



BEYOND TIME AND SPACE

June 22nd will be Bapak's Birthday, a special time to remember our founder.

Robert Goonetilleke from Sri Lanka has written this memoir of Bapak's visit to the West coast of America in 1976...

Most Subud members who were fortunate to meet Bapak in his lifetime remember some experiences/events about him that leaves its mark on us. Though years have gone by, they remain in our memory for some reason.

These events happened during Bapak's visit to the West coast of North America in 1976.

When I heard he was coming, I prepared myself for the visit ahead of time by applying for absence from work etc. I planned to follow Bapak from LA to Vancouver BC. The last time I had met Bapak was in 1973, in Cilandak, right after his illness when he had minimum interaction with visitors.

Something unusual happened, A Subud sister, Idrea Von Hahn from Vancouver, whose family I knew well, contacted us and said she would join my wife and myself on the road trip we had planned. The three of us drove from Central California to LA on the day Bapak arrived and were present for all the talks and testing.

The womenfolk even got to help prepare food and iron clothes for Bapak! Since we came from a colder part of California, we all noticed that LA was unusually warm. I had taken a warm jacket as it was early winter.

It got warmer by the day. The ladies loved it and walked around in summer clothes, but I had to buy a lighter cotton jacket. On inquiring from Subud members about the weather, they said "It's the devil winds," so named by the Spanish, a rare phenomenon that happened when the hot winds from the Eastern desert blew seaward and warmed up the entire southern California. Wow !

Next stop was San Francisco and we drove back in time for talks and testing. Bapak took time to visit the Santa Cruz group and gave a short talk. He also blessed all the young children present as there were many young Subud couples in SC at that time period.

He also planted a Redwood tree which has grown tall and survives to this day. While planting the tree the Chairperson for SC let Bapak know that this tree would last forever as there are Redwood trees in SC county that are older than five thousand years. Bapak quietly commented "Nothing lasts forever." Oops !

At this point Idrea decided to fly back to Vancouver BC to prepare for Bapak's arrival and we started our long road trip to Vancouver with our two young children. We missed Bapak's short stop in Washington State and drove almost non-stop along the West Coast Highway One to Vancouver BC and stayed with Idrea's family.



June 22nd will be Bapak's Birthday, a special time to remember our founder.

(Photo Mikhail David).

When we got there it was quite cold and the first snow had already fallen in Washington State and we had to use chains to drive in some areas. When we arrived in Vancouver BC it was quite cold and then it happened again, yes, the weather cooperated and started to warm up, so much so that a few green buds had appeared on some trees by the time Bapak left!

“ Nothing lasts forever.. ”

Bapak's Foresight

There was one other incident that sticks out in my mind, during Bapak's visit to Vancouver. Idrea for whatever reason drove Bapak around most of the time. Bapak was giving a talk at one of the halls at UBC. Bapak lived in a house in North Vancouver, so we drove to this place early.

We followed Idrea in our station wagon and spent some time at the house while Bapak and party got ready. Idrea took Bapak on a scenic route that went right through Stanley Park. As we all approached a bridge across Frazer river, I was right behind her car containing Bapak and she was on a lane that would have taken us over the bridge.

In a flash she changed lanes and took the old road which was longer and winding. I was caught napping and went over the new bridge which was also shorter and quicker. Shortly the traffic started to slow down and before long we had come to a standstill. There was a bad car accident down the road and we arrived at the hall almost half an hour late for the talk.

After the talk I asked Idrea, what had made her take the lower road. She said at the very last moment Bapak had given the instructions.

Here was Bapak a very ordinary human being, yet even the weather would bend to his needs and his radar was not that of an ordinary person, it could reach beyond time and space.

I often feel how blessed we are to have known him in his lifetime.

May I say Happy Birthday, Bapak?

RAMADAN AND THE NIGHT OF DESTINY

The following are the dates for Ramadan and the Night of Destiny to the best of our knowledge. However, you should check with your local Islamic authorities to make sure.

Ramadan in 2015 will start on Thursday, the 18th of June (first day of fasting) and will continue for 30 days until Friday, the 17th of July.

Note that in the Muslim calendar, a holiday begins on the sunset (Maghrib) of the previous day, so observing Muslims will begin Ramadan on the sunset (Maghrib) of Wednesday, the 17th of June.

We advise anyone intending to do the Fast to check with local Islamic authorities as to the precise dates. The Fast is not obligatory for Subud members.

The night of destiny is half way through the month of Shaban which is the month before Ramadan (that is, the Month of the Ancestors). This year the Night of Destiny occurs on June 2nd, the night of the full moon.

In the April issue of Subud Voice we published information about Ramadan and the Night of Destiny. This issue is available in the Archive English on the left hand side of the home page. Further information about Ramadan and the Month of the Ancestors is included in this issue.

"WE HAVE RECEIVED GOD'S GRACE, IT IS LIKE RAIN"

We were recently sent this quotation from Bapak. We understand it was sent out by Mansur Geiger who, as we all know, has been one of the great pioneers in Subud in his dedication to following Bapak's example, particularly in the context of Kalimantan Gold. This quotation is an inspirational example of Bapak's guidance...

“...Now what do we do with it ? does it go waste, does it just disappear to run off to the sea? can we do something with it ? Bapak wants you to realize that the Latihan kejiwaan you have received is like the rain. It has come down from the clouds in the sky.

““ *Can we make use of this rain, of this bounty God has given us?* ””

Rain can do many things. It can be a danger to human life. It can cause floods and can damage, but if man can use his ability and guide it in the right direction, it can become a source of fertility, a source of benefit to human society.

Can we make use of this rain, of this bounty that God has given us ? If we do not, if the Latihan Kejiwaan gets stuck inside, it will not only not progress and not grow, it will not progress in the world but become a source of darkness for you, because all sorts of imaginations will arise within your being.

If you have not used the Latihan to make something outside yourself, then rather than being a benefit to you, it will become an obstacle and a burden. Truly, if you can pass on this Latihan to other people through your example, through how you are in your life, then that is the real AMAL : THE REAL SERVICE TO HUMANITY which will give a enormous reward, a reward you cannot imagine, both for the life in this world and the life in the hereafter.

If someone in Subud has received the Latihan Kejiwaan, it is very strange and peculiar to hear or see him as a tramp, a good-for-nothing. A Subud member who does not work, who does nothing, is very strange.

If you have really received the Latihan Kejiwaan, if you realize what it means, then the Latihan Kejiwaan will open up for you like a broad avenue, a road that you can walk down, which is your way of life. It is wide and full of satisfaction and profit for yourself and for those around you.

1981 Colombo, Sri Lanka ●

FROM NEPAL

Hamilton Pevec writes from Pokhara, Nepal...

On April 25th 2015, I was determined to shoot for The Ultimate Descent, a feature documentary I have been developing for the last few years. I planned to meet up with Lakpa, the Mt. Everest guide who is one of the heroes in the film. I met him at Himalayan Encounters, a trekking outfitter that he works for. I arrived in the garden to find him sitting with a few clients going over the details of the next trek.



Hamilton Pevec

Within a minute of sitting down the rumbling began, a thunder that seemed to come from the earth and all around. After ten seconds it didn't stop and I remembered to turn my camera back on. A hundred barking dogs and cows moaning, the distant screams of girls carrying over the rumbling of the earth added to the cacophony unfolding. My second thought was “it's not stopping”. Flower pots were wobbling back and forth.

Everyone started on their cell phones to call loved ones and check in with family and friends; but nobody was getting through as the whole country tried to call at once. The shaking continued. I felt lucky to be in this garden far enough away

from tall buildings or anything else that might fall on me. “This is safe place!” Lakpa declared.

A couple of old fat men were drinking under the veranda. They didn't move at all, as if it wasn't worth getting up. I kept my camera trained on Lakpa as the shaking continued, all of us amazed at how long it was lasting. “This is a big one,” Lakpa exclaimed. “First time,” he kept repeating. “So long one,” he clarified.

Message from SDIA:

On behalf of SDIA and the WSA, we will be advancing \$4000 from our Emergency Relief fund:

“ A thunder that seemed to come from the earth and all round ”

\$1000 to be sent to Hamilton to continue his emergency assistance work and \$3000 to be given to a Canadian charity that will be matched by the Canadian Government to become \$6,000 for food, water, shelter and basic assistance to the survivors. Grant matching by any government effectively doubles the value of your donations.

You are therefore welcome to send funds through SDIA to our Emergency Relief Fund earmarked for Nepal. For this, please go to: http://www.susiladharma.org/?page_id=674

You can also donate through your SD National earmarked for the SDIA Emergency Relief Fund for Nepal, or directly to the Red Cross or another charity with an effective disaster response in Nepal.

Several national governments have put in place matching grant schemes so please speak to your SD National organisation to see how to maximize the impact of your donations. ●

SEEKING NEW SDIA BOARD MEMBERS

This could be for you...

THE SUSILA DHARMA INTERNATIONAL ASSOCIATION (SDIA) is an association of SD national organizations and associate member projects from 28 countries, created to address Subud's social and charitable aims in the world. We believe that by working together, guided by the latihan, in an atmosphere of mutual respect we can achieve positive social, health, educational, environmental and economic changes that benefit our world.

A number of vacancies are coming up on the SDIA Board, and we are looking for nominations of dedicated and interested Subud members who have participated in organisational (professional, NGO or Subud) and/or kejiwaan responsibilities and meet the following criteria:

“ Created to address Subud's charitable aims in the world ”

- have some expertise, knowledge, experience, skills and competencies related to international development issues (i.e. education, health, justice, community development, non-profit organisations, food and agriculture, sustainability and environmental issues, governance, advocacy, etc);
- have good skills in communication, facilitation and other related experience;
- be able to commit on average of 10 hours a week to SDIA-related work;
- be able to participate in Board meetings (at least 6 Board meeting conference calls a year, attendance at one member/Board meeting a year; reading and preparation for board meetings, and other tasks as may arise from the work of the Board), and work on Board sub-committees;
- be able to travel to one member meeting a year, meetings of the WSC (annual or as needed), and other meetings of SDIA members as needed;
- be able to access internet and telephone on a daily basis (having a computer at home, having good internet access and a good phone line are all essential to good communication support) and be available to the Exec Director and staff;
- be able to communicate well in English (common language of the Board); additional languages are a definite asset!

Nominees are welcome from all Areas, but particularly Area 1. For more information on the work of SDIA, our Board of Directors and the nomination/election process, please write directly to Virginia Hamida Thomas - virginia@susiladharma.org



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DEVELOPMENTS AT YTS

Bardolf Paul writes in the latest YTS newsletter editorial...

The Yayasan Tambuhak Sinta (YTS) in Kalimantan is heading into a new landscape this month, as we recently heard news that we had received a large grant from the Canadian government for a five-year national level program on Artisanal and Small Scale Gold Mining (ASGM) in Indonesia. Management of this grant will be shared with a Canada-based group, the Artisanal Gold Council. This project will enable us to scale up our activities substantially in this sector.

We will be able to address three main pillars in ASGM – the gold miners and processors, government law makers and regulators, and actors in the gold marketplace. By working with all of these communities concurrently, the results should be much more holistic and provide a basis for positive, system change.

Naturally, this will have a large impact on YTS as an organisation, as we will have to increase both staffing and operational capacity. Fortunately, we already have the foundation for fostering and sustaining this growth, so we don't expect major difficulties in making this transition.

This project comes in the wake of a growing awareness globally of the significant environmental, economic and social impact of the ASGM sector. There has been widespread destruction of land resources and degradation of aquatic resources from this type of gold mining.

Economically, the immediate short term returns are extremely attractive to poor, marginalized people, to the neglect of more sustainable types of livelihood activities. Socially, communities and families can be severely affected by the physical and psychological impacts of this activity on health and well-being.

In the coming months we look forward to bringing you more news as this project unfolds. ●



L to R: YTS Technical Director Sumali Agrawal, YTS Executive Director Bardolf Paul, and Donald Bobiash, Canadian Ambassador to Indonesia)

LIVE THE DREAM

Henrih Horthy writes...

For those of you who know me well, my quest to “Live the Dream” will come as no surprise and after all, isn't it what we all aspire to?

For the past four years I have been searching the eastern isles of the Indonesian archipelago for a place with white sand beaches, emerald water, dramatic cliffs in beautiful nature, with a feeling similar to Kalimantan. It needed to be away from the madding crowd but easily accessible from an international airport.

My vision: to build an iconic, world-renowned eco resort, creating a blue-print for sustainable development and profitable investment for all stakeholders, including Mother Earth.

I knew I had found it when I arrived in Kirana Bay on the west coast of Sumbawa: an enchanted bay, surrounded by nature, protected by an amazing rock landscape on each side and beautiful sunsets each evening.

Kirana Bay is located less than 90 minutes from Lombok International airport and accessible from



Kirana Bay.

Singapore, Kuala Lumpur and Bali. The West Sumbawa domestic airport is five minutes away and will have flights direct from Bali.

Fifty eight acres of beachfront land has now been secured for the project, including tranquil bays and a world renowned surf break. The resort design for phase one is almost complete, a management and marketing contract with Louvre Hotels is signed and construction is due to start.

For more information about how to secure your piece of the X2 Sumbawa Resort and Residences please visit our website www.ozonesd.com or email me at henrih@ozonesd.com



My vision: to build an iconic, world-renowned eco resort...



SECRET KNOWLEDGE

Silvana Waniuk writes in response to Marcus Bolt's article in May's Subud Voice:

Your article in S.V. inspired me to look for David Hockney's book *Secret Knowledge* once again, having had no luck with Amazon a few months earlier. Oddly, this time I had no problems and the book arrived promptly within 3 days. As Subud stories go it has dawned on me this morning that I had to read your article first, to prepare me for what had to come next. Because what happened to me was an unexpected, major, emotional upheaval; possibly a liberation of kind, but if so the not so easy kind that comes with purification: four days into reading I became very sick, apparently with a touch of pneumonia – I am still on antibiotics.

Trying to sort it all out here is what I believe happened; I am a rather abnormal case of overexposure to the Old Masters that began at a very early age. Our family was very poor but we had in our library all the Phaidon art books one could get at that time (the Forties). Imagine a sensitive, introverted child of eight spending hours looking through these large "picture books": Velasquez, El Greco, Rembrandt, Bosch, Holbein, Leonardo, Raphael, Caravaggio, etc., you name it; what would this have done to her inner growth and sense of self? The first analogy that came to my mind was of a seed covered by a mount of manure – I grew up in a village, there was a lot of it around – the seed has no chance. Period. Only the latihan, in my third year in Subud liberated my hidden talent...

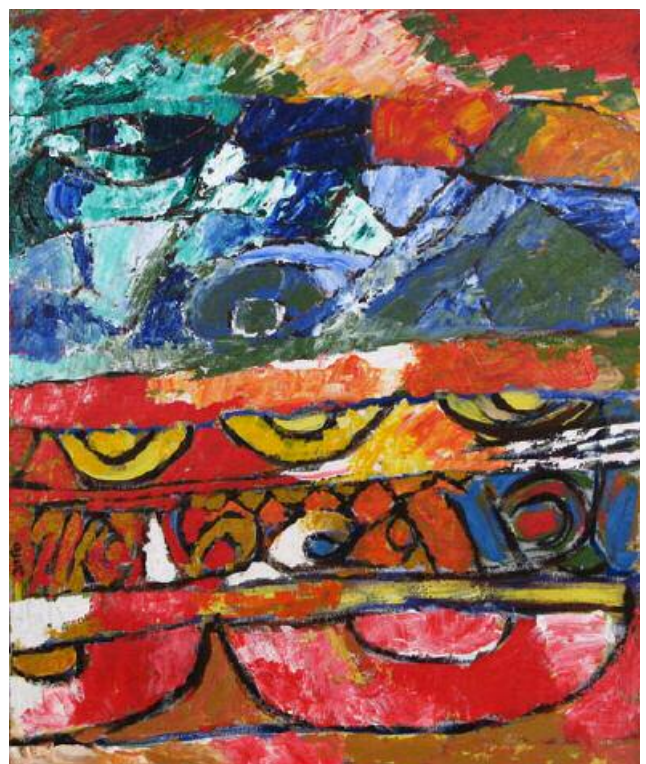
See my website:

www.cargocollective.com/silvanawaniuk

Thus one could say that reading *Secret Knowl-*



First Day (Silvana Waniuk).



In the Beginning (Silvana Waniuk).

edge was a liberation and an exposure of a very old personal secret (I want to believe it is one of the last – I don't think I have very much strength nor time left for more of this kind). However I attribute my extra glee to the not-so-noble sentiment of "Schadenfreude", notwithstanding the fact that the "great ones" were geniuses regardless, having used optics or not... Still it doesn't change the reality that for me these heavyweights have become as obsolete as antique ruins.

Thanks for reading this and forgive me for having chosen you as witness. I had to write this down and for whatever reason your name kept popping up in my brain. ●

“SOURCE OF LIFE”! INSPIRATIONAL!

Stefen Solat writes...

In 1987, my wife Rashidah & I had just met and were so fortunate to have been able to spend Bapak's last Ramadan with him, during which, even in his weakened condition, he gave several talks.

All of them were centered on one theme: (paraphrasing) While many of us had already established Grace within ourselves, we were more or less standing still with it, due to lack of courage: the ingredient that could enable us to bring Grace into our and others' outer, and hence, inner lives.

One thing that emerges from reading "Source of Life" is that, even with the author's remarkable spiritual capacity and marvelous worldly talents, these would not have moved his life forward had he not had the courage and self-confidence to manifest them in his outer, physical life. For both contemporary and future generations, Source of Life will stand as a significant testimony of the real life, inner & outer outcomes of following a way, such as Subud, that enables human beings to reflect their eternal inner self through the material world.

Reading "Source of Life", which is Léonard's autobiography, will be inspirational for young people just embarking on their spiritual/material lives but, also, for older readers, such as myself, who are seeking to finally pull the threads of their lifetime into a meaningful, integrated ensemble. ●

THE FUTURE OF SUBUD: SOME RESPONSES

From the editor...

In the May issue, we published an article by Victor Margolin about the future of Subud. And we have had other articles on the same subject from other people.

I seem to recall that Bapak said we didn't really need to think very much about this subject, as it was in the hands of God. But naturally, being human beings, we would like to help God, and so it is not unusual that we should reflect on the future of Subud..

I mean we all do it to some extent. None of us can help observing what goes on and speculating about what sort of future might follow from this. Probably for most of us, there are times when we feel very positive about the future of Subud, and other times when we despair of it.

Of course the state of Subud, and the possible future of Subud are very subjective things, very much dependent on where we happen to be looking at any particular moment.

For example, when we go to World Congresses, I think most of us feel very positive about the future of Subud. Then some people when they return to their home groups, feel the euphoria evaporating. Perhaps their group will seem to have shrunk and aged over the years. Perhaps there are some quarrels and back-biting. This seems to be a common complaint. On the other hand of course there are some groups which are full of energy and accomplishment, such as the Lewes group in the UK.

So, the future of Subud, gloomy or ecstatic?, is a very subjective feeling very much dependent on where we happen to be, or where we happen to be looking at any particular moment.

From Howard Raimbach

Dear Harris: The Future of Subud

Victor Margolin's thoughtful article contains plenty of common sense, particularly on the subject of helpers' remit. I've been in that category for over 50 years now, and I soon learnt the missing require- >

ments in the job description, i.e. a cross between social worker and amateur psychologist.

There's little doubt that a tiny minority of helpers (control freaks, dinosaurs etc.) create a disproportionate amount of disruption to the membership, forgetting perhaps that we should all try to be approachable and trustworthy – if we're not earning a modicum of respect, how can we function properly?

However, Bapak appointed many of us originally, which raises a difficult question mark to Victor's suggested biennial review of our competence. Do I sense trouble ahead?

(One disgruntled member once remarked, 'You can easily tell a Subud helper by the scar on his skull where his brain has been surgically removed – and replaced with a mashed potato!')

Keep taking the spiritual tablets, Love Howard

From Hustein Lorentzen

Subject: Victor Margolin's article

Excuse me for saying so, But Victor's article is another example of listing up what Subud members should do or not do.

Many of us came to Subud because we were told that in Subud we shall experience the freedom of following only what we experience ourselves. I think that many have left Subud just because they have experienced the opposite, namely that members tell them how they should act 'for their own good'.

BAPAK SPEAKS ABOUT RAMADAN

Ilaine Lennard has collected Bapak's sayings about Ramadan from various sources.

The talks from which these extracts were taken were given for people practising the spiritual exercise known as the Subud Latihan. For those not practising this exercise, reading the following talk is not recommended as it could be misunderstood.

The Fast is for everyone

From a talk of Bapak's in Cilandak on the thirteenth night of Ramadan, 1987.

Published in REMEMBRANCES OF BAPAK'S LAST DAYS:

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The real thing is to feel a very strong urge, a really strong feeling that you absolutely must do the fasting, an inner obligation, before the fast begins. That is the first thing to feel. Then all the details of what food to eat, and when, and how much and so on, all fall into place. You know from God's power within you, from your guidance about all that.

Actually it's not just Muslims who ought to fast; everyone ought to do it. It is a universal requirement for mankind. In the same way the latihan is too. When we fast, we find that the latihan is lighter and more powerful within us. This happens spontaneously, without force. In this way you can feel that all your movements and all your activities are accompanied by the Power of Almighty God.

The following are selection is from the Pewarta Kejiwaan Subud booklets on Ramadan, Oct 1973

Well provided for

...These are the benefits that come from this fast, brothers and sisters. If you can just reach the level of benefiting in this way in your worldly life alone, then things go very well; better than well, so that you will be really well-provided for. You will not find yourself short of cash. No, never; never will you be short. No; the money will be there, because it will seek you out. Sometimes you may not >

be thinking about it, but the money will come and nudge you, saying 'Here I am'. Yes; then if you need something, that will be very nice.

When you have done it spasmodically, you will find the money coming spasmodically. You look for it, but where is it? It seemed as if it was there, but when you try to take some, oh no! It is very frustrating. Well, if you have been able to feel and receive the benefits of the fast, the money is there; it stays there. So you have only to open your purse and there it is. That is very nice.

For these reasons, don't be afraid; don't be afraid of the present temperatures of 39C or possibly even 40C. Just let it be. That is up to the weather; my concern is with the fast and with worshipping God so that I can receive His gift that we call the qadar. If you can do this, the outside heat will ebb away. The difference will vanish and there will be a state of balance, the same inside as outside. ●

LENT AND RAMADAN

Pewarta, March 1970

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Provisional Translation. For Subud Members Only*

In reality, Lent and Ramadan have equal value. Christians feel that fasting in Lent is very important for them because it is derived and adapted from what was done and experienced by Jesus Christ.

“ *In reality, Lent and Ramadan have equal value...* ”

You say that Jesus Christ carried out the religious observance of fasting in the wilderness for forty days at the time of Lent. This may be taken to mean that Jesus Christ fasted during this time so that his inner feeling might be swept clean of the influence of the nafsu causing darkness (wilderness) within.

For Muslims, the religious observance of fasting in the month of Ramadan is the same. This too is derived and adapted from what was done and experienced by the Prophet Muhammad.

It is told that the Prophet Muhammad fasted in a cave at that time (this too means in darkness). He carried out the religious observance of fasting in the cave so that the inner feeling could be swept clean of the influence of the nafsu causing darkness. It is therefore said that the revelation that he was to be the Messenger of God came to him in the cave. In other words, it was then that he received the first command of the One God.

This is Bapak's explanation concerning these two religious observances of fasting, as seen from the spiritual point of view. So Bapak feels that Lent and Ramadan are of equally great and high value.

Furthermore, any individual Christians, or Christians in general, may follow the religious observance of fasting during Ramadan if they wish to do so, because, although this is not usually customary for Christians, if the fast is observed it is also a method whereby the influence of the nafsu, which always constitutes a temptation and a hindrance to the quiet of the inner feeling, can be separated and swept away from the inner feeling. Conversely, it is the same for Muslims who wish to carry out the religious observance of fasting during Lent.

Now, of course, you ask: how is it for us or for Subud members?

Bapak would like you to know that, because our brotherhood of Susila Budhi Dharma consists of members of various nationalities and religions, it is best for each member to observe the fast of his own religion unless he wishes to observe another as well.

Concerning the explanation you may want about prihatin: This actually is cutting down one's pleasures in eating, sleeping and other enjoyments. For, if one practices prihatin, the heart is accustomed not to be deceived all the time by the nafsu. If the nafsu, which arise in the heart and mind, are not

given their way so much (that is, if one restricts the pleasures of eating and sleeping and restrains the nafs of anger and greed which drive away all contentment) then the nafs will automatically weaken, and a feeling of patience, surrender, trust and sincere submission will become manifest.

Prihatin may be practiced by anyone wishing to do so, anyone who hopes to become a person of patience who surrenders with trust and sincere submission to the Will of Almighty God. Usually when a person can really carry this out his situation will be one of well being and happiness.

This kind of prihatin may be done by way of fasting every Monday and Thursday, without saur (that means without eating in the middle of the night) or by cutting down on one's food every day; for instance, if one is accustomed to having beefsteak and potatoes, then one eats only potatoes and vegetables, provided one does not take too much of these either. One can also cut down on sleep; not sleeping often with one's wife and not sleeping before midnight.

This is done in the hope that one's life situation, or one's lot in life, may improve; also so that one's inner feeling, which still continues to feel dark or hindered by the influence of the nafs, may become calm and quiet and the influence of the nafs, which always interferes with the calm and quiet of the inner feeling, may be avoided.

This is why Bapak always says that a good and noble life can be achieved only if one really practices prihatin beforehand. It must be remembered that even Jesus Christ and the Prophet Muhammad did this. How much more does an ordinary person need it. One should not be quick to complain so often, or to feel despair just because one lacks things in life, nor should one feel overjoyed if one happens to have unusually good fortune.

This is Bapak's answer to your question. Bapak gives praise and thanks to Almighty God and hopes that you will accept the above explanation in a good way.

FASTING...A MEDICAL POINT OF VIEW

Emmanuel Elliott sent us an article from The Times about fasting. It seemed interesting to share it at this time with Ramadan approaching. Emmanuel writes...

I am sharing the attachment with just about everyone in my address book, in the hope that you too may consider sharing it widely. Millions of people the world over need to hear this message, many of whose lives will be saved by it. But they will never hear it from their doctor.

The article's sub-title is 'This free simple therapy has changed my life' and the author writes: 'These are sensational discoveries. If they were drugs, they'd be the basis of billion-dollar companies and yet the millions of people who might benefit from them aren't told about them. Doctors can't recommend them because they need the evidence of large-scale human trials. Drug companies won't conduct these because there's no money to be made.'

FASTING TRANSFORMED ME AFTER MEDICINE FAILED

This free, simple therapy has changed my life. Could it be the panacea to transform the NHS?

By Jenni Russell 'The Times' (U.K.) 23 April 2015

In the last ten months of my life my life has been transformed. I didn't write a book, move house, have children, find a faith or change my job. Instead, I have gone from being an exhausted person with a lifelong and incurable illness, kept alive by four drugs, to a currently healthy and energetic one. This remarkable difference has been brought about by a therapy that's simple, free and overlooked by the NHS: fasting.

I tried fasting because I was desperate. It's two decades since I developed a serious autoimmune condition which has often left me sleeping twelve hours a day and sometimes kept me in bed for

months at a time. It was made worse by chemotherapy for cancer five years ago. I was told that I could never live without immune-suppressing drugs; when I tried to, I was rushed to hospital as an emergency admission and spent several days on drips.

I couldn't stay on steroids, the most common immune-suppressant, because they have so many side-effects and I'd already had a lifetime's dose. My diligent, dedicated consultant argued for me to be given an intravenous drug that cost the NHS £25,000 a year.

Even that amount of money didn't make me well. It just kept me out of hospital. What's more, the drug was carcinogenic and had its own side-effects. Last summer the money for it ran out, and though my consultant was determined to fight for more the chances of success were low. I needed an alternative.

That was when I came across research from the University of Southern California. Valter Longo, a leading biogerontologist who had been studying the effects of fasting on mice for 20 years, had discovered that if mice were starved for three days, their immune system started to regenerate.

Starvation forced the bone marrow to create stem cells, replacing the faulty immune response with a normal one. Intermittent fasts over six months created steady improvement. This therapy might, said Longo, prove remarkably effective for anyone with an autoimmune condition or whose immune system was deteriorating with age. He cautioned that nothing was proven until human trials had been done.

I had nothing to lose by trying it, except my temper and a little weight. I started the first fast on a boat journey on a stormy sea. It was made a lot easier by the fact that I'd lost my appetite anyway, and that I wasn't required to do anything except lie in a bunk and read. Still it was very boring to have nothing to look forward to but hot water, cold water, fizzy water, black tea, green tea, mint tea. I got fiercely hungry, and sometimes dizzy, but the sensation would pass. I lasted two and a half days and thought nothing would come of it. On the fourth day I woke feeling better than I had for years.

Since then I have fasted three more times, most recently for four days. It's no fun. I couldn't do it while working or cooking for anyone else. You need to be free to crash out whenever your indignant body complains. You also need distractions to look forward to when you remember, gloomily, that there isn't a meal ahead: books, films, the company of partners and friends.

I only do it because the results have been so dramatic. I am off every drug and for the first time since getting ill I don't have to ration my energy and time. I can't know if it will last, but I have become a quiet evangelist. Fasting, as one doctor said recently, may be the panacea that western medicine forgot.

In the last few years diabetes researchers have found that the disease can be cured by a daily 600-calorie diet for eight weeks. Longo's own earlier research indicates that fasting is as effective as chemotherapy in curing cancer. Combining the two, fasting just before and after treatment, increases the efficacy of chemo by up to 40% while minimising the side-effects. Cancer cells cope badly with being simultaneously poisoned and starved. But normal cells gain protection because fasting closes the pathways that let toxins in. Since a fifth of cancer-related deaths are due to the effects of chemo, this may be a major breakthrough.

These are sensational discoveries. If they were drugs, they'd be the basis of billion-dollar companies and yet the millions of people who might benefit from them aren't told about them. Doctors can't recommend them because they need the evidence of large-scale human trials. Drug companies won't conduct these because there's no money to be made; indeed, if fasting was shown to work, it would destroy some of their most profitable markets.

Which leaves the NHS. Here's a top priority for the new health secretary, whoever he or she may be: fund some major trials. Find out conclusively whether fasting really might save both money and lives.



I had nothing to lose by trying it...

The results were dramatic...



ANCESTORS

International helper, Isti Jenkins, sent us this information about the Month of the Ancestors...

“Repairing the mistakes of your ancestors...”

For those members who practise the Ramadan Fast, the month preceding the fast has special significance; it is the Month of the Ancestors. This month is the time when all the ancestral stuff comes to the surface and can be a special time for work on this level.

Ancestors! Like it or not, we all have them. Some of your ancestors may have led good lives, and some not so good. Unless you are on a very lucky break, it is likely that you have some real work ahead of you to repair the mistakes of your ancestors. Your inherited baggage, going back many generations, is a heavy burden on all of you.

“...If there has been some impurity in an ancestor, it will be carried on and will even increase. If your grandfather had some fault, it will be handed on to his son, your father, and the existing fault will become greater... So a fault grows even bigger and is multiplied. The fault that comes down to you is doubled - these faults may have descended through many generations.”

“Not only your own mistakes, but also those of your ancestors can be repaired with God's help. It is difficult to say how long it will take – this purification can be a long and difficult process. But with the latihan it is possible to repair your ancestral damage, even if it has accumulated over 1000 years.

“That is why, when you do your latihan, you must pray to God, ask God to give you a latihan which will purify your sins, purify the traces of the mistakes that have been handed down to you from your ancestors. It is much easier if you have a couple of generations in your family doing the latihan and working at your ancestral inheritance, because it spreads the load.

“You are part of a chain connecting back to your ancestors and forward to your children and their children and so on. You are affected by your ancestors and can rectify the mistakes by living a good life, doing your latihan with diligence and receiving the help of God. In the same way you and your ancestors can be helped by your children, if they lead good lives. Hence the latihan you do does not affect you alone, it affects the parents who gave birth to you and also the children born of your marriage.

“As a bonus from this whole ancestral process, if you can really understand your parents and grandparents while they are still alive, while you still have a chance to talk with them, then you will come a long way to being able to understand and love yourself.”

How to improve your life

Prihatin/fasting can be a great way to go! Prihatin is an Indonesian word meaning to restrain yourself from enjoyment of pleasures. A reduction in eating and sleeping, marital relations (sex) and all kinds of pleasure is very necessary, for it is in fact a way to make it possible to obtain an improvement in your fortune in life. Everyone wishes for a life of ease and abundance, but if you will not follow the path of prihatin, such a wish will remain no more than a hope. ●

HOW TO SURVIVE THE MONTH OF THE ANCESTORS

By the editor of Subud Voice, Harris Smart...

I'm writing this on Saturday night, May 16. The last few days, I've been feeling a bit strange. So what else is new?, you ask. Well, I've been feeling stranger than usual. Up one day, full of energy; down the next day, barely able to drag my carcass around.

I believe that tomorrow night will be the beginning of the Month of the Ancestors, and I associate these mood swings and disturbances with that event.

I am grateful to the international helper, Isti Jenkins, for providing us with that document about the meaning of the Month of the Ancestors. But I would like to add something about what is my >

actual experience during this month. And I know that, at least in some respects, it is what is quite often experienced by other Subud members.

“A time for getting back to basics...”

The simplest way to describe the Month of the Ancestors is that it is the month when things commonly go wrong. That is how I recognize it. That is how I identify it. I know that other Subud members have a similar experience. It is a month when it is very difficult to accomplish anything. Is a month in which things will not come together. It is a month in which you get sudden unexpected shocks. When your world, which seemed so secure, suddenly opens up and falls apart.

If we put it in traditional religious terms, for me it is like the month of being shriven, that is, an intense episode of purification. I must say that it is not as bad now as it used to be. Perhaps this means that some of my more gross faults have been purified or reduced so that now I don't suffer as much turbulence as I used to.

Actually, that is a good metaphor for the Month of the Ancestors. It is like you are flying along in the plane and it is a fairly smooth ride and suddenly the pilot tells you to, "Please fasten your seatbelts, we have some turbulence coming up, it could get a bit bumpy."

[A Call to Live More Inwardly](#)

My experience of the month is a call to live more inwardly. And it's not something I have a choice about. I don't decide, I'm going to live more inwardly this month, it just starts to happen to me, and whether I like it or not I have to go along with it. There would be no point trying to fight it.

At first, I resist, I want to go on with my life as it is, strongly involved in colorful worldly activities, but inexorably, these things are taken away from me. My energy is reduced and I have no choice but to focus more quietly on my inner life, such as it is. I can't deny it. I have to give in to it. I have to "surrender" to it.

I think it is a month for lying low and letting the storm blow over you. A month of battening the hatches. You can't fight this month. You have to learn to get along with it. Befriend it if possible. Best of all, fall in love with it.

I know it is commonly said that Ramadan is not a good time to initiate things, and I suspect that the same might apply to the Month of the Ancestors at least to some extent. It is a month for withdrawing from the world rather than engaging with it.

Of course I am generalizing very much here, mostly just talking about my own experience, or things that have been echoed in the experience of other people I've talked to.

[Giving Two Months to God](#)

But maybe not everyone is affected by the month of the ancestors. Most of the humanity around me seems to go on quite oblivious to it. Is it only we, who for some reason or another have chosen to engage in this spiritual process, who become subject to these particular spiritual rhythms?

The way I see it is that maybe in these two months, God encourages us to withdraw a little from the outer world, to give perhaps two months of the year to our inner life, and for the rest of the year we can go for it in our worldly life.

It is a time of sobriety rather than exhilaration, of getting back to basics rather than exuberance, of consolidation rather than expansion. My energy is low and has to be carefully marshaled to accomplish those bare essentials which have to be done, rather than striking out into bold new directions and splendid vistas.

I know that for me the Month of the Ancestors is often a time of shocks and humiliations. Very often I am so battered and bruised by the end of the month that I barely have the energy to crawl into Ramadan.

In this way the Month of the Ancestors is a preparation, a "softening up" for Ramadan. I am so beaten up by end of the month that I just have no choice about doing Ramadan. I have to do it.

Please forgive me for anything I've said out of place here. This is just my experience. Please don't take it as a prescription for what might happen to you during the Month of the Ancestors. You might have a completely different experience.

Blessings to you all for the rest of the Month of the Ancestors and for the Month of Ramadan for those of you who fast.

SUBUD AND THE CANCER TEST *Iljas Baker writes...*

My wife and two children are playing an enormously positive role in my cancer story but as I'm writing for a Subud publication the story is told here from the perspective of Subud.

A CT scan a few weeks before Ramadan in 2014 revealed a large tumour on my small intestine and a number of smaller tumours on my liver. After various tests, my case doctor/oncologist diagnosed neuroendocrine tumours, which are extremely rare, especially in Thailand.

She said a tumour on the intestine had metastasized and spread to a number of locations on the liver. If left untreated they would be life-threatening. I felt this was first of all a test from God ("Do men think that they will be left alone on saying, 'We believe', and that they will not be put to the test?") (Qur'an 29:2)) and thereafter a medical issue requiring expert advice and the application of whatever medical technologies were available and affordable.

A few days after the diagnosis I had a Whatsapp message from Chris, a Spanish brother with whom I latihan in Bangkok for about a year before he returned to Spain. After his return I was the only male attending latihan regularly in Bangkok. Chris's message asked me to Skype him. When I did he told me that he had felt my presence in the latihan and that I was ill. I told him about my recent diagnosis and Chris offered to do simultaneous latihan with me and I found this to be helpful in maintaining a positive attitude despite the shock of my diagnosis.

My oncologist worked out a treatment plan focusing first on the tumours on my liver, which would be treated with targeted chemotherapy. She told me I was the first case of neuroendocrine tumour at the hospital, which is a small specialist hospital established through the efforts of the Thai King's daughter, Princess Chulabhorn. I met the doctor who would do the treatment and we agreed on a date.

However, about a week later I received a telephone call asking me to see my case doctor who subsequently informed me that my case had been reviewed by the hospital's Tumour Board and it was decided that I should have surgery on the small intestine before the treatment of the tumours on the liver and I was given a date for that and an appointment to see the surgeon beforehand.

I had read up on neuroendocrine tumours and discovered this was the type of tumour Steve Jobs had. But more importantly I discovered that surgery on persons with neuroendocrine tumours can lead to a "carcinoid crisis" during the operation and can be fatal. An octerotide drip during surgery is considered mandatory by doctors who have experience of neuroendocrine tumours. Most doctors, according to the literature, know little or nothing about them due to their rarity.

When I mentioned an octerotide drip to my surgeon he said it wasn't necessary. I was concerned to say the least. I searched on the Internet and found a number of papers in medical journals written by oncologists who had experience with neuroendocrine tumours and who expressed the view that preparing the patient with octerotide was mandatory before and during surgery.

“ God would respond if I could really let go.. ”

I passed these on to my case doctor asking her to make sure the surgeon was aware of these expert opinions. A few days before the surgery was to take place she phoned me up to say the surgery was to be postponed for 15 days so that I could inject myself three times a day with octerotide in preparation for the surgery. She also said that I would have an octerotide drip for the duration of the surgery. I thanked God for this.

Nevertheless, I started feeling very anxious because of my lack of confidence in the doctors. At one

point I even wondered if I could go through with the surgery. I prayed often to God to relieve me of my anxiety. I knew I had to surrender all these feelings to Almighty God but my anxiety persisted.

Letting Go

One evening, when praying, Bapak's advice came into my mind with great clarity. It was that God would respond to my need if I could really let go. Somehow I was able to really believe this and to let go and I suddenly became fearless. Even on the morning of the surgery I could detect no feeling of anxiety. Perhaps on previous occasions my surrender still left vestiges of doubt and this time I was able to let go of it.

About this time I was feeling that things were getting a bit burdensome for Chris as he was doing latihan at 5 AM in Spain so he could synchronize with me in Bangkok at my usual latihan time of 10 AM. Fortunately, a Subud brother who hadn't come to group latihan for over two years contacted me saying he had heard about my illness and asked if there was anything he could do for me.

I asked him to come and do latihan with me at the Subud Bangkok latihan hall which he had never visited as it was constructed during the time he had absented himself from the group. He agreed to come and continues to come when I am there, for which I am very grateful.

The surgery was successful, but the after-effects were really heavy, especially the abdominal pain, frequent diarrhoea and profound fatigue. It took about three months to recover. At times I really longed to get back to normal and felt a bit depressed by my situation.

When I felt like this I tried to surrender such feelings to Almighty God and prayed to God to increase me in patience. A strange thing happened. At night when I was sleeping someone would come to me in my dreams and tell me jokes and I would laugh a lot – the jokes seemed really good but I could never remember them. One night a really funny scene played out in my dream and I woke up laughing out loud. In the morning I felt much more positive after these experiences.

After recovering from the surgery I underwent three sessions of targeted chemotherapy and according to my doctor the results have been good. I feel more or less back to normal health. I am exercising, eating well and have put on weight. At the time of writing this, an MRI has revealed that there are still three small tumours on my liver and I am scheduled to have a fourth session of targeted chemotherapy in a few days time.

Whatever the eventual outcome of the treatment, I really do feel there is One who watches over us and the most important thing I have to do is to behave towards Almighty God with the proper courtesy (adab in Islam): not doubting that He has power over all things, not being unhappy with His tests and not trying to predict His will for me. ●

“ There really is One who watches over us... ”

PASSING OF DAVID ANDERSON

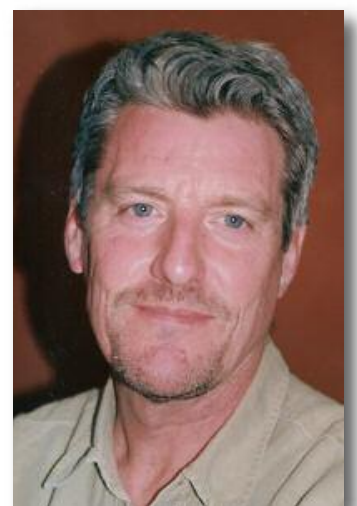
From Subud World News...

It is with sadness that we share the news of the passing of David Anderson on May 6th, 2015. He will be greatly missed.

David was a much-loved member of the Lewes (UK) group, who was very instrumental in the evolution of the St. Anne's project in the centre of town. Attendees at last year's World Congress in Puebla may well remember the presentation he made there.

David was also a brilliant puppet-maker. In a recent message, former SICA chair, Latifah Taormina thanked him:

...for all that you've done at the different congresses with your wonderful puppets — big ones, little ones — animating them with your inner wonderment and love. Puppet theater and animation is such a wonderful metaphor



David Anderson >

for Subud. Puppets are nothing till they become animated by the life force, as in the case of the wonderful ones that made Lucky and Rose so special in Spokane (1997), for more in Innsbruck (2005), and, of course, most recently in Puebla (2014) with Legend of the Half Boy.

But also thank you for so thoughtfully answering letters that simply ask, what would you do in this situation? Always with humor, love, and depth and great humanity. I know you valued transitions -- they mark our times and our growth. May your transition be blessed and wonderful and joyous...

David was also an acclaimed animator/film maker, who received the BAFTA (British Academy of Film and Television Arts) Award in 1983 for his film, *Dreamland Express*, and a BAFTA nomination for *Deadsy and the Sexo-Chanjo* in 1991. His film *Door* won several awards at major film festivals. In 2007 he collaborated with Jila Peacock, directing a beautiful animation *The Tongue of the Hidden*, based on the book *Ten Poems from Hafez*.

Our loving thoughts and prayers go out to Louise and all their children and grandchildren. ●

Sachlan North

Lorna Dowson-Collins writes...

I had the honour of working with the Kalimantan Support Group during the years that Sachlan was chair. Sachlan was asked by Bapak to found a Kalimantan Support Group, which I joined at the age of 25 in 1989. He was inspired by Bapak's vision to utilize Kalimantan's natural resources for the benefit of her people..

Sachlan was a supporter of a green and sustainable approach to development, in those early days the KSG played an important part in the development of Kalimantan by supporting Subud individuals who were able to contribute. We won a number of grants to implement sustainable livelihood programs; our largest was from the National Lottery.

He was a patient, kind and humble man with a steady workhorse approach and a strong spiritual desire to contribute to the world around him. I moved to Kalimantan in 2003 to continue the work that we had supported from the UK.

He was my mentor and inspiration, I am sure I am not alone in recognizing Sachlan as an example of how the latihan influences the active life. God Bless you and thank you Sachlan.

(First published in 'A Good Reed' - the Amadeus & Subud Central London Newsletter.)

And from the UK's Subud Journal...

Our brother Sachlan North of the Exeter Group (an original "Coombe Springer") died peacefully at his home in the early hours of 10th April. His funeral took place on 23rd April, but was family and close friends only. His wife Mariam knew that many Subud members would want to convey their sympathy, love and kindness – but she simply couldn't face that so soon after losing Sachlan. She asks for your understanding; but she now feels able to face the world. Any member wishing to make a donation in memory of Sachlan, should send it c/o the Funeral Directors: W. H. Squires & Son, Chapel of Rest, 11 Wellbrook Street, Tiverton, Devon EX16 5JW UK, in favour of the Alzheimer's Society. [A Gift Aid Form can be downloaded from the Alzheimer's website; if relevant, that should be sent together with your cheque]. ●



Sachlan North, centre in blue shirt. He was a patient, kind and humble man with a steady workhorse approach and a strong spiritual desire to contribute to the world around him.

(Photo V.Boehm)

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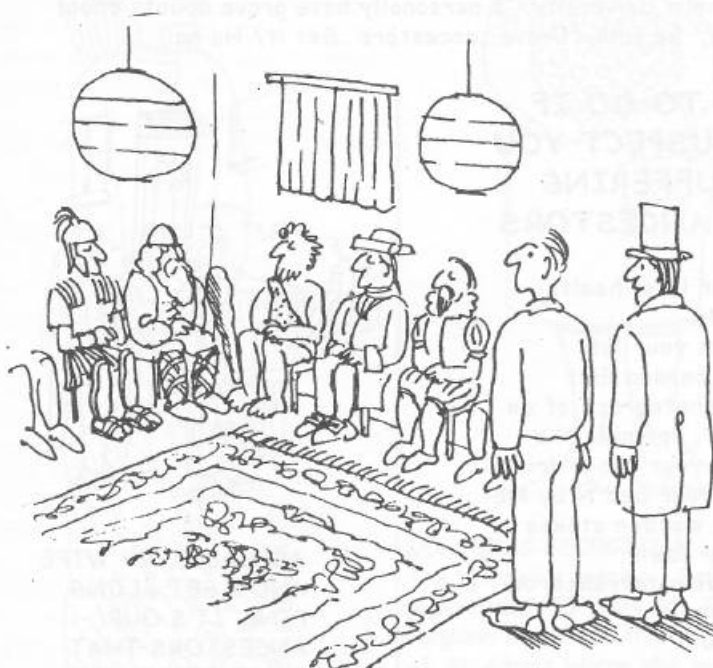
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On December 8, 2012, Ibu
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