



Working With Schizophrenics



Walking the labyrinth. Harris Smart recalls his time as director of the Centre for Creative Ministries, working with people with schizophrenia...

One of the most interesting periods of my life was when I was appointed to be the Director of the Centre for Creative Ministries, an agency set up by the Uniting Church in Melbourne. The area where the Centre was located was St Kilda. One of the traditional functions of this area was that people came here who had been released from mental illness institutions when "deinstitutionalisation" became popular in the 70s and 80s.

These people had migrated to the St Kilda area because there were large rooming houses offering cheap accommodation in which they congregated and formed communities.

Just at this time the whole St Kilda area was undergoing a process of gentrification and now pressure was being put on these marginalised people to move out to other areas, as these rooming houses were being developed into blocks of flats. For many of them it meant separation from their friends and a supportive community.

No specific Training

I had no specific training in how to work with people with schizophrenia, although around the time I joined Subud in California in the 1960s I had worked a lot with Husein Chung the Subud psychodrama master. And when I first began to attend gatherings of these people with severe mental illnesses I was quite nervous, but I soon found that just by being naturally myself, and not pretending to have any expertise, I was accepted by these people. So, we began to run >

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drama programmes for them.

We started to do some singing and drama classes with the schizophrenic people, and this led to the idea of doing a show.

That first show was a pretty funny show. People just came along and did whatever it was they wanted to do, without much thought to rhyme or reason, or giving the thing any shape or form.

So, there was a classical cellist, there was a guy doing his Elvis impersonations, there was a girl playing the guitar and singing her sweet songs, there was a guy operating marionettes he made himself.

Great schizophrenics of history...

Then I began to introduce them to great schizophrenics of history with the idea that we might make plays around them. The first character I introduced them to was the famous Russian ballet dancer, Nijinsky.

Nijinsky, still regarded as the greatest male ballet dancer of all time, rose to fame in the period just before the First World War when he was the star of the Ballet Russe, the ballet company created by the impresario Diaghilev.

Nijinsky was famous for his leaps, when he seemed to hang suspended in the air, and for the magnetic sensuality of his performances.

Nijinsky more or less invented modern dance. For instance, he created a dance where people just played tennis. Perhaps his most dramatic achievement was the choreography for the first performance of Stravinsky's "Rite of Spring".

But then a lot of different things began to impact on Nijinsky, the war and the horrors of the war preyed on his mind. He wrote a diary which was largely gibberish. He was obsessed by the idea of God. He believed that God spoke to him. Finally, he was diagnosed as schizophrenic and spent the next 50 years in an asylum.

Reading his diary, I always feel like he was someone who was looking for Subud, but Subud did not yet exist for him.

We produced a play about Nijinsky and subsequently I developed it as a one man play, which was performed in the Melbourne fringe Festival.

Our next project was about another artist, known to be schizophrenic, Vincent Van Gogh, and we made another play, this time with music and songs, about the yellow house, that famous episode in the history of art when van Gogh and Gauguin tried to live together to form an artist colony, but it all ended in disaster with Van Gogh cutting off part of his ear and entering an asylum.



A church in St Kilda, Melbourne, became the home for the Centre for Creative Ministries, a Uniting Church initiative.



The Centre ran workshops in everything from African dance to innovative worship.



We formed a relationship with a spirituality centre at the beach. We went there for residential weekends with discussion groups and workshops.

As well...

But, as well as developing and putting on these original plays, the Centre was developing in other ways. We had a large programme of offerings for the general public of workshops in all kinds of things, folk music, African dancing, how to write, painting, as well as a spiritual offering of innovative workshops, meditation and labyrinth walking. There were performances by choirs, gospel choirs, and sing the song writers.

We had also formed a relationship with a retreat centre located on the beach about an hour's drive from Melbourne and we began to hold retreats there. This centre had its own labyrinth, and we did many workshops there on psychospiritual and artistic themes. I learned about the Sufi system called the engram on one of these workshops, taught by a Catholic nun. These days with so few vocations in the Catholic Church, many of the nuns who do come in develop an artistic or spiritual speciality.

One particular nun had organised a big exhibition of 20th century art to be held in the State Gallery of Victoria, a very prestigious art organisation. This exhibition included all the big names in 20th-century painting such as Picasso, Rothko, Chagall and Stanley Spencer.

We got the idea at the centre of approaching the gallery and asking if we could accompany this exhibition with another one celebrating Australian religious art. This was perhaps the most public event in the centre's history with an opening in the National Gallery and an exhibition of works in a gallery adjoining the one where the great 20th century international masters were on display. The evening began with performances by African dancers and other workshops we have run at the centre.

But perhaps it is the work with schizophrenic people that has most stayed with me, and I will conclude this story of my time with the Centre for Creative Ministries with this...



We organised an exhibition of Australian religious art at the National Gallery of Victoria which ran in parallel with an exhibition of international religious art of the 20th century.



From the performance of Nijinsky. It developed from a performance with people with schizophrenia into a one-man play at the Melbourne Fringe Festival.

INTERVIEW WITH "JANET" ABOUT PERFORMING IN NIJINSKY

Radio interview with "Janet" about performing in Harris Smart's play NIJINSKY...

The impact of the experience of Nijinsky on a person with a psychiatric disability can be understood from this interview with Janet, a young woman with schizophrenia. She was interviewed on the ABC's The Spirit of Things and was asked by Rachael Kohn, the program's presenter:

Janet, you're playing Nijinsky's wife. What attracts you to this particular play?

What attracts me is the fear aspect. Because I've actually got schizophrenia and Nijinsky himself >

was diagnosed with some sort of mental illness and I guess have a mental illness and now here I am playing the reverse role of myself

You're playing his wife?

That's right. And here I am having to portray a supposedly "normal person" and how they would cope with someone with a mental illness. It's confusing, it's confronting and it's definitely rewarding

It makes you ask a lot of questions about your own life, about his life and the people in your life, and the people in his life, and it gives you a new overlook on the way the world is running today.

When you read his diary how did you react to it?

My first reaction to Harris was, "Who's been reading my diary?"

It was that similar to your own thoughts, your own feelings?

Yes it was, it was frightening, very frightening.

How did you get around that feeling to actually getting involved in this play which obviously takes a lot out of you?

Well, I was involved with the Rag Theatre Troupe and that's how Harris found me. He said, "I've got a part for you", and I read it, and at first I was petrified so I actually left my home and went away for a week, and went to a friend's place out in the country, so that I was away from everybody and basically isolated myself, and I think the emotions ran rampant and they are still running rampant, and I don't think this is going to be resolved until I perform

Now the play is partly about a search for God. Do you relate to that?

Actually, it's more than God. It's searching for...God to me...and I feel what Nijinsky is trying to say...God is actually having meaning, purpose and fulfilment in your life, a reason to exist. So that is God in essence.

And do you find being involved in this play helps you delve these questions?

Oh definitely. Without these sort of productions people such as myself who basically have limitations and are not given the same rights as other people...even though we supposedly we should be, we are not.

Thank goodness for people like Harris, who to me is a godlike figure in his own essence, because he has given me an opportunity not only to deal with my own illness, but also to look at other people's illnesses, to delve into the questions of God. He's given me a reason to exist... people are going to come and see the show... people are going to come to see me.

I don't want to be a famous performer or a famous actor. But people want to support me. I have become an icon for a lot of people with illness, and people with drug addictions – because I've delved in quite a few fields – and people are saying, "Janet got out of it, and look what she's doing with her life", so there is just so much positive.

Look, I'm smiling... I wake up every day... I wake up in the middle of the night at three o'clock in the morning... I'll rip through the play highlighting special issues. It's wonderful to be alive. And thank goodness that the City of Port Phillip funds these projects for people like me to have a chance to have a supposedly normal life.

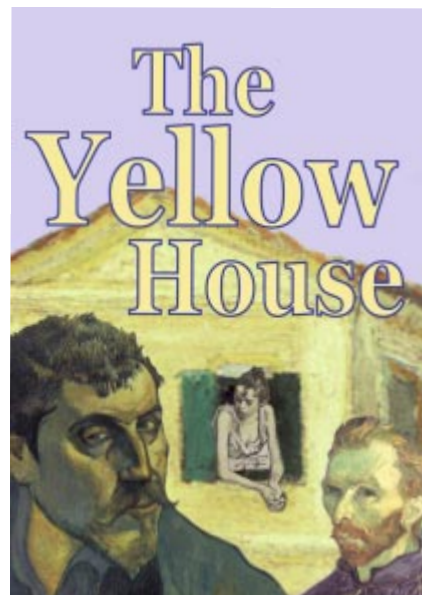
Janet, when you imagine performing this play what kind of audience do you imagine communicating to. Do you think you can communicate to all kinds of people or just people like yourself?

To me there is no reason to perform, if you cannot portray a message that is received by each and every individual who is in the audience. What they receive I cannot tell them – I cannot project how they are going to respond to my own performance or anyone else's – but if no message has gotten across then I have failed.

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Harris has given me an opportunity to deal with my own illness and also to look at other people's illnesses...

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God is actually having meaning, purpose and fulfilment in your life, a reason to exist. That is God in essence...

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Janet, finally, who in the play is more interesting to you, Nijinsky or his wife?

Definitely his wife, definitely his wife. First it was Nijinsky. I was obsessed with Nijinsky, but now I'm obsessed with his wife.

Tell me why?

She must have been an incredible woman to have stayed by him through all those times. I am obsessed with each and every character but definitely Romola has really inspired me to re-look at my own behaviour.

Asmaniah Fraval Part 1

In the first part of this interview with Harris Smart, Asmaniah talks about her early life including experiences in Wolfsburg and with Bapak and Ibu Siti Sumari in Wisma Subud. Asmaniah has been a chair of Subud Australia and an International Helper. This interview was recorded at the Subud Australia Congress in January 2023...

In Wolfsburg

Harris: I think fairly soon after your opening, you went to visit the Wolfsburg group, is that correct?

Asmaniah: Yes, a couple of months later once my exams were over and I had finished school. We went on a family holiday to Wolfsburg and stayed in the Subud house known as the Forsthaus.

It came to pass in one of those Subud turnarounds that I ended up staying on and spent a year and a half there, which was, as a single person, just amazing. I learned so much and did my first Ramadan fast there. But all good things come to an end and I came back to the UK, and at the end of that year, so in '68, I went to Cilandak for almost the whole of Ramadan. The fast had already started, but I was there at the end of the fast.

Harris: Can you give me a taste of what was amazing and what you learned from being in Wolfsburg?

Asmaniah : The Subud side of life was very strong and the group activities were, for a single person, just beautiful. (In hindsight, it was pretty much like a continuation of the German youth group that first went to Coombe Springs back in 1957 when those who were old enough were opened.)

We read talks, went on walks, with our sketch pads, had meals together, we delved into topics, different cultures, but doing the whole thing, not just reading, it was researching, and making costumes and food, listening to the music and so on.

I was looking after the three Cadera children during my time in Wolfsburg and frequently had upwards of 10 little ones in my care while the parents were involved in helper or committee work. I was affectionately known as the Mary Poppins of the Wolfsburg group.

Bapak stayed in the Forsthaus in May 1967: this was the first time I was with Bapak and Ibu Sumari. There was latihan and testing, music from the Hamburg musicians, dancing round the Maypole, visiting the border with East Germany and the nearby group at Wendhausen.

I remember one night we left the Forsthaus at 4am after an evening with Bapak during which Bapak actually dozed off: perhaps I should say we didn't leave, we floated out of the Forsthaus!

It was a very rich time, very rich.

Harris: Were you there for some of those famous camps they held?

Asmaniah: Yes. I went on one camp and I was also there when the barn was transformed into a Russian village, complete with samovar, icons, food, music etc. This theme was because the delegates from Wolfsburg to the World Congress in Japan in 1967 travelled across Russia on the Trans-Siberian railway.

Harris: Was it also connected with Richard Engels having been a prisoner of war in Russia? Was it a sense of reconciliation or forgiveness or something?



Asmaniah at the Subud Australia Congress in January 2023.

Asmaniah: If that was the case, I wasn't aware of it at that time.

Living in Cilandak

Harris: Tell us about what happened when you went to Cilandak.

Asmaniah: My cousin was living in Wisma Subud in one of the rooms of the guest house at that time and studying at the university. When I went, I was billeted with her in her room. Because she was there on her own, she spent quite a lot of time up at the big house with Tuti and the other grandkids because that was like her family.

She must have told them that I had arrived because on the first night, she came back from the big house bringing with her a little bowl of peanuts from Ibu Sumari with the message that I should go up to the big house at ten o'clock the next morning. I'll just share about those peanuts; it was like eating manna from heaven. It was the most amazing simple gift, which had a real impact.

I went up, of course, the next morning and I spent most of the rest of my three weeks up in the big house whenever I could, being with Ibu, with Tuti, and Muti, just in the house generally. I saw Bapak as an ordinary man, a family man, with his grandkids, with his wife. I also saw Bapak and experienced Bapak as the extraordinary human being he was.

Harris: Can you tell me something about your relationship with Ibu? What was so impressive or why were you so drawn to her?

Asmaniah: It just felt wonderful to be with her. The interesting thing was I had no questions. A lot of people, when they were with Ibu, would ask her all sorts of questions and I had no questions. I was just 100% complete.

I had no questions. In fact, Ibu asked me a question one day when I was walking with her. She was walking, holding my arm in her little garden, and she turned to me and she said, "Why you called Asmaniah?"

I just looked at her in surprise and said, "Because Bapak gave me the name." Afterwards I thought, "Why didn't I ask Ibu why she asked me that question? What was the significance of that?" But at the time, I had no questions.

Harris: You've mentioned to me that you had two experiences in particular with Bapak that convinced you that in some ways he was an ordinary man but he was also extraordinary. Could you tell me about those experiences?

Asmaniah: Yes. It was Ramadan and at the end of Ramadan, Idul-Fitri is the feast at the end of the fast. From an inner point of view, it is a time when you ask forgiveness of your family, your elders. It was the custom that all Bapak's family and Subud members would come to the Big House for Idul-Fitri. It was really very crowded.

After a while, people started to go up to Bapak to do down and put your head on your elder's knee. I observed how people were doing this, family first, and then the Indonesian people, and then the guests who were there for Ramadan. When I came up, I had no idea what to expect, but I put my head on Bapak's knee, he put his hand on my head and said, "Ja, ja". Maybe 20 seconds at the most.

In that time, it was like from head to toe, my whole being was cleaned out. It was such a deep experience for me that I did not share it for more than 30 years because it was such an incredible thing. The only thing that I can equate it to is when Jesus forgave people their sins. That was very, very major.

Then the second one was when I said goodbye to Bapak. Tuti suggested that I go and say goodbye to Bapak as he was in his office and I was due to leave the next few days. I knocked on the door and Bapak invited me in. Bapak was sitting behind his desk and extended his hand to me. I took his hand and thanked Bapak.

Whether I looked into his eyes or I was drawn to his eyes, I really don't know, but what I saw were not eyes. It was like these two tunnels that were going way, way off into the vastness of the universe. That was major.

To read this interview in full go to:

<https://www.subudvoice.net/wp-content/uploads/2023/06/Asmaniah.pdf>

“ Bapak’s eyes were like two tunnels going way, way off into the vastness of the universe...”

Subud Lewes Has a New Home

Osanna Vaughn writes...

After a few years of discussing, planning and negotiating, the Subud Lewes group has officially moved from its beloved but limited space on Station Street, to its new home in the premises of the former Lewes New School. The school had been established a couple of decades ago by group members with young children, but had closed down after running its course.



The new property already has two large spaces for latihan, a lounge area, an industrial size kitchen, smaller spaces currently being rented out to members for different projects, bathroom facilities and more spaces to be developed. A 10 x 7 metres conservatory to house a larger group area and café is being planned, and the former tarmac playground will eventually become a garden. The intention is to turn the whole project into a profitable enterprise, continuing along the lines of Station Street.

When I visited last Sunday to attend the 11:00 latihan (there is also an earlier one at 10:00), I was delighted by the joyful atmosphere, added to by the presence of visitors from as far away as Australia, Argentina and the USA. After the worldwide slow downs and struggles caused by Covid, it was wonderful to spend time at an enthusiastic group.

While the new Lewes Subud house has been adequately financed by the sale of Station Street (the halls plus an adjacent town house), and by selling off a portion of the Lewes New School land to a housing development, the work needed for renovations and developments will require further funding. Please contact Andrew Holloway andrew@greenoakcarpentry.co.uk for more information about how you can become involved.

This article was first published in www.subudworldnews.com

Subud Britain National Congress

Staff writer...

2023 saw the first full Subud Britain congress since the end of Covid. Last summer, Collin Matthews, the incoming chair, had promised that it would also include plenty of space and activities for families and camping, and so it was.

Around 170 members, local and from abroad, gathered at Stoke College in Suffolk, including Zone 3 Rep, Hannah de Roo. In addition to



From L to R: Clara Rust (SYA), Siti Salamah (SIHA), Marianna Lassalle (SICA), and Adela Kerr (SDB) add moments of humour to the opening ceremony, watched on by National Secretary, Khairani Salem, on the right.

the smooth running of congress business, there was plenty of time set aside for kejiwaan sessions, as well as workshops dedicated to Wing activities. Among the latter was a presentation of an idea to develop further care homes around Britain, initiated jointly by SD and SIHA.

The recognised needs for this service is also inspired by the great example set by Wisma Mulia in Frampton Upon Severn. Amanda Lloyd, on the Wisma Mulia Board, was able to share insight, along with other members with plenty of expertise in different areas of particular importance to a project like this. There

was a strong feeling that solid foundations were being laid for this development – which could well evolve to include an intergenerational aspect, with plenty of key people on board. As Adela Kerr, chair of Susila Dharma Britain, said on various occasions: “Watch this space”.

Further good news concerned the Amadeus Centre in London, which, after a challenging period, is back on good footing, and to the fact that the Lewes group has officially moved into its new premises, at the former Lewes New School – a property with many plans and potential for further development.

The congress, which ran from Monday the 24th to Friday the 28th, concluded with widespread feelings of satisfaction, lots of laughter, and promises of exciting times ahead!

This article was first published in www.subudworldnews.com



Flower crown-making workshop during congress.

Australia's MYCM 2023

Impressions by Alena Kennedy...

These are my personal experiences and impressions of the Australian MYCM (Mid Year Council Meeting) as a member of the host group Subud Wollongong.

It was surprisingly easy to organise, because Oliver Kennedy the chairperson (and also my husband) and all of the active members were motivated and chose roles early. This included liaising with members of the council, billeting visitors, organising pick-ups from the railway station and from motels, planning and preparing food, communications, money transactions, kitchen work and setting up the meeting space. Frances Kuhna from Canberra also pitched in by providing a large amount of very tasty food.

My job was to communicate with prospective visitors and to organise the money transactions for meals and morning and afternoon teas. This went mostly smoothly, with the funds received for meals just about covering the repayments made to members for ingredients; while \$680 raised for morning and afternoon teas will be donated to Susila Dharma Australia.

The simultaneous latihan placed pressure on our space but were very nice from my perspective. Maybe we will stagger them in future as the smaller hall did not cope so well with the numbers. I did not attend any meetings, so I was available to help in the kitchen and to interact with visitors. About half of the participants (including Subud Wollongong members) were not essential to the council meetings so the weekend had a strong social element to it. Some of my memories are:

- *Chatting around the fire, discussing how to locate south from the position of the Southern Cross and its Pointers while listening to the sounds of stags bellowing and clashing antlers.*

“

It is the content of the Latihan in our simple interactions that profoundly and invisibly transmits the essence of Subud...

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Members of the Wollongong group (present at the time) gathering around the fireplace that Oliver Kennedy built for the Mid Year Council Meeting on Hillside Farm. At Celia Temple's request he placed markers there indicating the points of the compass, facing 'true north'.

- Deep, powerful and beautiful Latihan. Feeling the strength of connection.
- Mutual sharings of experiences and holding/receiving space for expressions of grief or sadness.
- Discussing possibilities for WINGS collaborations during next congress.
- Hearing accounts of visitors exploring on Hillside (including lyrebirds singing to each other and mis-adventures with embankments and stinging trees in the creek).
- Watching brothers and sisters enjoying good coffee, cake and conversation on the deck in the warm winter sun.

It is apparent to me that whether we hold roles or not, it is the content of the Latihan in our simple interactions that profoundly and invisibly transmits the essence of Subud, like the space between the words of a conversation.

My community.

- Meaningful and sometimes silly conversations with much laughter.
- Remembering that we are all one family with affection and tolerance for one another.
- Great food which was tasty, nutritious and suited people with intolerances.
- Singing workshops with Audrey (I remembered how much I enjoy harmonies and keep getting snippets of the bass lines since).
- Playing with Ron and Latimah's children and helping them to toast marshmallows.
- Feeling and receiving gratitude.



Visitors to the gathering. Mursalin and Mariani New and Gregory Thomas.

Icon of Jesus

Constantina Alexander is a Subud artist living in Wales. She follows the Third Order of St Francis whereby lay people follow a version of the monastic life while still living in the world. She writes...

Dear Harris in Mount Warning,

Belonging to the Third Order with regularity and with meaning. I guess it is like going to school and learning how to have a day-by-day experience with God; to learn little by little how not to act from one's own strength (my Novice Guardian taught me that) but to listen with patience for inner inspiration. Often it is surprising to me how completely simple acts of kindness, or a few spoken >

“ Learning how to have a day-by-day experience with God... ”

words resound with something I have no words to explain. Cosmic!

I love Australia and I have a large icon in a cathedral in Bunbury, WA that was commissioned for their 50th anniversary. Painted on the most amazing piece of jarrah wood a local carpenter had kept for something special for ten years after the tree was struck by lightning in his garden.

Christ is superimposed on what we call a mandorla, an almond shape. A symbol of the gateway between Earth and Heaven. Imagine two circles overlapping – just like those Venn diagrams you might have done at school in maths. One of the teenagers in the church, who saw it when it was presented, said to me, "You've painted something for Australia, Jesus has his own surfboard!" I have never forgotten that and the joy it gave me.

That was a beautiful six weeks. It was a time when I felt the buzz of innate power surrounding me from the moment I got on the plane in London to my return. Every person I met, and every happening was filled with something incredible, even the taxi driver and I had the most wonderful conversation. And of course, not one bit had anything to do with me! I am very boring and ordinary and incapable of boiling an egg.

Delightful circumstances brought this about as my older sister is a priest in WA and I had been sending her icons for a number of years. So, I think she put the idea to the cathedral who were able to see the icons I had already sent.

If you look on the icon: Christ is supposed to be holding seven stars, but I painted in the Southern Cross and the two pointer stars appear



Icon of the Vision of St John in Revelation, painting by Constantina Alexander, in Bunbury Cathedral, Western Australia.



Icon of St John dictating the vision written in the Book of Revelation. Note how even the mountains bend forward to hear him speak.

on the left. Isn't that piece of wood something!

The image is based on the Vision of St John the Evangelist whilst he was exiled on the island of Patmos with his scribe, Prochorus. It is contained in the Book of Revelation and is a source of unending possibilities for an artist like me who has always been inspired by biblical stories.

The design is my own, but based on traditional icons. The figure of Christ is modelled on the icon where Mary Magdalene is the first to see Christ outside the tomb after his resurrection. The orange colour of his robe is symbolic of the power of the holy spirit. In the four corners are the traditional motifs of the four evangelists, Matthew (man), Mark (lion), Luke (ox) and John (eagle).

There are seven golden lampstands representing the Seven Churches in Revelation. One thing that is fascinating about icons is the light. It is not the reflected light painters try to capture in paintings but light from within – inner light or uncreated light as we call it. The light from before the creation – my physics head gets very excited about this, but for mystical interpretations look up Hesychasm – it was controversial but for Subud members this has connections.

During my visit to WA... I ran an icon course for a week which was wonderful and included a student's pet macaw that sat on my shoulder as I walked around the class. I gave numerous talks in Bunbury and Freemantle >

“ To learn little by little how not to act from one's own strength... ”

and hid away for three weeks to complete the commission.

The latter was such a delicious experience as I was rented a house in a small town called Waroona, by some Australian Italians and I lived next door to their Nonna who fed me copiously, along with numerous relatives who seemed to descend en masse whenever I popped in for tea.

My contact for that was Vincent Moleta who was knighted many years ago in Italy for services bringing Italian culture to Perth. He worked as a translator of early Latin religious texts and poetry and was a fantastic character. He seemed to know every Italian in Western Australia and I had a lot of ice cream and wine.

The Anglican priest in Waroona was an Elvis fan and a lookalike. When she heard about the icon I was invited to bring it along to her church. It had been a lifelong wish for her to see a painting of this vision of St John and she could not quite believe it had come to her neighbourhood in Waroona of all places.

Every single moment seemed to be packed with something profound for everyone I met. I will treasure the memory always. How I did all that in six weeks seems impossible to imagine now, but everything just flowed.

“ Everything just flowed...”

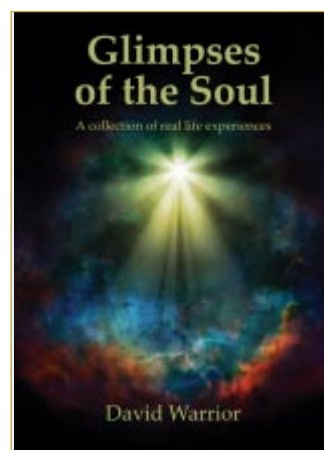
Glimpses of the Soul

Laura Paterson, USA, sends a brief review of David Warrior's book Glimpses of the Soul...

It is 'Indiana Jones' meets 'Rumi' and 'The Celestine Prophecy'. It is exotic adventure conjoined with spiritual growth and maturity. It is the real life story of a very young and deeply stoic Englishman, who ventures into and becomes deeply embedded with and profoundly fluent in the complex range of cultures, religions, and languages, both ancient and modern, that are contained in the vast, modern-day Indonesian archipelago.

David Warrior is by turns warm, witty, kind, and compassionate. And utterly charming. You could not seek a better companion, whether for the tale of an outward adventure, or for the witness of an inward journey. David's writing gives vivid and compelling evidence of his profound growth and development in both realms.

David shares with every reader his experiences of material success and achievement in the outer world, corresponding together with the growth, development and maturation of his inner, spiritual experiences and capacities. Those inner capacities and experiences that always have been sought by anyone who wishes to discover the luminous realities of their own deeply personal experience of being human.



Glimpses of the Soul (Extract)

In recent issues of Subud Voice I have publicised the book 'Glimpses of the Soul' by David Warrior because I believe it is a very good book which is particularly relevant to our time as it presents a very lively and convincing portrait of Subud both as a personal spiritual experience and as a path to enterprise. David has given us permission to publish an extract from the book about his opening in Subud as a young man in England. He writes...

It was 7.30 on a Monday evening that I sat in the small ante-room where about twenty Subud members, all men, were gathered, drinking tea and catching up with news and stories of their weekend. I sat there feeling like a fish



David Warrior 23 years after he had been opened. With his wife on a visit to England for a Saatchi International meeting.

out of water even though several members came over and introduced themselves and wanted to know something about me. Then the door to the main latihan room opened and about fifteen women came out, which prompted the men to stand up and start moving into the main room.

The main room for 'latihan' was about the size of an average junior school classroom. After all the men had entered they spread out and stood in no particular pattern. Two helpers came over to me and asked me if it was my sincere intention to worship Almighty God and that my desire to be 'opened' was truly from my own free will and not because I had been persuaded or forced by anyone else. I answered both questions in the affirmative.

I was told to close my eyes, empty myself of thoughts as much as possible and not be distracted by what other members may be receiving.

I moved to the edge of the room with my back close to the wall and closed my eyes. One of the helpers then said "Begin" and almost immediately the room came alive with various voices and sounds and I was aware that many people were moving around. One member was even running around the hall.

I realized that I was not doing too well with the 'empty your thoughts' and 'don't be distracted' part of the instructions.

In fact, various thoughts kept bubbling up like "Why am I here?" and "What are they all doing?" The latihan, as far as I could observe, did not seem to conform to any kind of religious or spiritual worship I was familiar with, but I resigned myself to wait out the half hour, and then all the thoughts and questions drifted off into the distance. Even the loud sounds and singing seemed to be coming from far off. I actually felt peaceful.

It must have been about twenty minutes into the latihan that, as I stood quietly, almost like in a day dream, I suddenly got a rude awakening. I felt myself thrust forward two steps and almost tripped over. I recovered my balance and looked back to where I had stood. I was sure that a member had tried to run between me and the wall and had knocked or pushed me out of the way. But it was clear that the space between me and the wall was too narrow for anyone to even squeeze past me. Somewhat confused I returned to my spot and actually moved close enough to the wall that it touched my shoulders.

A few minutes later I was back in my peaceful state when I was thrust forward again and this time I found myself on the floor, basically in the position of worship. I could smell the carpet and my mind was really having a hard time trying to figure out how that had happened again. There was no answer, so I gave up worrying about it. Soon after that the helper called "Finish" and the room quickly fell silent.

The following Thursday I returned for my second latihan. It still felt pretty odd for the first ten minutes until I stopped thinking about it and found that deep, peaceful feeling inside. The only thing different was that this time I noticed a kind of vibration in my legs and arms. It wasn't just a feeling. My arms and legs were physically shaking, but I still felt peaceful so I didn't think too much about that either.

So that was my opening and follow-up latihan experience. A bit weird, but nothing sensational I thought at the time.

If you would like to read a further chapter from David's book, [click here](https://www.subudvoice.net/wp-content/uploads/2023/08/NORMAL.pdf)
<https://www.subudvoice.net/wp-content/uploads/2023/08/NORMAL.pdf>

Barbie: The Subud Connection

The movie Barbie is currently breaking Box Office records with its appeal to both children and adults. Subud designer Susannah Rosenthal reveals how she played an important role in the development of the Barbie Doll when she was working with the Mattel toy company. She writes...

The amazing Barbie movie can now include my success as a designer. I was a new designer in Design when I went into my boss's office and said I wanted to redesign Barbie and he said, "Go ahead."

I worked with sculpting and various other Mattel departments and presented my design to >

top management. One Senior Vice President told me after the presentation, "You have just saved Barbie."

I won the Mattel President's award for the creation of the 1977 "Superstar Barbie". Superstar Barbie has been described as: "Superstar Barbie is one of the most iconic Barbie dolls of all time. She was a game-changer doll."

I went on to become the head of Barbie Preliminary Design, then, when electronics became the newest thing for toys, I switched to adding tech to toys and finally being promoted to Vice President of Mattel's New Product Group. There are many stories of Subud members who worked in or with my group.

Now with the Barbie movie, I am encouraged it might be the publicity I need to get a partner or Subud members to help me make the following happen.

Three and a half years ago Susannah purchased a campus, which had previously been the production site of The Garfield cartoon series. She has a vision to turn it into a Subud enterprise with commercial and educational potentials. She says...

"I wanted to recreate the group I had at Mattel and the success of many designers, including many Subud members like Caleb Chung who, with another designer I hired for my new business concepts group, went on to fabulous success designing 'Furby'."

I was 'bragging' about my success in identifying and mentoring toy designers. I just realized I needed to tell my story starting with Barbie.

Susannah is looking for partners in her project. You can contact her on suxanadu@gmail.com ●



Summer Camp In Wilczyska

Emmanuel Aronie from the US writes...

Over seven days, July 20 – 26, a group of us Subuders (adults and youngsters – three from Ukraine, five from Poland and one from US) had a GREAT time at Wilczyska, Halim Kozzybki's family estate, set out in the Polish countryside, about halfway between Warsaw and Lublin, Poland. We had comfortable sleeping quarters and had the most fun time, everybody free to relax and enjoy the many features of this gorgeous place and time. Cooking, baking, shopping, gardening, swimming, field trips to the local farmers' market and the historical town of Lublin. We had a taste of music, with singing and learning to play piano.

What was the best thing? Hard to say. We went to a wood where some of us got our hands painted blueberry, and gathered about 2 quarts of very tasty berries. Later, these very same berries were eaten directly by the spoonful or added to various things like porridge or even a highly unusual, but very tasty pasta.

At night, we made a bonfire; well, Halim, the expert was actually the real fire maker. But, the rest of us followed our cue and roasted delicious sausages, which we quickly 'scarfed up' (ate with gusto).

Then, there was the latihan with five of us: Simon and Wojtek from Łomża, myself from the USA, Valera from good old Ukraine, and our host, Halim, the hometown boy from Wilczyska.



The fire.



The lake.

This article was first published in www.subudworldnews.com ●

An Important Exchange

From the editor...

I have often heard about the exchange of correspondence between Bapak and John Bennett after John Bennett had decided to leave Subud. And I have read parts of it before, but I've never seen the correspondence in full. But then a Subud member has sent me a copy of a Subud periodical from 1965 containing the complete letters. It is certainly a very important exchange in the history of Subud.

John Godolphin Bennett was of course instrumental in helping Subud become established in England and other parts of the world after Bapak's visit to the UK in 1957. Bennett was involved in the promotion of the work of the Russian sage Gurdjieff at his centre in Coombe Springs, and through a worldwide network, Subud was able to spread quickly around the world thanks to this established network of Bennett's.

But at a certain point Bennett decided to withdraw from Subud. Bapak's kindly reply is perhaps not only relevant to this particular situation, but perhaps serves in general as a model of how one's attitude should be when dealing with situations of this kind.

To see the periodical which includes this correspondence, click here:
<https://www.subudvoice.net/wp-content/uploads/2023/08/SIS.pdf>



John Bennett with Bapak and Ibu Siti Sumari at Coombe Springs.

Three Aspects of Being in Subud

Isti Jenkins, who has served as an International Helper, reflects on what it means to be in Subud...

I believe there are three aspects to Subud, the two aspects of the kedjiwaan are the Latihan, our personal contact with the power of Almighty God and the talks that are the gifts from Bapak and Ibu Rahayu, which complement the Latihan. The third aspect is the framework of Subud, the organisational aspect that is necessary while we are existing here on this earth.

Although I believe that my Latihan and Subud talks actually complement each other enriching the understanding of myself and of life on earth in general, I'm aware that I only grasp very little, but feel a sense of peace as if my soul has received the nutrition it needs. I certainly do not wish to make rules nor lecture anyone, but only offer and encourage others to use any opportunity to listen or read these talks.

Before I joined Subud and later embraced Islam, I grew up as a Christian which was a strong part of my family and school life. Even though I loved the beliefs and values of the religion, I cannot say I was able to uphold them. Sadly, during my teenage years my desire to be like my peers was stronger than my wish to remain close to the wisdom of spiritual doctrine.

It is difficult to explain, but after I joined the Subud spiritual association, there came a time when I believe I was given another chance, receiving what is known as the Grace of God. I experienced a Divine revelation of the awakening of my soul after I was opened in 1967 while living in Cilandak, Indonesia. But on returning to Australia, I remember feeling unworthy of these gifts and did not value them with the respect they deserved. (Staying close to my true self was indeed the greatest test by far, and failing it was regrettable and followed with several years of remorse.)



It was not until much later in life around 1994 that I kept feeling a name that really reflected my true inner nature, and although I only recognised part of it, its meaning felt very significant. Ibu Rahayu, whom I love and respect, gave me the name Istigomah, which, she said, means 'steadfast'. But after further research I found it to mean much more than that, and that 'much more' reflected my nature and my beliefs.



*All the secrets of how
to live are revealed
in the talks given us by
Bapak and
Ibu Rahayu...*



It expressed my love for all the Prophets that came before Bapak, I was told that it means 'One who does not deviate from the straight path under the line of the Prophets' (The messengers being Adam, Abraham, Moses, Jesus and Mohammad, who God sent to help us return whole to Him for eternal life after death.)

I have learned that it is very easy to be tricked by the heart and mind and led in a false direction... so developing a strong and sure character is important. Falling from God's Grace is painful, and the journey is a huge test of faith. All the secrets of how to live and behave are revealed in the talks given to us by Bapak and Ibu Rahayu. The two people who in our lifetime were given the Divine Attribute of Understanding and the best level of truth that is possible to find anywhere.

Who Is Isti and Why Is She Bapak's Helper?

What Bapak has given us both in word and spirit surely aligns with my aspirations.

But actually, I'm not very comfortable with any label... because it creates expectations and responsibilities that I probably cannot possibly fulfil.

What is my story? Well, the word Subud represents those three words Susila, Budhi, Dharma... words that represent a perfect human being... and I am far from that!

I have made many mistakes and failed many tests that prove this!

Nevertheless, I do love feeling awakened by this Great Life Force that helps cleanse, protect and enrich my soul... and I love to read or listen to the amazing truth and wisdom shared by Bapak and his daughter Rahayu. I'm probably more of a 'sieve' than a 'sponge' and therefore extremely slow to absorb the content.

During the WSA meeting in 1999, I felt a willingness to be tested for the role of International Helper. It was based on a desire to be useful... but the testing proved that I was not yet ready and showed that I needed to let go of any desire. So I concentrated on becoming busy with craft activities.

Not until 2014 did I consider putting my name forward again for the test. This time, I did so with a very neutral feeling... not minding at all whether or not I was selected. But I was selected and can remember, during the experience of being tested, being asked several questions. Both about my willingness and ability to work as a team. During this test, I received a gift inwardly.

This 'Gift' certainly provided me with strength and the width to serve the Greater Community in our Zone, Area Two. But God gives and God takes as He pleases and I distinctly remember as the term ended in 2018, during the Talk from Ibu Rahayu, the 'Gift' disappeared as easily as it had come. In Ibu Rahayu's talk to old and new International Helpers she explained how God gives us what we need to serve Subud sincerely. How helpful was this explanation!

So I no longer have this gift and remain as an ordinary member. I cannot feel the Kedjiwaan the way I did during those years, but simply accept that where I'm at and what I get is appropriate and best for me at this time. I do not know if I am capable of 'helping' anyone... but the least I can do is share the wisdom and truth laid out so beautifully by Bapak and Ibu Rahayu. Not dishing out my own advice, nor imposing a lecture on anyone, but simply reminding members of all the references we have been given. Because it comes from a Divine source and is all we need to educate our soul, our Jiwa.

Notes from the Isle of Man

Tony Bright Paul surveys the state of the world...

Today the 13th day of June was a day of extremes. In the Isle of Man the temperature surpassed 26°C, and it was too hot to sit outside in the sun. After an incredibly long winter with maximum use of electricity, we have had a full 2 weeks of fine weather, to give us all some relief in that area.

My youngest granddaughter Isabella likes to challenge me over my boast of learning something new every day. Go on, Granddad, what have you learned today? I'll tell you. Have you ever wanted desperately to watch a particular tennis match only to be told that it can only be watched on the red button on iPlayer, following which there is an explanation in gibberish?

Luckily, I have a computer genius as a friend, who trusts me to have a certain modicum of persistence, as he was too busy to come round, and said instead two words. Fire Stick.

Well, Issy, that was it, that was what I learned today – how to find the iPlayer and subsequently I found my way to the glorious green grass courts at Nottingham, where yet more unhappy people were stabbed to death today. But nothing stops tennis, not a few stabbings, or a war between Ukraine and Russia, which must take the biscuit for the most needless destruction of buildings, dams and power stations, not to mention the loss of life on both sides.

After that it was a relief to watch *Spring Watch* on TV – Sandwich Terns have a spectacular mating dance and are faithful to one another for a good 4 years. There was so much about my beloved Dorset, and then the northern tip of Anglesey, that I was suffering overload. Too, too much to absorb in one sitting. Good Lord, I just need a few more years, there is so much to learn.

If that was not enough, there was a wonderful programme on Morocco. Why did I find it so wonderful? Surely, not because of the wonderful colours of the costumes, the relative emancipation of a few artistic women. Well yes and no, to the basic African culture. But for us in Subud there is a yardstick. That is progress. Are we making progress? In spite of the wars and the hideous stabbings, is mankind, is *manusia* making progress?

You know what, I believe mankind is making progress. It is not always easy to see. There is a great surge, a surge in knowledge, a levelling up of understanding, there are millions more people with a level of good will and tolerance.

If one reads a lot of Bapak's talks and unique books like *The Tests of Bapak*, one must see that Bapak produced not only a manual for the spiritual life, but also very much a manual for our everyday affairs. Certainly, there is a greater understanding and tolerance of other nations. At one time the English really did believe that English were top dogs, and the rest were lesser breeds without the law.

Only fifty years ago it was considered that Hungarians were impertinent to play soccer so well – it was an English preserve! And how did the Indian sub-continent produce so many great cricketers? The young today do not even begin to harbour those conceits. The taboos between people of different skin colour still exist, but to a much lesser extent now.

It is perfectly possible for people of different races to marry and to succeed. One has only to look at our own Prime Minister and his Cabinet, one has only to see the newscasters daily of every sort of complexion, and as for soccer sides, they are made up of races east and west and south and north.

I put it to you, all my Subud friends, that the world is making progress, and that Subud is the underlying yeast.



Tony Bright-Paul reports that Sandwich Terns have a spectacular mating dance and are faithful to each other for four years.

“ Are we making progress? In spite of the wars and hideous stabbings, are we making progress? ”

The Inner Child Knew All Along!

Marianna Michel reflects on some of the major moments, people and developments of her life...

I find that I've started to tell people – Subud members or not – about experiences I had as a child and young person.

I had a recurring dream in my childhood, in which my bedroom was blocked with old armchairs and other furniture, so that I could not move about nor do anything for myself. The inner message was also clear, though I could not put it into words. It could have been expressed as “this is the environment and limitations of being in this family, from the limitations they have inherited”, but as I said, this was a subtle understanding and I did not find words for it. As an adult, I told my husband Hadrian about this and we laughingly called it the ‘too much furniture’ dream.

The next event was from around age 11. When we have an interesting or noteworthy thought, we tend to remember where it happened and in this case, I know I was relaxing in bed one morning – so I would guess this was either a weekend or a school holiday. I was lying on my side looking at blue curtains, which was the view from the double bed I shared with my sister until I was 12.

There was frustration because I felt that, whatever I did, or thought, or said – or what anyone else said to me – all of it was sticking to me and closing me in. It was like layers of ‘stuff’ which I could not remove. I knew that something had to come along and *snip* through to release my soul from the constraints of these accretions which would become thicker and thicker as I grew older. Then the thought was gone – but the time and place remained in my memory.

At the age of 17, I had become a little weighed down by the state of the world – a typical age for this to occur, it seems. I had grown up in a quiet village, surrounded by countryside and with freedom to roam. (*See the ad below, for my stories about these years!*).

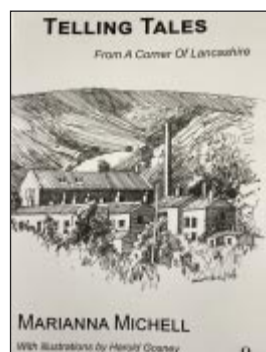
Typically, I was on a local walk and was seated on a hillside in the sunlight, viewing the green vales around me. But I had become aware of issues of over-population, about pollution, the destruction of the environment, species extinction. In my own village, a housing development had doubled the size of the village and changed its nature.

As I wondered about these things, I had my first experience of ‘premonition’ (call it what you will). A message passed through my head, “When you are in your early twenties, you will become part of a movement of people who are changed from the inside.” Just like the ‘too much furniture dream’, the event altered my deeper understanding.

My first thought was something like, “So, people are just ‘putting out fires’, but that makes things worse. People need inner guidance.” After that, without focussing mentally upon the message, I found myself able to get on with my school life and work.

To read Marianna's complete article click here:

<https://www.subudvoice.net/wp-content/uploads/2023/08/MMICHEL.pdf>



‘TELLING TALES From a Corner of Lancashire’ comprises a dozen non-fiction stories. The collection could have been called ‘PLACES, FACES & SPACES’ but the mention of Lancashire has helped secure a monthly appearance in a regional magazine.

The tales were originally published over a period of four years, in OPEN VIEWS (ed. Lance Edwards).

The collection now features illustrations by York artist and sculptor Harold Gosney. Available on Amazon, and later also on Kindle.



Marianna Michel.

Elevate the artist

Laurence Shorter writes...

Any time you feel like you are grinding it out, you can stop and remember – there's an opportunity to elevate what you're doing to an art.

This is even true of art itself. Whatever we are engaged in, we can do it in a toiling, transactional way that's connected to and inspired by vision.

Hard work is inescapable, but too much of it drains vitality and leaves us tired or bored. It has a place – when you make a fence you have to dig holes and bang the poles into the ground. But first you have to conceive the fence, visualise its form and then design and craft it. Likewise, when you're growing a business you need to make calls and attend meetings, but first you need to know what you're aiming for, and why. 'Why' includes the feeling of joy and energy the plan inspires.

Elevating the artist in your life means putting spirit first, which means practising motivation as a discipline – so your work is nourished and doesn't make you want to give up and die.

To find out more about how to elevate the artist in your life, click here:

<https://www.subudvoice.net/wp-content/uploads/2023/07/ART.pdf>

If you would like to subscribe to Laurence's blog contact him on: laurenceshorter@gmail.com ●



Piet Mondrian – finding his own language (Apple Tree, Blossoming – 1912)

MSF: Education Grants

The Muhammad Subuh Foundation (MSF) is pleased to announce the 2023 *Call for Grant Proposals for projects supporting the education for young children*. The deadline for submitting the grant applications is September 30, 2023. For this year, a fund of \$5,985 USD will be granted to a project supporting the education of the very young. To apply for this grant, please complete the following for youth projects providing all the required information and supporting documentation so MSF can understand your project. (For Application Form:)

https://docs.google.com/forms/d/e/1FAIpQLSdrqdfIIamprzpsIF_cKS7I5VJR7ddWIVzNhJeHskdO0TnnvA/viewform

We invite you to carefully read the Application Guide for projects in order to understand the complete process and to know the questions you will have to answer in the application form. In case you have any questions or comments please do not hesitate to write to MSF at:

(For Application Guide:)

https://www.msubuhfoundation.org/wp-content/uploads/2023/07/MSF-Grant-for-projects-supporting-the-education-of-the-very-young-Guideline_ENGLISH_2023.pdf ●

APPLICATION EXTENDED TILL OCTOBER 31, 2023 AUG-01-2023

WSA and MSF inform about the Trustee Appointment Process 2023-2024

The World Subud Association (WSA) kindly invites you to apply for the role of trustee for the Muhammad Subuh Foundation (MSF). We are looking to fill five vacancies at the World Congress in Kalimantan. Active Subud members around the world are encouraged to consider applying.

The Muhammad Subuh Foundation is the foundation of the World Subud Association. MSF is a non-profit organisation registered in the USA. According to the bylaws of MSF, the Foundation trustees are appointed by the directors of the World Subud Association.

Please read the following letter to learn about the role and responsibilities of an MSF trustee; the minimum criteria to serve as a trustee; how you can be nominated, and the timeline of the appointment process. The deadline to submit applications is October 31, 2023.

Appointment process

https://subudworldnews.com/userfiles/news/documents/2023/August/20230723_WSA_-_MSF_Call_for_Trustees_Application_EN_SP_FR.pdf

Nomination form

https://subudworldnews.com/userfiles/news/documents/2023/August/Deadline_Extended-MSF_Trustee_Nomination_Form_2023-2024.pdf ●

Musings While on Crete

Lucas Horton has sent these poems recording moments from a recent holiday on Crete...

The question

I wake up cross, why not?
Then we bicker, why not?
Then we fight, why?
How do we get out of this?
Who was right, who was wrong?
Is it right to be right?
Or wrong to be wrong?
How do I get out of this?
And then I see her again
A glimpse out of the corner of my eye
I can't help it, before I can catch myself, I smile
And she smiles
No longer cross, we smile together...

The summer cruise

The big fat sea slug came by today
Dropped its thousand babies onto the quayside
20 coaches lined up to scoop them up
4 hour selfie fest
Shopping, site seeing, instagramming.
Back on the slug
Onto the next

Written on the wind

I am on a tour, doing the tourist stuff, yesterday some ruins, today a nearly empty monastery, only 2 monks left.
There must be more than these meagre stories.
Round the back, nobody there, a rustling of the leaves
I listen to the wind
We were here before you.
We will be here long after your kind has gone.
We are the reason they came in the beginning
We used to talk then, the first of your kind
But they brought along their newer Gods
These too now all but abandoned
And now your new gods come in trucks at 5 bucks a piece.
Coca Cola offloaded on forklifts ready for a concert
None come now who listen on the wind.
To hear the old stories of Grace and Grandeur
We will still be here when you are all gone
But for all that,
We will miss you

The pen goes adventuring

Sitting in the shade,
overlooking the sea,
beer in hand
feeling at one with the world
Writing about eternal things,
of Grace and Space and all the other things
Sipping my beer, musing and writing, writing and musing.
The meaning of life and all the rest, channeling Hemingway.
But the idyll is broken, all in a flash
The wind rises up
A gust on the page... the pen takes off.
By Bye, Lucas... enough of the pontificating
Enough of the writing. I'm off for an adventure.
And with that it is gone, into the water.
I watch it there, maybe it will come back, wash up on the beach, but no.
It's off on the tide, off to meet its cousins, it must have had heard about that place In the middle of the ocean
A new island where all the misused plastic pens and toothbrushes go
To come together to make a new land.
The great Pacific Garbage patch,
It's the plastic New World
Ready to host
A new kind of life
Just in case...



Australia: Special Purpose Account

Antony Tibbs writes on behalf of the National Committee...

Dear Members,

At National Congress 2022, Subud Australia established the Special Purpose Account to manage the allocation of funds bequeathed to Subud Australia. Following on from the first funding round that took place in 2022, we are happy to announce that applications are now open for 2023.

The principle guiding any disbursement from the Account is that projects must 'contribute to the growth and continued development of Subud... in line with (our) vision and wishes, and the aims and objectives of our Subud Association'. This means money in the Account doesn't get spent on every day organisational costs, but goes instead to support projects that are in line with our values. Full details of the Account, including the policy and procedures and application form, can be found on the Special Purpose Account page in the members area of the Subud Australia website.

<https://www.subud.org.au/products/resources-for-subud-australia-members/categories/2148774261/posts/2155919793>

If you have an idea for a project that meets the criteria and requires additional funding to get off the ground, please discuss with your Group or Wing Chair. If they are supportive, fill out an application form and submit it by the deadline.

Timeline:

- Applications open – 07/08/2023
- Applications close – 03/09/2023
- Assessment period – 04/09/2023 to 31/10/2023
- Referral to Council – National Congress Jan 2024

If you have any questions, please feel free to contact Antony Tibbs (Chairperson) or any other member of the National Committee.

A D V E R T I S E M E N T S

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

Compiled by Ilaina Lennard

- * Early meetings with Bapak * The Charismatics and the Quakers
- * 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.

Volumes 1 and 2 also available on the Lulu site. Search *They Were There* for Vol 1 and *They Were There Volume 2* for the second volume.

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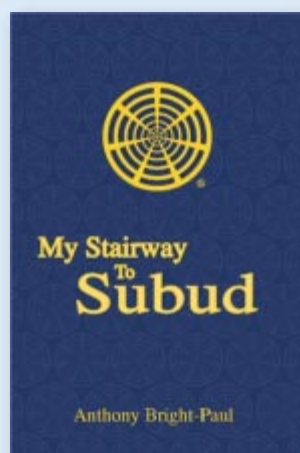
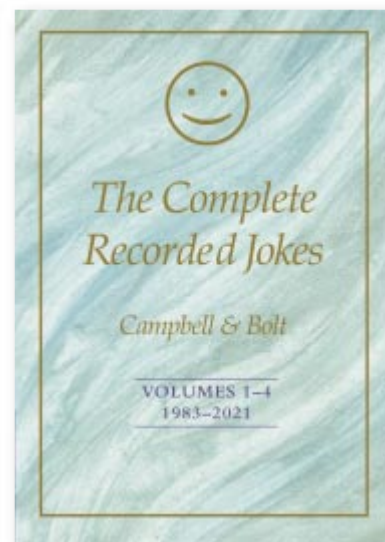
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Click the URL above and follow the onscreen prompts



My Stairway to Subud

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.

Available from: www.subudbooks.com
price £10.00 including P&P.

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Send articles, photos, cartoons etc. to Harris
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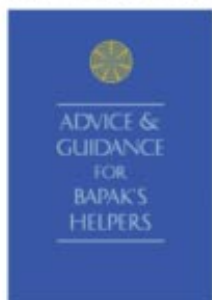
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