



Morningside Care Comes Alive!



Happy campers at Sine Cera.

It was less than two years ago at the Subud Australia National Congress that Sine Cera, our only well-established social project, was up for sale. The project just was not working out and selling it seemed the best solution. Fortunately, the sale fell through because since that time, a revitalized team including CEO Irwan Wyllie has completely “rebirthed” Sine Cera and the charity Morningside CARE...

Morningside CARE is a Subud charity in Australia. It was set up 35 years ago by Labasir and Munawaroh English who initially established a home for elderly people in Brisbane. They then sold that property to buy a 200 acre property about 130 kms south west of Brisbane.

On this property they created a residential facility - Sine Cera Rainforest Retreat. The vision was that it would become a place to be used by Subud but also by many other community groups as a place of rejuvenation – especially for low and middle income families.

Over the years Sine Cera has had its ups and downs. It is a magnificent facility with >

accommodation for 110 people but it has often struggled because of the inability to attract and pay experienced managerial staff. Even when they did have excellent Subud managers, Tony & Irma Raven, the ill-health of Tony forced them to leave Sine Cera.

A few years ago, Sine Cera looked like it might have to be sold - it just was not working at all and its infrastructure had deteriorated to the point where significant funds were required to bring the buildings up to an acceptable commercial standard.

Despite its checkered past, however, Sine Cera has forged ahead over the last twelve months. Generous funding by some MCI (Morningside CARE) members has given Sine Cera sufficient cashflow to refurbish buildings and restore the grounds to their original condition.

At the same time, new social media marketing strategies and a new website (www.sinecera.org.au) have seen a dramatic jump in enquiries. This month total bookings for the 2017 calendar year will reach \$100,000 - the target they were aiming for by the end of the year.

A Glowing Testimonial...

The impact of Sine Cera on its guests is encapsulated in the glowing testimonials we receive. The most recent group of families wrote...

“We cannot thank you and Tim enough for our totally amazing weekend at Sine Cera. We LOVED every minute of our stay. Your facilities were beyond our expectations and had absolutely everything we needed.

“The very first thing we noticed when entering the kitchen was how beautiful and clean it was. Fahr House is so fabulous. We were dry and warm and loved that all 17 of us could be in the lounge area laughing and playing board games in front of the fire.

“The creek was breathtaking. The bell birds were perfect to our ears and the ridge walk was hilarious because it was so slippery and infested with leeches. We laughed pretty much all the way up but chose to head back via the loop walk instead of doing ACLs sliding back down. We truly look forward to many more quality time getaways at Sine Cera.”

New Initiatives in Australia and Overseas

An extremely active CEO (Irwan Wyllie), an extremely competent on-site caretaker (Tim), and an extremely close-knit Board (Davin and Denise Shellshear and Arif Matthee) have combined to not only revitalise Sine Cera but expand the organisation's charitable activities.

Over the last eighteen months, Morningside CARE has worked with a community team to re-establish a domestic and family violence service in the region. It is also working with a team of people focused on creating a thriving community for families in the area through a number of initiatives.

Another shot in the arm came for Morningside CARE last year when it was permitted under the rules governing charitable bodies to send money to projects overseas. Previously, it had only been able to send funds to projects in Australia and as Subud had no major Susila Dharma projects in Australia, the full potential of having charitable status was not being utilized.

But this change in the rules has meant that Morningside CARE can now fundraise for overseas projects. Projects funded over the last twelve months have included the Kalimantan Permaculture Foundation, a water project in the Congo, a home rebuilding project in Nepal and also YUM, which is of course one of the longest standing Subud social welfare entities with many projects in Indonesia.

Click here <http://www.subudvoice.net/wp-content/uploads/2017/06/3rdYUMreport.pdf> to see the report of one of the YUM activities that Morningside CARE has been supporting. ●



TOUR DE MONT BLANC FOR SUBUD MEMBERS AFTER CONGRESS IN GERMANY IN 2018

Arif Mathee writes...

It has almost become a tradition to have a serious hike during or after an international congress.

In Christchurch the tourism team organized several hikes during the congress and a multiday one to the world famous Milford Track which was thoroughly enjoyed by 25 of our brothers and sisters. These adventures often establish lifelong bonds as a result of sharing a number of days and nights together where you get to know each other intimately.

During the congress in Mexico a busload of us went up to La Malinche (14,000 feet) and have kept in close contact with each other since then.

Then in 2016 most of those that went on the hike in Mexico climbed Mount Kilimanjaro in Tanzania.

And the good news is there will be another hike after the world congress in Freiburg! My dear and long time friend and Subud Member Reynold Orchard from Portland in the States has organized the "TOUR DE MONT BLANC FOR SUBUD MEMBERS" in conjunction with Jerry Lapp of tour operator Skychasers.

Jerry has some expertise with guiding this Mont Blanc tour, although most of his tours are in Nepal. Reynold hiked with Jerry in the Himalayas last year, and had the idea to ask Jerry to craft a highly discounted Tour Du Mont Blanc exclusively for Subud Members, to take place immediately after the World Congress. Jerry was able to do this, because by booking well in advance he could expand capacity to 30 people or so, rather than the 6-8 he more typically guides at a much higher price.



The magic of Mount Blanc is that it is the highest mountain in

Western Europe and the Alps. Circumnavigating it, we will be in France, Italy and Switzerland, through beautiful rolling mountain meadows. We are not out to scale peaks, and will be comfortably lodged in a variety of accommodations from mountain lodges to chalets and hotels. There is no need to carry more than a day pack, and all meals will be provided. The tour runs from 9-20 August 2018 with transport arranged to and from Freiburg.

The other good news is that there are a number of places available for those who can not afford to pay the full price.

My recommendation: Join us for a life changing experience and sign up soon as if you are interested.

The link to the website is:

<http://skychasersworld.com/upcoming-trips/august-2018-the-subud-tour-du-mont-blanc/>

Look forward to seeing you there.

ANUGRAHA TAKE TWO - BLUE SKIES OR REALITY?

Ilaina Lennard writes about a new approach to an “Anugraha type” project...

At a recent meeting of Subud Britain’s National Council, some embryonic ideas about a new ‘Anugraha type’ project emerged from the Visioning Session that had been set up by the UK’s present National Chairman, Pollard Blakeley.

First was an ambitious concept from Conrad Aldridge, who spoke about his present involvement with the regeneration of a post-industrial area of Sheffield known as Attercliffe.

Attercliffe had once been at the heart of Sheffield’s world-famous steel industry and used to cover about ten square miles of steel manufacturing mills, employing more than 40,000 people.

But that industry died during the 1970s and 80s as other parts of the world took over the job of making steel more cheaply, and the city lost 40,000 jobs.

Sheffield had never really recovered from that economic disaster and the City Fathers still seek a replacement to catapult Sheffield back into the world arena.

Conrad suggested that our next International Centre concept could include Sheffield, which has now, over several decades, built up expert knowledge in the fields of Health and Well Being. If harnessed, the sharing of that knowledge could be the attraction to bring people from around the world to participate in conferences for international delegates, people expert in the multiplicity of fields that broadly come under this heading.

“ *Anugraha means a way to people’s welfare...* ”

So, our Subud project could be a conference centre with its surrounding hotels even capable of accommodating a couple of thousand people. (At this juncture of the Visioning Group’s meeting, several people left - seemingly overwhelmed at the scale of this terrifying idea!)

So, what next?

The project that might involve Sheffield clearly needs a feasibility study and Conrad continues to collect data to back-up his belief that such a concept could transform Sheffield.

A new National Centre: some of the other relevant input from the Visioning circle...

- Find land in the centre of England, cheaper, good transport links.
- A large piece of land for a new build. Start small and expand into the space.
- This could become an accessible National Centre and a nexus of activity for Subud Britain.
- A central location is very important, as is accessibility (such as the M1 between Junction 21 & 26). It should be near East Midlands Airport.
- In the North, there are many elderly members and great distances to cover. So there is also a need for sheltered housing.
- A National Centre should include facilities for culture, training, latihan, archives, living and staying.
- Could we also look for somewhere that would encourage the kind of tourist trade from which this Centre could profit?
- Let’s just buy a field! A project like this could create a real focus for Subud Britain.
- There would be a need for lots of land for camping (SYFA/SYA use)
- Let’s just act now, buy the land and develop plans.
- Pubs are cheap properties that are being sold, often with linked land. We could start a Community interest company and sell shares in it to Subud members.
- Needs to be near a part of the country with jobs that would attract people to move there. >

- Let's look at how properties were acquired originally. Where was the energy? We need a future that could re-energise the pioneering spirit that was there in those days - how can we regenerate that spirit for a younger generation?
- If we have 'lost it' let's look back to what it was like when we 'had it'. What was the motivation ?
- Maybe leases are okay? Long lease on land is as good as freehold - especially with a clause to buy the land in the future.
- We should do a project that is not too big or ambitious but with lots of room for growth.
- We need to look carefully at our existing portfolio and mobilise the wealth that is sitting in the groups (groups could buy shares in a national centre.)
- We could take on a mortgage for some of it, to be financed by lettings.

A further idea, though not one which came up as such during the meetings, was that a key element for a new National Centre project should include land for housing. Profits from selling or renting the land / houses could then help to finance the Centre, and the Centre itself could also run enterprises - such as a shop, a beauty salon and a gym, as well as its conferences.

So what was Bapak's original vision? The following was recorded during meetings with him in the late Seventies:

When Anugraha is completed...

"Bapak has received that when Anugraha is completed, the other things in Subud will be easy. Anugraha is a central pillar of Subud projects all over the world, so it is essential that Anugraha



Anugraha interior.



Anugraha under construction...

“..Bapak now calls on the whole world to support this project – although of course this is not just a one-way thing.. This support will come back to you, the benefit from what you put into this project will return to you.. And then later, if God wills, it can be followed one day by similar projects in other countries throughout the world.”

The meaning of the name Anugraha

Cilandak, Indonesia, January 2, 1982

“Bapak receives that the name of this Centre means a sudden unexpected gift from God. It comes suddenly and we didn't anticipate it. We don't know where it comes from.

“It is Anugraha.

“Anugraha means in Dutch, 'God's gift'. It means the wahyu - the revelation. The ilham - spiritual inspiration.

“In fact, Anugraha means the same thing as what we receive when we truly receive in the latihan. When people ask you what Anugraha is, your answer is the same answer you give when people ask what Subud is: it is something wonderful which has come to us unexpectedly. We don't know where it came from. But it is here.

“...Anugraha means a way to people's welfare, too. In fact, Anugraha contains within it all the good aspects of the names and meanings so far. In particular, Anugraha means 'mengall kesejahteraan rakyat'. Anugraha means 'creating the way for the welfare of society'. Why? Because a man, someone who has received the Anugraha, cannot help but be generous. A man who has received Anugraha automatically looks out for the welfare of his fellow human beings.”

Bapak explains...

In March 1981 when Bapak had first been shown Anugraha, he had said:

“Bapak would like to explain that Bapak really needs this place as the headquarters of Subud for the whole of Europe, and the reason for this is that England was, as it were, Bapak's first born child, the first place that Bapak came to when he came to Europe.

“..And this is why Bapak has given you a task to do which maybe you feel is a difficult task. That is, to start an International Centre here in England. But Bapak really feels this is necessary, because Bapak wants the International Centre to be a kind of memorial, a kind of souvenir for you that are Bapak's first children in the world, outside of Indonesia, because this was the first place in the world that Subud spread to, apart from Indonesia.

should receive the support of all the Subud members in every country.

“If Bapak looks into the future, he sees Anugraha as the brains and Kalimantan as the motor – not only Kalimantan, but possibly other projects like it, elsewhere. So the top management will be concentrated in England. We can compare Anugraha to a mountain which we build, to which each of us adds a little bit of earth. Once the mountain is built it will become a source of strength for all of us.”

In 1981 at a World Subud Association meeting, Bapak had also said:

“...And Bapak wants this Centre to be built, in order to provide a headquarters for a Dewan of helpers.

“..Because Bapak knows that Bapak is only a human being, Bapak is just the same as all of us, and he knows that one day Bapak will not be living in this world. Bapak cannot know how long he will still be here, and Bapak doesn't want Subud to collapse when he dies. So Bapak wants a group of helpers to be able to go on as the guide for mankind, because Bapak will not always be here.”

Bapak had also talked about the social content of the project. The following passages can be found in the book entitled ABOUT ANUGRAHA:

Page 41: “The name (Anugraha) means – the way to the welfare of the people/society and to our fellow human beings – happiness, security, sufficiency, prosperity – everything you need!

“..It also means that people have a sufficiency of everything needed, prosperity.”

Page 42: “Create welfare for the people because now is the age of Social Democracy. The meaning of Social Democracy is, what I have is for everybody!”

Page 55: “Anugraha means creating a way to the welfare of the people. It is something wonderful which has come to us unexpectedly. We don't know where it came from, but it is here!

Page 68: “Truly we are being tested by Almighty God for we have to change the normal way of doing things.”

Time for a new test?

Subud Britain's Congress in August could consider: “Is it now time to take these ideas further? Or is it just Blue Skies?” Subud News India September 1991, had these challenging words of Bapak's:

“Suppose you do something and it does not work out, and then you say that you are unlucky and give up. As a test, that is not even one per cent.”

”
*Do not
give up!*
“

A NEW ADVENTURE WITH GAYE THAVISIN IN BORNEO

Isti Jenkins writes about an exciting journey on one of WOW's river boats in Kalimantan...

Peter and I started our journey by driving two and half hours to the tiny riverside village of Jahanjang passing through Kasongan on the road to Sampit, in Central Kalimantan. We were with Gaye and Asmi, the office manager for WOW (Wild Orangutan Walks).

WOW is the company started by Gaye and Lorna Dowson Collins in 2008, which is now running 5 orangutan cruise boats on 3 river systems. We were invited to join a survey mission to visit a lake further to the south of the Katingan River to the route regularly operated to the National Park Visitor Centre in Lake Punggu Alas, near Jahanjang.

Boarding the boat built by the enterprising Gaye and Lorna, called the KV Ruhui Rahayu (that means the blessing and success of a long life) by midday was what we had been waiting for to complete our precious two months spent in Central Kalimantan.

We headed south on the Katingan River towards a village called Karuing....hoping to reach a Lake called Danau Bulan



Gaye Thavisin now operates five commercial river boats.

(Moon Lake) sometime the following day.

On the eastern boundary of the river is the Sebangau National Park. This is reserved for the orangutans and the wild life of Kalimantan... a special place where the largest known remaining population of wild orangutans survive in Borneo.

Seen in a photo of the Katingan River there are many Swallow Nest Houses where the birds make their nests from spit. The nests are used to create SOUPS and DRINKS and are exported to China... this is a very expensive product difficult for some of us to understand, but is a thriving enterprise here.

The Village Talaga was our first stop, because we were in search of fresh prawns and were already two hours down river.

Further down river we passed many healthy Banana Plantations and plenty of rampant RATAN vines used for weaving baskets, furniture and mats.

To the Lake

We moved slowly past several more villages until later in the afternoon we met the speed boat of WWF (World Wildlife Fund) who offered to take us to the lake tomorrow being FRIDAY 19th May 2017.

We arrived at Maura Bulan Village at just before 6pm as the darkness fell, to make arrangements for the next day. We then moved to a quiet mooring off the main river in the Bulan tributary .

The night sky was flooded with vibrant stars that were reflected in the dark water at the mouth of the river where it is narrow and lush with dense tangled vines and trees. At dawn, we were woken by echoing gibbon calls foraging unseen just on the other bank.

Today we met the two boys from WWF at around 8am after a delicious breakfast of scrambled eggs, toast and homemade marmalade. We jumped into their speed boat about 6/7 meters long....big enough for at least seven people. We travelled for one and half hours on the Sungai Bulan tributary, a faster way to visit the WWF camp further upstream.

What is called the BLACK WATER here is created by the thick peat accumulation, that stains the water with a huge amount of tannin and acid coming from the forest litter, fallen leaves and branches, and the high rainfall.

It is a fascinating sight because it acts like a mirror to all the jungle vegetation beautifully reflected in the water.

The beauty of nature here is astounding... winding our way through the thick strong vibrant green rushes (often used to thatch the roofs of simple dwellings) it was easy to forget the heat of the day approaching while enjoying the speed and spray of the water!

As the waterways narrowed it became questionable as to whether or not the Rahui Rahayu could get through on another trip as far as the Lake. But nevertheless, the journey was pleasing and we spotted two HORNBILLS (that usually fly in pairs) crossing our path and although I missed the moment to capture a photo, the memory re-

“ *The beauty of nature here is astounding* ”



Darto the cook.

“ *The night sky was vibrant with stars...* ”

mains clear since this is considered a sign of good fortune or luck because they are so rarely seen.

We arrived at the jetty of the WWF camp to meet members there and stop for refreshments. At this point on the nearby canal, we saw many small dams originally built to facilitate illegal logging by floating the logs out downstream to sawmills. These canals have also dried out the peat swamps dangerously, making them increasingly susceptible to fire.

WWF has helped the building of over 900 of these small dams to limit the flow of water from the forest, keeping the forests wet and free from fire. But for a fisherman these canals are paradise and a Dayak man caught two fish within moments while we were watching.

The Return Trip

The return trip back to the Rahui Rahayu was another 11/2 hours, several of us snoozing on the way or catching illuminating moments with camera or mobile phone.

We passed the village again called Muara Bulan and stopped to get acquainted with some of the local people there.

After a beautifully prepared lunch by the well-trained cook we began our return journey.... the meals on the boat are exceptional, prepared by the onboard cook. Darto was 17 years old when he joined the crew to work for WOW. He comes from a Dayak family of five sons, 4 of whom are valuable employees, and all interested in cooking.

What's extraordinary about living in a tropical environment is that although the humidity is high, the evenings are always around blood temperature as is the water. But the water in these rivers is not safe enough to swim in because there are invisible fresh water crocodiles living beneath the surface!

The evening thunderstorm and heavy rain lasted several hours after nightfall cooling the air and relieving our sun-burnt skin.

By 6.30am on Saturday the crew was fully in action for the return trip with breakfast prepared by 7am. A fresh blue sky and light breeze enhanced the pleasure of a truly relaxed day ahead.

Our only stop on this journey was at Talaga Village for fresh fish at the Market. The fish we chose to share was about 11/2 kilos in weight, hoisted by handheld net directly from a wooden fish cage floating on the river, and was cleaned on the spot by a local Dayak woman.

“ Hornbills were seen... a sign of good fortune ”



These tall buildings house birds who build nests out of spit, a gourmet delicacy used in making soups and drinks.



Fresh fish from the market.

Back to where we started at the little jetty in Jahanjang, we returned to the car for another two hour drive back to Rungan Sari. We parted with a strong feeling of respect for Gaye, the team and the continued and growing success of this wonderful and unusual enterprise... What more could be said?

For more information about WOW's cruises contact:

Gaye Thavisin Director, Wow Borneo - Kalimantan Tour Destinations, Jalan Barito no. 11, Palangka Raya 73111 Central Kalimantan INDONESIA

Tel +62 811 520 9111 (Indonesia) www.wowborneo.com

Rahai'i Pangun film : <https://www.youtube.com/watch?v=E3dLtmsoQJw>

Daily diary : <http://palangkarayaimpressions.blogspot.com> www.linkedin.com/in/GayeThavisin ●

JUST LIKE BEING IN THE ROOM

Harris Smart writes...

I just did latihan with a friend of mine.

What's so remarkable about that? I hear you ask

Well, we were 12,000 miles apart, and for him it was morning and for me it was night.

We did it on Skype. And it was perfectly satisfactory.

I have done a lot latihan in the past in various "long-distance" situations. For instance, I have joined in experiences like the World Latihan. I have also had experiences where I might ask someone overseas to test for me. And we might do latihan at the same moment, and then test at the same time, and then share what we had received.

But doing it on Skype was different. My friend was very present. I could actually hear the latihan noises he was making through my computer. It was just like latihan. I knew he was there.

Unfortunately I myself wasn't making any noises. I have a very quiet latihan these days. But I had lots of movement, much more than I usually have when I do latihan by myself. So that was different and good. I moved around a lot, I really exercised, and at the end of it all I felt that my body had been cleansed and enlivened.

Friends are so Important

But let me go back a bit and talk about what preceded the latihan. What had led up to us deciding to do the latihan on Skype?

It was one of the later days in Ramadan when I sometimes experience intense loneliness. I often experience a lot of loneliness in Ramadan. I very much miss people and places from the past. At the moment I do not have a life partner. A life partner provides you with a kind of bed rock support that assuages your loneliness.

I am probably more given to loneliness than most people and during Ramadan I experience it with particular intensity. In this particular day I am talking about, I had been feeling so lonely.

Amongst other things, loneliness is a symptom of old age. We become increasingly isolated. Our capacity to make new friends becomes increasingly limited. People move away. People die. People lose interest or become incapable of continuing the friendship.

For all these reasons, along with everything else you lose, (your teeth, your hair, your sex appeal, your ability to earn money etc etc etc) it is easy to lose companionship.

And by the end of the day I was in one of those moods where I just didn't feel like contacting anybody. I still have a few friends, amazingly enough, but didn't feel right about getting in touch with them. I didn't feel like I would be able to say what I really wanted to say. >

Skype

And then on my computer I saw a little notice pop up telling me that my overseas friend was now on Skype.

So I contacted him and we had a great talk. Friendship is so great. As life goes on, more and more I value friendship.

This other person and I are about the same age and we have had lots of the same experiences and share a lot of similar outlooks about life. So conversations are always very real and very deep as well as being very relaxed, fun and friendly.

Anyway, tonight, after we had talked about many things, we both started talking about our loneliness. My friend is also without a life partner at the moment. Many of us are in this boat. We have lost our life partners through death, illness, divorce.

So my friend and I expressed this deep loneliness we've been feeling this day. Partly an effect of our circumstances, partly an effect of the fast.

It seems that in the fast I loosen a little bit my grip on the world. So many things are taken away from me, preparing me for death, loosening my grip on the world and its grip on me, and this includes human companionship.

So we were talking in a very positive way about our loneliness. In a way that eased it, sharing it with another person. Contemplating our common lot. And then my friend said, "I'm really glad we had this conversation. I'm feeling a lot better. What I really need now is a good latihan."

I said, "Why don't we do it? What's to stop us? I don't have anything I have to do, or any place I have to be in the next hour or so."

So we did latihan as I have described and it was really good. We both agreed that this was well worth doing. We might've been in the same room. Certainly we were in the same space, cyberspace, where authentic communication seems to be possible. We are all connected? And communication over Skype can be just as real as face-to-face.

Warning: My friend mentioned that he had heard that someone asked Ibu Rahayu if it was okay to open people via Skype, and she had said, "No."



SICA SECTION

ZELLI WOWS THEM IN ADELAIDE

On Adelaide's opening night Matilda was performed by Izellah Connelly, who astounded the audience with her stage presence and talent. Acting, singing and dancing with control and aplomb, Izellah perfectly achieved a fine balance between Matilda's sweetness and steely inner core, her internal vulnerability and stoic public face, as well as her sometimes naughty, yet magical quality. Bravo.

<http://www.stagewhispers.com.au/reviews/matilda-musical-0>



Zelli Connelly as Matilda.

This story, to succeed as a stage production, must have an exceptional performer in the role of Matilda, and Izellah Connelly is exactly that. If we do not see a lot more of this extremely talented >

young artist in the years to come, I will be both surprised and disappointed.

<http://www.broadwayworld.com/adelaide/article/BWW-Review-MATILDA-THE-MUSICAL-at-Adelaide-Festival-Theatre-20170527>

Matilda The Musical requires not only a solid adult cast, but a confident, meticulous and talented children's cast and at tonight's Adelaide premiere, the cast of children, led by Izella Connelly as Matilda, absolutely blew the audience away.

<http://theclothesline.com.au/matilda-the-musical-review/>

Four girls alternate in the lead role and on opening night Izella Connelly was superb, bringing out all the sadness and hope behind Matilda's stoic mask yet also revealing her mischievous side with some kung-fu choreography on her big number, Naughty.

<http://www.adelaidenow.com.au/entertainment/arts/matilda-the-musical-delights-and-revolts-in-equally-pleasurable-measures-at-adelaides-festival-theatre/news-story/c8e93f7e789edd85eabd6d8a51fb6fa0>

The four girls who alternate playing the lead in Matilda the Musical: Eva Murawski, Izella Connelly, Venice Harris and Annabella Cowley. Picture: Calum Robertson

Another Review: The young cast, led on opening night by Izella Connelly as the spirited Matilda, is incredibly impressive, delivering faultless performances that encompass singing, acting and dancing, with loads of energy and cheekiness.

<http://indaily.com.au/arts-and-culture/2017/05/29/review-matilda-musical/> ●

OUR SUBUD STORY: THE SIMKINS FAMILY

OUR SUBUD STORY is a SICA project initiated by International Helper, Isti Jenkins. The project celebrates the collective unfolding history of our Subud experience and is intended for presentation at the next World Congress. Website: www.oursubudstory.com

The project aims to facilitate the transmission of the Subud story to the next generation.

An example of the material that Isti is collecting is this article about the Simkins family from South Africa. This article was written by Luthfiah Heywood, a daughter of the Simkins family, who is originally from South Africa but now lives in Australia. She writes...

My parents, Luthfi Simpkins and his wife Sofiah, joined Subud in the early sixties. They had been involved in Scientology before this. I am not sure of exact dates so can only speculate that they were opened at the time that Richard and Patricia Lacey brought Subud to South Africa from Coombe Springs.

Luthfi attempted to travel to Indonesia in 1961. In those days you had to pick up your visa in Rome when travelling from South Africa. His visa was denied so he returned a disappointed man. His second attempt in 1965 was successful and he met Bapak and the Indonesian helpers; these were the days before the guest house was built.

In 1965 it was Sofiah's turn to travel. She set off for 'The Continent' with Patricia Lacey as her travel companion. She listened to Bapak's talks and participated in the testing.

As a couple Luthfi and Sofiah were fully committed to a Subud life. Their home was always open >



Miftah and Sofiah on the verandah of the Cilandak guest house in 1967.

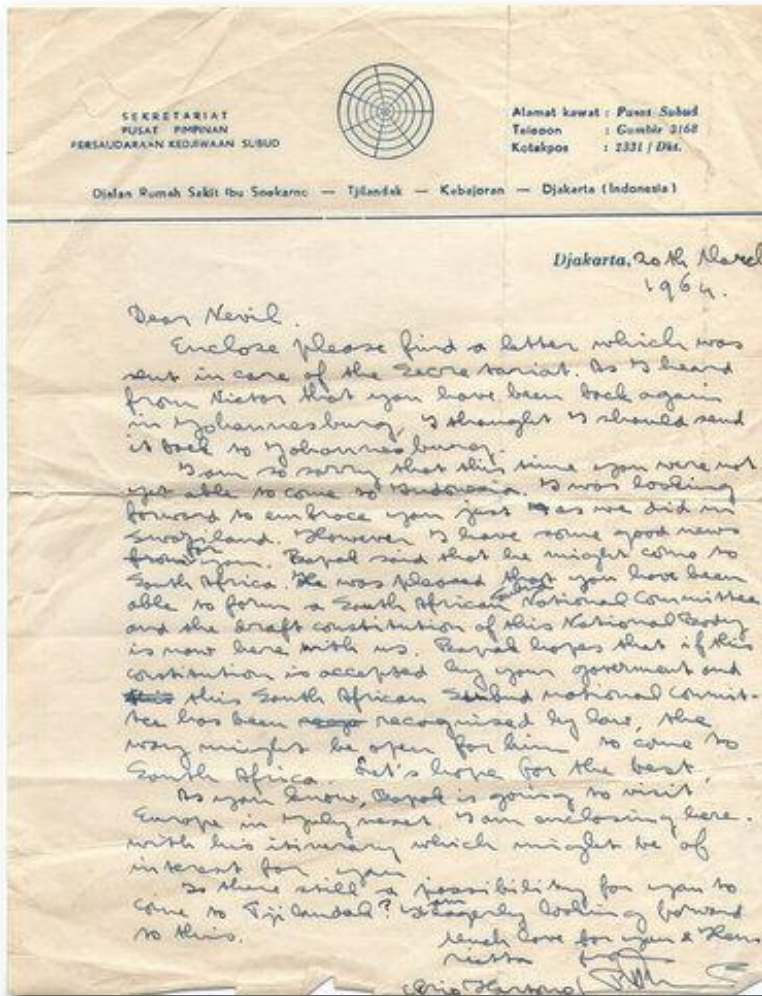
to Subud members and they travelled quite extensively to visit remote members. The Johannesburg North Group used their garage as a latihan hall for some time. They were dedicated Helpers and Luthfi served as National Chair for a term.

Luthfi was in correspondence with Prio Hartono and the Johannesburg group managed to instigate Prio's visit to Swaziland (because of the politics of the day they could not get permission for him to visit South Africa).

Luthfi was Managing Director of a large Insurance Broking Firm. As time went on he took a behind-the-scenes role as the entertaining side of things was not



Miftah, Luthfi and Luthfiah in the Johannesburg Subud rooms in 1973.



in keeping with his Subud Life.

In 1967 Luthfi and Sofiah paid another visit to Cilandak, this time with my sister Miftah and myself in tow. We stayed in the home of Prio and Rukmiwati who were generous hosts.

In 1970 Bapak visited South Africa, a wonderful and fulfilling time for us all.

Sofiah and Miftah attended the Cilandak Subud World Congress in 1971 and Sofiah and Luthfi attended the Wolfsburg Congress in 1975.

Luthfi died in England whilst visiting Miftah in 1979. His good friend Lateef happened to be there and was able to help organise the funeral.

Sofiah died in Sydney in 1994 surrounded by family.

Miftah remained good friends with Patricia Lacey and also Laura and Brian from the Maidenhead group. She died in England in 2015, her three daughters and six grandchildren live in the UK.

Top Left: A handwritten letter from Prio Hartono. It contains the words... "I have some good news for you. Bapak said that he might come to South Africa."

Bottom left: Sofiah's Helpers card.

No. Pokok Registration Number P.P.N. 64	PERSAUDARAAN KEDJIWAAN SUSILA BUDHI DHARMA	Pembantu Pelatih Helper
Foto Pemegang Member's Photograph 	Nama Simpkins, Constance Agnes Lahir (Tgl) 10 2 22 (Tempat) S. Africa. Born (Date) (Place) Kebangsaan Nationality South African	Dizinkan Membuka Saudara Baru Authorised to open new Members
Tanda Tangan Pemegang Member's Signature 	Agama Religion Housewife Pekerjaan Occupation Alamat Address 28, Garden Road Orchards, Johannesburg	Oleh by Pemimpin Kadjawaan Spiritual Guide
	Pengurus Pusat SUBUD SUBUD Headquarters Officers 196	(Mubd. Subuh Sumohadiwidjojo)

PRAISE FOR GUDGEON'S RICHARD II MAY 12, 2017

Maya Korzybska reviews "The Life and Death of the Puppet King Richard II" – at the Brighton Fringe Festival...

The show takes place in a dark atmospheric garden called the ONCA Cave on a miniature stage; Gregory Gudgeon appears as Richard II, launching into Shakespeare whilst the action is carried out by two puppets. The Reviews Hub, London/Brighton writes: "There have been more than 30 performances of Richard II since the Victorian era in Stratford-Upon-Avon alone, so to make a production that is this engaging and unique is to be highly commended... Gudgeon is as good as anyone you will see perform Richard II on stage".



Full review

Gregory and Lucas Augustine (his partner in crime) direct, perform, operate puppets, play music and stage manage the entire performance in an innovative and anarchic production, taking us through the gripping story of power and plotting with great passion and intensity. The non-human performers are made up of beautiful, hand-made puppets, wooden spoons, a garden fork and glove puppets, each with their unique flair and role to play.

Brighton and Hove News concluded that "the eponymous anti-hero is brought to life with great sensitivity by Gudgeon, and it is an original, witty and engaging take on a sometimes obscure play, it shines a light on a dark period of England's history and by doing so illuminates today's equally murky stage, leaving us to ponder on just what is waiting in the wings".

Adrienne Thomas's A Murder of Ravens, also showed in Brighton at the Rialto Theatre.

Natalie Sheppard of bjournal.com writes: "This funny and touching parade of characters and stories will entrap you with broken dreams, witchcraft, power, revenge, murder and the magic of ravens. With a voice that could draw blood, performer Adrienne Thomas, is arriving in Brighton to present to you a series of anger, disaffected, boredom and vengeful women portrayed in this one woman act."

This article first appeared in Subud World News www.subudworldnews.com ●

SUBUD POETRY ANTHOLOGY

Emmanuel Williams writes...

Sponsored by SICA International, Stefanie Brown and myself intend to collect poems from our brothers and sisters from all over the world for an anthology to be printed in time for next year's World Congress. We invite you to submit 2 of your best poems for the anthology, it being our intention to include one from each author.

Please follow these guidelines:

*Poems should not be longer than 40 lines each

*Put your name after each poem

*Include a brief bio, and details of any publications you'd like us to mention.

Deadline: October 31st, 2017

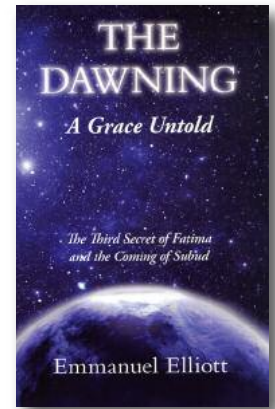
Send poems to both of us: emmanuelriddlemaker@gmail.com | stefaniebrown@live.com ●

THE HEART TRANSPLANT

This powerful experience comes from Emanuel Elliott's book The Dawning...

Copies of the book are available from Emmanuel for £9.95 plus relevant postage, details of which can be obtained from:

emmanuelelliott@blueyonder.co.



On March 25, 1987, I received the most powerful of all the latihan experiences that punctuated this period. It started as a dream but immediately developed into a waking event.

In the initial dream sequence I found myself in an operating room used for heart transplant operations. Two surgeons entered, and to my horror I realised that I had been case in the role of patient. I protested vigorously that it must be a mistake, but the surgeons ignored my pleas and prepared to operate. One had a very long strip of adhesive tape across his own chest on the outside of his rubber gown, and I knew this signified that he himself had once been the subject of just such an operation. Both took great interest in inspecting the surgical instruments, and one said to the other, "I wonder whether they still do things the way we used to in our day."

At this point I awoke and was able to see right up into the night sky, the walls and roof of my bedroom having completely disappeared. I saw two angels descending to earth carrying between them an enormous heart, complete with trailing arteries. The organ itself was about two-thirds as big as the angels. And it was transparent; I could see right through it to the stars beyond. I wondered what it could be made of, and a voice answered, "Diamond."

I closed my eyes and soon felt the onset of a very powerful vibration in my chest, yet another charge of 'high voltage electricity.' I felt afraid and was sure I must be dying from a heart attack. But, because I was alone and knew there was absolutely nothing I could do about the situation, I was able to relax my body and surrender everything to God.

“

I felt then onset of a very powerful vibration in my chest...

For some time in latihan I had been receiving a progressive state of surrender to what I can only call the attributes of God. 'I surrender to the grace, majesty, wisdom and perfection of the One Almighty God; I surrender to the will, purpose and magnificence of the One Almighty God; I surrender to the joy happiness and beauty of the One Almighty God, and so on, demonstrating, I felt, that all things truly good and noble can come only from Him. I was now aware of these attributes flowing into my chest.

”

After a while the vibration stopped and I lay still, feeling as weak as I could imagine anyone feeling while still alive. Then I found myself looking down on my body lying on the bed, clothed like a knight crusader in a white tunic bearing the red cross of St. George.

Next, despite my weakness, I was compelled to get out of bed and was somehow 'walked' into the next room. There I was made to kneel and prostrate myself in prayer before being returned to bed. Before falling asleep, I saw in the darkness above me a knight in armour astride a magnificent horse.

"Did things begin to improve for you after this experience?" asked Sudarto during our talks in Jakarta two years later.

"Yes," I replied, "That's exactly what happened."

THE FUNCTIONS OF THE HEART

Harris Smart writes about his recent heart attack...

We are probably all aware by now of a familiar story. It goes something like this...

A man (or woman) has a bad heart and they get a heart transplant. Then they find they are having memories which are not their own, but which they eventually identify as having belonged to the person whose heart they have received.

This story has now been told in popular films and novels, as well as in more formal medical texts. Within our Subud community, the well-known and highly respected osteopath, Maxwell Fraval, has written and talked about this phenomenon.

So it now seems fairly well established that this really happens. You get someone else's heart and it carries with it something of the person's memories and possibly even personality.

I am writing because I experienced something similar to this when I recently had a heart attack. Yes, I had a heart attack which required me to be hospitalized for five days and three stents were placed in various arteries that had become blocked, or were in danger of becoming so.

The heart attack had a big effect on me for about two months following the incident, I just "did not feel like myself". I was tired all the time, had no energy, and was severely depressed. Beyond that, I felt like I had lost a big chunk of my personality, along with the chunk of my heart which I was told had died during the cardiac episode.

These symptoms are of course all quite common for someone who has suffered a heart attack, but what they made me realize was how much of what we usually think of as a function of the brain, actually seems to be related to the heart.

I became convinced that functions like thinking and feeling which we tend generally in our culture to locate in the brain, are also related to the heart. Because with the shock to my heart, it seemed I had lost some of these functions. Fortunately, about two months after the heart attack, most of my functions were returned to me, and I began to feel "more normal", "more like myself".

Perhaps this is why we identify the heart with our emotional life. Perhaps this is not just a meaningless symbolism but corresponds to reality. That is our feelings are to some extent a function of the physical heart. Perhaps there is some cooperation going on between brain and heart that are making us the complete person we are.

I think in many cultures, not only our Western one, but also Asian cultures, this symbolism of the heart as the seat of feeling is widespread. But I have also been told that there are some cultures where the liver is held to be the place of feeling. Who knows? Perhaps further investigation might reveal phenomena similar to what happens with the heart, if someone gets a liver transplant.



The hackneyed symbol of the heart as emotion may have a basis in physical reality.



It seems the physical heart participates in the work of consciousness.

REFLECTIONS ON MEDICAL KNOWLEDGE

Dr Rachman Mitchell writes...

Medical knowledge has advanced well beyond what I would have thought possible when I started studying medicine sixty three years ago, making clinical diagnosis much easier and much faster - which is definitely an advantage.

The means to this has been achieved more by advances in technology than by any improvement in our reasoning processes, which possibly may have suffered as a result of this technological process.

Thinking, real focused thinking, or “switching on the grey cells” as our famous Hercules Poirot would say, requires time and no immediate pressure for an answer.

Fifty-three years ago, I decided to get my “membership” - that is, to pass the exam to become a member of the Royal College of Physicians. At the time I had already been practising for five years as a junior doctor in hospital or in general practice training.

I wanted primarily to improve my clinical skills as a physician, but the membership was also the gateway to becoming a consultant in any of the medical specialties.

The pass rate was about 12% so I needed to prepare myself well. The exam consisted of several written papers, and a multiple question/answer paper. However the one that caused most failures was the clinical.

I used to go on teaching ward rounds, where we would be given a patient in order to take a history, make an examination, give a differential diagnosis and then recommend the laboratory and X-ray tests that we would need to confirm our diagnosis.

I chose a Bengali friend, Talukdar, to work with and we would quiz one another. I remember his delineating all the points about a patient with Parkinson’s disease, all of which he had got except one “the expressionless face of Parkinson’s”. When questioned by our teacher consultant, he gave this classic answer “But all the faces of Englishmen are expressionless”.

Taking Advantage of the Papworth Method

The other step that I took in order to pass was to go on a course given by Dr Maurice Papworth, the author of a book called a Primer of Clinical Medicine costing £18 - a fairly large sum in those days when my monthly income was a mere £100!

Maurice Papworth had his own very successful private practice as a physician but his application for a consultant post at the main teaching hospitals had not been successful, which had been put down to his own critical views on medical education and to the fact that he was from the Whitechapel Jewish community.

His method of teaching however resulted in an over 50% pass rate in the membership exam compared to the usual 12%.

Among his many bits of advice there was a salient one I remember with particular clarity.

“Before you put a hand or a stethoscope on a patient LOOK! Look as with the wide angled view of a camera and take in everything, from the gait to the expression on a patient’s face, to the way they undress to get up on the examination couch”.

And “When taking a history LISTEN, really listen. The clues to the diagnosis are always there in >



Dr. Rachman Mitchell.

what the patient is telling you”.

I freely admit that most of my success in obtaining my membership was due to him.

These days we tend to rely more on what the investigations by MRI, CT scan, ultrasound or laboratory may reveal. Time is pressing for many physicians and so the direct examination of the patient by the physician is often quite short.

An era has passed. The art of medicine may have suffered a little.

“

Before you put a hand or a stethoscope on a patient, LOOK!

”

For those Subud members, who do not know Dr Rachman Mitchell, he was opened at Coombe Springs in 1957 when Pak Subuh first came to England, and then spent many years at Cilandak, where he was also Doctor to Bapak and also had occasion to accompany Bapak as a Helper – mentioned in Book 25 of Bapak’s talks. (Note by Tony BP)

A PERSONAL EXPERIENCE BY A SUBUD MEMBER

I had a friend who had been brought up as a Muslim and lived in London. I would visit him every so often when I lived in Oxford. He was married and both he and his wife were in Subud. We would just hang out finding it easy to enjoy each other’s company without doing very much except talking about Islam and Subud. Sometimes we went to Regent’s Park Mosque.

He once told me about a number of things he had done in the past that he was very ashamed of and said I was the only person he had ever told these things to. One weekend when I was visiting he asked me to test about his latihan.

During the test I received that in his latihan he was very angry with God whom he blamed for giving him a bad fate. When I told him this he said it was true. I told him it was purification and he should just let it go on until his latihan changed by itself.

However he told me he felt too guilty to let these feelings out. I again encouraged him to express what he received in the latihan. At the time I had been in Subud about 5 years and wasn’t yet a helper and I didn’t really know what to advise or how to help him other than this.

After I left Oxford I wrote to him asking how he was but it was his wife who replied saying that my friend had died of a heart attack.

A few years later I moved to Bangkok. There was a small Subud group in Bangkok and I attended regularly. Probably I had been living in Bangkok at least ten years when I started calling out my friend’s name in the latihan as if encouraging him. I felt he was in a state of despair in the afterlife. This went on for a number of weeks and then it stopped.

During latihan some weeks later the atmosphere suddenly changed and I had a vision of a group of males sitting in a semi-circle. But I could only see them from behind. I felt they were waiting for someone to arrive (perhaps Bapak). Then one of them turned round and I saw that it was my friend. He smiled at me and I knew he was now okay.

I thought we could only help family members in the afterlife through our latihan and so I wrote to Ibu Rahayu asking her if it was possible to help friends. She said it was, especially if the friend had received the latihan and she said she prayed that this experience would not burden my latihan.

“

We can help our friends in the afterlife...

”

(This article has been reprinted from SCAN, the Canadian Subud magazine, Spring Issue 2017.)

DEATH OF MICHAEL LLOYD

[Message from Amanda Lloyd...](#)

Dear Subud members,

Our wonderful father, Michael Lloyd, died on Sunday 11 June at around 1pm. He was very peaceful and surrounded by family. He had been alert to the end, reaching out to Catharine, mum, with his hands, and squeezing the hands of others who were there, smiling and looking at peace.

He was a man who was inspirational and always full of interesting information. He loved reading, and to discuss ideas and information with children, grandchildren and others. Gregarious and welcoming, he would hold open house whenever he was allowed to by the rest of us in the family! As we all are, he was a complex person, with a typically English emotional reticence, but he had an intuitive feel for when his support was needed and at times of crisis in the family, we knew, without any doubt, that he would be there for us.

He had a colourful life, working as head of various schools of architecture around the world, first in Ghana, then the UK, Norway, then Mexico and Costa Rica and finally back to Norway before retiring to Spain. Michael was very influential in the world of architectural education, changing the way architecture was taught and influencing generations of architects. While working as the Head of the School of Architecture in Ghana, he persuaded the Ghanaian government to resettle a number of villages rather than simply flood them as part of major dam-building project. He and his students at the time, designed and managed the resettlement project and were probably instrumental in saving scores of lives as a result. He also designed a number of houses both for family and other clients over the years.

A risk-taker, he loved nothing more than regatta sailing, the worse weather the better. This of course scared the socks off us as kids! I have memories of sailing off the Norwegian coast in foul weather with waves the height of a four-storey building. One time we were followed by a whale as we sailed. It was not only scary, it was magical too.

Catharine and Michael joined Subud in 1960/61 and became stalwart members of the Tunbridge Wells group, forming a close friendships with Leonard and Melinda Lassalle, and Maria and Lambert Gibbs. They were International Helpers between 1993-1997. In 1995 they moved to Alicante in Spain, where they bought a large plot of land with other Subud members. Dad designed and built his final house there, within 2 minutes' walk from the Alicante group's latihan hall. They moved back to Oslo two months ago, when it became apparent that they needed to be close to family.

The funeral will take place this Friday, 16 June at 2.30pm at St. Edmunds Church in Oslo, Møllergata 30, 0179 Oslo, Norway. All are welcome. There will be cakes and coffee afterwards at the Oslo Subud House, in Nordraaks Gate 24, 0260 Oslo, Norway from 4-6pm. Those who wish, can stay for group latihan at 7pm. A future celebration of his life is planned for the autumn when we will scatter his ashes at the family summer-house in Flosta, on the south coast of Norway.

Amanda Lloyd, Stephanie Nordrum and Fredrik Lloyd



We wish all our readers...

SELAMAT HARI RAYA IDUL FITRI

Please forgive us for our mistakes over the past year

NOTES FROM IBU RAHAYU'S TALK AND TESTING ON THE 27TH NIGHT OF RAMADAN 2017

From Subud California Regional Office...

Dear Brothers and Sisters

We have received notes from a talk that Ibu Rahayu gave and also questions tested with the men's group.

We want to thank Matthew for making these available to us.

Marcella's son Matthew is at Wisma Subud for Ramadan. Here is some news from him:

Ibu Rahayu at nearly 90 years old made the long trip from her home in Pamulang to Wisma Subud to give to do testing and give a talk last night, the 27th night of Ramadan (the 4th night of power) and the night before Bapak's birthday.

Men and women were separated. This is what I remember for the men (for the women it may have been slightly different)...

My experience of the test questions is that they were very advanced compared to previous years.

I'm not sure if the talk will be made available. Here are highlights that I recall (and of course others may remember it another way - please feel free to add or correct).

In her usual light and loving way, Ibu was very clear in her message to us:

- We are personally responsible for making the effort necessary to improve our character. God will not make the effort for us. Latihan 2 times a week is not enough.

- The latihan is with us in every moment, ready to be fully integrated into our daily lives as Bapak advised us — but we do not make a space for it.

- If we truly wish to become good people God will help us.

- There is the possibility that Subud goes the way of the world's great religions, where the connection to the power of Almighty God was lost after the prophet who received it died.

- This may be the last opportunity (generally speaking) for her to advise us.

The emphasis was on personal responsibility - correcting our own behaviour and really putting the latihan into practice.

The test questions were asked and the reality received for many minutes before going on to the next. Some of the questions were very long and wide in scope. They are paraphrased here:

1. Receive: Allah hu akbar.

2. Show the proof, the reality and verify for yourself, what does the latihan do when you identify mistakes in your character, and how does it work to improve your condition, state and character.

3. Show the reality and verify for yourself what effect this fast of Ramadan had on the souls of your ancestors who've passed away.

4. Show, experience the reality and verify for yourself what effect the fast of Ramadan has had on you.

A few hours later in honor of Bapak's birthday we joined the world latihan at 4:40am and 5am respectively here in two locations, Wisma Subud and Bapak's old house where Ibu Rahayu lives. She did latihan with the ladies simultaneously to the men.

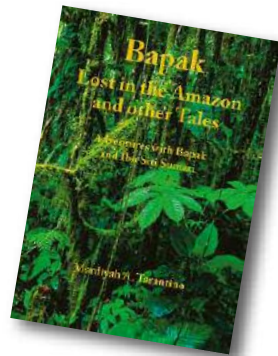
Please forgive me for anything I've left out or got wrong.

Love, Matthew

Reprinted from SubudCalEvents subudcalevents@googlegroups.com

Bapak

**Lost in the Amazon
and Other Tales
Adventures with Bapak
and Ibu Siti Sumari
Mardiyah A. Tarantino**



This delightful little book contains a series of short, vivid sketches of events remembered from the years the author lived closely to Bapak and Ibu Siti Sumari when on the South American tours over 40 years ago. The book also includes snippets from the seven years when the family lived in Cilandak. It contains much spiritual advice and guidance given to her by Ibu as trust and intimacy built over time, up to Ibu's death in 1971.

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