



TO REGISTER FOR WORLD CONGRESS

AND FOR ALL THE LATEST CONGRESS NEWS...

GO TO <https://subudworldcongress.org>

Dicovery, Vision, Action

Taken from the new issue of CONNECT

“The vision of uniting, in an open but organized space, all the elements of Subud will create one common program. Together we want to feel the underlying values of the Wings, discover and find inspiration through activities or even projects,” says Congress Chair, Oliver Haitzmann.

During the 12 days of Congress, a dynamic program of activity and interaction in this space will help members to have a clearer understanding of how Subud can support them, and how they, in turn, can support the growth of Subud, and how together we can create amazing new projects and enterprises.

To facilitate this process, the twelve days of Congress will be divided into three phases: Discovery, Vision, and Action.



Discovery

As always, the Congress will begin with an Opening Ceremony. Here the Discovery theme will be expressed through myths, legends, and fairy-tales. This theme will then extend into the kejiwaan days with a special focus on new possibilities. Walking around Hall 2, the “Subud Village” will surely be a time of discovery for each of us, and there will be an opportunity to participate in the first of three major interactive “Shared Explorations”, which of course is titled ‘Discovery’.

Vision

Teams form to develop projects, success stories, presentations of amazing projects by groups and individuals - advice from experts in finance, law, and marketing, etc. - support for your ideas from Wings - meeting a mentor. This is the 'Vision' phase in the 'Project Kitchen' which is expected to produce many projects (a similar process at Basara, resulted in 14 projects).

Action

The third phase is all about the transition from ideas into real-life activity. Plans are honed ready for presentation to the panel of Wing Chairs, who will make awards from the considerable grant >

money that will be available, and the last two days of Congress are all about GETTING STARTED NOW, with a final shared exploration, 'Action'. The Wings will be organizing follow-up and on-going support for when project promoters go home. At the Closing Ceremony, there should be a lot to celebrate.

As well as all the activity in the 'Subud Village', there will be several huge tents, with wooden floors, in front of the building for children's programs, crafts, youth, etc. We can have bonfires in this outside area, with music, dancing, etc. continuing into the night. The latihan spaces for both men and women are also enormous, and there are some 12 rooms for meetings of delegates, MSF, Wing AGMs, etc. However, the plan is to integrate the work of the delegates, giving them an opportunity to participate fully in the general program.

"Preparing the Subud Village has become the most exciting part for the organizing team and all participants; but, as exciting as the idea of a Subud Village is, it is an enormous challenge," says Oliver. "In order to create, with a tight budget and limited human resources, a cozy atmosphere within these huge and naked convention halls, a lot of creativity and an enormous workload will be required from all participants. I am grateful for having such a dedicated team around me," he says.

Read the full issue of Connect. English or Spanish From Subud World News:

www.subudworldnews.com

FUNDACIÓN TRÓPICO

Letter from Colombia... Solen Lees writes...



Fundacion Tropico volunteers and students in Pance.

My adventure begins at 9.40 am when 'my driver' comes for me... It was initially meant to be 8 am, but this is Colombia! I have been forewarned that I will be going to Pance – 26 kilometres from Cali >



Volunteers head off to work for the day.

where I am staying – on the back of a motorbike.

My first thought is that I am getting too old for this kind of thing, but I push that to the back of my mind and enjoy the trip. First through Cali's mid-morning traffic, which I am relieved is not as dense or chaotic as that of Bogota, where I came from the day before, and then we roll up the hill towards Pance, through increasingly lush vegetation and spectacular views.

'My' driver is Williams Guachetá who works as Administrative Assistant for Fundación Trópico, the organisation I have come here to visit and support. We meet Ana Elvia Arana, the founder and leader of Trópico in La Voragine, the last settlement before the paved road runs out on the way to Pance. The bus hasn't turned up so she asks Williams to come back down and pick her up after dropping me off!

I arrive in Pance at 11am and am greeted by Clara Rust from the UK and Adrian Chapleau from Canada, in a small but pleasant apartment on the main road in Pance – with spectacular views. We are then joined by Davida Paul and Emaline Gonzalez Thomas, also from Canada. This is the delegation of volunteers that Trópico is hosting and who will be living in Pance and in another community in the Valle del Cauca for the next few months.

Purpose of Fundación Trópico

Fundación Trópico has worked for many years in the Valle del Cauca department towards safeguarding the incredible biodiversity of this area through creating protected areas and helping the rural, indigenous and Afro-Colombian residents of these areas find sustainable ways of making a living and making dynamic communities to prevent a rural exodus. Trópico also believes strongly in social justice and strives to make people aware of their rights and the duties of the institutions that are meant to be there to protect them.

In this context, Ana Elvia requested SDIA to help her find volunteers to teach English to groups of people who are training to be tourist guides. The peace process in Colombia has meant that tourism has blossomed, and in particular eco-tourism. Colombia is particularly rich in bird species, and the Valle del Cauca has the biggest diversity of species in the country.

This means the market for eco-tourism, especially as bird-watching guides, is ripe, but with the level of language teaching in state schools so poor, and

“ *Fundación Trópico safeguards the incredible biodiversity of this area...* ”

the price of private language courses so high, there is a real demand for affordable ways of learning English, French and other languages.



Remote rural Riobravo.

Volunteers Language Teaching

So here we are. SDIA has facilitated the placement of five English and French speaking volunteers, four of whom have already arrived, with one – Paula Remoneron from Montréal – still to come in May. The Canadian volunteers fundraised for themselves with our help and paid for some of their own costs, and Clara is financed by SD Britain.

Although their main focus is language teaching, they also have other skills which Trópico is happy to 'exploit'. Clara will be making a film about the Foundation and will teach community members basic photography and design skills; Adrian will be working on an eco-agricultural botanical project with indigenous groups with a view to recovering traditional plant varieties; Ema and Paula will be able to help the communities carry out social mapping, help people improve their IT skills and learn how to use social media effectively. There is a lot to be done!

Meanwhile, Davida – a qualified TESOL teacher – is in her element as head teacher, leading the English classes that have now been going for three weeks, and informally training her fellow volunteers. Watching her teach was a joy, as she clearly loves what she is doing and the students clearly love her too.

Two Communities: Pance and Riobravo

Apart from sitting in on the class, we spent most of the day in discussions about the logistics of the months to come. It's not easy as there are two communities who want to receive the volunteers. They have started in Pance which is relatively near Cali and relatively easy to access. Here Trópico is working in partnership with Parques Nacionales which has supported Ana Elvia and Williams to organise many practical details. The other community is Riobravo, a much more isolated and rural place where living conditions will be more basic and communication and transport more challenging! >

For Trópico it is important not to leave a gap in the teaching in Pance that has already started, but the people in Riobravo are enthusiastically waiting for the arrival of their first volunteers.

On the other hand, we don't want to start teaching in Riobravo if it's only for a couple of months. Taking that into account, plus the different time-scales, abilities in Spanish, skills and wishes of five volunteers is not easy... But after several hours of brainstorming, discussion and much altering of an Excel spreadsheet, an agreement was reached that seems to suit everyone. Phew!

What is clear is the real demand for this kind of volunteer and the enormous impact their work can potentially have on the communities they live in, so our next major task is to find ways to make this venture sustainable, to find resources and to continue recruiting volunteers to teach here.

Meanwhile, after another hour and a half motorbike ride after which I was so stiff I could barely walk, I arrived back at the beautiful apartment I'm lucky enough to be staying in at 9 pm, after a tiring but uplifting day.

Why not join our volunteers in Colombia?

SDIA and Fundación Trópico are looking for a volunteer to spend at least 3 months at the project, beginning in July or earlier. We need a native English speaker with some teaching qualifications and /or experience, to continue the English teaching work started by our current volunteers.

We are able to cover basic expenses for three months and can help you fundraise if you stay longer. You would need to be able to pay your own travel costs (flights, insurance etc.).

Interested? Contact Solen Lees: solen@susiladharma.org

PHOTO COMPETITION...HELP SUSILA DHARMA CELEBRATE 50 YEARS

Help Susila Dharma celebrate 50 years of working at the heart of sustainable development with a chance to win \$500!

The Susila Dharma International Association (SDIA) is launching a photo competition to mark its 50th birthday.

The theme is 'Building With Humanity' and we are looking for high quality, high resolution images of SDIA member projects around the world. <http://www.susiladharma.org/>

The seven best photos according to our panel of judges will be printed and displayed at the World Congress in Freiburg, and there will be a prize for the winning photograph of \$1,000 USD, half of which will be awarded to the project represented, and half to the photographer.

SDIA reserves the right to use all photos submitted in its publications.

For more information and to apply or submit work, please contact Solen Lees:

solen@susiladharma.org

CALL FOR GRANT PROPOSALS

The Muhammad Subuh Foundation informs...

MSF Annual Call for Grant Proposals - Application deadline June 30, 2018

Subud groups may submit proposals for grants and/or loans for the purchase/construction/capital improvement of Subud houses.



You can find an application for a Subud house grant/loan on our website:

<http://www.msubuhfoundation.org/grants/apply-for-a-grant/> or contact Lillian Shulman, MSF Administrator, at lillianshulman@netscape.net for an application form or if you have any questions.

The submission deadline for applications is June 30, 2018

Grant awards will be decided during MSF board meetings the World Congress in Freiburg. ●

HELP SUBUD YOUTH GET TO CONGRESS

Below is the link to the online crowdfunding campaign that the Subud Youth Activities Intl. Team has set up. All funds raised from this campaign will go directly into the International Youth Travel Fund to raise much needed funds for young members from around the world - particularly those from low economic backgrounds - to attend the World Congress in Freiburg in July.



SYAI (Subud Youth Activities International) is embark-

ing upon an ambitious crowdfunding campaign in the lead up to World Congress, and we need your support!

We have nearly 100 applications from young, energetic and active young Subud members, who need financial assistance in travelling to Freiburg.

We need to raise \$11,000 USD (nearly \$15,000 AUD) in order to qualify for the pledged IYTF matching funds from Guerrand Hermes and WSA. These funds will afford us the opportunity to help young members from Africa, Indonesia, Latin America, and all around the world, to attend World Congress. For some, this will be their first interaction with Subud members outside their own family!

With your help, we can bring SO MANY inspired and engaged young members to congress.

To give you an idea of the determination that Subud youth members have for getting to congress, we have attached a presentation by Subud Youth Indonesia which outlines their journey to congress, please take a look. This is where some of the funding will go!

http://www.subudvoice.net/wp-content/uploads/2018/04/SUBUDYOUTHOpen_Our_World_Proporsal.pdf

Please CLICK THE LINK BELOW TO DONATE NOW:

<https://www.crowdrise.com/o/en/campaign/syai-international-youth-travel-fund-2018/sofanharris>

We did our research, and have selected an amazing online crowdfunding platform. Your generous donations are being made with 100% security. Thank you for your help and generosity. *The SYAI Team* ●

GOLD COAST ACTOR IZELLAH CONNELLY PLANS FOR NEW ROLE AS RECORDING ARTIST

Reprinted from Suzanne Simonot, Gold Coast Bulletin March 23, 2018 Pictures by Jerad Williams

SHE'S already conquered the stage — now Gold Coast triple threat Izellah Connelly has her sights set on success as a recording artist.

The 11-year-old Southport student is preparing to pack her bags and travel to the US to record five original songs including a debut single.

Izellah will head into the studio in Los Angeles to work with Michael Jay, who has worked with everyone from Eminem to Kylie Minogue and Celine Dion and Ichi, aka Ichiro Suezawa, the driving force behind Bruno Mars.

Izellah is a star of professional stage musicals including *Matilda* and *Sound of Music*, who is about to head to LA to work with Bruno Mars/Eminem songwriters/producers on her own single for release in May.

A seasoned professional with roles in four professional stage musicals to her credit, Izellah earned rave reviews for her starring role in the recent Australasian tour of *Matilda*.

Izellah performed 82 shows and 120 stand-bys in the lead role during her 14-month run with the smash-hit Royal Shakespeare Company production.

“*Matilda* is about a little girl that stands up for herself, even to adult bullies. She also stands up for others,” Izellah said of the role.

One of six Gold Coasters in the touring cast of 27, Izellah performed in the show’s Brisbane, Perth, Adelaide and Auckland seasons.

“All the kids in *Matilda* are great friends and fun to be with,” she said.

Izellah established herself as a standout talent playing Princess Aroon in Opera Australia’s 2014 season of *The King and I*, starring Lisa McCune and Teddy Tahu Rhodes; Gracie in Queensland Musical Theatre’s 2016 production of *The Music Man*.

“I am lucky to have trained with some of the best speech, vocal, dancing and acting coaches in the world,” she said.

When her run on *Matilda* ended late last year, Izellah flew to Japan to spend the Christmas holiday season playing Grace in Universal Studios Osaka’s Christmas production, *Voices of Angels*.

“The most exciting thing for me is being on stage and entertaining thousands of people,” she said.

Izellah recorded a version of “Quiet”, from *Matilda the Musical*, on her debut album *From the Heart*, a collection of covers released in 2014 long before she was cast in the award-winning show,

The album also featured covers of Whitney Houston’s “I Will Always Love You”, Katy Perry’s “Roar” and Selena Gomez’s “Fly to Your Heart”.



Zelli alone.



Zelli with family.

KALIMANTAN SUPPORT GROUP

Visit Report, February 2018

Excerpt from RSRA (Rungan Sari Residents Association) News...

“We are happy to let you know that this year (2017), as in the previous year, we didn’t have any smoke. The wet season has continued throughout



Saying hello to the first cow at the Permaculture farm, Suka Mulia.

the year and is still here, let us hope that this is the start of not having any more smoke here in Kalimantan. In August 2017 The Merdeka Indonesia (Indonesia's Independence Day) Celebrations & Bhakti Sosial (food distribution) were on the same day and RSRA was one of the sponsors. This is one of the most important activities in the life of our Subud Group and local community."

To read the complete report click here...

<http://www.subudvoice.net/wp-content/uploads/2018/04/KSG-Visit-Report-Feb2018.pdf>

YOUTH GATHERING AT AMANECER

SYA Rep for Area 3, Konrad Muñoz, writes...

I am writing to inform about the SUBUD Colombia Youth Gathering, which took place over Easter from the 29th to the 31st of March, 2018, at the International Amanecer Centre in La Tebaida, Quindio.

We had three days full of entertainment, games, sports and artistic activities, discussions, exhibitions, talks and mostly the spiritual Latihan of Subud, accompanied by the national helpers of Subud Colombia; there was also kejiwaan work done with some of the young people.

Youth and brothers and sisters from the SUBUD groups of Pereira, Bucaramanga, Ibagué, Cali, Popayan, Bogotá (North and Teusaquillo) Facatativa, Armenia, Amanecer, Manizales, Cucuta and Medellín participated in the gathering, as well as visitors from Subud Ecuador.



“ *The aim of the gathering was to strengthen UNITY and Diversity...* ”

The event was initiated by a number of young people, including: Erasmo Betancourt the current youth coordinator for Subud Colombia, Karimah Marin, Marco Blanco, Laura Garcia, Emelina and Isabel Blanco, Isabel and Luisa Olaya and the current

chair of SICA Colombia Farlan Bustillo, in collaboration with Konrad Muñoz the current Subud International Youth Rep for Area 3, who gave a presentation about the WSA (World Subud Association) and its current members, as well as an explanation on his role, what his responsibilities are, and the importance of working together with the wings such as SESI, SIHA, SICA, SUSILA DHARMA and SYAI.

There were also discussions regarding the Subud World Congress in Freiburg and the concerns that the young people have regarding the travel support, projects, prices and contacts.

Over 60 young people as well as other members of different ages came to the gathering and took part in the bingos, raffles, games, competitions, as well as a mural that was created by the youth participating in the event. There were artistic performances, discussions about love and sexuality, dynamic and appreciative conversations between the youth and the National Helpers. There were walks, excellent Colombian gastronomy and the best coffee in the world. Mostly there was a healthy atmosphere, accompanied by older brothers and sisters in Subud.

The aim of the gathering was to strengthen UNITY and DIVERSITY so that youth from a number of different towns could meet and build new friendships, so that the youth of Subud Colombia can >

continue to grow strong as well as preserve the respect and fraternity that has been created amongst the Colombian youth.

The next Subud Youth Gathering in Colombia will take place in the second week of June in the Facatativa Subud house, with the participation of youth from Subud Chile and Subud Mexico. ●

YUM NEWSLETTER MARCH 2018 – WHAT TO EXPECT IN THIS EDITION...

- How small-scale agriculture can strengthen food security
- Improving water and sanitation conditions in seven villages
- Boeing continues to support the integrated education program in Cipanas
- More than 160 students receive sponsorship from donors around the world

So many things have happened since our last newsletter in October 2017. It's always difficult to choose from the many amazing things that are happening in our projects and beyond. We do want to note though that there are several things that are not part of this newsletter but deserve some mention:

YUM's website has a new look, with a new "Donate" page that makes it easier for you to support our work!

Our Communications Coordinator, Vanessa Reksodipoetro, has taken on the role of Executive Director. She will continue to oversee all communications and fundraising at YUM, as well as monitor the projects from our head office in Jakarta.

To read the complete newsletter click here...

<http://www.subudvoice.net/wp-content/uploads/2018/04/YUM-Newsletter-March2018.pdf> ●



SIHA PROGRAM AT CONGRESS

Maxwell Fraval, Chair of SIHA, writes...

On the SIHA day we will have 4 keynote speakers.

Keynote Speaker 1 (20 mins) - Hermione Elliot describes her ground-breaking work in the UK and around the world - on Living and Dying Well. Hermione has a background in nursing, midwifery, counselling, palliative care and training and is the founder of Living Well, Dying Well.

She has worked internationally and lived in Japan for four years, where her book Gan No



Eduard Schweden's Chateau de Tribomont (Belgium) pictured here, and Halim Korzypski's Wilczyska project (Poland) will be key SIHA projects that will be presented at congress.

Serufu Hiringu, a self-help guide for people with cancer, was published. She is passionate about care of the whole person – physical, emotional and spiritual – and about upholding dignity and self-determination at every stage of life.

Keynote Speaker 2 - (20 mins) Dr Eduard Schweden presents his plans to expand the scope of the beautiful Chateau de Tribomont venue outside Brussels, (venue for a recent SIHA-SICA combined workshop weekend) that Eduard has developed with a view to especially serve the medical needs of 'burnout' patients - providing therapeutic programs that embrace complimentary medicine, music and the creative arts.

Keynote Speaker 3 - (20 mins) Halim Korzypski - Having successfully developed La Source as a Subud venue in southern France Halim is now developing Wilczyska, Halim's family home that was lost to them after WWII and then fell into decay in the recent past when it lay abandoned. The peaceful quality there will provide a setting for a wellness and retreat center for the benefit of Subud members and the community.

Keynote Speaker 4 - (20 mins) Dr Konstantin Trifonov – Konstantin is a medical doctor and specialist in Oriental medicine especially acupuncture, pulse diagnostics and bio-feedback. Konstantin presents his work in developing a range of complimentary treatments including a newly-developed exercise method and further work in the area of muscle testing as a diagnostic pathway.

Eduard Schweden's Chateau de Tribomont (Belgium) and Halim Korzypski's Wilczyska project (Poland) will be key SIHA projects that will be presented at congress. ●

EXPERIENCES IN OSTEOPATHY

Harris Smart writes...

During the Subud Australia Congress this year I talked with Maxwell Fraval who is the chair of SIHA (Subud International Health Association) about his work as a cranial osteopath. He told me of the following experiences...

I used to get patients referred to me by a lady who was married to a very famous Aboriginal civil rights activist.

Twenty years ago, she sent me a young man who was in his early 20s.

This young man had been driving in a car with two other young men in the north of Queensland. They were trying to overtake a road train which was two trucks long, and the driver of the road train spotted them while they were trying to overtake.

When they got half way along, he deliberately forced them off the road and the car rolled.

The young man fractured a vertebra in his neck and was paralyzed initially, but by the time he came to see me he'd partially recovered. He was walking, but he was incontinent. He was in severe pain and he didn't have the use of his right hand. He was mainly concerned with his incontinence.

While I was treating the young man, I suddenly became aware of a traditional aboriginal elder standing across the table from me. His face was painted with white lines. He said, "This is my boy and I want you to tell him, that there are certain points along the didgeridoo, and he has to focus on the last but one point, because that will heal his incontinence." And then he disappeared.

I was left thinking, "If it was his boy, why didn't he tell him direct?" >



Dr. Maxwell Fraval Osteopath.

Anyway, at the end of the treatment I said to the young man, "I hope that I don't give any offence for saying this, and I don't really know very much about your culture, but..." And then I passed on the message I had been given. The young man gave me a funny look, didn't say anything at all and left.

He came back after a week and said his pain had diminished, his arm function was a little better and he no longer had incontinence, but he didn't want to come for any more treatments because he said what I'd done had stirred up memories of his being abused as a small child.

He told me he'd done what I'd suggested about the didgeridoo and gave me a beautiful smile.

I found out subsequently from the lady who referred him, that he had been chosen by the Aboriginal elders in that area of northern Queensland to be the next medicine man. He was an extremely skilled didgeridoo player which I knew nothing of.

Later I met an osteopath who said to me, "Oh yes, I've heard about the didgeridoo actually representing the energy points of the body and being used in that way therapeutically."

It seems these points on the didgeridoo correspond to what are called the energy integration centers or chakras in the body and emphasizing these points on the didgeridoo can have a beneficial effect on the body.

I said I didn't know anything about that, but my osteopathic friend was quite impressed because he'd heard about it from an aboriginal elder; that it was one of the things that they did with the didgeridoo.

An Entity

There was another case which was even weirder. It concerned a young man in his twenties. In his teens, he'd been a bit of a wild guy. He had once been in a mining camp in northern Queensland. He had time off and wanted to go on his bike along this very long beach, but he'd been warned that the Aboriginal people advised that you should not go on that beach.

He thought, "what do they know?" and raced off along the beach on his motorbike. The next thing he knew, he was being airlifted to the hospital. It appears that one of his mates found him lying unconscious on the edge of the water.

He said every day after that, he looked in the mirror and didn't know the person he was looking at. He'd become very upset about this change, but he held it down and bottled it up very carefully. There was a particularly sensitive spot behind his ear and he was aware that this was very connected to his accident on the seashore.

Well, one day I saw him for treatment. He told me about the very sensitive area behind his ear. I said, "OK, I will be very, very, very respectful, and you will be okay." And so I did treat him, observing the motion present in his head reach a point of balanced tension.

The next day he came back in a very distressed state. The previous evening he'd gone to stay with his sister-in-law who was a psychiatric nurse and she had said, "Look, I really think you should admit yourself to hospital because you're behaving in a very unusual way." He decided instead to come back to me next day for another treatment.

Towards the end of the treatment, I perceived there was an entity that had got into him. From my heart, I said to the entity, "By the authority that I have, when he (this patient) tells you to, you have to leave."

Immediately I said that, the patient strongly arched his back and said, "You got me in the sand you bastard. Get out!"

It was just amazing because this thing left him going from the head down through the body. As it

went down through the body, the light came back on in each of the energetic integration centers. It was like it'd been completely dark up to that time. The light came on all the way down and then the entity left. I said to it, "You can never come back."

The patient was terrified that this thing would come back and get him and needed a lot of reassurance that all would now be well.

He's come back for treatment every three to four months since then. 20 years later, he's still coming to see me; it takes him four hours driving each way to get to me. I suppose he sees it as a form of insurance.

Interviewer: Where did this incident on the beach happen?

Maxwell: Right up in North Queensland. The Aboriginal people there are still closely in touch with their culture, and they knew that there was something there that you shouldn't go near.

Interviewer: What was the sensitive spot behind his ear?

Maxwell: That was where he fell. Who knows how these entities get in? At the time I became aware of the entity, I had my hands on his diaphragm. The important fact was that he had to say get out, not me. It was a weird statement to make. I'm still quite curious about it, because I had authority but no authority, if you like.

It was certainly very real.

Mixing?

When we first came to Australia in 1983, life was bleak. We'd lost all our money and I was just starting up a practice, and things were tight. Paradoxically the latihan was strong, so it certainly compensated.

I started to do these latihan where I would say a vowel sound, for latihan, after latihan, after latihan. I went from A, at the head, to U, at the tail (sacrum). I vaguely knew about the energetic integration centers, the chakras, but I never gave them any attention or consideration because I associated them with mixing (which Bapak had advised we should, as Subud members, avoid).

Eventually I came to understand that each of the vowel sounds is associated with one of the integration centers and that's the reason why in both Arabic and in Hebrew, the vowel sounds are not written. It's like they recognized that the vowel sounds hold a secret. They represent a part of the composition of life, and therefore shouldn't be externalized in any way (for example, as a letter).

Most people learn about the chakras to be able to achieve so-called "mastery" through the effort of their will. I've heard that the way they are taught is to raise what is called the Kundalini, from the base chakra or energetic integration center upward, from the tailbone up. Whereas, in my latihan experience, there was a series of openings, if you like, of those centers from the head down which is really what I eventually understood happened with the man with the entity. There was a clearing that had happened in relation to those centers from his head down as the entity left.

Although that process started in my latihan in 1984 I've only really understood what that was about in the last few years. I've sort of been waiting to see, because it was made very clear to me at various times in testing with Bapak, that these energy centers are an important thing to understand and that I would use it in my work. However, I could never connect the dots, so I just let it be there in the pending tray.

Recently, and after 30 or more years I've become more aware of and better understood how these energy integration centers work in relation to the circulatory system.

Listen to the Body

I started practice at a time when a very famous American osteopath called Rollin Becker was a leading osteopathic teacher. His thing was all about listening to the body. He taught: “If you listen to the body, if you just pay attention to what it's telling you, you'll learn how to treat somebody; you'll learn everything you need to know.”



Your work can truly become an expression of the latihan in action.



It was like a Subud concept. In fact, it was so Subudesque that it worried me that it might be mixing, and that worry went on for two decades. I didn't want to 'mix' because I so valued the gift of the latihan which Bapak brought us. What I have come to understand is that if you try to find something that is beyond the thinking heart and mind, and you struggle to master it, that is mixing.

However, if something comes to you and gradually reveals itself without any effort of will, then that's usually okay. In cranial osteopathy we talk about The Breath of Life, and staying close to your Maker. We talk about tuning in to somebody so that you can really sense what is going on and what their body, which is wiser than you are, would have you do to assist its innate or inherent drive towards health.

I have had experiences both in testing with Bapak and in my latihan, from which I have understood that, yes, working this way in osteopathy is okay, and not in conflict with the latihan.

In staying close to the latihan, to the breath of life, your work can then truly become an expression of the latihan in action.

Information about Dr. Fraval Osteopath...

I have a deep and abiding passion to contribute to the fulfilment of potential for children and adults through the use of osteopathy and other therapies that fundamentally support effective body function.

I completed my undergraduate training at the British School of Osteopathy (BSO) and subsequently served as a member of the BSO's Board of Governors and also as a councillor of the General Council of Registered Osteopaths (now a statutory body called the General Osteopathic Council). I moved to Australia in 1983 and served as a part-time lecturer from the commencement in 1985 of Australia's first undergraduate University-based osteopathic program at the Royal Melbourne Institute of Technology until 1995.

I am a founder member of the Sutherland Cranial Teaching Foundation of Australia and New Zealand and continue to teach post-graduate programs. In 1993, I pioneered the first Osteopathic Paediatrics degree in Australia leading to a Master's degree.

For further information go to...www.worldofwellbeing.com.au



THE ADVANTAGES OF BEING BORN POOR

Part 1 of an interview with Harris Smart, SV's editor, in which Harris talks to Ilaina Lennard about the 'epiphany' which led to him becoming a writer, and about how he found Subud...

Ilaina: Harris is still a bit of a mystery man to most of us in Subud. He has been around for ages, but in fact no one really knows him, because he never lets anyone interview him. He plays his cards close to his chest. He hides his light under a bushel. Well, I'm now going to turn the tables on him. Are you trembling in your boots, Harris, at the thought of the scorching, penetrating interview that you think I might inflict on you?



Harris: I am ready for it. In fact I am very flattered that you would want to interview me at all, because I'm becoming less and less well-known as I collapse into old age. Fewer and fewer people seek out my company. I become increasingly solitary even though I was already pretty solitary.

Ilaina: OK, then let's start with your early life, childhood and all that?

Harris: I was born in Melbourne on July 23, 1942. My father was at the time away - defending us against the Japanese who everyone thought were going to invade at any moment. Two years after me, a sister, Dorothy was born.

Then my father came back, but promptly died. So our little family of three, my mother, sister and I, went to live with my mother's parents. My grandparents.

My father's death had a devastating effect on my sister and mother. I do not think they ever recovered from it. And, of course, it must also have affected me, probably in ways I cannot see.

Ilaina: What about school?

Harris: Yes, of course I went to one, in fact, two. I went first to a local Catholic primary school and then to a Christian Brothers college.

Ilaina: What was that like?

Harris: Awful. I hated it. I loathed it. That education, and that church, in that place at that time, all of it was about repression. Crush, crush, crush. It was quite savage. Like there were the beatings people got. The 1950's was like another primitive age, with all that Irish-derived, repressive Catholicism.

I was completely turned off religion. I saw myself as a little atheist. An inner rebel. But even so, deep down I had a hunger for God. I felt there was something deeply wrong with me, deeply askew, that could only be put right by a better relationship with God or the universe or somebody. Ultimately, only God was the answer to my problems, my inner distress.

Ilaina: You went on to University? What did you study.

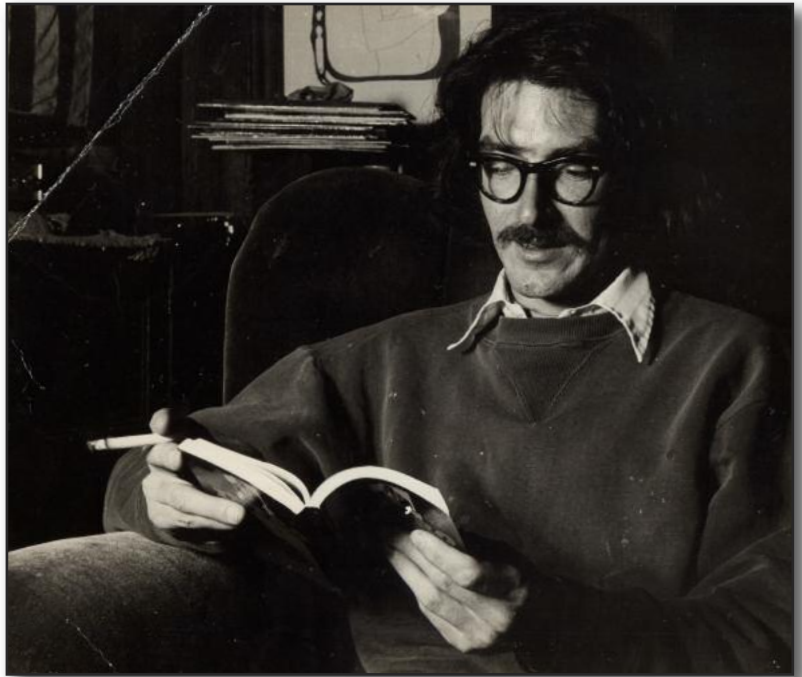
Harris: I first went to Melbourne University and did architecture for one year which was a total disaster. I had no ability whatsoever. Fortunately for me, however, a second University opened up in Melbourne just when I needed it, and there I studied literature and philosophy and did OK.

Ilaina: You've done a lot of writing in your life; when did that start?

Harris: I guess I was always good at English. However, there was one particular moment when my destiny was set. When I had an epiphany. You know what an epiphany is, Ilaina?

Ilaina: How would you explain it?

Harris: Well, the original meaning of the word "epiphany" was religious. It was the showing forth of baby Jesus to the three wise men. But now it is often used to mean any moment



Harris when he was a Fellow in the Creative Writing Department at Stanford University, around the time he joined Subud.

of insight or revelation.

Well, my revelation was about writing, and it came one day when I was about 15 and we all had to write an essay on the topic, "The Advantages of Being Born Poor".



*Wow! I thought.
There really is
something in this
writing game...*



When the essays were handed back, the Christian Brother held mine up in front of the class and said, "Boys, I'm going to pin this essay up on the board and I want you all to read it. This is the sort of work I want you all to be doing."

Wow! I thought. There is really something in this writing game. It gets you attention and fame and acclaim. It was at that crystalline moment, Ilaina, that I decided to become a writer.

Ilaina: So, what did you start writing?

Harris: In my last year at University I won an essay prize worth a lot of money and I used it to go to Indonesia. I had seen a book of photographs about rituals in Bali and I decided that I would go to Bali and get involved in its religious culture and that would give me the answer to my problems, my inner agony.

So I went off to Indonesia, where I had a great time. I love Indonesia. Since then I've been there many, many times. That first trip to Indonesia was like losing my virginity. It was culture shock in a good way. It was about being exposed to another culture which in so many ways was precisely the opposite of my Australian upbringing. We Australians are very ordered: Indonesia was like a riotous explosion of vivid tropical colours.

Well, I soon found that my original plan - to get involved in Balinese rituals, wasn't going to work out. It was interesting though, wasn't it, Ilaina, that I sensed my spiritual answer was to be found in Indonesia? It was like a premonition of Subud. What I was looking for was there, in Indonesia, but not quite in the place I went to look for it.

Ilaina: So how did you then find Subud?

Harris: Wait a minute. I haven't yet finished answering the question about how I put writing into practice.

So, anyway, even though I didn't find the spiritual solution I was looking for, I did have an exciting time in Indonesia, and when I came back, I wrote some short stories about it, and on the basis of those I was awarded a fellowship in the Creative Writing Department at Stanford University in California.

Stanford is a very prestigious university, of course, and a very pleasant place to be, near San Francisco. My wife and I - yes, I had now acquired my Australian wife - we arrived in the "Summer of Love", 1965 or 1966, I think it was. Though they say that if you can remember the 60s, you weren't there.

I swiftly adopted all the trappings of being a hippie, long hair, beads, going everywhere barefoot, etc. Took lots of drugs, went in search of "free love" and even got some. (It's only later that you find out the price of that!.) I also went on anti-Vietnam demonstrations, sit-ins. etc.

And I wrote too. I wrote one story in particular that everyone thought was already a masterpiece, and when it was published, I even had agents from New York contacting me. Alas, I was however not able to follow up with a novel.

So, eventually, after about four years in the USA, after many trials and tribulations, I went back to Australia. Pretty much with my tail between my legs as I had hoped to be a great suc- >

cess in America. So I went back home - but this time with a new wife, an American wife, very different from my first one.



A spontaneous opening! I felt molten gold flow throughout my body...



FINDING SUBUD

Ilaina: I thought you found Subud while you were in California?

Harris: Yes, you are right - I did. While I was at Stanford I met this man called Husain Chung who was a psychodrama genius and was also in Subud. He was very famous in the area around Stanford at that time. Lots of people came to his psychodrama marathons and had incredible experiences and lots of people joined Subud subsequently. Hundreds of people came into Subud through Husain.

I myself had what might be called a spontaneous opening. In those days, the Subud group in Los Altos, near Stanford, used to meet in a shop. A curtain hung across the middle of it. On one side of the curtain were the people doing latihan. On the other side of the curtain were we, the probationers.

After about six weeks of exposure, I then had this spontaneous opening. I "popped" one night. I felt I had this bowl of molten gold in my solar plexus, and the bowl broke, and all this molten gold flowed throughout my body. I could feel it forcing its way into even the tiniest capillaries at the tips of my fingers. I was very definitely opened.

Then I had various other experiences. One night I was lying in bed and I heard an inner voice saying, "Get up and walk, get up and walk." I tried to ignore it, but it kept on and on and finally, feeling stupid, I got up and started to walk.

I walked with no idea of where I was going to walk next. I was led by my feet. I walked out of the house. I walked down the driveway. Should I turn left or right? My feet took me left. I came to a cross street? Should I turn left or right? My feet turned right.

It went on and on like this until I found myself in an unfamiliar part of town. And then, as I was walking along a street where I'd never been before, I looked across to the other side, and I saw a Catholic Church there. I felt that this was the whole point of the exercise. I'd been led to this Catholic Church. I was supposed to see this Catholic Church. I went across and looked at it, but it was late at night and it was all locked up.

But I went back the next day and this time I sat in the church and all the hurt and anger that I felt about the Catholic Church left me. It wasn't that I wanted to go back to the Catholic Church as such, but all the resentment I had about it vanished. I didn't hate it anymore.

Also about that time too, there was this famous Vatican Council under Pope John which had a great impact on humanizing the church from the rigid, repressive institution it had been in the 1950s.

Ilaina: I know you worked in TV. Tell me about that.

Harris: When I first came back to Australia, I was a lecturer at a university, teaching creative writing, mass communications and film and TV script writing. I was also writing scripts for documentary films and cop shows on TV.

Then I got a job with the Australian Broadcasting Corporation as a TV Producer. This was one of the best things that ever happened to me in my life. It was really exciting to work for the ABC. I made lots of TV programs, mostly documentaries. It was a very pleasant and exciting environment and you had a lot of prestige and access to really good resources.

And to a certain extent, you can also put yourself into the programs. You can express yourself. >

For example, I made lots of programs about Australian history, including the Great Depression, and into that I was able to put lots of things I'd heard about it, from my mother and grandparents. For a time the family had been so poor that my mother was sent to live with an aunt. And my grandfather learned how to make the family's shoes because they couldn't afford to buy shoes from a shop.

Ilaina: How long did you work for the ABC?

Harris: I did that for 10 years and then I decided I wanted to try and be an independent film producer and director. I had also rediscovered myself as a writer and I won a couple of prestigious short story awards in Australia.

But unfortunately, my second marriage broke up, which was particularly disastrous because I also 'lost' my daughter, which has been a bleeding wound in my life ever since. We manage to maintain a kind of relationship but nothing can heal the trauma of that rupture.

I left the ABC and cashed in my superannuation and travelled around the world for a while interviewing Subud people and writing books about it.

I was in Cilandak one time when Bapak said someone should write a book about Subud, so I set out to try and do that. I didn't succeed in writing "the" book about Subud, of course, but that ambition was nevertheless my guiding light for many years.

I had by then become very involved in Subud life. I'd joined the Subud group in Melbourne. I visited Cilandak a number of times. I went to World Congresses. I did Ramadan, very badly, but I tried. And then I had such a real experience in Ramadan that I thought, there must be something in this religion, and so I embraced Islam.

I was a true believer in the Subud way. I went to lots of Bapak talks of course - most of which I slept through. I've often thought that one of the distinctive features of Subud as a spiritual movement is that, at one time, it was not considered at all impolite or inappropriate to go to sleep while the Founder was giving a talk, or to doze fitfully, hopefully not to snore.

In fact, it might even be considered a sign of spiritual development to sleep in the talks. It meant the mind had shut down and the message of the talk could go straight to the "inner", unimpeded by any form of mental interference.

Later on of course Bapak said that it wasn't so good to sleep through his talks. It was actually better to remain alert and listening.

But still it is interesting to think that for a long time it was considered to be quite OK for members of the audience to drop off to sleep. How well one remembers the struggle to keep one's eyes open, and then the giving up of the fight, the fall of the head and the delicious surrender into blissful slumber.

To be continued... ●

WALKING THE LABYRINTH

Sharifin Gardiner writes...

Dear Harris

Just been reading the excellent March issue of Subud Voice. Thank you for keeping this going.

I think I shall probably be the "veteran" at Congress in so far as I've attended every single one since 1967. I shall be 81 but there seem to be a number of sprightly 90 year olds around. I have little to do with the Subud organisation these days, but I'm very happy to be a trustee for Susila Dharma Britain.

My own project has come through a number of serendipitous happenings which is to establish a building with a labyrinth on the floor in a building similar to that illustrated in the article about World

Visioning space (may be a Subud symbol above as in Amanecer (new thought)).

As a result of some extraordinary connections I had a week in Chartres last September and I had a deep experience after walking the labyrinth by candlelight. I have just spent a week at Grace Cathedral in San Francisco so that I can become an accredited Labyrinth facilitator for the organisation Veriditas (See their website) whose leader Lauren Artress persuaded the authorities in Chartres Cathedral to uncover the labyrinth in 1997 after it had been covered over with movable chairs for 200 years since the counter-reformation. Is now uncovered on most Fridays.

The point about the labyrinth (not to be confused with the maze (where you get lost)) is that by walking the labyrinth you may become more connected with your inner self. It's a metaphor for life as it is impossible to see beyond the next 1800 turn. There is only one way into the centre in the shape of a rose, and you have to follow the same way out. There is such hunger these days for an inner connection or a meaningful life. The labyrinth is a tool or portal embedded on the floor or created with stone and turf out of doors. The labyrinth is not connected with any religion, although the one in Chartres is in the Catholic cathedral. It was constructed in 1203 and is a more developed version of something much older. Remember the story of Theseus and Ariadne and the Minotaur?

I have found a space for an initial event on a farm a few miles away from here where there is a huge covered tennis court and I have contacted an American lady who has a canvas rollout labyrinth which is a replica of the one in Chartres. I was planning to put on an event in mid-June but have decided to postpone it till September so that I'm not under pressure. Like many people I was coping with flu for several weeks.

Of course I wonder about the connection with Subud. I have too much going on in my life to be active as a helper except in emergencies and I lack the energy I used to have, but the Latihan is with me whenever I'm quiet. I feel it as I dictate this email (I'm hopelessly dyslexic. It's got worse these days). Most of my local friends know about Subud. Though they are not members they are very alive spiritually.

In these times of great change and turmoil we need to give people hope and I do this as far as I can with the poems that I write. Here's a recent one.

Warmest greetings, Sharifin

Mind the Gap

"Mind the gap between the train and the platform".
But we don't know where the platform's going to be
At travellers' end to this, our journey's destination.
Will the train hit the buffers at the station
with a clang, crash, bang
or will the driver let it glide
to a quiet and gentle halt,
just in time?

If we ignore this urgent warning
Will we stumble on the sleepers
of this stone and metal track?
Or, perhaps, if truly present
Walk more softly to find our own way back

Let's look at the map, but it's out of date,
And keeps changing every time we look.
What about the timetable? Has that been issued yet?
"Tickets please, tickets please, valid only one way".
If we don't know the route, we won't know what to pay,
And what on earth is the currency anyway?
Perhaps we should start from somewhere else.
Let's alight in a quiet siding
And walk barefoot on the grass.
As we listen to the bees and the wind in the trees
Where the currency is love, trust and laughter,
And the gap is the eye of a needle
To where time is only right now,
And past and present are one.

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THE SUBUD ORGANIZATION IS GOOD

Sebastian Paeman writes...

I have gained some experience in dealing with other spiritual movements and religious groups over the years via people I know and via the Interfaith movement I am involved with. I have concluded some time ago, although not perfect, that the Subud organisation sticks out with head and shoulders above most spiritual organisations.

We don't have serious issues with leaders, gurus, nepotism (many movements are run by families), power abuse, cronyism, social control, emotional and spiritual blackmail, etc, etc, which are so very common in virtually all spiritual and religious groups around.

My youngest brother is a member of a fundamentalist Christian church. All the vices I mentioned in the previous paragraph are prominent among them. He just marvels when I tell him that Subud hardly has any of their problems because of the way which Bapak has set up the organisation.

“ *People are free to express themselves, including criticism...* ”

First the fact that, except for group helpers, most officers are in their job for either two or four years. Plus we test about candidates for Subud jobs. In most organisations officers are chosen for life and by their friends and cronies. This creates dominant and inflexible power structures which cause a tremendous amount of problems.

My brother and his wife really suffer from this as they feel bullied by the powers that be in their movement and there is nothing they can do about this. Very little of this I have encountered in Subud and if so this was always only local and it eventually disappeared. I don't think anywhere in the world an organisation exists, or possibly has existed, which is organised in such a brilliant way.

Before I found Subud 43 years ago I had been shopping around for other spiritual paths. I was often put off by the pompousness and self importance of the leaders in these groups who clearly clung on to their position for dear life, and by the gullibility of their followers who seem to see something in these types which I didn't see.

One of the first things I noticed as an applicant in the Rotterdam group was how 'normal' everybody was, including the helpers and others who had jobs in Subud. Another thing I noticed was the sense of humour among Subud members and that people seemed to feel free to express themselves, including criticism.

We are Subud, so yes since we are not perfect, Subud isn't perfect either but on the whole I think we are doing very well and so much better than most organisations. ●

OUR SUBUD STORIES - FREIBURG AND BEYOND

Our Subud Stories (OSS) is an important movement to create a collection point for stories and to make these readily and permanently available for all Subud members to access. Whether you are coming to the Freiburg World Congress or not we are inviting Subud members from around the world to contribute to this initiative.

As a Subud community we need to collect and share our stories because they show how the latihan works in our lives. It doesn't matter if you are recently opened or an old-timer, what continent you live on, how young or old you are or another criteria you can name. We all have stories to share which shed light on this paradox we call latihan, which is simultaneously unique and the same for

everyone. Stories can support and encourage us to keep going to latihan when we have an experience that surprises us or when it seems boring because we can't notice a lot happening. It's always a relief to know what is happening to you now has been shared by many other Subud people, across the years and continents.

The power of sharing stories was illustrated in a project called 'Telling Our Everyday Stories', conducted by Marius Grose and Harry Norman from Subud Britain/SICA. They designed and ran storytelling workshops and here are some excerpts from their report:

...“The idea for this workshop stems from Ibu Rahayu's requests that we tell our stories of how the latihan has been present in our lives. The kind of stories we asked each other to tell were not your revelatory 'burning bush' type of events; more like moments when you notice a sense of the latihan guiding you in your life.

...”Each person contributed something that showed how the latihan can be present in life for each one of us. One of the benefits of this for me is that I am now more aware of when that quiet feeling of the latihan steals over me, and when I need to reconnect with it.

...”Telling our Subud Everyday Stories can help us reveal the Susila Budhi Dharma in our everyday lives and increases the possibility of being able to bring more authenticity to our Subud lives. How do we know this? ...By the way the atmosphere in the room changes when people tell their latihan in everyday life stories ...By the common threads that emerge from these stories ...by the mutual rapport and the feeling inside when this is happening.”

We recognise the wonderful work that has been done by many individuals over many years, conducting workshops, gathering and recording stories, running websites and putting together great anthologies of Subud stories. Our intention is to build on this work and to honour the contributions past and current. We see Our Subud Stories as a permanent portal located on one of our major existing websites, with protocols in place to ensure privacy, quality and fresh content. This would be a place where stories can be collected and easily accessed.

What can you do to support Our Subud Stories at Freiburg if you are going? Or if you are not, how can you engage with our stories now and in the future?

If you are going to Freiburg, come to see us at the Our Subud Stories space in Hall 2. Participate in one of our workshops to share your stories; or watch the fine films of Subud members past and present who have been interviewed over the years; support the Subud authors whose books will be available elsewhere at Congress; watch the live Culture Couch interviews with interesting Subud people from around the globe. If you are not going to Freiburg, watch out for future news about the Our Subud Stories project which will tell you how to access existing material, including Congress highlights, and provide a process by which you can also contribute your own stories.

If you have questions or comments you can contact us at oursubudstories@gmail.com



L-R Maia, Laksar, Maria and Rashidah - your 'Our Subud Stories team.

POEM BY MARDIJAH SIMPSON

No place like home

Last spring I watched a house martin
weave a nest, round as a thrown bowl,
in exquisite symmetry,
balanced on a bare branch
of the lemon scented gum.

Then in the night the wild winds blew.
Next morning the nest had vanished,
no sign, it was nowhere.
I could not believe it had ever clung
to that round smooth branch

"Foxes have holes
and the birds of the air have nests,
but the son of man hath not where
to lay his head"
Nor woman her head.

Walking up Martin Place
blank black hoardings hide another bank.
All signs of last year's homeless camp -
gone. No beds, no blankets, no home
no safe place, no one

Where did they go
all those lonely people
those wanderers
flotsam/jetsam/ scraps and
crumbs of society?


Under the arches on Eddy Avenue.
Tucked against stone walls
are bed rolls, blankets, bags.
A man stretched, asleep in the shadows
beyond the bus stops – waits

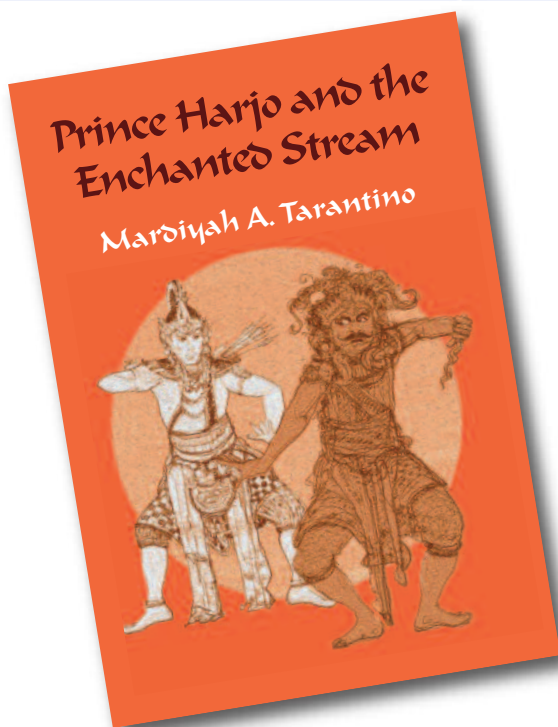
Every year high in my tree
the magpies re-weave their nest.
In the jumbled basket of twigs
the hen rides out the storm winds swing
till the chicks are safely cradled

High above the town near the show ground
by the lookout onto the river
a small haven bloomed under the tall trees.
Until show time.
then the council chucked them out.

The broke's camp broken - the homeless moved on.
They disappeared into the shadows, the hills,
women and children sheltered in cars,
the fearful and their dogs vanished into caves
the disabled into despair.

Summer is fine for camping
young people take off to the mountains
and lie under the stars
but when you are old and stiff
you worry about next winter.





Prince Harjo and the Enchanted Stream

Mardiyah A. Tarantino

This delightful little book is a story for older children. Set in Indonesia, it is a rich tale of discovering one's true self, told by a venerable Dalang (Wayang puppet master) to Michael, a young Westerner.

Mardiyah lived in Indonesia with her husband and five children for over six years. She became quite fluent in the language and deeply interested in Indonesian culture, including the *wayang orang* and *wayang kulit*, upon which this story of Prince Harjo is based.

She is also the author of 'Bapak: Lost in the Amazon'.

To order a copy, go to:

<https://www.lulu.com/shop/search.ep?keyWords=Prince+Harjo+and+the+Enchanted+Stream&type=>click 'Add to Basket' and follow the onscreen prompts. Paperback: price US\$14.95 plus postage.

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See these: Ibu Rahayu Questions,
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- Melinda Wallis: Marketing & Publicity

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