



DEATH CAN BE BEAUTIFUL

Léonard Lassalle writes...

My wife Mélinda, our children and I have just been through a most vivid, powerfully sublime experience. I would like to share it with our Subud brothers and sisters.

A few years ago, I wrote a book called "Source of Life". It gives stories of our life experiences that have been guided by our regular practice of the Subud Latihan. For the ones who have not read it, here is a short resume of our life, which will lead you to what follows.

In 1956...

I was studying at the Central School of arts and Crafts in London. It was there that I first met Mélinda. We were both interested in spiritual matters amongst which was the Gurdjieff Work. We discovered that we were happy in each other's company and have been together ever since.

One night, in June 1957, Mélinda came to see me at my flat in London looking absolutely radiant; she had just experienced her first latihan. Soon after, in November of the same year I started the spiritual exercise myself.

We married in 1959 and brought up a family of 7 children.

Whether we lived in France or in England, the practice of the latihan was a constant, and the raising our large family kept us very busy and gave us a most colourful life bringing us closer and closer to each other as we lived on.

We moved to Provence, in France, permanently in 1991 where Mélinda started potting and myself painting.

As we aged on...

Our bodies started to show signs of wear and tear. Mélinda needed a heart operation, and then her knees needed attention...

Then she fell in our staircase and splintered her left femur bone, although it had been operated on, it broke again leaving her not able to either walk again or go up our stairs.



Mélinda Lassalle.

“ *She became more aware of the content of her inner life...* ”

SUBMISSIONS AND DONATIONS

Submissions to Subud Voice on any aspect of Subud life are welcomed. Send to Harris Smart, subudvoice@gmail.com We rely on donations to keep Subud Voice going. You can donate by going to the PAYMENTS tag on the left side of our homepage at www.subudvoice.net

We adapted our rhythm of life to our new situation; and moved permanently downstairs, turning our sitting room into a tiny bedroom.

I became aware that...

Mélinda had started the powerful natural process that would gradually transmute her earthly consciousness into the consciousness of her soul. We needed to prepare ourselves for the great changes to come.

A year and a half ago I decided to stop giving all the medication that she was taking: some for the heart, the blood, digestion and some for all her pains. Her mind was losing sharpness, she was confused and it became difficult for her to find the space that gives awareness and closeness to the soul.

When I told our Doctor of my decision, he shouted “But you’re crazy! She will die within a week, I tell you!” “Better die naturally now in full consciousness than later without any awareness.” I replied.

Well, to the Doctor’s amazement, Mélinda’s general health improved rapidly: Presence returned, digestion improved and pains lessened.

We were both now noticing big changes of consciousness as a profound cleaning process started in her being.

Deeply buried emotions and fears going back to her childhood appeared, whether during the nights or in the days, each with their different truths and realities. She would talk loudly in semi-consciousness and I soon found out that I should not try to answer her many questions, but let her speak out the answers herself, as if I answered it created confusion.

“ *Mélinda had started the natural powerful process...* ”

When a child...

Her relationship with her parents had been far from ideal and the lack of love, attention and care had left some big scars. Through forgiveness and the letting go of the hurt feelings, the healing process through love started flowing towards her parents.

Her two older brothers had to be pardoned also; they had taken much pleasure in teasing her when she was very young making her desperately terrified. Much anger was experienced as the process of cleaning went on until she was able to forgive them and let go of her fears.

She needed to speak to each of her seven children, each differently as she tried to find freedom from her motherly loving attachments.

With myself there was much to process too as our earthly bonds were strong. She could not grasp that I could not be with her all the way into the next world. After all, we had been continuously together for 65 years!

Many a time she would call me in the night, “Darling? Are you there? Why are you taking so long in getting ready! I’ve got the car all ready and I want to go home now... Please let’s go!”

Gradually a metamorphosis occurred in her consciousness...

She became more aware of the content of her inner life than of her material attachments. The presence of members of her family in her spiritual world became more real. She saw many beings and asked me to help her to identify them.

I had to explain to her that she was beginning to experience her own inner world to which I had no access although I could feel the truth of her realities.

Often, she would go through phases of receiving singing in latihan. There were many moments also of great happiness and joy. We had lovely spaces of endless laughter, especially when our children visited.

As her inner presence widened the life in her body lessened and she came to not drink nor eat, it became too difficult to use her mouth and tongue. Speaking too became not clear as pronunciation stiffened. She became lighter in her feelings and more conscious of the people around her, although her eyes were now >

continuously closed.

Lucianne, our eldest daughter, came to help her dad in the final stages of her mum's physical life and witnessed with me her transition into the hereafter.

At 9 am on the 6th of February...

Mélinda's breathing changed its rhythm and quietened, with longer spaces in between each breath. As her presence merged with her soul, she detached herself from this world.

Pure Love and Light emanated from her. I felt my soul one with hers and our consciousness merged and grew out into the universe.

I heard distant cosmic sounds and knew that it was time for me to return to my earthly life. Still experiencing the Angelique forces that Mélinda's soul bathed in, inwardly I said, "Bye bye my darling".

I then reintegrated my earthly being. A deep feeling of gratitude, harmony and love pervaded the room as her body gave its last expiration. Her eyebrows raised as if in flight, Mélinda's face carried an angelic smile. Lucianne and I stayed a long time riding the celestial atmosphere.

Thanks to our Creator for making us experience death as such a sublime doorway into eternal love.

Thank you Bapak for showing us the way to completeness.



Mélinda Lassalle's funeral.

MÉLINDA'S FUNERAL

Maria Blakey-Servin writes...

For those who have not been there and would have liked to be, here is an account of the funeral of Mélinda.

Up the valley behind the hearse, we sang some songs that Mélinda had sung with her children on long car journeys. "Yellow Submarine", "She'll be coming around the mountain " among others.

After the English songs, French friends began to sing French songs. The ceremony in the small chapel in the valley was coordinated by the family.

It was moving to see the seven children of Mélinda and Léonard together, taking turns to talk about their >

mother or read poems and prayers. Beautiful daughters, grandchildren and nieces also joined Léonard to participate in the ceremony.

The family had painted the coffin with panels of floral designs as Mélinda had requested. There were tears, laughter and a great sense of love and respect. We sang "Morning has broken" (Cat Stevens) to start the ceremony and finished with "Swing low sweet chariot".

At the cemetery, Mélinda's two eldest daughters guided us in singing "Amazing Grace". Just when we were leaving the cemetery, there was a very light snowfall and a rainbow sky was seen earlier in the valley near the house of Mélinda and Léonard.

We were then invited to a local brewery to share food and memories of Mélinda. Between a cup of tea after the ceremony and dinner, 42 of us escaped from the brewery to the latihan of Vaison la Romaine. Mélinda's love for humanity and her deep spirituality was reflected throughout the afternoon and evening.

Maria Blakey-Servin, originally from Australia, is the new chair of Subud France. ●

THE RAMADAN FAST IN 2019

Ramadan 2019 will begin on Monday, 6th May 2019 (according to Saudi Arabia) and end on Tuesday, 4th June 2019. Eid al Fitr 2019 will be on Wednesday, 5th June 2019. This is the tentative date as the actual date is contingent on the sighting of the moon of Ramadan 2019, the 9th month in the Islamic calendar (Hijri 1440). The length of the Month varies between 29 and 30 days depending on the sighting of the Shawwal Moon which leads to the awaited festival of Eid ul Fitr on the 1st of Shawwal.

As well as this general information, Subud members wishing to fast should check with their local Islamic authorities about the dates.

Fasting in the month of Ramadan is not obligatory for Subud members, but for those wishing to observe the fast the following information is provided (compiled some years ago by Subud USA).

<http://www.subudvoice.net/wp-content/uploads/2019/04/ObservingRamadan.pdf> ●

A MYSTICAL JOURNEY IN MUSIC

Harris Smart writes...

Way back in the 1970s, Melbourne had its own Subud rock band which was called Feeling Music. They played at many Subud events and also had some success in the world. They were offered a plum residency at the Hard Rock Café, but unfortunately just at that moment the band broke up when one of its members went overseas.

The cornerstone of Feeling Music was Cénred Harmsworth who was the songwriter, the main vocalist and the lead guitarist. After the breakup of Feeling Music, Cénred went on to marry and raise a family and find a day job as an IT consultant and advisor to business about how to manage change.

But he never lost his connection with music and created more bands and also became a specialist in music production using the latest high-end software. He has continued to record his own music and also the music of other people.

His latest project is called S.A.G.E. and the entire production runs for 60 minutes. If we were back in the days when people released physical CDs this would probably be a double album. But these days of course with most people getting their music by download, the concept of separate albums has become obsolete. But by any standards S.A.G.E. is a very substantial production.

The music takes us on a journey which is a mixture of fairly short pop tracks combined with other longer pieces which Ćenred calls "concert pieces", involving instrumental sections and guitar solos. The production as a whole recalls the concept albums of bands like YES.

The 'Sage' referred to in Ćenred's new album (S.A.G.E.) refers to an individual living out his last few hours before he passes on. Although each of the 12 musical pieces on the album stands alone and are all unique, they form part of an overall story.

Great variety...

There is great variety in the music in terms of its moods and beats. A song like "Walking on the Sunny Side" has a jaunty cheerful beat, while some other pieces are darker and much more complex. Throughout, the production level of the music is of the highest standard.

What is the nature of the journey that the music takes us on? The music challenges us about the moral choices that we are offered in life. For instance, the song "Same Old Same Old" asks...

Can we find a voice to call our own?

Do we have strength to stand alone?

Other songs challenge the ways in which we waste our time and waste our lives in social climbing or amassing possessions while in other parts of the world people suffer intensely from poverty and oppression. But ultimately the songs come through to make an optimistic statement.

I'm living a real life again

Breathing the clean air of change

Opening up to the world all around

Planting my feet - firmly taking command

Ćenred wrote the songs and did the production as well as providing the vocals and guitar solos. Female backing singers are also used on a number of the tracks.

Ćenred explains his aims in the music by saying, "I wanted to create an album that is really commercial in sound and yet at the same time explores serious themes. What I am trying to say through the songs is that life can be a struggle, but we all have an inner light which can guide us.

"For example, "Poor Man" is basically saying that even if we are destitute, we can still find within ourselves belief, faith and hope. I am sure that Subud members will recognise the latihan content in the songs, and I hope that their message will also reach out into the world in general."

The songs are accompanied by a beautifully designed booklet containing the lyrics and illustrations to them.

In terms of accessing the music:

If you are subscribed to the 'streaming' services, Apple Music /iTunes, Amazon and/or Spotify then just lookup 'SAGE Ćenred'.

It can also be purchased as a digital download on cenred.bandcamp.com and cenred.net.



“ There is great variety in the music... ”

To see a video of a song “Mother Earth This Stellar Dancer” from the album click this link:

<https://youtu.be/vTejx1OZrX4>

Songs

- 'We Can Do This' <https://soundcloud.com/cenred/we-can-do-this-1/s-W0Gsb>
- 'Same Old Same Old' <https://soundcloud.com/cenred/same-old-same-old-1/s-7x8Jc>
- 'Mother Earth This Stellar Dancer' <https://soundcloud.com/cenred/mother-earth-this-stellar-1/s-qnTIL>
- 'To Follow' <https://soundcloud.com/cenred/to-follow-1/s-7LLJj>
- 'Johar My Son' <https://soundcloud.com/cenred/johar-my-son-1/s-KYnAx>

Album

- <https://cenred.bandcamp.com/releases>
- <https://cenred.net>
- Apple Music /iTunes (look up 'S.A.G.E. Cenred')
- AMAZON (look up 'S.A.G.E. Cenred')
- Spotify (look up 'S.A.G.E. Cenred')

“ All the songs are part of one overall story...”

WHAT DO YOU LOVE? FROM THE WSA NEWSLETTER...

Message to our Members...

Dear Brothers and Sisters,

Spring is with us once again and for those in Northern Climates it is good to feel the heat. For those in the Southern hemisphere you are approaching the cold and looking forward to winter sports and activities.

The balance of both sides is always with us and we can experience the balance between the inner and the outer through our latihan in our daily lives.

In Subud we have various arms that do the work of making sure that Subud is seen in a good light in the world and reflects the Mission that Bapak had for us. It is our great pleasure in this issue to introduce you to these hard working behind the scene individuals who have volunteered to take on the responsibilities of being the chair/coordinators of these various arms in Subud.

In this issue we will continue to update you as to the financial situation of WSA. The work the International Helpers do by providing articles and reports with details of our situation at home and around the world.

We hope that you continue to enjoy our newsletter.

with love, The Executive team

The newsletter is packed with information about WSA people and projects such as...

Gaye Thavisin - SESI Co-Chair

Co-founder and General Manager of Wow Borneo Orangutan Cruises, operating for over 11 years on the rivers of Central Kalimantan (Indonesian Borneo).

Pioneering eco cruises as a way to educate local people about the value of conserving their natural assets during a decade when 7 million hectares of forest is cleared for palm oil plantations in Kalimantan, as well as giving our guests a comfortable, informative and unique experience of orangutans and indigenous culture in a remote and undiscovered destination. Cruising on 3 river systems with now 4 live-aboard vessels each carrying up to 12 passengers, managed



Gaye Thavisin with SESI Co-Chair, Hammond Peek.

“ Committed to working with local people...”

from Palangka Raya.

Committed to working with local people, building capacity from design, construction, marketing and operational phases, we have also worked with and supported excellent local foundations, for instance the Borneo Orangutan Survival Foundation (BOSF), The Katingan Project, and former staff members have initiated their own successful and innovative businesses and foundations.

Wow Borneo collaborates with Subud initiatives, such as Borneo Productions International (BPI), The Green Planet Project, and helps to facilitate large events in Rungan Sari which make use of many of the worthy endeavours here.

Moving into the luxury market keeps Wow Borneo even more attentive to our client expectations as bookings increase.

As the business matures, Wow Borneo has supported the development of enterprises here in Rungan Sari and the women in enterprise gathering in Freiburg, as well as volunteering for the SESI role as joint chair with Hammond Peek.

Seeking to inspire, encourage and document enterprises in Subud to fulfill Bapak's vision of enterprise as both an expression of our inner and outer lives, which expresses in support for the growth and development of Subud and the Subud organization.

I love my enterprise.

Hammond Peek – SESI Co-Chair

Hammond Peek is a double Academy Award winner for Sound Mixing (Return of the King, King Kong and Lord of the Rings), a proud kiwi (New Zealander), who is 66 years young.

Hammond has held multiple positions in Subud: Group/National Chair and Treasurer, Committee Councilor Subud New Zealand, and WSA Treasurer (2010 to 2014).

He is married to Renata, lives in Christchurch, has five grown up kids and two grandchildren. Apart from his very successful career as a sound recorder in the NZ film industry, Hammond has been involved in a number of small entrepreneurial activities, including his own property investment company.

Hammond says: "I love figures and connecting with people, and I prefer to call a spade a spade, rather than 'a device for digging'."

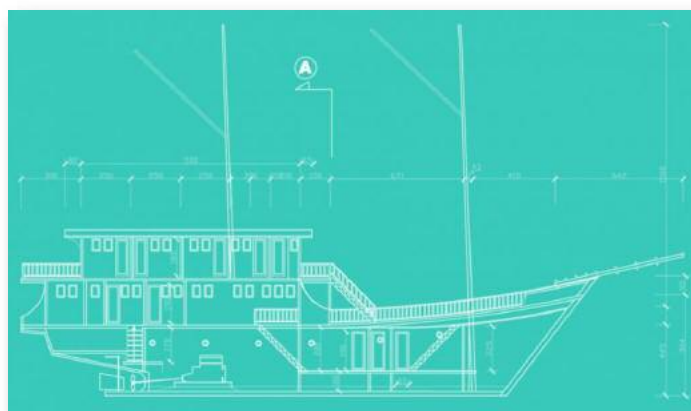
ACTIVITIES IN RUNGAN SARI

The latest issue of the Kalimantan Support Group Newsletter brings news of many projects in Rungan Sari such as...

Sehat Cruises – a New Ocean-Going Sailing Boat Project

Another up and coming enterprise is Sehat Cruises. Consisting of eight team members, four of them residents in Rungan Sari, Sehat Cruises was initiated towards the end 2017 with the building of its own vessel, the Sehat Bintang (Wellness Star) in order to realize their revolutionary concept of wellness cruising.

The boat design draws on decades of cruising experience and numerous years of offering parts of their wellness programs at various locations. The Sehat Bintang is a 36 m LOA traditionally built Phinisi boat.



Sehat Cruises boat plan.



Realising their revolutionary concept of wellness cruising...



This ironwood construction Phinisi is the traditional sea vessels of Indonesia.

Because the warm climate of Indonesia lacks extreme winds, the Phinisi boat design utilizes spacious open-air decks and cabin areas which keep guests cool while providing maximum unimpeded panoramic views that enhance the cruising experience.

You can learn more at : For more see:

<https://sehatcruises.com>

and <http://sehatcruises.com/explore>

Click the 'join' link for information about participating in this venture

There is a video showing the building process at <https://youtu.be/wR3HvCwd5RE>

To get the complete KSG Newsletter...

<http://www.subudvoice.net/wp-content/uploads/2019/04/KSG-Visit-Report-Feb-2019.pdf>



The newly renovated guest house at Sei Gohong.

LATEST NEWS FROM YUM

From the latest YUM Newsletter...

Palu & Donggala Emergency Relief Project

Reducing Stunting Cases in West Java

VTC Kalimantan's Collaboration with Schools

Kalimantan's Library Renovation

Asia Philanthropy Visit to YUM Cipanas Village

YUM's Exclusive Merchandise

PALU & DONGGALA EMERGENCY RELIEF PROJECT

On 28 September 2018, Palu was hit by what BBC described as a 'worst case' scenario, combining a large earthquake with a 7.4 magnitude, followed by a tsunami, major liquefaction and landslides that devastated the regions of Palu, Donggala and Sigi, resulting in total destruction of most buildings in the area.

YUM, with the help of Global Giving, Susila Dharma Organizations, and individual donors were able to provide emergency relief packages to over 2,500 families in more than 17 villages.

From over \$75,000 collected through the donations, we were able to visit Palu and Donggala 4 times, from which we were able to provide electricity generators, ready-made food, teaching materials, clothing, clean water, and other necessities for the survivors.

In addition to that, YUM also provided a trauma healing workshop delivered through storytelling, drawing & coloring, and the making of a time capsule. With the remaining funds, YUM is working along with ForBes to build 45 temporary houses in the villages of Amal and Saloya.

CIPANAS STUNTING PROJECT

150 million toddlers in the world are stunted. 55% of the stunted toddlers are from Asia. Indonesia is the country from South East Asia with 3rd most prevalence in Stunting. From 2005-2017 the average prevalence of stunted toddlers in Indonesia was 36.4%

According to WHO, stunting is the impaired growth and development that children experience from poor nutrition, repeated infection from lack of sanitation, and inadequate psychosocial stimulation. In the long run, stunting can cause poor cognition and educational performance, low adult wages, lost productivity and, when accompanied by

“ YUM was able to provide emergency relief packages to over 2,500 families in more than 17 villages...”



Empowering Indonesian lives for more than 40 years.

excessive weight gain later in childhood, an increased risk of nutrition-related chronic diseases in adult life. Stunting cannot be cured but can be prevented. YUM is working together with Adidhana Foundation and 1000 Days Fund focusing its Cipanas health post care on the prevention of Stunting through the monitoring of pregnant women and children. Besides distributing height charts to the families with babies and toddlers, the program in Cipanas includes monthly body weight and height check, immunization, and nutrition intervention through supplements and distribution of free milk and basic food like rice, fruits, and beans for children with concerning nutrition levels.

<https://yumindonesia.org/images/uploads/report/1554088545.pdf>

The Muhammad Subud Foundation announces **CALL FOR GRANT PROPOSALS**

APPLICATION DEADLINE JULY 31, 2019

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

YOUTH PROJECTS APPLICATION: For this year, a fund of USD 4,675 will be granted to projects supporting the education of the very young.

Grant guidelines and application forms may be found on our website:

<https://www.msubuhfoundation.org/grants/application-procedure>

or you can write directly to:

Lillian Shulman, MSF Administrator,

lillianshulman@netscape.net if you have any questions.



Peru Subud house, improvements to kitchen and restroom.



Members, Lima, Perú.

CREATING A CENTERPRISE BUSINESS PLAN

Raynard von Hahn, SubudSpaces Coordinator, writes...

Before starting any journey it's important to know where you're going (your destination) as well as the route you'll be taking (your roadmap).

In business, your destination is the set of goals you intend to achieve and your roadmap is your business plan.

A business plan describes your business model (i.e., how you intend to make money), your customers and potential customers, the marketing and sales efforts you'll use to reach customers, your resources, and your financial projections. With a business plan you can plan for issues and opportunities before they arise and you'll greatly increase your chances for success.

Creating a business plan is just as important if you want to have a successful centerprise hall rental business.

Does your Subud group need financing? If so, then having a realistic and viable centerprise business plan can give potential funders the comfort they need that your Subud centre will be sustainable. However, if you don't have a solid business plan, it will be much harder to get funding.

With this in mind, the SubudSpaces advisory board has prepared

1. a centerprise business plan template,
2. a form of profit & loss spreadsheet, and
3. a form of maintenance plan spreadsheet,

all of which are available on the SubudSpaces.Slack.com website that has been set up for centerpreneurs.

With good planning, the right opportunities, and some effort, you can create a good source of income for your Subud group.

To get copies of the above documents or for more information, please contact Raynard von Hahn at:

[SubudSpaces\(at\)gmail.com](mailto:SubudSpaces(at)gmail.com)

JOURNEY OF A POET

From the poet Michael Moon...

In my idealistic youth I received and acted on some futuristic ideas, such as my project "Revisioning the Drylands" in Western Australia.

Subud members in Perth including Maria and Andrew, the Popes and the Blonds were very encouraging with our enterprise.

Between 2004 and 2009, our endeavours showcased a post-utopian model of future living modalities.

Some of the infrastructure included various solar equipment to potentiate future housing, farming, water, food and electrical potentials.

Back then I was in a position to demonstrate and offer advice to interested parties.

Some of these ideas and modalities have now become mainstream (e.g. remote farming), so for a variety of reasons, we are not able to be at the cutting edge.

Ten years have passed, and we have moved on leaving futurism to the future youth.

I live a quiet life now and act on my receivings, as with the "Large Screen Latihans/Meetings" concept. The large screen latihan/meetings concept is simply live link ups, on occasion in our halls, or over our e-devices, to bring the latihan into the 21st century.



Michael Moon. Portrait by Robin Dale.

These days I work solely as a simple poet.

A few words sometimes shared with a few people.

You are welcome to read or publish my latest poem, "Orbiting Universe" and/or "The Balloon Man".

I work in a future ideal of a "Purple Golden Plate Society" or

"Making the Impossible Normal", a vision of self-fulfilled citizens, living in a self-realised matrix of cooperation, in delicious abundance.

There are "photographs" in my words and as part of this utopian evolution, here is a link to my latest complimentary ebook ~ "The Balloon Man", which you are welcome to do with as you wish.

'The Balloon Man' is deceptively simple, but it took 40 years experiential eastern delvings to actually write, naturally including Subud. As I say in "Orbiting Universe":

*so leave your bones at the cemetery
walk backwards through your life
clap loudly with one hand
tease the jester with your hat

and remember
you are simply a child
in a billion costumes
orbiting a delicious universe*

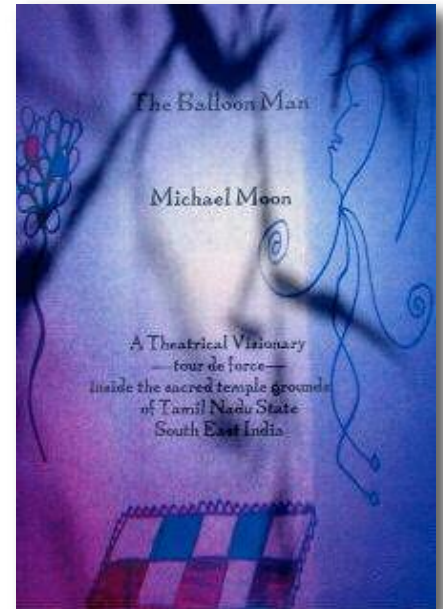
To get your complimentary ebook "The Balloon Man":

<https://www.smashwords.com/books/view/665979>

Published in multi reader digital editions

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I SAW A MOLTEN WHITE LIGHT

The American actor, Peter Mark Richman, has written his long-awaited autobiography, I Saw a Molten White Light. Latifah Taormina writes...

"I saw him do Albee's "Zoo Story" off-B'way in the late 50s in New York – before he became so famous. He was charismatic on stage even then. He's been a committed Subud member ever since he joined. There's a video somewhere of him accompanying Bapak on a visit to Disneyland back in the 60s. All his kids have been opened. He and his wife, Helen, were longtime helpers in LA. His Lucas has become a famous conductor and a strong Subud member. His son Howard totally works in music from the latihan..."

His autobiography is available from Amazon:

www.amazon.com/PeterMarkRichmanautobiographyspiritual/dp/162933247X/ref=sr_1_1?ie=UTF8&qid=1529091350&sr=8-1&keywords=peter+mark+richman

PETER MARK RICHMAN is a true Renaissance man: actor, writer, director, producer, and painter. A star of film (William Wyler's Friendly Persuasion), theatre (A Hatful of Rain, Albee's The Zoo Story) and more than 500 guest star roles on TV including The Twilight Zone, Bonanza, The Love Boat, Mission: Impossible, Three's Company, Dynasty, and many others.

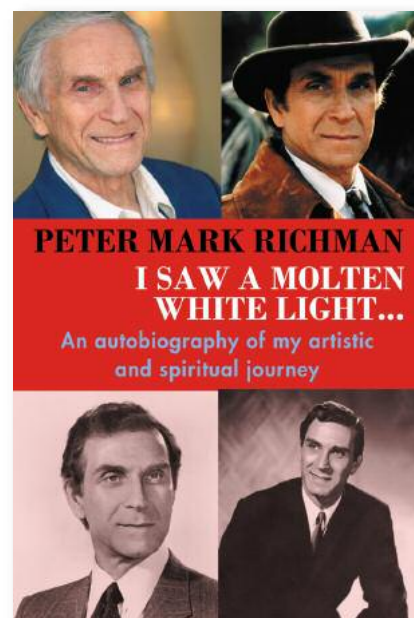
He is instantly recognizable to millions, but his legion of fans haven't heard his extraordinary life story... until now. From his childhood in South Philadelphia, to leading roles on Broadway and in Hollywood, Peter Mark has many stories to tell about the luminaries he

“ *Not just another celebrity biography...* ”

encountered during his six decades in show business and about the spiritual quest that was the main influence in his life as a father of five, grandfather of six, and as a husband married to the love of his life for 65+ years. *I SAW A MOLTEN WHITE LIGHT...* is not just another celebrity autobiography but a highly personal work from a very public figure.

In this issue we are also running a long interview with Peter Mark about his illustrious acting career, and article by his wife, Helen Richman, about how they found Subud.

Shop at Amazon Smile to benefit SICA:
<http://smile.amazon.com/ch/98-0128416>



'Three's Company' actor Peter Mark Richman reveals what it was like working with Suzanne Somers and Sophia Loren...

By Stephanie Nolasco | Fox News...

In 1952, Peter Mark Richman left a \$35 a week job as a pharmacist in Pennsylvania to follow the bright lights of Hollywood – and now he’s telling all.

The actor, 91, has over 500 TV appearances under his belt for numerous hit shows, including “Twilight Zone,” “Hawaii Five-O” and “Star Trek,” just to name a few. As a notorious villain on screen, he’s managed to die in every possible way on camera. And Richman also found success appearing in numerous films and theatrical productions.

Richman’s gamble in life paid off and he’s sharing his star-studded life story in a new memoir, titled “I Saw a Molten White Light.”

Fox News spoke with the star about his countless leading ladies and lasting marriage.

Fox News: How did a pharmacist from Pennsylvania get discovered as a Hollywood actor?

Peter Mark Richman: I always wanted to be an actor. I snuck into the theater once when I was a child and ever since then, I’ve always been fascinated by actors. I’m still licensed in New York and Pennsylvania, but I haven’t been in a pharmacy for a while.

I was making prescriptions when I got out of college in Rosemont, Pennsylvania. But I went away to summer theater where I met my wife. She was the leading lady there when I was hired. So I quit my job as a pharmacist managing a drugstore just to pursue acting. So I guess you can say I have a backup career *Laughs.*



Peter Mark Richman (center) filming "Three's Company" in 1978 with Suzanne Somers (left) John Ritter and Joyce DeWitt. (Getty)



Peter Mark Richman (left) with Gary Cooper. (Courtesy of Peter Mark Richman)

Fox News: Your first film, 1956's "Friendly Persuasion," featured Hollywood legend Gary Cooper. What was it like working with him?

Richman: He was an absolute gentleman. I loved him. I would find myself stopping to just watch him in awe. It took some getting used to, seeing that image from the screen in real life. He went from being 20 feet to me sitting here opposite him, face-to-face. He taught me simplicity in making your mark as an actor.

Fox News: Fast forward to 1971, you were working alongside Bruce Lee. How was he?

Richman: Oh, he was tough steel wire! I thought he was going to break any minute. He taught me Kung Fu, but I boxed in the old-fashioned way. I was honestly shocked when he passed away. He was just such a tough wire. But he was wonderful to work with.

Fox News: Out of all the leading ladies you've worked with, who surprised you the most?

Richman: I've worked with tons. Throw me some names.

Fox News: Let's start with Sophia Loren.

Richman: Oh my God, she was the sexiest female I ever came across! I was on the steps of a building and she passed me wearing a tight sweater, a skirt and high heels. She was going to a rehearsal. My first impression was she's beautiful. And so sexy. We later chatted and she was so warm and friendly. I love her. You can never forget that image.

Fox News: What about Eva Marie Saint?

Richman: Lovely. Absolutely lovely. She's a dear friend of mine. We did a show together, "The Rainmaker." I was so grateful to work with such a gracious talent.

Fox News: And Audrey Hepburn?

Richman: I first met her when she visited the set of "Friendly Persuasion." She had done a William Wyler movie before mine. She was so attractive and feminine. She was as nice and kind in person as she was in her films. She was gentle and just what you saw. Audrey was the real deal. I never forgot that.

Fox News: So no divas? You never had to deal with a diva on set?

Richman: I can't say. *Laughs.*

Fox News: You've managed to die in every possible way. Which was your most memorable way to go and why?

Richman: In one scene, I was shot in the stomach and slid down a board against a building. I added a line, "I never knew it hurts so much." And then I died. And [filmmaker] John Frankenheimer said, "Keep it!" That wasn't in the script. That was me!

Fox News: How did you get the role of "Three's Company?"

Richman: That was easy. I had a manager and she brought me in to meet the producers. I was hired just like that! I was hired for a guest star role. I was Suzanne Somers' father in the show. But she was contemplating the contract at the time. She wanted \$150,000 per show. That finished me off and that finished her off. But I wasn't too surprised she was fired. But she seemed surprised.

Fox News: And then you found yourself in "Star Trek."

Richman: It was certainly different from anything I've done up to that point. I was encased in a tomb preserved and they woke me up. I said, "I want to see my lawyer." *Laughs.*



*Peter Mark Richman with Audrey Hepburn.
(Courtesy of Peter Mark Richman)*

“ Out of all the leading ladies you worked with, who surprised you the most...? ”

I had fun on that set, that's for sure. I'm always happy to hear when people remember me from my time there.

Fox News: You and your wife are celebrating 65 years of marriage. What's the secret, especially in Hollywood?

Richman: Simply? I love her. We have a good, solid marriage. We have five children and six grandchildren. They're all talented in the arts. My son Lucas is the conductor of Bangor Symphony in Maine. He's traveled all over the world.

My daughter is also doing a musical in Bangor. My other son Orien just produced a movie titled "So B. It." My firstborn Howard recently celebrated his 60th birthday. He's a piano teacher. I attended a party for him the other night and all his students were there. My wife and I have plenty of reasons to be proud and happy.

Fox News: What's your life like these days?

Richman: I paint! I've been painting since I was 9 years old. I'm 91 now. Gosh, I can't believe I'm 91. But I'm still doing it! *Laughs.*



Actor Peter Mark Richman says he keeps busy these days pursuing his other passion: painting. (Courtesy of Peter Mark Richman)

“ You and your wife are celebrating 65 years of marriage. What's the secret, especially in Hollywood? ”

HOW WE CAME INTO SUBUD

Helen Richman recalls how she and Peter Mark found Subud...

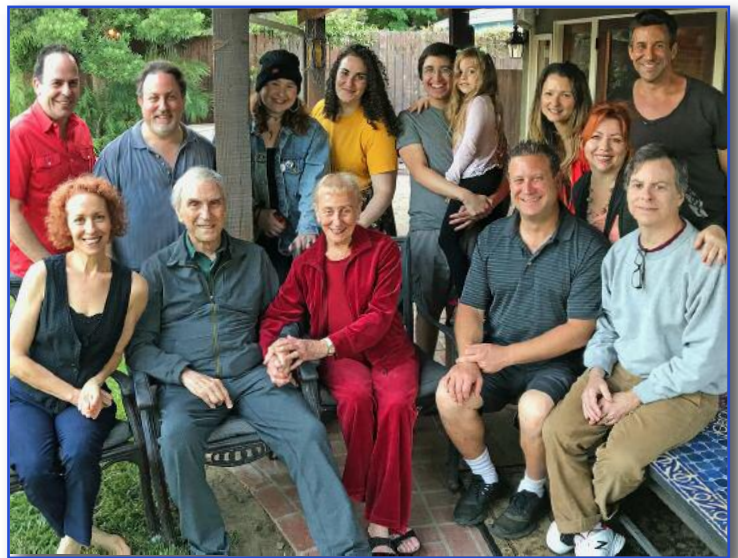
In 1959, my dear friend, Osanna Gooding (professional name: Phyliss Love, who later co-starred with Peter Mark in his first major film, "Friendly Persuasion", which Bapak watched in the living room of the Lake's home in Santa Monica), called to invite me to a talk by a British physicist named John Bennett at the French Institute in NYC.

Peter Mark was on the West Coast shooting a TV show at the time. By the end of the evening after I had signed up to be a Subud candidate, my thought was, "My husband better be interested in this or we are in trouble."

When he returned to NY, we attended the second talk by Mr. Bennett. Peter Mark looked like he was falling asleep, but when he woke up he said, "Where do I sign?"

Thus, began our three months of learning more about Subud and then we were told that Bapak would be coming to NY in April, 1959, and he and Ibu would open all the candidates. However, Bapak's plane was late so I was opened by Elizabeth Bennett and Peter Mark was opened by John Bennett. Then, we newly opened members, had the great fortune to attend Bapak talks.

Our opening, on April 30, 1959 was exactly one year to the day of the birth of our first son, Howard Richman.



The Richman family.

“ Having the latihan helped him to find the inner reality of the many different roles he played on TV and in the movies... ”

Peter Mark has always said that having the latihan helped him to find the inner reality of the many different roles he played on TV and movies. He feels it also helped him as a writer and a painter, to develop his own individual style and never had the need to copy anyone else. Bapak calls it "true culture" for a reason.

We thank God every day for the gift of the latihan. Peter Mark says the greatest blessing in his life is his family, his wife, five children and six grandchildren. He is also grateful for a life of tremendous creativity and especially grateful that his autobiography has been published so that he is able to share his journey with all his readers.

RECEIVING IN A DREAM

A spiritual experience of Tomik Subagio, a Subud member originally from Indonesia but now resident in Australia for many years...

My wife and I had been married for 4 years and were still childless.

As anyone would expect, questions then started to enter our minds, as to whether we ever would have a child of our own by natural ways.

One day my wife asked me whether or not we should adopt a child.

I said that it was a very difficult question for me to answer.

I also mentioned that if we adopted a child, I would like to be able to feel as if I were the natural father, and conversely, I would like the child to have the same feeling towards me.

My wife understood and appreciated fully the reasoning behind my indecisiveness and shared my belief that it was beyond the domain of the intellect to find the right answer to questions of that nature.

We decided then, to wait for a clear indication from God before we made a firm decision to adopt a child. In the meantime, we just "sat on the fence" and waited for the right answer.

As Bapak used to advise, if you are not sure what to do, "op de plaats rust". (Bapak's favourite Dutch phrase meaning "stay put on the spot, don't move").

A few days after my wife and I had the above talk, I had a dream.

In that dream, which still remains vividly in my memory, I saw my wife pushing a blue pram in the street and she was wearing a blue blouse.

When I woke up the next morning, the first thing I did was to tell my wife with absolute certainty:

"Darling, don't worry, the Great Lord is going to give you a baby". Then I told her about the dream.

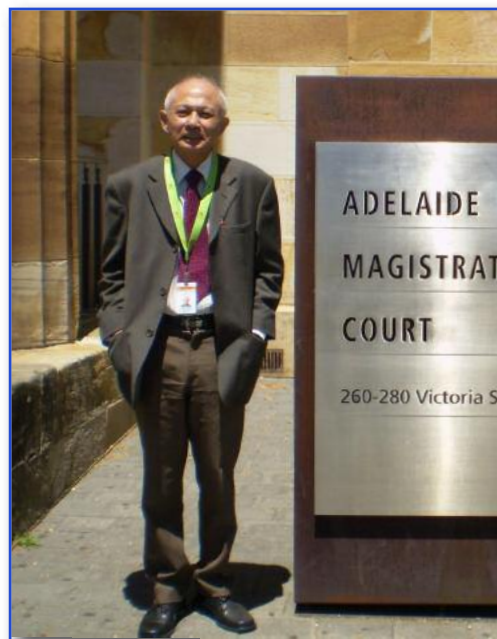
Three months later my wife became pregnant. Of course, we were very thankful and delighted that we were going to have a child of our own.

And to cut a long story short, our first long awaited child, a daughter, was born on Friday 13th March 1970. But that was not where the story ended.

I was then teaching Indonesian to members of the Indonesian Australian Association of South Australia. Among those in my class was a young couple, Dr. Aleric Maude - a lecturer at Flinders University and his wife Anabel.

One day he said to me "Subagio, Anabel and I decided not to have any more children, three (or four I can't remember exactly) is enough. Would you be offended if we offered you our old pram?"

I replied, "Of course not, Janet and I would be delighted to have your old pram".



Tomik Subagio outside the Adelaide Court where for many years he was an interpreter.

When Dr. Aleric Maud brought the pram to our house, to my amazement I noticed that the colour of the pram was blue and it was also the blue pram I saw in my dream. I wondered who told him to give his blue pram to us?

The uncanny coincidences had not come to an end yet.

When our baby was a couple of months old, my wife took her out for a walk in that blue pram.

I could not escape that curious, quaint feeling of déjà vu, when I was actually watching my wife pushing a blue pram and wearing a blue blouse.

It was exactly what I had seen in my dream just over one year earlier.

As if my feet were rooted to the ground, I just remained in one spot and watched and watched, from across the street, the re-enacted scene that I had seen previously in my dream.

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Building land for sale in Alicante (Spain): Two fenced plots of 2.246 m² and 4.436 m² in an open and inhabited area. Good location and good access, quiet, beautiful views of the valley and mountains. Free help for legal procedures.

Distances (car): Commercial, University: 5 min.; Subud House, Alicante, beaches, airport, hospital: 20 min. There is a restaurant next to the place. Contact détails: Salomon Guérin pi.guerin@gmail.com



FREIBURG CONGRESS FILM

Heinz Cadera has finished the WC2018 film from Freiburg.

Under the following Link and Password you can see the film.

<https://vimeo.com/325040194>

password : Freiburg



Holiday in Italy?

A room for rent in Italy!! Only for Subud members!!

The room is located in La Spezia, km 75 from Pisa and 10 from Cinque Terre.

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BOOKS ABOUT MUSIC

Pierre-Jean Croset writes...

my books about music are now available on <http://www.lulu.com>

"Un autre regard sur la musique"

"The lord of the gong" (gamelan-making in Java and Bali)

"Experiment of a quantic (quantum) performer"

TWO YOUTH GATHERINGS

Reuben Paeman writes...

I was wondering if you could include two upcoming Subud Youth events in Subud Voice...

Firstly, as you may already know, there will be a Zone 4 Gathering in Kaliningrad between 3rd - 9th August. After speaking with the Zone 4 Rep we have decided it would be good to try and get many Subud youth there, and she has asked me to promote the idea to young members (not just in Zones 3 & 4 but worldwide). People can find more information here <https://www.subud-zone4.org/zone-4-gathering-2019> and the point of contact would be Salama Gielge zone4@subud.org

And secondly, there will be a Subud Youth gathering in Amanecer, Colombia between 30th June - 7th July which could also do with some promotion if possible. Points of contact would be Farlan Bustillo farlanhb@gmail.com and Laura Garcia laura.garcia.1025@gmail.com

THE PASSING OF RUSDI GENEST

Latifah Taormina writes...

Our dear brother and long-time devoted Subud member, Rusdi Genest, known for his amazing symbolic lost wax casting of surrealistic art works in bronze, hand made paper art works and bronze medals, passed away in Canada on April 14, 2019 accompanied by a Subud brother.

He is survived by his wife of 40 years, Marguerite Francoise, and his sister, Salamah D. LeClaire, WSA Secretary. Salamah said he just completed the night before his hospitalization his most recent piece inspired by his love of mythology and the cosmos and received during a night of insomnia ten days before; "Icare, triomphant perdu dans les espaces". (English "Icarus triumphant lost in vastness of space".)



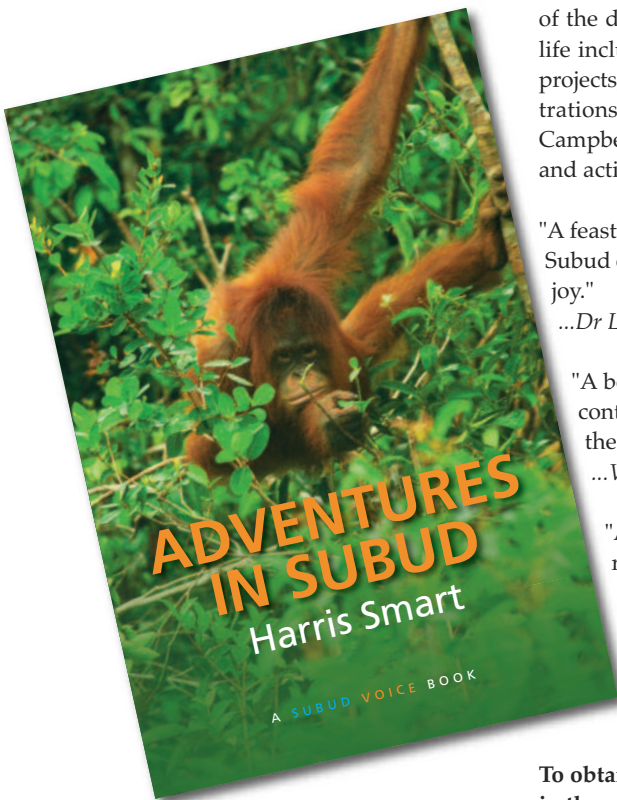
Rusdi being congratulated after his induction into The Royal Canadian Academy.

Prayers and positive thoughts for a joyful and peaceful continuing journey are appreciated.

Rusdi was very supportive of SICA, and we featured his work on our first SICA site back in 2000. And of course, on SICA's later sites as well as the SICA Update. He was inducted into the Royal Canadian Academy of Arts in 2013 — an event that was featured on our SICA update and in the SICA Canada newsletter at the time. Here is a link to that article and to his work at:

<http://www.rusdigenest-sculptures.com>

A video was made by another subud brother musician and film maker, Vincent Dionne. To see this and other videos about his work, go to <https://vimeo.com/59925093>



Adventures in Subud is a new book by Harris Smart. It presents an overview of the development of Subud covering practically every aspect of Subud life including spiritual experiences, enterprises, welfare projects, cultural projects, health and healing and youth. It is 360 pages long with 120 illustrations including photographs and cartoons by Marcus Bolt and Dirk Campbell. It shows Subud as a dynamic movement combining spirituality and action in the world.

"A feast of a book... a masterful and at time heart-wrenching record of our Subud experience... replete with hope and disappointment, revelation and joy."

...*Dr Livingston Armytage*

"A book that will open doors to enquirers about Subud and is a major contribution to our knowledge about Subud and its positive impact on the world."

...*Valentine Navey*

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...*Léonard Lassalle*

"It aims at providing a 'one stop shop' for enquirers with coverage of all aspects of Subud."

...*Hussein Rawlings*

To obtain the book go to www.lulu.com and enter *Adventures in Subud* in the search slot on the home page

NEW!! They Were There – *The Best of Subud Voice* Volume 3

Compiled by *Ilaina Lennard*

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- * Konrad Arifin's extraordinary journey beyond this world *and much, much more...*



The book can be ordered from lulu.com at £12 plus postage at:

www.lulu.com/shop/ilaina-lennard/the-best-of-subud-voice-3/paperback/product-23595226.html

and follow the on-screen prompts to the shopping basket, setting preferred payment method, delivery/billing address(es) and postage rate. Books normally take 3 – 5 days to arrive.

The Great Kalimantan Adventure Matthew C Mayberry

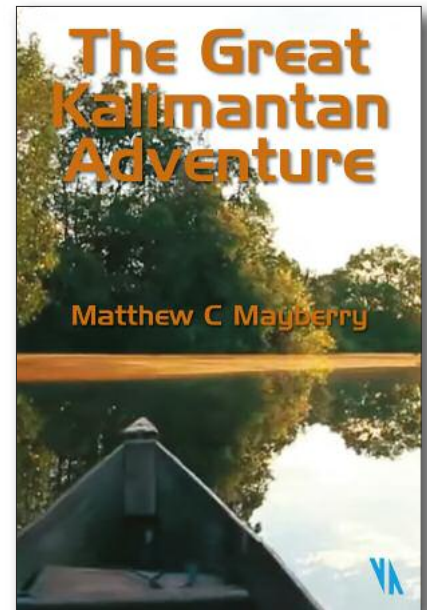
“Bapak can tell you that there is gold, there is silver, there are diamonds, there are many precious stones, there are other things like oil and so on. Bapak went to Kalimantan and met people in authority like the Governor of Central Kalimantan, who was stunned, he couldn’t believe it. He said: ‘How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

Talk at Slough, UK, 4 May 1981

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

Paperback: 432 pages with maps. Available from (just click the link below:

<https://www.lulu.com/shop/search.ep?keyWords=The+Great+Kalimantan+Adventure&type=>
£15.50/US\$24 plus postage



NEW

Saving Grace – Fifty Years in Subud

Marcus Bolt

Fourth Edition (revised 2019 with corrections & additional material).

Saving Grace is a book written for those wishing to find out more about Subud, a rarely publicised, modern, yet seemingly ancient, spiritual movement. It charts one man’s fifty-year involvement through his personal take on its organisation, its culture and the latihan – the transformative process at its heart.

“Entertaining and instructive by turns, Marcus writes in an easy, flowing conversational style that gives the reader the feeling of being personally addressed. Unpretentious and refreshingly free of sanctimony, there is a generosity and a warmth of spirit about his narration that quickly befriends the reader and invites positive participation...”

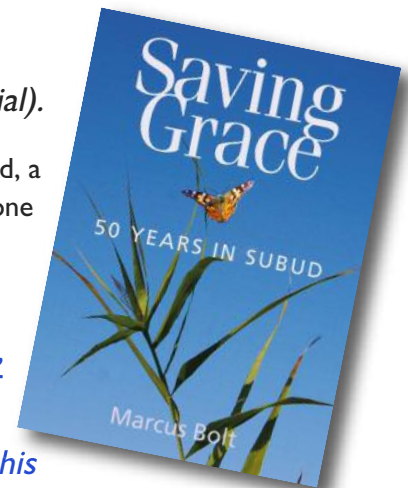
Laurence Clark

“In this refreshingly straightforward narrative, Marcus Bolt reflects on his years in Subud with humour, affection, insight, courage and delightful candour. There is nothing pretentious or preachy. It’s all straight stuff, but straight from Marcus. And that’s what makes it work...”

Latifah Taormina

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