO of Australian Subud charity, Dharma Care. I was going to undertake the coast-to-coast walk from the Lake District in the west of England to the Yorkshire coast in the east. It would take two weeks and leave six weeks to visit a few family members and Subud buddies.

That was the plan, however, there was a slightly hollow feeling about it. Even before I left Australia, I was beginning to understand that the trip had to have more content than just a holiday. I suspected, or hoped, it was going to be a Subud pilgrimage of some sort. Not unlike Bunyan's character, Christian, in *Pilgrim's Progress*, I too was suffering a little from the “slough of despond”, “discouraging apprehensions”, and a “dizziness of the head”. I really needed something to lift my spirits.



On the road to Glencoe.

The Content...

It was not long before fate intervened to lead me to that hoped-for content. Two days after arriving in the UK, I came down with COVID. Two of the seven walkers in our group were doctors and one a COVID expert. She advised not to attempt the strenuous walk we planned because it could cause heart problems so soon after COVID.

Of course, I ignored that advice. It only took four days of walking before my heart started playing up – slowing my progress to a heart-thumping struggle up steep and stoney mountain tracks. I also started getting heart palpitations at night. My doctor friends did not hesitate: ‘Get to a hospital’.

I spent two days in Edinburgh hospital undergoing tests that eventually cleared me of any immediate danger. However, my plans for a long walk had to be abandoned. I sought sanctuary at the Perth Subud house to rest and recuperate.

It was immediately apparent that this is where I was supposed to be – not walking across England. Silly me!! I've always loved Scotland so I felt completely at home in the land of my ancestors. I also felt connected to the latihan, to my brothers and sisters, and to an emerging sense of purpose, namely an urge to find out what was going on in Subud. After years with my head down progressing Dharma Care, I needed to lift my gaze – to see the bigger picture.

Fortunately, Osanna Vaughn was already in Perth and had a car. We spent the next few weeks travelling around Scotland's magnificent glens and lochs. What an absolute delight.

We were joined by Isidro Jimenez and Miranda Wild from Ecuador who were also staying at the Perth Subud house. I drank in the beauty of Scotland's highlands and the warmth of my Subud brothers and sisters.

We all attended the Zone 3 Conference in Perth in September, expertly managed by Hannah de Roo and Ruth Taylor. As an observer, I was deeply touched by the life-long commitment of the mostly-elderly delegates. Nearly all had held multiple jobs in Subud over decades. And the young people who contributed to the sharing sessions were so inspiring. Everyone, young and old, spoke from a place of deep respect and gratitude for the gift of the latihan and each other.

The Projects...

The need for enterprises was raised several times – one of my hobby horses. Everyone seemed to agree that this was an important part of Bapak's advice that we had not yet fully embraced. I realised at the last World Congress that there were in fact many Subud enterprises around the world, but mostly small owner-operator businesses. We had made progress but I felt it was time to scale up – to once again think about working together in larger enterprises.

So, I really wanted to hunt out any projects – and they were there – a redevelopment in Sheffield, a beautiful sacred building for Toronto in Canada, a chateau in Belgium, a stately home in Poland, oil exploration in Wales, another Wisma-Mulia-styled aged care facility in the UK – to name a few. Discovering these projects filled me with hope and optimism. There is in fact a lot going on out there in the Subud world.

My travels also took me to France and to a project there – the intentional community of Amaranthe in the south west. I spent six days there enjoying the medieval villages, the rural peace, and the wonderful hospitality of community members. Initiated by six Subud members, it is now attracting other people, some of whom have shown an interest in Subud. Start doing things and people get interested. They are building four straw-bale homes for their families, very beautiful ones. Eventually there will be seven homes.

As the larger Subud organisation struggles with what is meant by consensus, Amaranthe is successfully applying these principles to their community's decision-making process. Sometimes their



Green Oak structure by Andrew Holloway.



Osanna Vaughan and Irwan at Portsmouth.

meetings last for five hours. It is time well spent. Once the decisions are made, everyone joins in the hard work of building – houses, families, and a community.

My final ten days were spent with Andrew Holloway and Osanna Vaughn at Andrew's home in Hampshire. We went to an Arthur Miller play; visited the maritime museums at Portsmouth; explored ancient villages and cathedrals; wandered through a Buddhist monastery; raised our heads in awe at some of Andrew's Green Oak Carpentry masterpieces; and ate out in cosy restaurants – all enmeshed in laughter and the sheer joy of each other's company. Thank God for my Subud brothers and sisters – the simple, inner joy of being was returning.

We also visited the new Subud house in Lewes. What a lovely, large and exciting place that is. Renovations are already under way and there are plans to further extend the facilities. Yes, I thought, this is how our Subud houses should be – first class facilities.

The Purpose...

As I travelled around, I spent time with the people who are planning or undertaking these projects – some very large ones. I was able to do latihan with them and get a feeling for the purpose and content of their projects. They all felt as though they were on a timetable determined by God – but getting closer.

I realise it is silly to make such prognostications, really silly – but that is what I felt. I hope it is the case, because Subud really needs a boost. I wonder if after the 36 years since Bapak's death and the end of the big projects, our latihan, our worldly skills, and our ability to work harmoniously together have strengthened. I suspect that has not been time wasted either. I hope, in fact believe, that that time has prepared us to have another serious go at taking Subud out into the world through our various Wing activities.

In my own life, and in business, I've seen how quickly things can change. However, these changes are often the result of a great deal of inner and outer work over a long period of time. I'm >

praying – that all our faithful long-serving Subud members and the enthusiasm and clarity of our younger members, glimpsed at Perth's Zone 3 Conference, will herald a renaissance in Subud. I'm praying – that we can now create an organisation of which we can truly be proud; one that connects to our non-Subud brothers and sisters, and one through which we can be of service to humanity.

The peripatetic life of a pilgrim provides an opportunity to get a broader view of the world, to see things more clearly, to reflect, to make new friends, to give thanks, and to say a few prayers. This little Aussie's pilgrimage did not disappoint. I've returned renewed, optimistic, and inspired. It seems to me that God's guidance is pressing ever closer on all our endeavours. All we have to do, all I have to do, is follow. (*Irwan Wyllie – 10 November 2023 – freeman.wyllie@gmail.com*) ●

World Congress Update

Dear brothers and sisters, this is a short update about the organisation of World Congress after the WSC meeting on October 14th. The meeting started with lathi-han and testing the following questions that were proposed by the international helpers:

1. What is the purpose of this Congress in Kalimantan for the development of Subud in the world?
2. How would God have me face the challenges of this Congress?
3. What is the inner feeling of having "One" congress?
4. Feel from the inner the compromise needed for the WSC to reach a harmonious agreement about the Subud WC venues & programme?

Concerning the dates for July 18 - 28 in 2024, Suyono has verbal assurances from the relevant institutions that approval will be given. The WCOT is confident that we can keep the dates, so they continue to plan for July 2024. After input from all the council members it was agreed that Scenario 3 would be the best compromise.

This scenario starts with 4 days in the Bahalap Hotel in Palangka Raya, followed by 2 days in Rungan Sari; 1 day back in Bahalap for continuation of the plenary business; 2 more days in Rungan Sari, and 2 days at Bahalap to end the congress. In total 7 days in PKR and 4 Days in RS.

Scenario 3 creates a lively balance between plenaries and visiting local projects, and avoids lots of activities taking place at different locations. Also, this scenario is the least risky and the least costly from an organisational point of view.

The WSC and the WCOT will meet again on November 4th to continue discussing the programme and related topics. For the moment we advise to wait with making your travel arrangements until registration has opened, which will be six months prior to the start of world congress.

For any questions please contact your Zone representative or go to:

[https:// www.subudworldcongress.org](https://www.subudworldcongress.org) ●



A Golden Opportunity?

Harris Smart writes...

I remember when I was at the World Congress in Freiburg, and it was announced that the next World Congress would be in Kalimantan. What excited me was the idea that we would have a World Congress on our own place, on Bapak's land, in Rungan Sari.

For various reasons it has been decided that most of the Congress will be in Palangka Raya with four days in Rungan Sari, but recently I've heard about some people who like the idea of finding accommodation in Rungan Sari for the period of the World Congress.

Some people are inspired by the 1971 World



Bamboo long house built to accommodate guests at the 1971 World Congress in Wisma Subud. This Congress remains a source of inspiration for the 2024 Congress in Kalimantan... >

Congress in Wisma Subud which was not only a great experience but a real game changer in the development of enterprise. A recent article by Peter Jenkins in Subud World News articulates this feeling...

Cilandak 1971 – there were no international hotels with spa baths and three-course dinners. We slept in very basic bamboo longhouses. Breakfast was a banana and a hard-boiled egg, and we washed in communal showers. I found my allotted sleeping spot, but I didn't use it for four days and nights. I couldn't sleep. We were all on a 'Subud high'.

The President of Indonesia arrived for the Opening Ceremony as the last touches were being made to the Latihan Hall with its stunning white dome. The organisers originally planned for 500, but there were 1500 arriving on charter flights from all over the world. (The British contingent arrived two days late and as the buses swept into the compound, everyone cheered... and all the lights went out!)

I have clear memories of those exceptional and pioneering days: Bapak standing like a King on the stage of the beautiful Latihan Hall; the series of national concerts through which we experienced a wonderful variety of cultures; the Subud prayer on the Guest House roof each morning; the amazing village of cafés, market stalls, and cold drink stands.

And here we are now, some 50 years after Cilandak 71, with another chance to have a Congress on land Bapak found for us to grow and develop enterprises and welfare projects – at the Subud complex and community in Rungan Sari, Central Kalimantan. Will we take it or opt for fancy hotels?

My understanding of Subud is – do the Latihan and put it into action in the world, through the Wings. If enough of us believe this, the Wings can fly again in Rungan Sari. And isn't that how Subud is supposed to grow? By what we do, not by what we say?

In 1971 I was 29, and now I am 81. This could be a golden opportunity!

Mursalin New, SES Chair for Subud Australia adds...

In 1971, 2,000 Subud members came to a Congress Village in Cilandak, slept in bamboo longhouses – and together with Bapak, laid out a great and noble future vision of Subud in the World. Let's revive the Spirit of 71 – a Members' Gathering in Rungan Sari in 2024. For more details, contact Mursalin, SES Australia Chair: sertera.max@gmail.com

Editor's note: This article is not intended to challenge the official arrangements that have been announced for the Kalimantan Congress but only to suggest an option that some people might like to explore in the Rungan Sari compound.



Subud Archives in Australia

Rashidah Pope writes about the WSA Archives facility to be built in Canberra, Australia. Model and photos by Frances Kuhna...

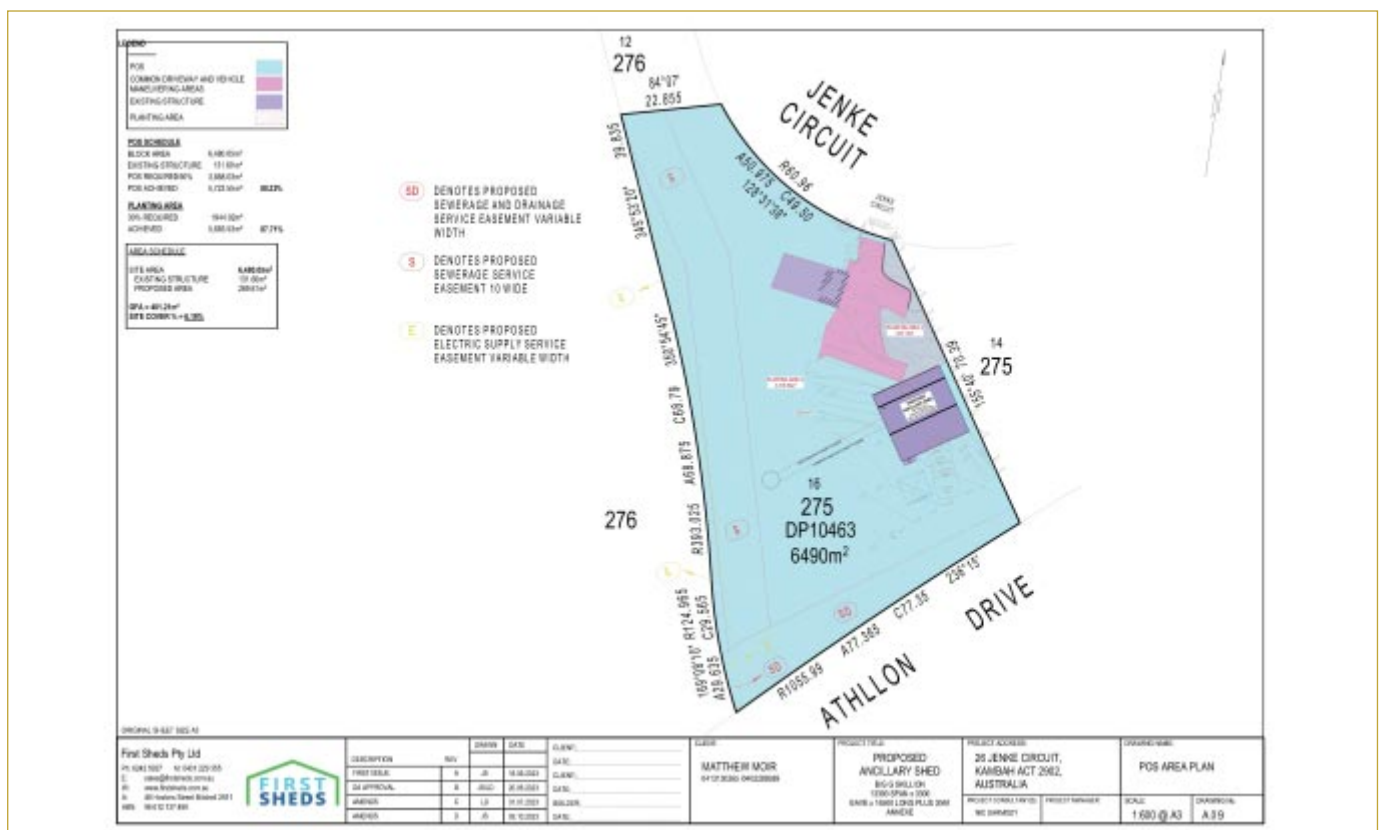
“Subud archives are the tangible record of the coming of the latihan kejiwaan into the world in the 20th century. These records, comprised of paper documents, films, videos, audio tapes, and photographs, are slowly deteriorating over time. Most of these are the original items that can serve as undeniable proof to people in the future of how the Grace of Subud arrived and spread through humanity.” *WSA Archives Sub-Committee*



Canberra Archives site.

For the past 17 years, hundreds of boxes of irreplaceable collections of historical WSA Subud archives have been kept in a Canberra commercial storage centre without climate control, lighting or a workspace, awaiting implementation of a permanent solution.

This WSA archives collection includes 20,000 photographs, the original sound recordings of Bapak's talks and their digital masters, other audio and digital recordings, the WSA film and video >



Canberra Archives plan.

collection from all over the world including new digital masters, the History of Subud collection, country, zone and wing records, media, maps and personal papers. It is also the main repository for the founding and corporate records of the international entities of the Subud organisation.

Several plans have been developed over many years for permanent premises in Canberra to protect these valuable collections and enable them to be managed and accessed more easily. However, implementation proved difficult. Earlier this year, a new plan for an archive facility on the Subud Canberra land was presented to the WSA Board and received unanimous support and approval.

This 'budget' option will be built on a concrete slab with a Colourbond roof and walls and will include three 12 meter shipping containers that will be climate controlled to preserve and protect the archives. There will also be an office and a processing space for people to work on the archives and Subud Australia's archive, also currently in storage, will be housed in the new building.

The overall cost of the project is USD\$482,000 (AU\$ 760,000). The bequests of two Australian Subud members; Subud Canberra member Harlinah Longcroft and Subud Perth member Lavinia Sinclair, (via WSA bequest) helped to kickstart the project.



Canberra Archives site.

Funding has also come from a grant from Subud Australia of USD 27,000 for the climate control systems, a grant of USD 25,000 from MSF, and pledges from "Friends of the Archives" of USD \$78,000.

If you feel moved to contribute to this significant project please use the bank details below, and send an email to: matthew.moir@subud.org with your remittance advice so the team can acknowledge your payment.

“ A new plan has received unanimous support and approval... ”

Bank: Commonwealth Bank of Australia:
 Branch: Westfield Woden, ACT - Australia
 SWIFT: CTBAAU2S: Account Name: WSAA Canberra Capital: BSB: 062908
 Account Number: 10865549

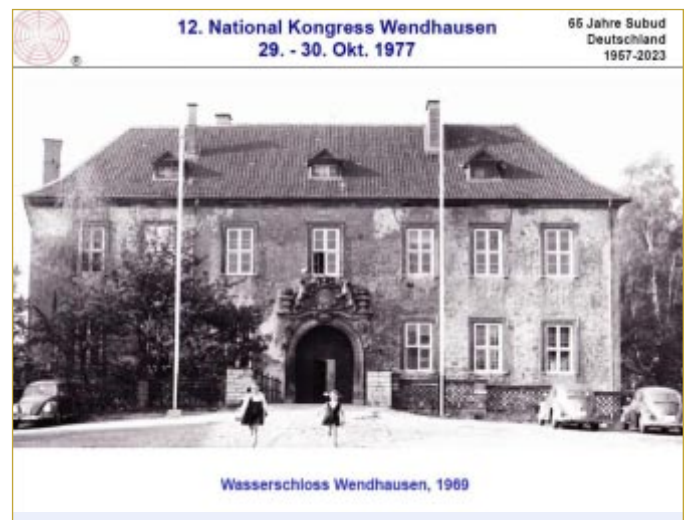
Subud Germany History

Viktor Boehm has compiled a history of the last 65 years of Subud Germany 1957 - 2023 in a PDF File with 237 illustrations. It includes Bapak's 11 visits to Germany from 1957 to 1983.

The history shows the varied and active life of Subud in Germany including its two World Congresses, Zonal meetings, enterprises, properties and support for Susila Dharma projects particularly in Africa. At the end there is a record of 58 National Congresses, the Zone 4 meetings and all the Chairpersons of the different positions.

To obtain this publication click here...

<https://drive.google.com/file/d/1gJldJ7kQUrrj9aMw0KKGo007jSXgg8u6/view>



Visits to the Clinics in DR Congo

September 2023 by Hilma Simon and Viktor Boehm...

Since the beginning of June 2022, Susila Dharma Germany has been working in four smaller clinics in the DR Congo, one in Kinshasa, CSCOM-Lemba Imbu, and three in the western Kongo-Central province with CSCOM Kingantoko, CSCOM Cederi Madimba and CSCOM Nkandu III. (Note: CSCOM means Health Clinic.)

The project runs for 24 months and is 90% financed by the German Ministry of Development – BMZ, which provides a total of €530.000 for 3 pediatric clinics for interior fitting-out and medical equipment, capacity building courses and a deep borehole for water for the CSCOM Kingantoko. As well as capacity building, personal costs of the team, SD-office costs, transport costs, monitoring, evaluation report and a financial audit.

Hilma and my job was to talk to the SD-Congo team, determine progress in the clinics and find areas where there are problems or where additional needs are necessary for a good clinic operation. Hilma also did a lot of work on the Anamed medicinal plant project supported by SES-Bonn.

After a year and four months of project duration, we were able to inaugurate and put two pediatric buildings into operation on September 22nd and 23rd, 2023 in CSCOM Cederi Madimba and CSCOM Nkandu III with many happy and dancing children.

The third pediatric clinic Lemba Imbu in Kinshasa is under construction. The experienced construction company Famika promises to have the shell finished by the end of 2023.

Hilma and I visited the clinic in Lemba Imbu with Papy and Victorine and got details about the construction progress. The two engineers gave us information. A 38m long wall to the neighboring property is necessary and also a small well. A 5000 Litre water tank is available. The CSCOM clinic also requires laboratory equipment.

We also visited the big CSCOM clinic “Mother-Child Clinic” in Kwilu Ngongo, which was started exactly 7 years ago in 2016 and the main building was inaugurated and put into operation on September 25, 2017.

Thanks to a large support from BMZ-Germany, SDG + SDIA and private donations, it has now become a full-fledged referral hospital. It now has over 10 finished and operating buildings with around €2 million and 50 employees, including 6 doctors.

Hilma and I looked at it again and found that it was sustainable, which was also confirmed by the zone doctor and Dianteza. The surgery and the mortuary are operational. 192 bodies have been preserved since October 2023.



Geographically the 4 new health centers/CSCOMs are shown in the map – Kwilu Ngongo CSCOM is located more to the West.



The pediatric clinic in Cederi Madimba near Kisantu was inaugurated on 22.9.2023.



Inauguration of the pediatric clinic Cederi Madimba on 22.9.2023 with responsible people from the government.



During the inauguration of the pediatric clinic in Cederi Madimba with dancing children.



Inauguration of the pediatric clinic in Nkandu also with many children, Dianteza and the Chef-doctor Arnold.



Kinshasa – Lemba Imbu - new pediatric clinic under construction.



Kwilu Ngongo CSCOM - Papy, Viktor, Freddy, Hilma, Victorine.



The KN Reference clinic with a canopy to the pediatric clinic, left, the Radiology, and the laboratory, right.



Luila Anamed Farm in Kongo Central – Team member with the Anamed poster.



Kinshasa Subud House in the new SD Office - Anamed (medicinal plants) meeting with a poster - Dianteza, Pierre, Hilma, Viktor.



< Kwilu Ngongo CSCOM hospital Eye-services Dr. Patrick, nurse Chico, chief nurse Freddy and Dr. Tutuma.



Hilma at Luila Anamed Farm on a creek with Artemisia, Moringa, Aloe Vera medical plants. >

Notes on the roles of people who are not otherwise identified in text or photo captions.

Dianteza is the SD-Congo chair,

Papy is the SD-Congo communicator Officer

Victorine is the SD-Congo Community Development Officer

Freddy is the Chief nurse from the Kwilu Ngongo Reference Clinic.

A Review of Latifah Taormina's Terrific New Memoir

By Reynold Ruslan Feldman...

As someone who has read nearly all the "Subud books" published since the early classics, I can say that Latifah's *Ha Ha Among the Trumpets – An Improvisational Journey* is arguably the best,

Latifah's book is beautifully written, an absolute page turner. Okay, you may think: Ruslan, you came to Subud in '61, so for you, it's a stroll down memory lane. But my wife, Cedar Barstow, who's been in Subud just 14 ½ years, proves my case. She couldn't put it down either.

Moreover, she commented that she could now vicariously experience the magic of those pioneer days of Subud in the West and especially of what it was like back then to spend time in a place we referred to as "Cilandak".

Subud took us from a black-and-white world into one of full, fantastic color. Everything was new, bright, and enchanted. And in this book, she had felt that for herself.

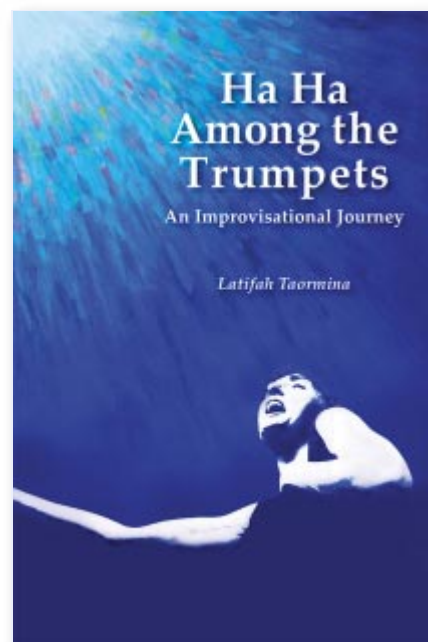
So whether you are a brand-new member or someone who has grown up in Subud over the decades, run, do not walk, to buy Latifah's book and in fact, consider as I am buying it to give to your Subud friends or family members as a Holiday present.

Among other things, *Ha Ha* proves what Bapak told us when SICA was founded, in part at Latifah's initiative, at the Anugraha Congress in England: that the power of the latihan will manifest through the creative work of Subud members and touch those who experience that work.

Congratulations, Latifah, on this wonderful, Great Life Force-filled book. It has certainly touched me. The book was designed by Marcus Bolt and includes photos by Simon Cherpitel.

When ordering the book, make sure to use Latifah Taormina's full name and/or the book's complete title. Otherwise, you might end up getting a book on jazz!

The book is available on Amazon, Lulu Books, Barnes & Noble, and Ingram Spark.



“ The power of the latihan will manifest through the creative work of Subud members...”

Angel on My Sofa

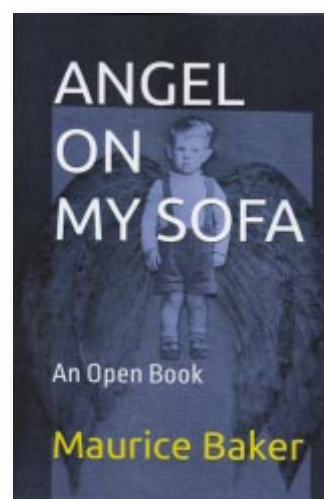
Reviewed by Harris Smart...

Maurice Baker's autobiography, *Angel on my Sofa*, begins with a dramatic scene.

Woken around three in the morning, I was aware of a tall stranger brandishing a spear; his intention, it was clear, to thrust the weapon deep into my chest. In desperation, though no fighter, I punched and kicked out wildly, trying to defend myself, screaming oaths and threats as I did so.

Maurice came to believe that this visionary manifestation was his guardian angel, whom he named Michael.

Having described this pivotal experience, Maurice goes on to talk about his early life. He had a very unsettled childhood. His father died at eight



and the remaining family of himself, his three siblings and his mother were sometimes separated from each other, and the children taken into foster care.

At other times they were together but living hand-to-mouth in rough neighbourhoods. Still this experience was not without its value because Maurice learned street-fighting, stone-throwing skills that have probably helped him survive in later life.

He left school at 16 and embraced the Beatnik life. He had read Jack Kerouac's, *On the Road*, and like many another visionary at that time he also set out to go on the road. He travelled rough, first around England and then venturing out into Europe, particularly France and Spain and even getting as far as North Africa. Along the way he picked up a guitar and started writing songs which led him to become a performer in the lively folk club scene that prevailed in England at that time, especially of course in London.

He saw the Rolling Stones perform at the Crawdaddy Club while they were still unknown, and he was inspired by those troubadours, Woody Guthrie and Bob Dylan, to become a travelling, singing man himself.

Finding Subud...

However, while enjoying some success on the folk club circuit, he was not really making enough money to survive and so embraced a series of dead-end jobs, doing everything from working in a shoe shop, to the print side of an advertising agency, to a labourer on building sites, to a job on that strange TV puppet show *Thunderbirds*.

He chronicles a series of shared houses and squats where he cohabitated with other Subud members who shared his poverty, creative aspirations and itinerant lifestyle.

Amongst these was David Warrior whose own autobiography, *Glimpses of the Soul*, we have already reviewed in the pages of this august journal. David is described as very hip and cool and also a striking painter who covered the walls of the house where they lived with murals that had to be painted over when the landlord came back. It is interesting to read Maurice's book in conjunction with David's.

So, Maurice was inevitably led to Subud by members of his household. He signed up to be opened, did not think very much more about it but came back after three months just in time for his opening. This was something of an anti-climax, nothing very much happened, but afterwards he did the Ramadan fast and he found this to be very meaningful. Later he also changed his name, receiving the name Mansur.

He also joined in when some of his companions decided to embrace Islam and subsequently went to be circumcised. Some years before, Maurice had had a frightening dream in which his penis was cut off (fortunately not in reality), but when he went to be circumcised, he realised that dream had been a foretaste of that incision.

Subud not only provided him with some more direction in life, it also provided him with a wife. He rented a room in the house of Latimah, whose husband had been killed in a car accident. They became close and married. Latimah already had three boys and in the course of their marriage they had two more girls.

It was time to settle down and the troubadour was transformed into a trainee teacher. Testing had shown he would be good at working with children and the labour exchange provided some career guidance which pointed him in the same direction. So, Maurice went to college to study to become a teacher.

Early experiences in pretty rough schools encouraged him to think of that ideal, a Subud school, and the family moved to Norwich where François Reynolds was running a very successful primary school called St Christopher's. Maurice was employed there along with a number of other Subud members. But while he found this experience to be in good in many ways, it failed to correspond fully to his ideal of the Subud school as the democratic creation of a collective rather than of one man.

But just when it seemed that things had settled down in Maurice's life, it fell apart. As the Beatles once remarked, "Love has a nasty habit of disappearing overnight". Latimah went on a trip to Canada to attend the 1979 Toronto world Congress and her failure to communicate very much



while she was away filled Maurice with an uneasy feeling which was confirmed some time later when she told him that she no longer wanted to be in the marriage.

In the interests of full disclosure, I must mention that I am briefly mentioned in the book when Maurice describes how he and I travelled together to witness the spiritual and artistic life of Central Java. Maurice had come to Wisma Subud to gather material for a brochure about Susila Dharma and then he and I had bought third class railway tickets to Jogjakarta.

All the while, Maurice talked to me about how happy he was in his marriage and what a wonderful family he had, and it was with real shock and empathy, that I heard a little later that when he returned to England he found his marriage had fallen apart.

But not only his marriage, for soon afterwards François 'received' that it was time for Maurice to move on. Maurice had to rebuild his life from scratch. This part of the book is a classic study of how to deal with it when your life is abruptly ransacked and turned upside down just when you thought you had all the bits in place and going smoothly.

Enterprise was Maurice's salvation...

With another Subud member, Stefan Freedman, he sent up an enterprise called Sunshine Express providing workshops and entertainment in music and other creative activities to schools. This partnership lasted for several years, and Maurice wrote not only songs, but plays, I have read the book and heard the music of one in particular, *Kids in Space*, which really should be put on in the West End

After Sunshine Express, Maurice moved into his own painting and decorating business and this led to a happy circumstance in his life because one day while he was working on the Amadeus centre, a new Subud house in London, a woman wandered by in search of Subud. She turned out to be Sofie, a strong, independent woman with a career in textile design.

They had a conversation and started going out together for drives in the country. They married and bought a house outside London. Settle-down time again. But not for long, and Maurice and Sophie moved to Newcastle-upon-Tyne when her parents became unwell.

This was another example of Maurice's prophetic dreams because years before he had a puzzling dream which began with him escaping from some savage dogs and then...

I managed to get outside into the garden, which was beautiful and included several apple trees, slamming the door behind me. Here was peace at last as I found myself with a smiling woman about my own age saying everything would be okay now except sometimes her old man might get in the way. The woman was not familiar to me at the time though would be much later along with her 'old man'.

Now many years later in Newcastle-upon-Tyne, he found the garden with apple trees and Sophie's father proved to be a difficult old man.

Maurice went back to teaching, finding that his true gift was for teaching children with special needs. Like many of us, he is an old man now and Parkinson's Disease has cut down on his ability to sing and play the guitar.

But he has always believed himself to fundamentally be a writer, and so it is good that he has written this autobiography which can be added to the ever-growing shelf of Subud biographies. Maurice's book is a picture of life in England during the 50s, 60s and beyond. He sketches the

“ Maurice came to believe that this visionary manifestation was his guardian angel, whom he named Michael...”



Just married – Sofie and me outside Brackley registry office 1991.

“ Maurice was inevitably lead to Subud by members of his household...”

changes which have happened in attitudes and society over the decades.

It is also of course a classic introduction to Subud, and the story of his development in Subud, becoming a helper and holding many other positions in Subud, is well told. He writes very clearly. The book not only speaks to existing Subud members but could open the way to Subud for new people.

The book is beautifully designed with many photographs and also drawings. Maurice includes some of his many songs which comment on situations in his life. He should record all the songs in the book and put them out on a CD to be included with the second edition of this book. Or put them all up on YouTube and give us the link.

But what of Michael the Angel? Maurice writes...

I never saw him again but believe, though I was terrified and resisted him, some of his strength rubbed off and kept me fighting back when knocked down. But, of course, he's not just my guardian angel – he belongs to the world and available to all seekers.

The book includes a glossary of unfamiliar terms and a good introduction to Subud and the latihan, invaluable to anyone seeking more information about Subud.

The book is available on Amazon for £6.99 or ebook £1.99.

“ A classic study of how to deal with life when it is turned upside down. ”

Haibun for Beginners

Ilijas Baker writes about Japanese poetry and travel writing and how it can provide a guide for writing about his Subud journey...

My book, a collection of poems, *Peace Be Upon Us*, was published earlier this year by Lote Tree Press. It contains a number of haiku and haibun that unusually, being East Asian poetic genres associated with Buddhism, express an Islamic worldview, one largely shaped by my practice of the Latihan. I have continued to write a number of haibun and some recent ones are about aspects of my Subud journey.

Most people seem to have read haiku and have some understanding of them as being imagistic poems that consist of 17 phonetic units (onji in Japanese), similar to but not identical to English syllables (which tend to be longer), written in a 5/7/5 pattern.

Bashō (1644-1694), Japan's foremost haiku poet, was to some extent flexible in his use of syllable count. He once instructed a student, "Even if you have three or four extra syllables, or even five or seven you needn't worry as long as it sounds right. But even if one syllable is stale in your mouth, give it all your attention." When written in Japanese they are usually written in a single line whereas when translated into English or written in English they usually are arranged in three lines.

Bashō's haiku below is said to be one of the most read and most loved haiku in the world:

an old pond
a frog jumps in
- plop!

But very few seem to realize that Bashō's travel journal *The Narrow Road to the Deep North* (*Oku no Hosomichi*) is written in the form of a collection of haibun. So what are haibun? Haibun are a distinctive form of writing that combines autobiographical poetical prose and haiku, often in the form of a travel journal.

According to Japanese translator, Nobuyuki Yuasa, Bashō, in *The Narrow Road to the Deep North*, "mastered the art of writing haibun so completely that prose and haiku illuminate each other like two mirrors held up facing each other. This is something no one before him was able to achieve." >



Before this, Yuasa writes, Bashō “failed to maintain an adequate balance between prose and haiku, making prose subservient to haiku, or haiku isolated from prose.” This interrelationship then is the ideal I am aiming for.

THREE SUBUD HAIBUN

Early latihans

After a few weeks of not much observably happening, my latihans became for a period exceptionally powerful – a light inside was burning me and causing me to scream in pain, but not bodily pain, not emotional pain, not any kind of pain I understood then. That continued for a few weeks.

Then there was a period of deep sobbing – remorse for having harmed my soul was how I understood it years later. Significant outward effects of the early latihans appeared quickly: I took my studies seriously for the first time and graduated without difficulty and later went on to complete graduate studies.

I had been a Buddhist for a number of years before I received the latihan and had been taught various meditation and devotional practices by a Tibetan monk, Akong Rinpoche, who resided at Samye Ling monastery and meditation centre in Eskdalemuir, Scotland, which he had co-founded with Chogyam Trungpa Rinpoche after both fled Tibet in response to its invasion by the Chinese.

I continued to do these Tibetan Buddhist practices after I was opened but I later found it impossible to continue them. There were no feelings of discomfort or negativity and I didn't really understand why I could no longer meditate, but I accepted it. I ceased the devotional practices soon afterwards. I felt no animus towards the religion but I knew it was not for me. A different life was opening up. It felt right, but I had no idea where it was leading.

an opening then
searing light within
- a new life begins

A fortress built on sand

The Latihan is, as far as I understand it, leading us along a path of reality and not theories or beliefs. After faithfully practicing both the Latihan and Islam for thirty years it became obvious to me that my faith in God hadn't entered my heart. I experienced this in the form of a painful and shocking revelation.

I was married with two children in high school and I was teaching at a university in Thailand. I practiced Islam and never missed a Latihan. I was busy and happy. Yet one day I started to feel that my life had no purpose. I worked hard yet work-life would come to an end. I would be replaced by another professor only to remain a name in some university archive. My life too would end and it all seemed so meaningless.

These weren't abstract philosophical musings, but a sickening realization that threatened to engulf me. There is a saying (hadith) of the Prophet Muhammad that states that faith in God (la ilaha illallah) is a fortress, yet I realized that my fortress was built on sand and offered no protection from the existential anxiety that was threatening to overwhelm me. This feeling persisted during the day and was present when I awoke in the middle of the night.

After some days, without thinking, whenever I felt this deep feeling of meaningless I began to confront it with a prayer: “Praise be to Allah, Creator and Sustainer of all that exists, who sent me here to test me and who guides my return.” To me these words express the heart of Subud and Islam and now they were thankfully entering my heart enabling me to withstand and banish the overwhelming sense of meaninglessness.

After about ten days or so these feelings disappeared and have never returned. I haven't repeated that exact prayer since then. Still, my faith in God has been tested in other ways since that time. Indeed faith in God seems to me something that never stops growing. For us in Subud, religion is not a balm or something to hide behind, nor can it be used to build an identity or to feel superior to others.

It is, along with the Latihan, our way of building a real and true relationship with the Creator – the Real, the True. In Surah Al-Ankabut (29:1-3) God says : “Alif Lam Mim / Do people think once they

“ *Indeed, faith in God seems to me something that never stops growing...* ”

say, 'We believe,' that they will be left without being put to the test? / We certainly tested those before them. And in this way Allah will clearly distinguish between those who are truthful and those who are liars."

We're incredibly blessed to be following the path of the Latihan whereby both Muslims and non-Muslims can understand the inner meaning of these Qur'anic verses and the hadith mentioned earlier and hence the necessity of being tested by God.

what was hidden now
so painfully uncovered
- a faith built on sand

Late Sunday morning latihan in Bangkok

These days I mostly worship alone. When I arrive at the latihan hall I observe the state of the small neighbouring pond. The water level has risen thanks to last night's abundant rain and the hot sun has persuaded the pond's small patch of lotus flowers to open.

I check that the large Subud symbol affixed to the external wall is still intact. Then I slide open the door, step inside where the first thing that I see is a large photo of Bapak hanging on the south-facing wall. I ask for blessings on my spiritual guide. I sit in silence for a time and then stand up. Very softly I say "Allahu akbar" and wait.

Slowly at first I move, then sounds come followed by words in Arabic and in languages unknown to me. Sometimes there's a brief episode of turning, slowly. I call for blessings on Muhammad and I repeat the name of Muhammad multiple times. I understand what is happening - my inner Muhammad is growing. I sit on the floor enveloped by silence. I feel empty but full, totally open. I rest in this state for a while and then I finish, thank my Creator and my guide who brought me this gift.

movement and praise then
a peace filled with radiance
- something from the Unseen

Happy by Accident?

Mashud Darlington writes...

In response to my wife Rohana's recent article in Subud Voice called *What's in a Name* encouraging other people to share their experiences of being given a name by Bapak, I would make the following comments.

When I embraced Islam formerly in January, 1968 I wrote to Bapak to ask for a Muslim name. I was advised by a helper at the Central London Subud group that I should not ask for the meaning of my name as Bapak would just give me something that would quieten my mind and that would not explain the true meaning of the name. Bapak replied to my letter and gave me the name Mashud.

However, I did ask various Muslim students at the college I was attending what the traditional meaning of the name Mashud was. They said that it means a person who is fortunate in life. Later, I asked a Subud member who is a famous Koranic translator what the name meant and he said it means 'he upon whom God has bestowed felicity'.

I was quite happy with this meaning until a different helper in the Central London Subud group, also an expert in classical Arabic, told me that my name means 'a martyr'. I was less happy with this explanation and so I wrote to Ibu Rahayu to clarify the matter saying perhaps I'd been happy all these years by mistake.

Ibu Rahayu wrote back to me saying the spelling was the Indonesian version of the name Mashoud and the meaning of the name is 'under God's protection'. This explanation was very helpful to me and it seems to me to indicate that names have a general meaning and a specific meaning for the individual concerned.

This is particularly clear in the case of my son Afandi who is employed as an engineer and Senior Air Accident Investigator by the Department of Transport. This name is the Indonesian spelling of the name Effendi which means a person who achieves distinction through his education.

However, I wrote to Ibu Rahayu at the same time enquiring about the meaning of my name to

“ Bapak replied
to my letter
and gave me
the name
Mashud...”

ask for the inner meaning of my children's names. She replied that Afandi's name means 'enthusiastic.' We had at this time received a school report about him which said on every page what an enthusiastic student he was!

Learning to Let Go

Rohana Darlington writes...

Many Subud members are growing older now and so Bapak's advice to us to achieve the state of 'letting go' becomes increasingly pertinent. We may be obliged to let go of many things we value – our health, beloved family members and friends, former familiar lifestyles, financial stability. And all in the current background of wars, pandemics and climate change horrors.

To be able to endure and even embrace such challenges requires us also to follow his advice by allowing ourselves to let go and receive the grace of patience and acceptance. We may have been following our latihan guidance sincerely for many years, and feel we are doing our best, but our understanding of what God may ask of us can often fall short.

For example

About twenty-five years ago I was working in my local hospital as a therapist. I loved this work and each time I entered the building I felt happy and blessed. I did my best to help the patients and had positive responses from them and their relatives, from other colleagues and from my employers.

Yet one day as I was about to set off to work in the Orthopedic Ward, I fell down the last three steps at home and fractured my leg. I had to call an ambulance and after being X rayed was operated on and admitted as an in-patient to the same Orthopedic Ward I'd been working in that week.

Although I'd thought I already appreciated the suffering these patients were experiencing, I now realized much more deeply how traumatized they were, and how their pain and shock had affected them. My leg had been badly injured and I wasn't able to return to work for another four months.

When it was time for me to go back to work in the same ward, I felt grateful for this incident, as I noticed my compassion and empathy for the different new patients I encountered had increased. This episode showed me that sometimes we have to let go of our current state to go beyond our comfort zone in order to develop further.

Another example of an opportunity to go beyond my comfort zone occurred soon after this. One morning I was asked by my supervisors if I'd like to work in a Psychiatric Ward as well and they offered me in-house training.

They said they'd been observing me and felt I'd be really suitable to work with the severely depressed people who had been Sectioned under the Mental Health Act and who must stay in hospital for 28 days as they were a danger to themselves and others. Most of these people had attempted suicide but had recovered just in time.

My supervisors had no idea that my mother had committed suicide. Following this horrific event, I'd had a beautiful spiritual experience which comforted me, but I was inwardly still deeply affected by her death. Although I had a choice not to work in the Psychiatric Ward, I knew I was being tested by God. Could I let go of my own past wounds to step out of my comfort zone and work with these desperate people? I agreed and spent many fulfilled and rewarding years working there.

Presently I'm having to learn to let go in a different way...

My husband Mashud and I have been married for fifty-five years and been in Subud for sixty-two years, so we are used to each other's ways. He was seriously injured in a car accident three years ago, and following this has suffered from many different health problems which require me to care for him full-time as he can't be left alone because he needs careful vigilance to avoid falls.

Recently because of his poor balance he fell and fractured his arm and he had to wear an arm brace for twelve weeks. So, he has to stay close to home, and our lifestyle has consequently changed completely as we can no longer attend group latihans or participate in our favorite activity of country walking.

We both love being close to nature, but Mashud can't walk very far yet, despite his diligence doing his physio, Tai Chi

“ *Bapak's advice about letting go becomes increasingly pertinent...* ”

and Qi Gong exercises. As he recovers, he can do latihan body testing, but at present feels this would be too much for him. So, we've had to find different ways of enjoying ourselves in the open air.

I've found it helpful to accept our new circumstances by focusing on our garden. Next year I plan to record all the activities within our garden in a diary, and to photograph, draw and paint the wildlife, plants and trees as they change over the seasons.

Mashud has made a bee hotel and bird feeding stations there and together we hope to embrace this new project as part of his therapy. Observing the garden in this way will require us to develop more patience and awareness and hopefully will increase acceptance of our new life together.

Mashud has used this situation to increase the number of his daily Islamic prayers, and we both do regular latihan when possible, to coincide with groups. Although we've had to let a lot of our former lifestyle go, what's been amazing has been the wonderful support we've had from our four children and three grandchildren. Some of them live quite a distance away, yet they all make sure we have everything we need and visit frequently.

They've created a WhatsApp Aged Parents Support Group where they report on us to each other after their visits! Every day I thank God that I've had so much experience working on Rehabilitation Wards in hospital.

Together with the help of local health care professionals we find we're coping well, and are even happy living our new life. Although at times it's been excruciatingly stressful, letting go has its advantages, even if it's a work in progress.

“ *Could I let go of my own past wounds to step out of my comfort zone?* ”

The Passing of Howerd Oakford

Howerd Oakford lived in the UK for much of his life (his parents were in Subud) until moving to Germany where he has been living with his wife Rita (also a Subud child). He has been very active in both countries and is known by many.

Tragically, on Tuesday, November 14, Howerd Oakford was hit by a car while riding on his bicycle near his home in Odenthal, Germany. His heart had stopped at the site of the accident, but he was resuscitated, then rushed to hospital and put in an induced coma.

However, after running various tests, it was clear that his brain was no longer functioning, so he was taken off life support and his heart stopped shortly afterwards. His wife Rita, his daughter Hannah and Rita's son Benedict were with him.

May Howerd's soul be held in God's grace and continue on its journey in light and peace.

A Focus on Enterprise

[Available for free download](#)

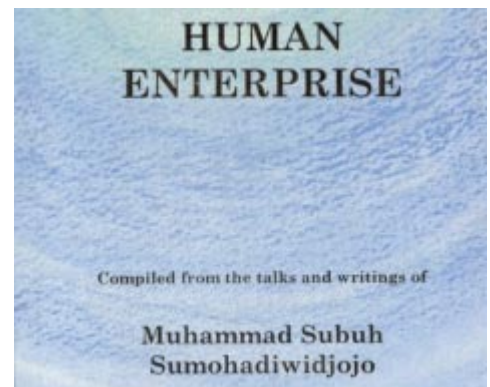
This book is a compilation of 144 quotes from Bapak's talks on the subject of Enterprise over a 30-year period, between 1957 and 1987.

The book was a initiative of Rahman Connelly and Bradford Temple in Australia who had developed a successful businesses over 11 years during which they had the opportunity to experience some of the things that Bapak had said about enterprise, including insights as to what is required to make an enterprise successful.

With few books left to sell, Rahman & Bradford have decided to make it available online, free of charge, but ask if you could provide brief feedback on how useful you found it, rconnelly@izellah.com. You might also consider a donation to Subud Voice, which made this communication possible.

Click here to obtain the online copy:

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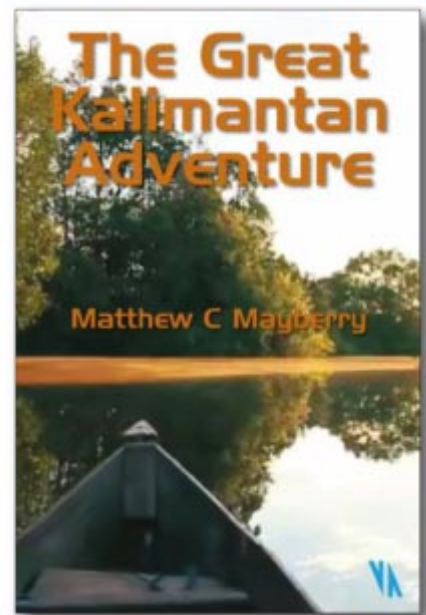


The Great Kalimantan Adventure Matthew C Mayberry

“Bapak can tell you that there is gold, there is silver, there are diamonds, there are many precious stones, there are other things like oil and so on. Bapak went to Kalimantan and met people in authority like the Governor of Central Kalimantan, who was stunned, he couldn’t believe it. He said: ‘How does Bapak know that in this place there is that and in this place there is this and so on?’ And Bapak said ‘Oh. I didn’t learn it anywhere, I know it from myself.’”
Talk at Slough, UK, 4 April 1981

“This book is about my impressions and personal experiences while leading six expeditions (May 1982 to July 1986) in exploring for gold and other minerals. These expeditions were the highlight of my professional life, and the area was legendary, especially in the villages known to the Dayak people as Data Hotap.” Matthew C Mayberry

Paperback: 432 pages with maps. Available from (just click the link below: <https://www.lulu.com> and type The Great Kalimantan Adventure into the search box.
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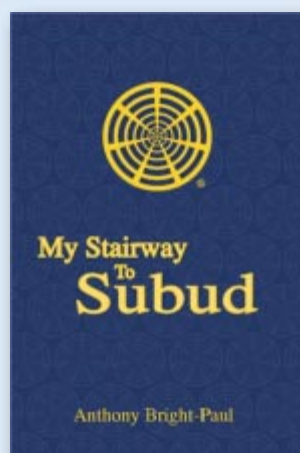
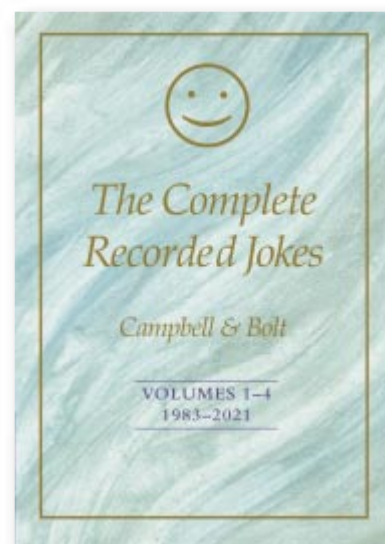
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My Stairway to Subud

Anthony Bright-Paul gives an acutely observed account of the Gurdjieff methods as performed and practised at Coombe Springs with John Bennett, and a first-hand account of both the euphoria and the upheaval caused by the arrival of Pak Subuh who brought with him the latihan kejiwaan, the spiritual training of Subud.

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