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Notes on ‘How to do the latihan’ for Newer Members

Things have got so bad in many parts of the world that many people seriously think that “the end of the world is nigh”. That is why we thought it might be a good time to run this painting...

So, let us go back to where it all begins, the latihan...

From time to time, we intend to publish articles from past issues which have been of particular interest. In my experience, there are two articles which are most mentioned or requested by readers. In this issue of Subud Voice we are going to publish one of them, and in the next, we will publish the other.

So in this issue we are publishing Notes on “How to Do the Latihan: for Newer Members” by Halimah Polk (USA).

The first thing to be said is that this article is not just of interest to newer members. Many many people, many of long standing in Subud, have said to me how useful they have found this article. So here it is, hopefully reaching new readers as well as previous ones who are happy to be reminded of it...



I have to begin, of course, with about a thousand disclaimers.

The idea for writing this came - as many of my most brilliant ideas come - while putting on my make-up one morning. I have no illusions that I know best how to do latihan.

It has been a continuing learning process and all the ideas I want to share I picked up during my Subud lifetime from older more experienced helpers and members. I lived in Cilandak for three years and it was a time when Bapak was especially energetic with scheduled talks once a month.

I also visited several times before and after Bapak’s death and on all these occasions have been given little stories that seemed to have helped my latihan. I was also lucky enough to travel with Bapak on several occasions in the role of spiritual junky and groupie and just hung out a lot with >

SUBMISSIONS AND DONATIONS

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more experienced Subud members listening to their stories.

Also I think it might be beneficial to talk about the latihan in the way people talked to me about it when I was young in Subud. I notice that there's not much opportunity for 'latihan' talk now; many of us older members avoid talking 'spiritual talk' because we are desperately trying to integrate the latihan into our outer lives and because it seemed for a while that's all we were doing - just talking and not taking the kind of action that Bapak was urging us to do.

But I notice the younger members really seem to crave it as I craved it in my early years of doing latihan, and there are times when it seems so nourishing. (Even when I went to Cilandak last fall, I really couldn't get enough of it.)

When I think back, the talk itself often inspired me as much as the latihan itself — since it helped put these strange sounds and movements I was making into some context; helped me to see where this spiritual path was taking me.

Reading Bapak's talks and listening to Bapak on tape and in person also helped me tremendously as I had absolutely no spiritual education before my opening.

So in this spirit I would just like to share some anecdotes and insights I was given with my 'younger' sisters and brothers, (although I have no idea if this relates to the men's latihan).

Preparing for Latihan

The best advice I ever heard about preparing for latihan was given by Ibu Hardiyati, Bapak's daughter, not to me, but to a group of helpers in Cilandak, one of whom told me the story. She compared preparing for latihan to getting your house ready for very special guests.

You cleaned yourself up beforehand to show respect for your guests and then during the quiet period got your house as clean as possible by gradually letting go of every bit of detritus from your outer life — thoughts and worries, problems, successes, family and relationship concerns -- everything was to be let go of during a long quiet period.

Bapak talked at length about this preparation as well in a two hour talk he gave us during Ramadan in 1976. The essential message of that talk was to RELAX.

You relax your body, your heart, your mind, your desire for anything of this world, your desire for a good latihan, your desire for happiness, your desire even to come close to God until this

state of relaxation became just this emptiness waiting to be filled. In my own experience it seems analogous to that state just before you doze off to sleep.

Or sometimes I liken it to this tempestuous pool of water inside me which becomes increasingly calm until suddenly it's absolutely still — not a ripple.

I also heard Bapak distinguish between getting quiet, and stilling your mind and feelings with your will like saying a mantra or the like. You allow yourself to sit quietly until all of a sudden you are quiet, but you don't aid and abet the process -- it just happens.

For me this part is a bit mysterious because I'm a very active type in my outer life with a strong heart and mind, but I'm always surprised at how if I hang in there the chaos of strong emotions and wild thoughts suddenly subsides and boom I'm quiet. (How did that happen?)

I've also heard folks (and recently Ibu Rahayu) say that it helps to say some kind of prayer that you can surrender to your full capacity before latihan begins. I've tried it when I remembered and I think it does help.

The latihan

After this long and leisurely preparation you are ready to begin the latihan. You stand quietly in this more or less empty state (God knows you did the best you could), the helper says begin and you simply wait till the latihan or vibration begins in you before you move. Bapak explained that if you were really attentive, the first movement you would feel was the Power of God moving your own breathing.

Ibu Hardiyati again in her little talk to the women helpers explained that the latihan itself was like the arrival of these special guests and each guest brought a gift. Your job is simply to receive each gift as it was given with no thinking or judging or trying to understand it -- just accepting or receiving >

each gift as it came to you.

Apparently, body movement is important, although not to be forced, (no forcing ever) particularly with younger members. Bapak has said that the progress in the latihan starts with the physical body and that impurities are thrown off as we move.

Many of us fondly remember spinning a lot during our early latihans and coming quite close to puking. I remember in my early latihans banging my head on the concrete floor.

One of the most revered helpers in Cilandak tells the story of crawling on all fours on the latihan floor barking viciously and snapping at the exposed ankle of the helper who had opened her. I remember a young Western woman in Cilandak who got opened and promptly starting vomiting regularly in her early latihans.

She would run out to the bathroom and try to sneak home, but the Cilandak helpers would run after her and bring her back to continue her latihan. We've all of course experienced the latihan 'runner' who whirls by us at 90 miles an hour.

These movements are the early manifestations of the very gifts Ibu Hardiyati refers to; they contain the purification our bodies and souls need.

I think one of the hardest things for me as a younger member was not to judge my own latihan or try to make it 'spiritual'. In my group in Palo Alto there were a few fairly elevated souls who were standing and singing. (I remember thinking they had made the ascension!) and it became tempting to parrot their high spiritual movements or to feel bad when I was crawling around doing something vulgar on the floor.

Luckily, we had some wise helpers in the group who periodically asked us to test, how our latihan was (I would dance and sing like Holly-Go-Lovely) and how God would have it be (here I would double over, grunt and cry, etc).

This is an on-going problem even for us old-timers, because sometimes what comes to the surface from deep inside is not pretty; in fact, it can be powerfully disturbing, but it must 'out'. There's many a story of members who have stopped latihan just at the moment when something difficult or hard is surfacing, or members who have swallowed that disturbance and gone on with the pretty, but fake, latihan.

I suggest you grab your local helpers and make them test that with you on a regular basis to keep your latihan authentic. Or if you feel brave, just test for yourself in latihan when you feel a bit stuck. Bapak at the end of his life talked about how important courage was in the latihan, the courage to follow whatever you are receiving – coarse or fine.

Am I receiving?

I've heard that question a lot from younger members. We've all wrestled with that one, and there are just no foolproof indicators. Bapak has said you will feel the vibration of the latihan, but I know that early on I don't think I did.

Bapak has said something about a cool feeling in your body, and I certainly didn't feel that either. I did experience, however, if I waited, at the beginning of the latihan, movement start up on its own quite independent of my thinking or wishing.

And then you just have to trust - you're opened, you have a sincere wish to worship God, you've gotten quiet as best you could - that this little skipping or waving your hand or song that has sud- >



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denly started up without your thinking about it, well that's it! That is your latihan!

Help, I can't stop thinking

Right, you can't force your mind into quiet. That's meditation – using the will. So you just have to allow that thinking and it's perfectly Ok, but what you might notice in latihan is that after a while, you're thinking but watching yourself thinking as you move around, etc. and the trick is to pay attention to the movements rather than the thinking.

Try not to get hooked in. I've wasted many a good latihan fantasizing about work, my marriage, stewing over a fight, etc. One helper said it's important to feel the soles of your feet touching the floor. I think that sort of grounds you and helps you stay out of your head or imagination and pay attention to your body.

Ibu Rahayu said that as you do the latihan, pay attention to the different vibrations you are feeling in each part of the body and the feeling that accompanies that vibration.

Remember that Bapak has said that our understanding is the last part of us to be purified so our thinking in latihan may not be very productive early on. Mine wasn't.

Is my latihan over?

I used to think that after all the movement had stopped my latihan had ended and I would sit down. Many of the older helpers, however, talked about the second latihan, that part of the latihan that arises after the flurry of purification movements has quieted.

Bapak referred to this in a talk when he advised a woman whose latihan seemed unfruitful, to ask at the end of her latihan, 'Is there anything more that God would have me receive in my latihan?' It seems that in this second part of the latihan indications or receivings arise.

Those indications/gifts might sometimes be about your life or about an unknown talent, a deep insight about your true self, and rarely some kind of knowing about the next world, or moments of ineffable peace and praise.

And sometimes there's nothing. It's not up to us. That's not to say that you can't receive good clear indications in the first part of the latihan. I've seen women really quiet and serene in the first part of latihan and then run around like screaming mimi's the second half. Go figure.

Finishing the latihan

After the latihan, it's a good idea to sit quietly for a while just as you did in the beginning. For one thing it's important to 'come down' and to really finish off the latihan and return to normal.

Recently, I've noticed how powerful the state of latihan is - even when it's quiet. I'll sit down and my body is still vibrating like a jet plane. It's not a good idea to run out to drink coffee with your buddies until that vibration calms down. Until you feel normal. But more importantly, Ibu Hardiyati has explained that in this after-the-latihan quiet we 'see' or unwrap the gifts we have been given in the latihan itself.

This seems to be a time of heightened clarity. We are quiet and peaceful and often clear messages come. Do this. Do that. Write to your grandmother. Change your job, your name. Be careful driving home, etc.

One of the Cilandak helpers that I most admire told me that she receives very clear guidance for her life at the end of her latihan when she's lying on the floor. Of course, there are no guarantees, but this can be a treasure-time, a time of receiving guidance for your daily life.

I know that there are stores of greater wisdom about the latihan out there in our rich and diverse Subud community. Perhaps we can share more of it. My hope is that this morsel of 'latihan' talk provides some of the same nourishment that I was so kindly given in my early days in Subud.

Projects and Properties

Ruth Taylor, Zone 3 Secretary, writes...

The autumn issue of the Zone 3 Magazine 'PROJECTS & PROPERTIES'. Is now available.

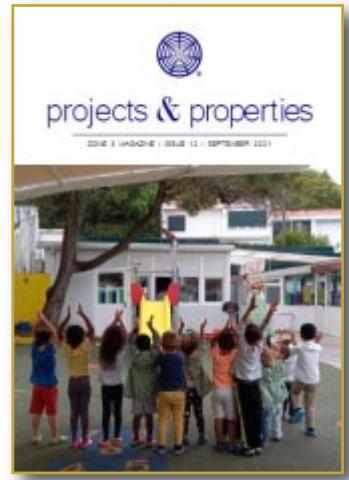
This issue includes:

- Talks with the Area 2 IHs - get to know Mariam Tikale in the final of the series of interviews with the A2 International Helpers
- Spotlight on Portugal - journey to Subud Portugal's groups and properties, and learn about some of its established and burgeoning projects - Roda Viva, Lisbon Sound Society, and artist Lucas Almedia's newest publication
- Communication - invitation to join the Zone 3 Annual Meeting on Zoom, and the subject of effective communication is explored further
- International - learn about the WSA Care Support Programme, and how Zone 3 is supporting Zone 6
- Enterprises - the latest from The Amadeus Centre and international enterprise E-Lango, meet Subud Britain's SES Coordinator, and read about how zoom is being harnessed to share enterprise experiences

Download from...

<https://www.subudvoice.net/wp-content/uploads/2021/09/projects-properties-Zone-3-Magazine-Issue-12Sep2021.pdf>

Enjoy a great read, and a visual treat!



From the Angels

Osanna Vaughn writes...

This marvellous article by Osanna Vaughn comes from SCAN SEPTEMBER 2021 ISSUE. This issue just out contains summaries and excerpts of Bapak and Ibu talks, including Bapak on the theme of death, a subject of intensifying interest to members of the ageing population such as myself.

Download here: <https://www.subudvoice.net/wp-content/uploads/2021/09/SCAN-Autumn-Issue-Sep2021.pdf>

It includes several excellent personal stories including this inspiring one from Osanna, I can't wait to start contacting some angels and seeing if what Osanna preaches really works...



I haven't always asked the angels for help.

It actually took me quite a long time to realise that they were simply waiting for me to present my requests to them, that they were actually eager to be of assistance and that they were hovering around me in attendance.

It somehow didn't fit the image of gorgeous, luminous, celestial beings. Not that I've ever actually seen an angel. After all, they say that to see an angel you have to be something of an angel yourself.

I'm no angel!

However, I have met a few people who have seen them, and they've always assured me that they are creatures of dazzling beauty.

Why would such a being want to help me find a parking spot?

Because that is how it all began.

"Don't take the car down town, you'll never find a parking spot!"

Not true. I always find a parking spot. Provided I ask my parking angel to organise one.

However, this angel wants recognition so I have to ask out loud. My faith is put to the test each >

time I make my request in front of skeptic fellow travellers. Time and again, to the amazement of the aforementioned skeptics, the angel arranges the most convenient parking locations. I always thank it afterwards. I'll illustrate my point with an example

One day...

My 15 year old son and I were off to the cinema in the middle of the afternoon. Just about the worst time of day to look for parking near the central train station. We were driving around, chatting about this and that, absentmindedly looking for a spot, and absentmindedly getting nowhere.

My son was more on the ball than I was that day.

"What about your famous parking angel?" he asked a bit disdainfully.

"You're right," I answered, "I'd forgotten."

Deep breath.

"Parking angel, would you please organise the spot we need, or we'll miss the beginning of the movie."

Very short breath. There it was.

"Wow!" said my son.



*The angels are quite
willing to open up doors
that appear firmly shut...*



Back to my question...

Why would stunning celestial beings be interested in my parking problems?

I had to ponder that one for a while. Here's what I came up with.

Maybe I'd been giving too much importance to their beauty. If one shouldn't allow physical beauty to define a true human being, then why should one do so with angels? Angels may look stunning. Does this mean that they should just waft around doing nothing? That seems unlikely.

Let's just theorise for a moment. Suppose God created the angels and gave them the task of giving us human beings a helping hand when we ask for it.

Such gorgeous creatures? Let's be honest. Would we ask Michelle Pfeiffer to help with the dishes or Mel Gibson to change a tire?

Much less the angels. Overwhelmed by their reported beauty, we find hard to accept that they may be quite happy to help.

"No way!" we say. "They must have much more important stuff to do!"

But what?

Now, granted, archangels may well be dealing with cosmic matters, but what if there's a whole army of normal angels out there, twiddling their thumbs with nothing to do, simply because we're not asking?

All very fascinating.

The awareness of the availability of my parking angel had been growing over a few months, but I still found it hard to accept that it never failed me - especially as I was not particularly reverent towards it.

Was I being pushed to take yet a larger leap of faith?

I started expanding on my requests. In traffic jams: "Would you please clear this up?" With flight delays "Could something please be done about this?" Lost objects, "Look, if it's somewhere around could I please cross its path?"

Each time, traffic jams dissolved, I was put on other flights without even asking and, of course, the lost item appeared without any effort on my behalf.

There What about other areas of activity? I soon discovered an angel prepared to deal with matters of communication, lining up meetings and arranging connections. It was thanks to this angel that I actually met a celebrity (I'm not going to name drop) that I'd heard was coming to town to promote a new movie.

However, it was announced that there would be no press conference, only private interviews and his time was fully booked up. "Please make a connection possible?" Okay, there will be a photo shoot. I grab my chance and chat briefly with him. Wherever that leads next is another story.

At about this point I began to have some concerns. Things were starting to happen because I >

was asking the angels for help. Things that might otherwise have taken a completely different course. What kind of repercussions might this be having on the lives of the people around me? After all, what might be great for me could prove disastrous for others.

The answer to that seemed simple. On the one hand, my not asking for help could also have disastrous consequences for others. On the other, my asking for help might well set in motion a whole series of positive waves rippling out through the world. Who could say for sure?

However, I decided I should be careful about what kind of requests I make. I should give thought to the possible outcomes and be relatively sure they will harm no one. That's why I only ask for sunshine on very special occasions!

I also accept that, on the odd occasion when one of my requests is NOT granted (like the time I wanted to win a Nokia 9000), there is obviously a good reason for it. (Like my telephone bill!)

[Another important thing I discovered...](#)

Was that the angels won't pay attention to any request where I want to 'get someone else to do something'.

On one occasion I needed (of course, the need was probably only in my mind) one of my kids to come home very quickly after school. I asked his guardian angel for help, but to no avail. He got home even later than usual.

So what does this imply? It seems that the angels are quite willing to open up doors that appear firmly shut or free ways that are blocked.

However, they won't actually 'push' anyone to do anything. Bottom line, we are the ones who actually have to act. So, though the angels did set up my encounter with the afore-not-really-mentioned celebrity, it was up to me to speak to him and follow through on the outcome.

My lodgings angel was particularly helpful during a recent trip to London. At very short notice, I needed a good location to work intensely on a screenplay with a colleague for a few days.

The possibilities we first had meant one of us staying over the east side of London, the other in the south, with the work space in the north west. Totally impractical. I felt unconcerned, confident that my angel would help out if I asked.

After doing so, it occurred to me to contact an acquaintance, an English poet whom I'd bumped into briefly about half a dozen times in twenty years.

Of course, he welcomed us to his home out in Lewes, offering accommodation and his attic work space for uninterrupted writing.

The set up simply couldn't have been better, and what made it even more interesting was that he had recently started writing screenplays himself, and was delighted to have fellow endeavourers using his space.

So why am I writing about angels in this very casual fashion? Because I think they want the message to get out. They are here to help us and they want us to know that they are totally approachable for everyday matters. The new car angels

To confirm this, I'll tell a final little anecdote. One of the biggest angel skeptics to visit us recently was my mother-in-law.

After repeated proof of angelic intervention, she returned home with a changed attitude and bearing assorted gifts adorned with the picture of one of Raphael's cute angels that seemed to have been crossing our path during her stay.

Yesterday, as I started to write this little essay, a birthday card for one of my kids arrived from Nanni. On the envelope two 32c stamps with exactly the same angel on them, the word LOVE written in big red letters above its head.

We need to know that the angels are there, whether we can see them or not. They are smiling at us with care and a good measure of humour, just waiting for us to ask for their help.

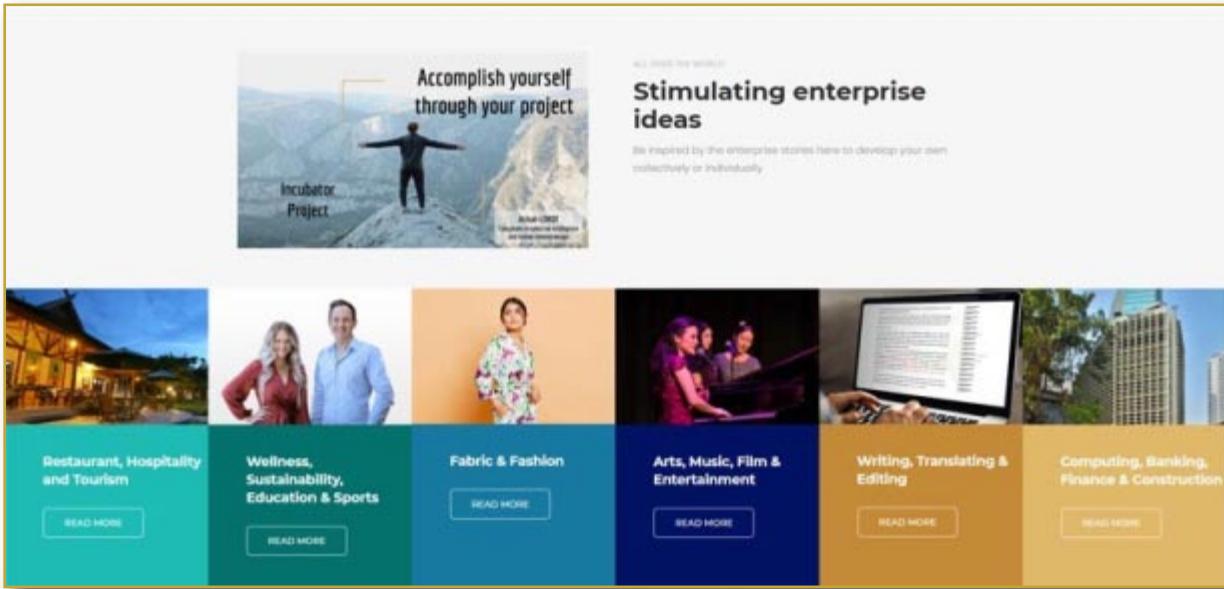
WHY NOT GIVE IT A TRY!

Osanna Vaughn © 1997 Source: SICA website:

PS: From Harris Smart. I did give it a try and got a new car. Thank you angels. It's not the angels' fault that I loaned it to a friend, and it got smashed up...

SESI Launches New Website

From SESI Newsletter



Hammond and Gaye have now released the revamped website for SESI at:

<https://subudenterprise.com>. It's an upgrade mainly in appearance. We wanted to give it a more lively aspect as well as keeping it contemporaneous with a flow of articles. It also has a historical section where some of the old Subud Enterprises are explored. We hope this will continue to expand in coverage.

This screenshot shows the "Blog" section of the website. The header includes the SESI logo and navigation links for Home, About SESI, Enterprises, Members Area, Contact Us, Log In, and Connect With Us. The main content area features two blog posts: "How to start an Enterprise for Subud" (with a thumbnail of a woman) and "Enterprise Interviews – Sustainable Food" (with a thumbnail of a food product). Both posts have "READ MORE" buttons.

complete. Catch up on all those issues that you missed here, or follow up that link you forgot to note down!

A new and interesting feature is the Blog which enables us to share more to up date news, which becomes a log of enterprise activities over time. Help us keep this alive by sending us news. ●

SESI PANEL OF ADVISORS SEEKING MEMBERS

The Panel of Advisors is intended to develop as an active arm of SESI. All requests for assistance will be submitted via the Chairman or Co-Chairs of SESI for initial assessment, prior to circulating to either the full Panel of Advisors, or to selected members. Panel members may specify in advance what type of businesses they are qualified to consider.

[A brief explanation of the composition and role of the Panel of Advisors is:](#)

1. The Panel of Advisors is a group of Subud members who have business or financial expertise or are experienced entrepreneurs or business owners. The purpose of this Panel of Advisors is:

- To evaluate and make recommendations on any particular Subud business plan that they are invited to review.

- To give guidance, help and supervision, when requested, to those who are doing the enterprise.
- To explain the opportunity and connect the entrepreneur with interested investors.
- In this work, there is no attempt to force future income to Subud - it should be voluntary if the business succeeds.

2. What kind of people we are seeking to sit on it:

- Successful business owners, operators or directors.
- Experts in various professions (accountants/financial advisors/lawyers/...)

3. What their role is:

- Examine new business plans from experienced entrepreneurs or others with strong relevant references
- Provide some ongoing guidance/advice/input to the enterprise initiators as they implement their business plan, or in developing/improving an existing enterprise/business.
- Provide an opinion on the potential financial viability of a new enterprise, or in the expansion/development of an existing enterprise/business.
- Provide a recommendation on a new enterprise, or the expansion/development of an existing enterprise/business, that could be used as part of a promotion package for that enterprise to the wider Subud brotherhood to connect the new enterprise to interested investors.

The usual business investment risk disclaimers, and the need to take independent professional finance advice before investing, would of course be included.

- Members of the Panel may eventually accept invitations to sit on the boards of enterprises/businesses which have been reviewed.

"Brothers and Sisters, if among ourselves we are not united, if one member goes this way, another member goes that way, if everyone just looks after his own self and ignores the needs of the Brotherhood as a whole, then do not imagine that Subud will ever have the respect of anyone... Subud will always be something trivial in the world... This is the reality of our Brotherhood. It is through this unity, through the grace that we receive together worshipping one God that we will be able to receive things that are not yet known by humanity, that we will be able to receive guidance and indications and knowledge and understanding from the power of God which, up till now, man does not have." Provisional Translation from Pewarta Special Supplement No.14 "Bapak's World Tour Talks, 1977" February 1979, Code Number: 77 SFO 3.

Also see "How to Start an Enterprise for Subud" at:

<https://subudenterprise.com/how-to-start-an-enterprise-for-subud/>

If you are willing to volunteer to be considered for this Panel of Advisors, or you know of a Subud member who you consider would have the potential to be part of this Panel, then please contact Gaye or Hammond at sesi.cochairs@subud.org

From SESI NEWSLETTER/10 ●

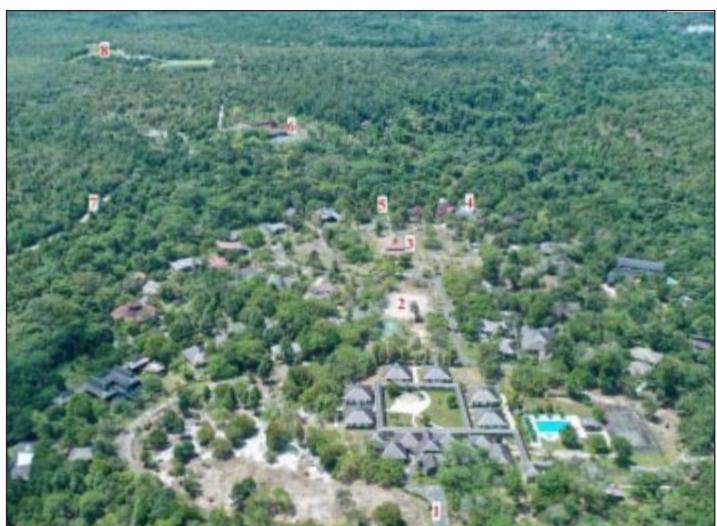
WORLD CONGRESS 2024 | A LOOK AT RUNGAN SARI

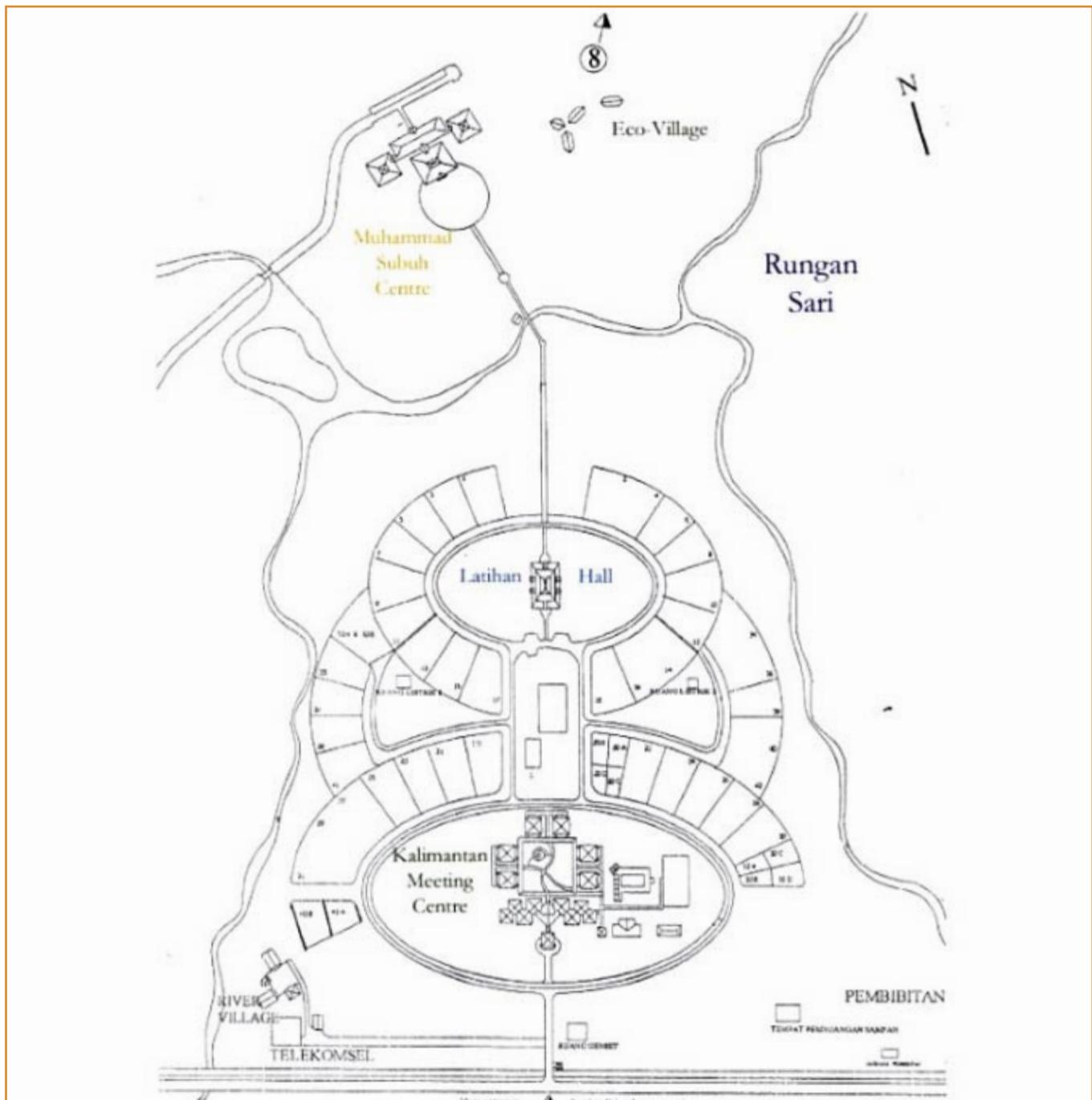
From SESI Newsletter

Living in Rungan Sari and working as a tour operator, travel agent and hotel operator for the past 19 years has given SESI Co-Chair Gaye many insights into Palangka Raya and the Subud development at Rungun Sari. In the next issues, we'll continue the overview by looking at some of the facilities available at nearby Palangka Raya.

Thanks to Bjorn Vaughn, here is a photo of RS from the air taken last week >

To help get your bearings, check the original layout sketch next page.





And, let me help you by further identifying buildings and access roads. Over the years, the trees have grown up, creating much more pleasant surroundings for those living here, but hiding some of the landmarks in this aerial shot.

1. The Rungan Sari Resort is just off the main road to Palangka Raya. The access road (on the middle-ish bottom of the photo) goes directly to the front door, but heads off to the left and arcs around the resort to create the first ring. See the plan above.
2. Behind the Resort is a rectangular white patch which is the community sports facilities
3. Beyond that is the Latihan Hall with the layered red/brown roof.
4. Behind and just to the right are 2 small red roofed houses - these are the school buildings
5. Leading directly out the back of the LH, and to the left of the school, is the entrance to the walking path to the MSC building
6. The MSC building is the red roofed building in the central upper section of the photo
7. The road through the forest gives access to the MSC from the main road
8. Beyond MSC to the upper left side of the photo are the playing fields of the Borneo Football Institute.
9. BFI is outside Subud land. The dividing boundary runs along the indistinct white pathway beyond MSC. The water body in the top right is the Rungan River and Sei Gohong village.

KSG - BCU Computer Drive

Andrew Clague writes..

Greetings All,

As part of the Support BCU School Project, KSG is launching an appeal to update the computer facility at the Rungan Sari School.

We hope to instal 15 Dell Optiplex 5080 units with Win10 pro and HD webcams.

Your support will enable the school to advance computer education for pupils – and provide a valuable resource for the community.

The target for this project is \$15,000 and KSG is able to start the ball rolling with £2,000 thanks to our regular contributors.

The School bank details are:

Beneficiary : Yayasan Bina Cita Utama

Beneficiary Address : Jl. Tjilik Riwut KM.36, Palangka Raya, Central Kalimantan

Beneficiary Bank : PT Bank Negara Indonesia (Persero) Tbk. (BNI)

Account Number : 83731002

Bank Address : Jl. Imam Bonjol No. 10, Palangka Raya, Central Kalimantan

SWIFT Code : BNINIDJA

And please label donations 'Computers'

BIC (Branch Identifier Code)

BNINIDJAPRY

Bank name and address

BANK NEGARA INDONESIA - PT (PERSERO)

PALANGKARAYA, SOUTH KALIMANTAN

PALANGKARAYA SOU ID



A Magical Realm of Healing

From Susila Dharma enews...

On Saturday 11th September 2021, we had the privilege of visiting the Quest Center for Integrative Health in Portland, Oregon, USA.

Lusijah Marx and Lucas Harris began the center as a place providing psycho-social support for HIV-positive men back in the 80s. From a small 2-person project, born from a dream, Quest has become a non-profit organisation with 73 employees and a budget of around 5 million dollars.

During the webinar, we heard interviews with key people involved in Quest Center, who described the project's integrative wellness approach, how it has dealt with and responded to the COVID-19 pandemic and the impact spirituality has on its healthcare practice. We heard how the same dream, dreamt by two people on the same night, inspired the founding of the project.



Quest team members also covered a wide range of topics such as the organisation's financial sustainability, its development over the years and how it treats its patients who are dying. Some long-term members of the Quest community also gave their take on how the project had changed their lives.

Trust in the community

What was evident is Quest's enormous commitment to working collaboratively and giving very high quality care, treating each person as an individual and seeing each person as a whole and complete person and not just a patient with isolated symptoms. The other aspect of Quest that came through really strongly is the sense of community experienced by everyone at the Center and the feeling of belonging to a family.

According to Quest co-founder, Lusijah Marx (right): "Quest for me is certainly not a job and never has been or I would certainly not be there at this point in my life. But I love doing the work. I love being with the people that I see and watching them be inspired, or go through the struggles and feel supported. And I love working with people ... who are as committed as I am. That means a lot."

SD Executive Director Virginia Hamida Thomas pointed out that Quest is so successful today that people may look at the organisation today and be discouraged about their own ventures.

"They might say 'Wow! How did she do that?' but they forget that it started with a dream and then one simple step and then another and another. Then 30 years later, that's what you have, when you follow through. But that is the essence of our lives, of our being on this earth: that dream, and follow-through on follow-through."

The interviews were conducted and the footage edited by Zafira Harnadi, SDIA's new Communications Assistant.

You can watch the full recording of this inspirational virtual visit [here](#).

<https://www.youtube.com/watch?v=vvbxVU6lakc&list=PLaxdhiP4Kf2vzP0b79Cay57X33pjAZL0m&index=7>

Rapunzel, Rapunzel, Let Down Your Hair...

Harris Smart continues his account of when he was the Director for the Centre of Creative Ministries, a Uniting Church initiative in Melbourne, Australia. The Centre combined spirituality, the arts and social welfare. In this article Harris talks about a homeless artist who was supported by the Centre...

One day I went to visit some social workers whom we cooperated with. We did not provide any hard-core assistance such as money, food or accommodation. That's what the social workers did. We provided enrichment, art and drama and personal

[The image I saw at the social workers' office. >](#)

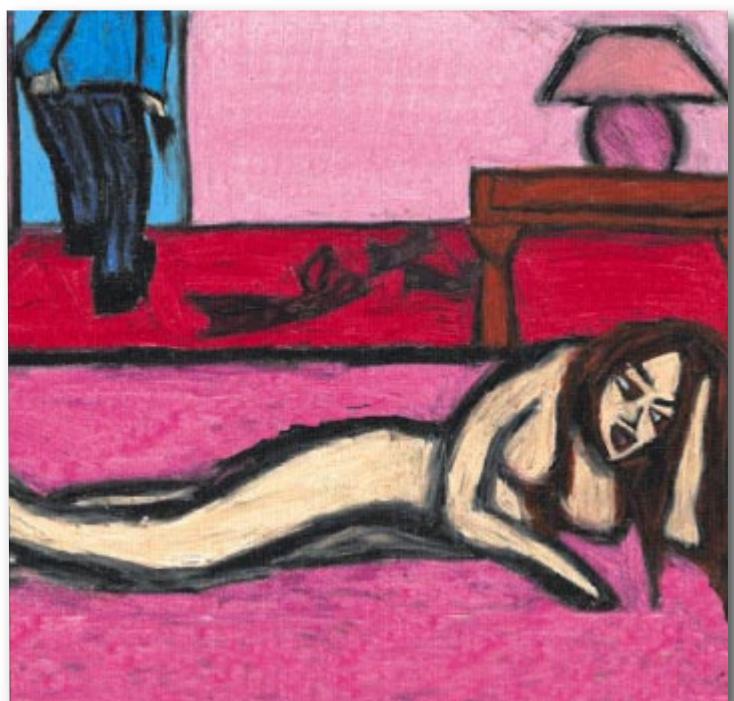


Lusijah Marx.

“ ”

*Living life fully is
what the Quest
inspires and supports...*

” ”



>



Lee had perfected a graphic style of art with oil crayons on paper.



She struggled with issues of self-harm expressed therapeutically through her drawings.

where she can do her art," I said.

At one end of the church there was a choir loft which had a tower at either end. One tower had steps leading up to it so that you could enter the choir loft. When I came to the church, the choir loft was full of junk, broken down old pews and stuff like that and I worked for quite a long time to clear all that rubbish out so that you could walk across the choir loft to the other tower.

Then when we cleared all the rubbish out of that tower and painted the inside of it cream. So, it was a beautiful restful space. There is nothing like a circular space to feel comfortable in. It makes you realise how our usual rooms with all their sharp angles are not at all restful to be in. But a big round space is very restful, like being in the womb.

development. And a reason to get up in the morning.

While I was talking to the social workers, I noticed a drawing or painting that one of them had hanging up behind her desk. It was a cartoonish drawing which showed a woman lying in the foreground. She looked like a kind of cross between a snake and a woman because her legs didn't end in feet but kind of trailed off serpent like.

Meanwhile the back of a man was disappearing through the door.

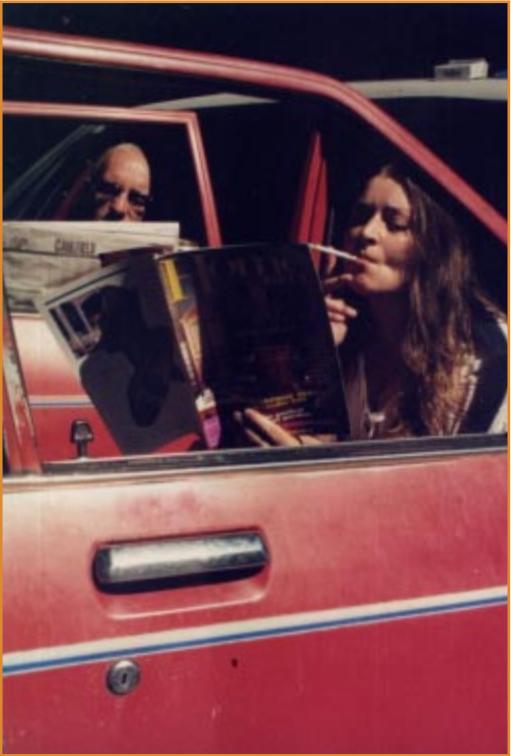
I was very taken by it. It had something. I asked the social worker, "Who did that drawing?

"That was done by Lee, who is a homeless woman we are helping. For five years she has been living in her car, a Datsun 120 Y."

"That's interesting, I had a Datsun 120-Y once. It was the best car I ever had. How old is this woman?"

"She is 23 so she has been homeless since she was 18. She is an artist as you can see. We have found her a room in Prahran, but she doesn't have a place to do her art."

Then I had an inspiration. "I have a place



Hera, once goddess of the hearth and home, now a homeless woman, smokes a fag and reads Home Beautiful while her boyfriend, Zeus, studies the form guide in the back seat.

She showed me her art. She had perfected a style of comic book art fashionable at the time. She worked on paper with oil crayons.

We drove over to the church, and I showed her the space. I said that we could bring in a table and some chairs and set up lights and anything else that she wanted. Maybe a couch to take naps on in the afternoon. And she agreed that she would use it. And from time to time, she did come in and draw there.

For me it was one of those moments when something that is happening in everyday life takes on the character of a dream or a legend or a fairy tale. Because it was like having a fairy princess living in your tower and you could call up to her, "Rapunzel, Rapunzel, let down your hair."

She was very given to self-harm. She was frequently suicidal, she cut her arms and legs with razor blade. Like all the saddest women I have known in my life she was not loved by her mother. Once I asked her if she had begun self-harming because of some trauma in her life and she said, no, she remembered when she was a baby in the pram pulling out her own hair. She told me that physical pain blocked out the mental anguish she felt all the time.

I always benefited...

I received many benefits for my own creativity from working at the Centre for Creative Ministries. One Saturday morning I went round to visit Lee and found her sitting in the famous Datsun 120 Y reading a Home Beautiful magazine while her boyfriend was sitting in the back reading the racing form guide.

How interesting, I thought, what if this woman represents a modern version of the goddess Hera, wife of Zeus, who was traditionally the goddess of the hearth and home.



When everyday life takes on the character of a dream, a legend or a fairy tale...



In our time she is homeless, living in her car, while Zeus sits in the back trying to figure out who is going to win races.

This set me going on the idea of photographing the goddesses of former times

who have now fallen on hard times. The only job that Eve can get for example is part-time work in a greengrocers shop and the only reason she got that was because of her expertise with apples. Hermes, formerly the messenger of the gods, has now transitioned into a woman and was working for FedEx. And so on, until finally I had an exhibition of these fallen goddesses.

In the next issue. Harris talks about his work at the Centre with people with schizophrenia... ●

Labyrinths

Rohana Darlington, UK, writes...

I was fascinated to read Harris's account of his time as Director of Creative Ministries where he encouraged a local sculptor to create a labyrinth in the grounds of his church in Melbourne for people to walk along.

I discovered a labyrinth near where I live when I was researching the River Itchen, a beautiful chalk stream with crystal clear water, for an art project. This river is only 28 miles long from source to sea, beginning in North Hampshire and ending in Southampton Water in the English Channel. I spent over a year producing paintings and photographs illustrating the river and the environment around its banks.

The project exploring the beautiful River Itchen was so inspiring. The water is extremely clear because it flows from underground springs over aquifer - permeable chalk which acts as a filter to organic matter and sediment. I'd never seen such rivers before when we lived in the north of England. There are only 210 chalk streams in the world and 160 of them are in England, mainly in the south. So I feel very lucky to live near one and to discover a labyrinth en route was an added bonus.

These pictures are in the order of the progress of the river. The labyrinth painting I sent with the article comes between the Mill House painting and the Bambridge Lock photo. Hope these give you the flavour of this lovely river as it proceeds from its rural origins and opens out into the wide tidal estuary into the English Channel. These are just selection of the flora and fauna around this river.

*Mill House at Martyr Worthy. >
Acrylic on canvas board.*

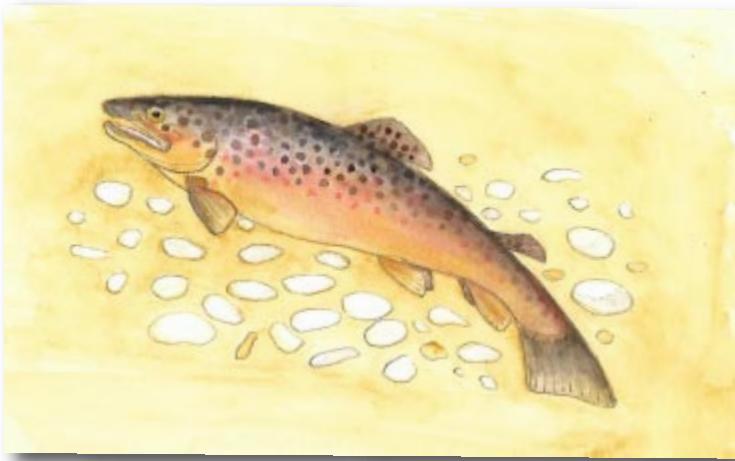


The Itchen at Ovington. Acrylic on canvas board. Here the overhanging trees form a tunnel and the light can be glimpsed at the end.



River Itchen at Martyr Worthy. Acrylic painting on board.

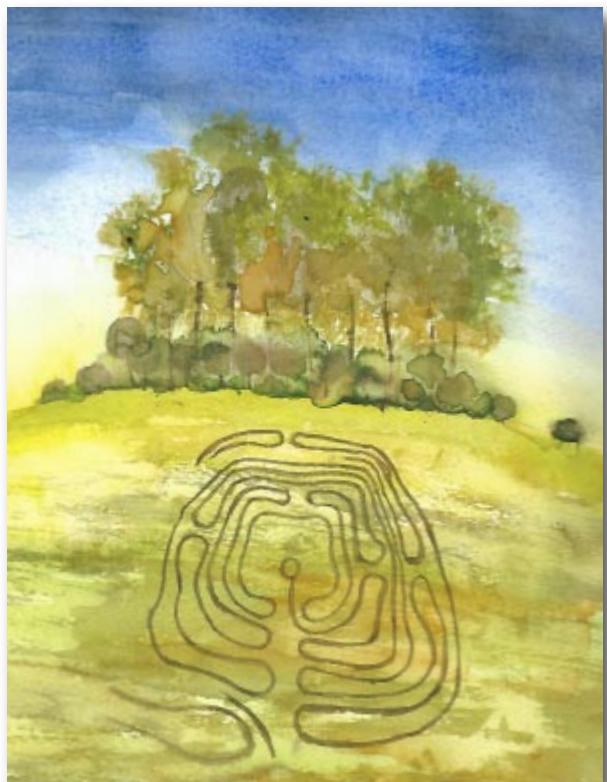




Brown Trout from the river. Acrylic on paper. (You can see the stones beneath as the water is so clear).



Kingfisher. Acrylic on paper.



St Catherine's Hill Labyrinth. Acrylic on paper.

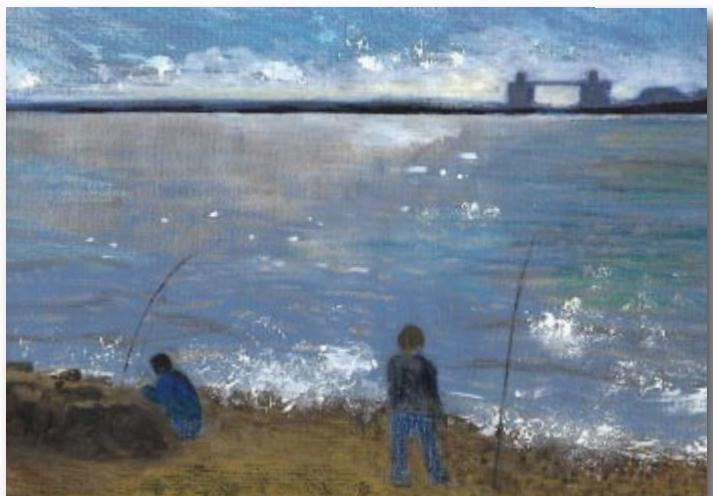


Sluice on the river. Ink and watercolour on paper.



Damselfly in flight. Ink painting on paper.

“ River Itchen, a
beautiful chalk stream
with crystal clear
water... ”



Fishermen at Southampton Water.
Pastel and acrylic painting on paper.

Labyrinths

Labyrinths are ancient archetypes dating back at least 4000 years or more, and labyrinth walking is practiced by different faiths for spiritual centering, contemplation and prayer. Entering the serpentine path of a labyrinth where you walk slowly, calmly and meditatively can help to quieten the mind as you focus on a spiritual question or prayer.

Labyrinths symbolize the journey to a predetermined destination, such as a pilgrimage or as a metaphor for the journey through life from birth to death and to a spiritual awakening.

In England, the terms labyrinth and maze can be used synonymously, although labyrinths are usually described as having only a single path to the center, while a maze can have several complex branches eventually leading to a central point.

The labyrinth I discovered is in St Catherine's Hill Nature Reserve, a rich chalk grassland where over 25 different species of butterflies thrive. The hill is named after St Catherine, the patron saint of hill tops as she was said to have ascended to heaven from the top of Mount Sinai.

The top of this hill is crested by a group of beech trees known as The Clump and just below this a mysterious labyrinth is cut into the turf. Known as the Miz Maze, this is one of the eight historic mazes still remaining in England.

The labyrinth is cut into the chalk with no junctures or crossings and unusually for amaze is rectangular rather than circular. It is formed from nine nested squares in a pattern similar to the traditional game of Nine Men's Morris.

The origins of this maze are obscure and are thought to date from the 17th century, although the pattern is medieval in design. Tradition links it to nearby Winchester College, who own the hill, and legend says it was made by a student from the college as a punishment for bad behaviour.

The walk round the labyrinth, called Tolling of the Labyrinth still continues today.

Have any other readers had experiences of labyrinths?



Early Days: In Florence

Daniela Moneta writes...

Daniela Moneta, Subud Archivist, writes about how she went to Florence in 1966 when the Arno River overflowed its banks and flooded the Biblioteca Nazionale Centrale, Italy's National Library. These were her early Days in Book Restoration and Paper Mending. In the second article to be published in our next issue she talks about how she was opened in Subud; (This article was first published in Subud USA News.)...

I had just finished my BA in Fine Arts at UCLA and applied for graduate school. I didn't know that UCLA didn't allow their BA students to apply to graduate school as they wanted new blood, people from other colleges only. We needed 20 to 30 strong pieces and a written statement, and I was given gallery space for my exhibition.

I was accepted into the UCLA Graduate School of Fine Arts with an exception that I could attend for one years and then be reevaluate. After a year, I decided that graduate work was not much different than undergraduate work and didn't feel like continuing. Actually, I didn't see a future as the only job I could get after graduating with an MBA would be to teach art and I was extremely intro-



Photo by Don Etherington: Daniela Moneta (far right, smiling, in blue shop coat) in book conservation workshop in the reading room of the Biblioteca Nazionale Centrale, Florence, Italy, 1967.

verted and could barely talk to people. How could I be a teacher?

I got a job as a clerk in the Santa Monica Public Library, this was in 1963, and I took bookbinding classes offered by UCLA in their extension program. [Little did I know that Santa Monica was one of Bapak's favorite places and there were many visits where he stayed in the Miramar hotel, a few blocks from where I was working.] I loved the bookbinding classes and took them for about three years and worked for the instructor, Peggy Lecky, as her teaching assistant.

I wanted to write books, make the paper, print them, illustrate them, and bind them. I was deep into designing book covers and illustrating for other books as I hadn't written one of my own.

The flood...

Then the flood happened in Florence, Italy, on 4 November 1966 and the Arno River overflowed its banks and flooded the Biblioteca Nazionale Centrale, Italy's National Library.

The library was inundated with water and hundreds of thousands of books were damaged. I read about the flood and saw all the photographs in Time Magazine (I still have that issue) and wanted to go to Florence to help restore books. I wrote to the Committee to Rescue Italian Art (CRIA) headed by Jackie Kennedy to see if I could get a job there.

They said no, they only wanted experts. I said that I would come anyway and work for free. It took me nine months to earn the money for the ticket to Florence with a little extra to live on. Here is an article about the flood and the work to restore the Italian national library, written by one of my colleagues at the Biblioteca, Don Etherington:

<https://quod.lib.umich.edu/m/maize/mpub9310956/1:10--flood-in-florence-1966-a-fifty-year-retrospective?rgn=div1;view=fulltext>

I am in the photo of the reading room, on the far right in the blue shop coat in Fig. 5. I remember laughing when Don took the photo up on a tall ladder and making faces to get us to smile.

In Florence...

When I got to Florence, Stella Patri (an American bookbinder) was part of the team working in the national library. She was thrilled to see me. She was in her late 70s and had been working for months with the team at the Biblioteca which was headed by Peter Waters, from the UK, the most renowned book restorer in the world. Stella begged me to take her job so she could return home to San Francisco.

After a few days working with her and learning the ropes, I took her place as manager in the mending section. This was a job to train and manage about 25 Italians on how to mend paper. These were people with no previous experience in mending paper, but they were mainly crafts people who worked well with their hands. Stella had trained most of them, so it was easy for me to step into her shoes

There were hundreds of thousands of books that had been rescued from the flood waters, dried in the convents and tobacco factories, and were now encased in blocks of dried mud. Many had their bindings ripped off by the flood waters. They were sent to the Biblioteca to be washed and have the mud removed, dried, and then sent to be mended and rebound. They came to my section where we mended all the tears and damages mainly to the center folds and the edges of the paper.

My job was to teach people how to mend the paper and inspect their work before sending it on to be rebound. I really wanted to do the rebinding but I was stuck for two years heading the mending section. I did love that work and my helpers in the mending section became my best friends and taught me Italian, invited me to the homes for Sunday dinners, and took me to the beaches during Ferragosto a public holiday each year.

I earned \$250 a month in that job but managed to save enough to go to England to visit The British Library and see book restoration there. I took a movie camera with me and visited places in England and Scotland to film book restoration, vellum making, edge

Hundreds of thousands of books had been rescued from the flood waters...

There was a new beginning in book restoration with science behind it...

gilding (putting gold on the tops and edges of books) and paper marbling by Douglas Cockerell (world famous paper marbler), and I visited a commercial book bindery in Scotland.

[Documenting the restoration process...](#)

My English buddies from Florence gave me a place to stay and arranged for me to film these processes. I wasn't much interested in commercial bookbinding, but my British friends felt that it was something the Italians should see. When I returned to the Biblioteca Nationale, I showed my films and then took photographs of the restoration work.

I took a thousand pictures documenting the entire restoration process. I returned to the USA for a short time to visit my family and on the way, stopped at the New York Public Library (NYPL) to see if they would buy my photographs and films. They agreed to purchase them but wanted me to write captions for all the photographs. I visited my family in California and returned to New York to work at the NYPL for three months to write the captions and write a book conservation program for them.

After the flood in Florence, there was a new beginning in book restoration with science behind it. By that time, Peter Waters, who headed the restoration project at the Biblioteca, was offered a job at the Library of Congress to head their restoration/conservation department. I think he worked there for 20 years or so.

In the next issue we publish Daniela's account of how she came into Subud...

Sharing Individuation

Roland Evans writes...

Many people have suffered overwhelming difficulty and loss during the pandemic. For me, however, these past 18 months have been full of riches. Prompted by dreams and receivings, I understood that 2021 would be a year of consolidation and transformation. I felt that as well as psychotherapy, I needed to offer something more, something that reflected my mature understanding of human beings and how we can transform.

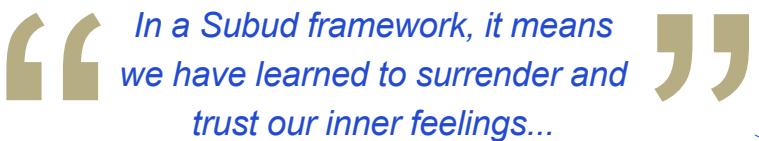
I was initially guided to psychology through C.G. Jung's autobiography, *Memories, Dreams, Reflections*. In 1973, a Subud friend practically forced the book into my hand saying she knew I had to read it. Jung's experiences, coupled with a vision during latihan of helping people, decided me on a career as a psychologist. It naturally made sense for me to use Jung's profound idea of individuation as a framework for my new offering.

Jung tells us that if we are in touch with our true Self, the latter part of a life is a time of ripening, fullness, and integration of experience. He termed this process individuation. In a Subud framework, it means we have learned to surrender and trust our inner feelings. We have put into practice the fruits of the latihan, polished and used our talents and done our best to fulfill our life purpose. Of course individuation is never complete—we keep working on transformation until we draw our last breath.

To share my ideas and experience of individuation, I had to resolve a dilemma. Recently, I'd become dissatisfied with academic presentations. An insight had come to me when I was quiet: "Only words filled with spirit touch the soul." I knew that however well-planned and brilliant a lecture, it tends to feed the mind and not the whole person. I wanted more impact, so I developed a simple teaching model: information for the mind, emotional/relational experience for the heart, dreams and imagination for the inner self, and regular practice to fix good physical habits.

Using this model, I developed a program titled: *Becoming your True Self: An Individuation Intensive*. So as not to spend time lecturing, I made video presentations of the main Jungian concepts: Individuation, the Hero's Journey, the Ego, the Shadow, Relationship as a Spiritual Path, and the Self.

Between our meetings, members had to record their dreams, keep a journal and hold an intention to do a regular spiritual practice. They also had to meet weekly with a partner

In a Subud framework, it means we have learned to surrender and trust our inner feelings... >

to discuss specific questions related to the material. In class we did active and guided imagination and explored and discussed our experiences.

Dreamwork took up a significant portion of many sessions. For the last class a member suggested we attempted social or community dreaming. I set a topic for everyone to dream about; then we collected and shared the dreams. The results were fascinating, a true reflection of the inner riches and wisdom within each person.

I believe the course touched the inner feelings of the participants: "*It has been a really enriching process for me.*" "*I feel that the ways I have changed during the past 13 weeks will make my inner world more compelling and worthy of my time.*"

It has taken many years for me to feel ready and able to offer this course. The latihan works slowly to clarify our understanding, develop our talents, and reveal ways we can be of service to others and the world. We have to be patient and yet sustain an unshakable intention to put the latihan and our receiving into practice. Unless we share the fruits of the latihan, we fall short of fulfilling our purpose on this earth.

You can find out more about the Individual Intensive on my website: <https://roland-evans.com/>
This article was first published in Subud USA News.

My Amazing Adventure

Book review by Reynold Ruslan Feldman, Subud-Boulder, Colorado, USA...

I've just returned from an incredible sea journey of eleven months, from Beaufort, North Carolina, to Waiheke Island, New Zealand. I sailed on several boats of varying configurations, all small, to various Caribbean islands, through the Panama Canal, then across the Pacific with stops at the Galapagos, the Marquesas, Tahiti, the Cook Islands, Tonga, and Fiji before reaching our destination.

I was just a passenger, accompanying my younger friend, Davina Menduno, an experienced sailor who had once restored and voyaged on her own sailboat. She is the daughter of Subud member Michael Menduno and former member Margaret Pevec. She's also the niece of well-known long-time helper Lawrence Pevec.

So how did I, an 81-year-old retired professor, manage to stand up to the rigor of ocean-going sailing in these small, often modestly equipped boats? Spoiler alert! I did it virtually via Davina's brand-new page-turner of a book: Adventures of a Pirate Girl—Hitchhiking the High Seas. So, here's the good news: this adventure is now available for a very modest price to all of you as well.

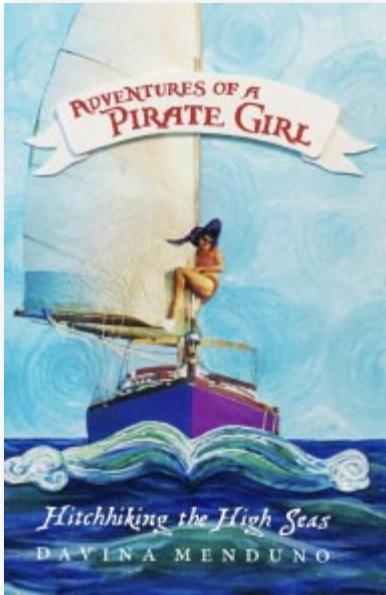
A great way to introduce you to the book is to quote Davina's invitation to the reader on the back cover:

This is a swashbuckling (mostly) true story about a woman who decides to untangle her dual dreams of finding a partner and circumnavigating the globe. After many years of entwined devotion to her boat and her man—well . . . a string of men—she resolves to pursue one-half of the dream, the sailing one, despite the fact that her hormones are bubbling over with baby fever.

Planning to hitchhike around the world, with almost no money she jumps on a yacht from North Carolina heading to the Caribbean. . . . Pirate Girl is the Captain of her own life. She navigates with an internal compass that does not allow conventional fears or boundaries to restrict her movement or her mind.

She searches her inner horizon through a feminist, sex positive, spiritual lens, making this deep and playful story a journey that will resonate [with] and inspire all kinds of women—by land or sea.

And as a man, I can say that the book resonated with and inspired me too. Moreover, it reminded me of something Bapak once said in my hearing, to this effect: "Bapak is pleased that all of you have been blessed to receive and follow the Latihan Kejiwaan of Subud. But Bapak must be honest with you. Subud is really not for you. It is for your children and grandchildren. They are the ones who will truly receive in their jiwas and make a difference in this world. You are the pioneers of >



Subud, but they are the settlers who will build the towns and cities. They are the ones Almighty God is waiting for...."

Davina may not be actively doing the latihan now, but as a 60-year veteran of Subud, I could feel the latihan inspiring her inner and outer journey throughout. I thus strongly recommend that Subud members of both genders get and read this book. It is available in Canada, the U.S., and New Zealand, in both e-book and paperback versions, from DavinaMenduno.com. Elsewhere, find it at most online bookdealers. Thank you. And now for some photos. . . .

Cubby Menagerie

© Freeman Wyllie 2021

Irwan writes the third in his series about his cubby...

I am but one of many creatures that call the cubby home. The cubby's bush setting attracts many visitors. Some stay on to become permanent residents.

Gaps between windows and ill-fitting doors have become covert superhighways for many of God's creatures. Others brazenly come straight in through the front door. The cubby, by its very nature, has an open-door policy.

With few exceptions, the cubby's menagerie of creatures live in harmony. Ever since I was a small child, I have not been able to kill anything. I am certainly no threat.

In fact, hardly a day goes by that I do not rescue some creature that has fallen on hard times - a moth dragging wet wings around the cubby sink, a wasp bumping against a closed window in the hope of a day's adventure, or a bewildered, tiny lizard wandering across the cubby floor...

To read the complete article, click [here](#)...

<https://www.subudvoice.net/wp-content/uploads/2021/10/Cubby-Menagerie.pdf>



HOUSE FOR SALE IN WISMA SUBUD

Mirjana Josephine Bacikin writes that she has a house for sale in Wisma Subud...

The main purpose of this message \is to express my intention to sell my house in Wisma Subud within our Subud society.

The house is positioned on the left side of Latihan Hall, as one of the back houses of so called Four Plexes (Certificate 14).

House is fully in private ownership free of any debts with Notarial deed of free passage through the front property.



The size of the land is 333sqm and the house is of 260sqm.

The house was designed by worldwide famous Subud British architect Lambert Gibbs around 1977.

The house is in good shape with 2 bedrooms, 2 bathrooms, two sitting rooms, dining room, kitchen, washing room and the servant quarters.

There is nice tropical garden at the back yard of the house.

The neighbourhood is safe with 24-hour security guards.

The main point is Latihan Hall in the middle of Wisma Subud with huge green area in front.

Contact by email josefinamirjana@yahoo.com

For full information and location maps, click here:

<https://www.subudvoice.net/wp-content/uploads/2021/10/HouseForSaleWismaSubud.pdf>

ENCHANTMENT FROM CHILDHOOD

By Laura Paterson

First the lowing of dairy cows

Moving homeward from the grazing fields.

The resonant donging of cowbells swinging from their necks

And sounding through the crystalline evening air.

And Then

The never-to-be-forgotten call of loons,

Their yearning tones of longing

Settling over the mist-shrouded icy cold waters

Of Rock Lake, deep in the majestic Canadian Rockies.



<https://youtu.be/4ENNzjy8QjU>

‘Love’

Before Love Ends

As with Beauty

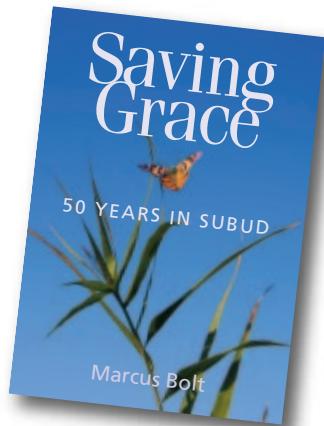
It has Its greatest Flowering.

Laura Paterson

Saving Grace – 50 Years in Subud

Marcus Bolt

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.



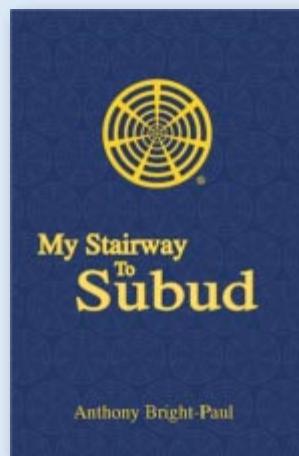
“Entertaining and instructive by turns, Marcus writes in an easy, flowing conversational style that gives the reader the feeling of being personally addressed. Unpretentious and refreshingly free of sanctimony, there is a generosity and a warmth of spirit about his narration that quickly befriends the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

Laurence Clark MA (Oxon), CBE

“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, SICA

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

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Compiled by Ilaina Lennard

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- * The Whatcombe House story * Advice from Bapak about sexual relationships * When the sexual act is moved by the soul
- * Mas Sudarto's experience
- * My childhood as Bapak's son: Mas Harjono describes his early life
- * Arifin Konrad's extraordinary journey beyond this world *and much, much more...*



To order the book (£12 plus postage), click the link www.lulu.com then search for The Best of Subud Voice 3, and follow the on-screen prompts to basket, preferred payment method, delivery/billing address(es) and postage rate. Books normally take 5 to 7 days to arrive.

The Journey of Little Twig

An inspirational children's story, written by Lynnelle Stewart (Subud USA) and illustrated by Rosanna Mount (Subud UK).

EXCITING NEWS! AMAZON can now PRINT the story of Little Twig's adventures **WITHIN AUSTRALIA**. Kindle ebook also available.

Ruth Taylor

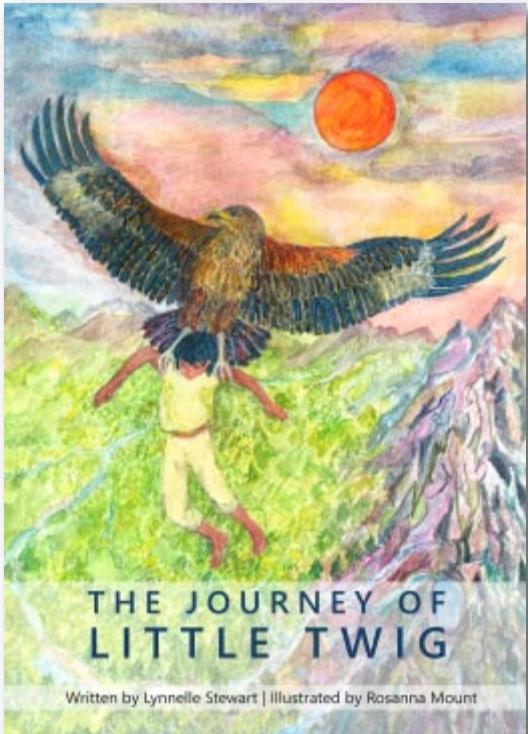
This inspiring and moving story about heroism and self discovery is beautifully told, with delightful illustrations that capture the inner and outer journey of Little Twig. This is a wonderful gift to current and future generations. Thank you, Lynnelle and Rosanna.

Victoria Stiles

A story of courage and determination. This is a magnificently told story of a courageous young man. The illustrations are colorful, bright and help tell the story of Little Twig. As a former teacher, I would highly recommend this book!! It would be an excellent addition to any classroom! If you are looking for a gift for a young person, this is a perfect gift!!!

Lucy Houbart

I think it is a book that gives inspiration and comfort to both adults and children...could be read many times over without losing the impact of its powerful message.



Hasana Birk

A story written from the soul that will leave its imprint on all who join Little Twig in his quest to save his people and discover his true self. The Journey of Little Twig will delight both "our wondrous children and their wise elders". I hope it is the first of a series.

NOW AVAILABLE ON AMAZON

The creation and publication of The Journey of Little Twig is an ongoing harmonious and cooperative project involving the talents of several SUBUD members. It is available on Amazon in countries around the world as both a paperback book and eBook for Amazon Kindle; currently in English. If you enjoy it, PLEASE help us build interest, and support sales, by POSTING A POSITIVE REVIEW on Amazon.

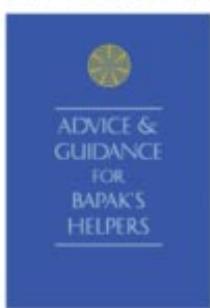
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