



## Ibu's message to Oz Congress

Pamulang, 7th January 2014

Brothers and sisters of Subud Australia whom I love and respect: Happy New Year.

Before we begin the congress, let us take a moment to quieten ourselves and pray to Almighty God; ask to be forgiven our mistakes and shortcomings and ask for God's grace so that this congress will run well and produce a beneficial result for our future development. Thank you.

With the air of the New Year still fresh, we are grateful to Almighty God to have this chance to be together



*Ibu Rahayu's meeting with children at the Christchurch World Congress. (Photo by Sahlan McKingley)*

again to hold the Australian National Congress. In Subud, both national and world congresses are essential. Besides needing them for the development of Subud locally, the development of Subud in the world is no less important. At a congress, people who wish to devote themselves to God through the latihan come together.

Before leaving us, Bapak set out the guidelines for what we need to do as we propagate and develop Subud in a way that fits the nature and the needs of the latihan. And since Subud is something new and is active in the spiritual realm, one can compare its spread to the way smoke spreads when blown by the wind; that smoke originates from the fire of Bapak's receiving. That receiving was not just for Bapak; it is a reality now that people from many countries practice it. So it is my duty as the most senior in Subud to safeguard the authenticity of Bapak's receiving, and to maintain the integrity of Subud and to maintain harmony within Subud.

With the passing of time, a new generation has arrived and many new members have a different understanding of how to observe the guidelines that Bapak laid down. Some ask why we still >

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## “Safeguarding the authenticity of Bapak’s receiving.”

need to mention religion in Subud, and why men and women have to do latihan separately. They think that Subud should be brought ‘up to date’.

When Bapak was still with us, he constantly hoped that Subud members would do latihan in the right way by surrendering and having faith in Almighty God and by having an attitude of acceptance and being willing to let go, so that they too would witness that Bapak’s receiving is real and that it truly is a gift from God.

When I had such a witnessing, it was a pivotal event in my life. I had been sent to Semarang by Bapak to be the national helper there, and I was living in the house that Bapak owned there. During my time in Semarang, the Subud groups in Central Java began to come to life again. It was while I was staying there in Bapak’s house that I began to be called through a series of spiritual experiences. Those experiences began when Bapak’s wife, Ibu Siti Sumari, passed away, and they continued for a hundred days until the selamatan to commemorate her passing was held.

As for those experiences, I do not need to tell you about them here.

But I knew that I had received those experiences so that I would be a witness and so that I could take on the task of following Bapak in his spiritual work. By then, Bapak was getting on in years and to ensure that there would be continuity in the spiritual work I had to follow and continue Bapak’s work to the best of my ability and strength. Bapak simply left everything to God’s will.

Now in turn I have grown old. Looking ahead, if it is God’s will, anything is possible. For that reason while I am still here with you, I ask this of you: if you are truly Subud members, then respect and follow Bapak’s advice. If there are shortcomings in Subud, the fault does not lie with Subud; the problem is simply that many in Subud are still not able yet to position themselves correctly and in consequence cannot yet tell the difference between receiving that comes from our drives and desires and that which comes from God’s will.

That is why we can never say that we have completed the process of the latihan.

That concludes my remarks to the Congress.

Hopefully, during this gathering, you will be able to get along as you work together and you will strengthen a feeling of unity and togetherness as you lead your lives in this world and later in the hereafter.

Have a good Congress and I send my warmest regards to all the members in Subud Australia.

Sincerely, IBU, Siti Rahayu Wiryohudoyo

[Read more about the Australian Congress inside.](#)

## 12 reasons to go to World Congress

- World Congress happens only every 4 years. It’s our big opportunity to get together, share our experiences, do latihan and testing, and renew our understanding of the latihan and its place in our lives.

- The Puebla Convention Centre and other venues will provide very large latihan halls for 2,000 + participants, spaces for testing sessions, rooms for viewing DVDs of Bapak and Ibu’s talks (optionally with subtitles), and enough fully-equipped spaces for small, medium and large workshops focussing on themes of interest to Subud members.

- The Subud World Congress in Puebla will take an open look at our organization, needs and aims, as well as the direction we wish to take in the future. Admin business will be reduced, and the focus will be on the broader issues – on how we want >



*Latihan space for World Congress.*

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to develop Subud and better support the practice of the Latihan, individually and as a group.

- The central Plaza of the Convention Centre will be the main meeting area. It is the place to easily meet up with friends you haven't seen since the last World Congress, as well as to make new ones. In the evening it will turn into a late night performance hot spot and hang out area. Local fair trade partners will be supplying us with natural fruit juices, teas, coffees and local Mexican snacks.

- The Subud International Cultural Association (SICA) is preparing a vast program presenting World Wide Talent, in the performing arts, as well as photography, painting, sculpture, installation art, and a Virtual Gallery. In conjunction with the Youth there will be lots of interactive creative events for all to participate in.

- SUSILA DHARMA and SESI. There is a wide balcony running along the full length of the convention centre, where social and commercial endeavours will be able to introduce their activities and projects, a space where Subud members can mingle and learn about how other members are expressing their latihan in their everyday lives.

- A 250 seater auditorium will be projecting films, documentaries and short presentations made by Subud members – all day, every day. Congress TV will be recording it all for members abroad, and to make a great World Congress movie.

- There will be a full and exciting Family and Children's program, based at the Escuela Aparicio right next to the convention centre, where children of all ages will be safe, looked after and entertained. This Congress will be great for families, with on-site workshops as well as field trips. And all this included in the registration fee!

- You will be able to find out, visit and witness projects that the WSA, its affiliates and partners have set up with local NGOs. Come be part of a large outreach program: we have been given a unique opportunity to interact with the people of Puebla, who have opened their arms in welcome.

- The Convention Centre in Puebla is situated next to the Centro Histórico – a UNESCO heritage site. The colonial architecture is stunning and the plazas, beautiful churches, cathedrals and museums are a pleasure to visit.

- Puebla is one of the gastronomic centres of the world: Mexican food like you've never tasted before – and the diversity of handicrafts is beyond compare. The New York Times has declared Puebla a must visit town, and both the State and the town have been declared safe by the US State Department.

- Puebla state and town is a tourist destination with a wealth of places and culture to be explored – from ancient, pre-Hispanic pyramids to the Puebla EYE (giant Ferris wheel), and the beautiful AFRICAM nature and wildlife conservation park. There will be craft workshops for all ages...

So... Be part of this unique event that only comes around every 4 years. Don't miss out on the strength and power of 2,000 + members coming together to do latihan. Come join in the experience of sharing our Subud lives with one another. BE PART OF MAKING THIS CONGRESS A SUCCESS!!!

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[www.subudworldcongress2014.com](http://www.subudworldcongress2014.com)

**450 REGISTRANTS FROM 34 COUNTRIES** are now registered. There are 198 days to the 14th Subud World Congress in Puebla, only 6 and a half months. The end of the Early Bird Fee is only 2 weeks away. REGISTER NOW because as of January 31st the fees go up \$100 USD. Consider just registering now and coming back later to book meals and/or transport....

**PAYMENT OPTIONS:** Wondering about ways of paying? Remember there are a number of ways we are helping people to get to the congress, so please don't dismiss it simply due to financial reasons. We have added American Express (AMEX) to our payment options. Members only able to come for one week, please ask for a Discount Code.

**DISCOUNTS:** Contact via Email Halimah, [swcdiscounts@gmail.com](mailto:swcdiscounts@gmail.com)



*Colourful street in Puebla.*



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**LA GALERIA DE ARTE MODERNO Y CONTEMPORANEO:** This galeria is situated 50 meters from the Convention Centre, and will be the central location for an SICA International Installation Exhibition called Voluntary Exchange.

**VISAS:** You can apply for your visa starting from the beginning of February. Don't leave it too late, as Letters of Invitations will have to be signed original copies by Subud Mexico Chair and snail mailed to you. There are instructions in 5 languages here. Before anything else you will need to REGISTER.

**YES QUEST:** will run from July 26th up to the 1st of August inclusive and then from the 18th to the 21st inclusive after congress at Usaha Mulia Abadi, the Mexican social project, an hour from Puebla. Money has been donated by a sponsor to help youth attend. Check out YES QUEST. Interested? Email [Silvana@yesquest.org](mailto:Silvana@yesquest.org)

**FAMILY PROGRAM:** Read an overview of the "mini-congress" that is being planned for families. We already have nearly 40 children and youth under 18 registered, with about half that number enrolled. Keep checking back for updates to the Family Program section of the Subud World Congress website to find out ¿Que Pasa? Read the TOP 10 REASONS you and your family really must come to the Congress.

Questions? Email Family Program Director, Mary Wold, [family@subudworldcongress2014.com](mailto:family@subudworldcongress2014.com)

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## Visas & Travel Info for World Congress

<http://subudworldcongress2014.com/visatravel/>

Click here to see if your country needs a visa to enter Mexico

Visas are usually issued no earlier than 6 months prior to your travel date, but please make sure you give yourself enough time to apply.

Your passport should ideally be valid for more than 6 months following your departure date from Mexico. The strict minimum is 90 days. Make sure your passport has at least one clean page for stamps in and out of Mexico.

### [Instructions for Visas by Maemunah](#)

A Letter of Invitation from Subud Mexico is a necessary part of a Visa Application for those who require a visa to enter Mexico to attend the Subud World Congress this coming August in Puebla. The World Congress team is assisting in preparing these Letters of Invitation.

The earliest that an application can be made for a Mexican tourist visa is six months before your intended arrival in Mexico.

It is important and necessary that these Letters of Invitation from Subud Mexico be original, signed letters, therefore they will have to be sent to members through the mail. This will of course require extra time, so it is important that members asking for a Letter of Invitation provide the information as soon as possible.

Having a visa for Mexico may not be enough. Many flights pass through the United States and there is no longer such a thing as a transit lounge or transit passenger. EVERYONE, other than Canadians, must have a visa or an ETA (Electronic Travel Authorization) depending on the country of nationality. Queues at US immigration can be long. If you are coming from outside the US or Canada, it is good to make sure you have at least two and a half to three hours between your flight connections. Go to the website for printable guidelines.

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## SICArte – Subud World Congress 2014 Art Exhibition

### [Calling Subud Artists](#)

We invite professional artists from across the Subud world to apply to exhibit in SICArte 2014, an art exhibition for the 2014 World Congress in Puebla. The exhibition will be online only — in the virtual art gallery Green Chair Gallery, the enterprise of Solihin and Sofiah Garrard from the UK.

You can see Green Chair Gallery at [www.greenchair-gallery.co.uk/](http://www.greenchair-gallery.co.uk/)

As a virtual exhibition it will enable Subud artists from around the world to display and sell their art on a global basis.

- Over 2,000 members of Green Chair Gallery's international audience will see your work in addition to all the members in Subud!
- The exhibition will run from 2 August to 5 September 2014 to embrace and extend beyond the Subud World Congress period itself.

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## APPLICATION PROCESS

Artists should submit their application together with examples of their work as set out below.

Due to the online nature of the exhibition we must limit work shown to the following media: painting/drawing, printmaking, collage, ceramics, sculpture, photography. Artists will be able to exhibit a maximum of three individual works.

Selection will be curated by Green Chair Gallery and a SICA panel of jurors

### Application

To make your application, please email the following to [info@greenchair-gallery.co.uk](mailto:info@greenchair-gallery.co.uk) with "World Congress Art Exhibition" in the subject line:

- 1) Your name, surname, address (including country), email address, and website
- 2) Why you would like to exhibit your work in this World Congress exhibition
- 3) A brief biography with your background and experience as an artist (no more than 100 words), with an artist's statement of up to 150 words
- 4) Three photographic images of the kind of work you would like to exhibit.

For full details and further information about how to apply, contact Solihin & Sofiah Garrard at [info@greenchair-gallery.co.uk](mailto:info@greenchair-gallery.co.uk) and check out the gallery at [www.greenchair-gallery.co.uk](http://www.greenchair-gallery.co.uk)

Deadline for applications is 28 February 2014.

## A MESSAGE FROM SUSILAWATI BRYANT

I am just alerting you to a need I perceive. It is about public health, and about public education.

I am well aware that at every congress where there is a need for air conditioning, there is (frequently, at least) a strong lobby against the use of air conditioning.

I am also aware that people from warmer climates abhor sitting in air conditioning. Very often they form lobbying groups and succeed in having the air conditioning turned off. The resulting air at plenary sessions, and other gathering rooms is laden with moisture and germs and opportunities to harbour upper respiratory viruses.

A concern: Up to this time, I have seen absolutely no requests for people attending congress to bring scarves, sweaters, socks, even gloves & hats with them to be able to put them on in the air conditioned rooms so that the rest of us can breathe safe air.

I did see a notice about bringing a raincoat. I should think an umbrella would be helpful, as well.

Also: The humidity level in Puebla is very high in August. I am not complaining here, and am very grateful for all of the work that is going in to organizing this congress. But I would really like to see equal public health information sharing on this topic, with advisories going out in all Congress correspondence.

My hope is that the air will be freshened indoors by air conditioning, and that everyone who does not like it would have come prepared in advance with their hats, gloves and scarves etc.

Hoping that this does not seem OTT, but if I can make it to congress (my 70th birthday is 4th August and I would love to sing that afternoon with friends) I would like to be able to choose humidity-free zones in which to take part in the proceedings. Much Love, fondly from Susilawati.

## GRANTS FOR THE YES QUEST

*Silvana Caradoc Evans writes...*

A generous donor has given \$10,000 to assist ten young Subud members to travel to Puebla and participate in the YES Quest.

This is a fantastic opportunity to travel to Mexico and participate in the Yes Quest and the World Congress. The Quest will run for 7 days in Puebla before Congress (July 26 to Aug 2), and 4 days after >



*A previous YES Quest at La Source, France.*

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Congress at Usaha Abadi Mulia (Aug 17 – 21)

The fee for the Quest, inclusive of program, accommodation and food is \$500. If you receive a \$1,000 grant, this will leave you with a further \$500 towards your air-fare.

So, why will this be the 'Best Quest'?

- It will take place at Puebla, the stunning venue for the 2014 World Congress.
- As well as a classic Quest experience, you will have the opportunity to work, in the afternoons, with the Entertainment Organiser for World Congress, Roland Fraval. He has some outrageous ideas and is waiting to hear yours!

- The first 7 days of the Quest will happen in the heart of Puebla, with an additional 4 days at Usaha Ubadi Mulia, deep in the forest, in sight of the magnificent Popocatepetl, which, of course, we will visit.

- If you have ambitions to become a Yes Quest facilitator yourself, we are also running a training program. This will happen 3 days before the Quest and one day afterwards. Not only will you be completing your own Quest, you will be on your way to bringing it to others.

Do you need more convincing? Talk to those who have done the Quest. Check out our website at [www.yesquest.org](http://www.yesquest.org) read the full Puebla Quest Brochure and follow the link to Quest movies.

Here are the dates: Quest Part One – arrive July 26 and finish Aug 2 (pre-Congress) Quest Part Two – arrive Aug 17 and depart Aug 21 (post Congress) Additional Days for Trainee Facilitators July 22 – 25 and August 21 – 22.

Your Quest starts NOW, with an email to [silvana@yesquest.org](mailto:silvana@yesquest.org) requesting an application form. Please let us know in your email whether you are interested in facilitator training and / or the \$1,000 grant. ●

## REPORT ON THE AUSTRALIAN CONGRESS

### Australian Congress... small but beautiful

The Subud Australia Congress, held in January, was smaller this year than in previous years. About 250 people came last time. This time it was about 125 including children. Obviously many people were saving their pennies for Puebla.

Asmaniah Fraval continues as our National Chair and all the usual business of Congress, AGMs and so on, was conducted efficiently in an harmonious atmosphere.

The Congress was once again held at Tallebudgera on Queensland's Gold Coast in a comfortable, child-safe venue with a surf beach on one side and a river on the other. Great place for a holiday.

We have got used to a spirit of "ever upward and onward" with each congress "more magnificent" and energetic than the last. This year's seemed to be more about stability and consolidation.

There were fewer workshops and activities than in previous years, but many people reported that they felt this was a blessing. Sometimes congresses can be confusing with too many mind-bewildering choices.

This Congress allowed time and space for the "kejiwaan", gentle but deep experiences in the inner.

However, there were several significant activities, including some which look towards World Congress, such as...

### BANNERS

Isti Jenkins organised a banner-making workshop which continued throughout the Australian Congress. She and the many who worked with her produced three banners which will be taken to World Congress and added to others which are being produced around the world.

The tree Banners represent World Congress, Australia and the Asia Pacific Zone.

Isti adds, "Peter and I intend to spend at least three months traveling around Europe before World Congress...hopefully I can assist with any banner-making during that time. Thanks to everyone for every bit of encouragement and support."

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< Australian banner.



Asia-Pacific banner.  
(one country is missing, but this was added after this picture was taken.)



< World Congress banner.

# SEND IN THE ACROBATS

One of the very pleasant aspects of the Australian Congress was the presence of families with young children. And one of the activities provided for them was learning circus skills with Honora Jenkins.

## *Honora writes...*

My business name is PureArt Creative Projects and one of the things I do is run creative play and circus play sessions.

The circus play sessions are more about having a go and being creative than learning high level skills.

Circus is fun because everyone can find something that they enjoy doing and are good at. Empowering people through creative and active play is fun and I love my work.

At Congress I started by doing a fun intro session with games, hoops, flower sticks, spinning plates and adagio (acro-balance).

I also put my portable aerial rig up on the beach and let the children take turns having a go on the low-hung trapeze.

The second session I did was a circus craft activity where children and their carers got to make and decorate their very own mini hoop for arm spinning. This meant that children could practise their skills on their own.

Next I put up the Slackline which is rigged between two strong trees and we practiced walking along it supported by a friend and trying not to fall off.

On the last session I got the kids to practice their tricks. The Lonergan girls who train circus in Tasmania and I shared some tricks and swapped skills. I managed to get my rig up for a second time and let the kids have a go on the Tissu (Aerial Silk) which was loads of fun.

Some of the kids wanted to "show off" their new tricks to everyone so we were squeezed into the final night's performance and the kids were a hit.

What I love most about what I do, is that there are often very shy children standing and observing on the sideline. When they find something that interests them, they come to me and have a go. Three of these children performed in front of a big crowd and all of the children shone brightly and glowed with confidence.



*At the Australian Congress, Honora Jenkins taught circus skills such as acrobatics. Here she is with Indra, Miranda, Brianna, Rosalia, Zelli and Emmaline.*



*Honora set up her rig on the beach. Here is Brianna Lonergan with Dahlan Fraval and Honora supporting her on both sides for safety*



*Tumbling with Emmaline and Rosalia Lonergan.*

*All photos by HONORA JENKINS AND RUSSELL PUCKERIDGE, PURE ART CREATIVE IMAGES.)*



*Rosalie demonstrates acro-balance.*



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## EXPLORING SUCCESS

*Harris Smart reports from the Australian Congress...*

One of the most interesting and encouraging activities at the Australian Congress was “Exploring Success”, a panel discussions event organised by Rahman Connelly and Steven Bryson-Haynes who is currently the SES Co-ordinator.

The idea was that people from various fields shared their experiences with hopefully some lessons to be learned for everyone. It was a way back into reviving the spirit of enterprise. There were three two-hour sessions in which nine people told their stories. They provided a rich mixture of stories in fields as diverse as business, law, arts administration and social work.

Rahman explained, “The great challenge for Subud at the moment is to show that we have something that works. We would have to say that at the moment the idea of Subud enterprise has not yet been shown to be efficacious. There is a widespread perception that it has become stagnant. We thought that the beginning of an antidote would be to provide examples of tangible success.

“We wanted to encourage people by presenting some interesting personal models of how success has been achieved. Too often we are reticent about talking about our success experiences.

“Of course, success can be judged in many ways. For example one of our speakers was Kenneth Clark who happened to be visiting the Congress from the USA. He is an extremely successful tax litigation lawyer who travels the world dealing with the most controversial taxation litigation. On the other hand, we had Marlena Bassler, a community worker, who measures her success in terms of personal satisfaction and the positive feedback she receives from the people she serves.

“Yes, success is not always about money or reputation but also about more human qualities, such as the inner satisfaction which comes from doing your right work. Marlena said that what success means to her is that she has been doing what she loves. She loves the work she does, she loves the people she works with. She said, ‘I believe that if I follow what I love, what my soul wants to do in this life, then success will follow.’”

### The Nudge

“In almost every story,” Rahman continued, “there occurred what we might describe as ‘The Nudge’. By this I mean a special moment that propelled the person in a direction leading to success. Every story showed the interaction between the ‘ordinary’ components of success such as hard work and perseverance with the special guidance that comes through the latihan. It might be a dream, a receiving or a synchronicity that ‘nudges’ the person in the direction leading to success.

“Maxwell Fraval, for example, started out as a lawyer, but his epiphany came when he was involved in a case involving legal advice to the Register of Osteopaths in the U.K. To his complete surprise he received he should become an osteopath, a direction which has led to him becoming one of the most respected osteopaths in the world, and recently he has created a health centre in Canberra in a three-storey building, bringing together a range of health specialists from medical doctors to complementary/alternative health practitioners.

“Often the nudge comes out of the blue. It may not make sense at the time. It takes courage to follow it. You can’t always see around corners, there may be risk and uncertainty involved, but if you can follow it with courage, determination and tenacity, it can lead to success.

“Another theme which came up frequently is the importance of partnerships. This was true in my own case. Bradford Temple and I founded a business called Connelly Temple which turned out to be very successful. Neither one of us could have done it alone, but through mutual respect for our complementary talents we were able to develop a financial business which finished up with 120 employees and offices in every capital city in Australia.

“Another component is the advice that is contained in Bapak’s talks. One quotation from Bapak that has been important to me is, ‘Your work will tell you what to do.’ An analogy is how the piece of wood he works with can guide the wood-turner in his work.”

The event at the Australian Congress was such a success that consideration is being given to approaching the World Congress organising team to run a similar event in Mexico with an international cast of speakers. >



*Rahman Connelly.*

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*Some of the speakers were...*

#### **RAHMAN CONNELLY**

Rahman was a founding Director of Connelly Temple Limited, a pension management business established in 1983, which became a first-mover in account based pensions which is the most widely used retirement income product in Australia today. In 1996, with offices in all states and \$850 million under management the business was sold to Royal & Sun Alliance of the UK.

In 2001 he was appointed a Director of Kalimantan Gold Corporation Limited (KLG) and became its CEO in 2006. Rahman brought KLG to the London AIM market and successfully completed Joint Venture arrangements over the Company's Indonesian copper and gold properties, including one with Freeport McMoRan, the largest listed copper mining company in the world. Freeport has spent some \$US 34 million on programs that have substantially upgraded the Company's prospects. In April 2011 he stood down as CEO and today continues as an Advisor to the Board.

His current business is Medical Innovation Partners, which seeks to commercialise medical inventions generated by hospitals in areas such as drug development and diagnostics.

#### **SEBASTIAN FLYNN**

Sebastian is originally from Liverpool, England, with a background as a classically trained violinist.

He has performed and recorded as a professional folk musician in Europe from 1980 to 1995.

He became involved in production of world music events after arriving in Australia in 1995. He worked for 5 years as Programming and Production Coordinator for Brisbane Multicultural Arts Centre before becoming Director of the highly successful Queensland Multicultural Festival on behalf of Queensland Government from 2006 – 2010.

In 2010 Sebastian was appointed the Managing Director of the National Folk Festival.

#### **LIVINGSTON ARMYTAGE**

Dr. Livingston Armytage is the Director of the Centre for Judicial Studies, and has more than 35 years of experience in consulting, directing programs of judicial education and legal training, practicing law, and managing a substantial law firm.

Recent projects include directing national reform programs for multilateral development agencies, needs assessments, strategic planning, course design, training, organizational performance reviews, and evaluations. He is also an Adjunct Professor of Law at the University of Sydney, and convener of "Law, Justice and Development".

In early 2012, Dr. Armytage was a Visiting Fellow at Cambridge University, Lauterpacht Centre for International Law, giving seminars also at Harvard, Oxford, and SOAS (University of London), among others.

#### **KENNETH CLARK**

Ken is a senior partner at Fenwick & West, a Silicon Valley based law firm that recently was named as the top technology law firm in the United States. Fenwick's tax department has represented over 40 of the top Fortune 100 companies in the world. Ken oversees that group's Tax Litigation practice, which also has received numerous accolades, including being named by the International Tax Review as the top U.S. Tax litigation practice in the U.S. in 3 different years. Ken has represented a number of high profile clients in close to four decades of practice.

Ken received a B.A. from the University of Redlands, where he graduated summa cum laude, and was first in his class. He received a J.D. from New York University School of Law, cum laude, and was a member of that school's Law Review. Ken also received an M.B.A. from the University of California at Berkeley.

#### **MAXWELL FRAVAL**

Maxwell Fraval completed his undergraduate training at the British School of Osteopathy. He moved to Australia in 1983 and served as a part-time lecturer from 1985 to 1995 in Australia's first undergraduate University-based osteopathic program and continues to teach post-graduate programs. In 1993 he pioneered the first Osteopathic Paediatrics degree in Australia leading to a Masters degree. He is currently in private practice in Canberra where he has two clinics in the newly opened Canberra Health Point. >



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Maxwell was surprised to be invited to speak at a one day conference in the UK on 22nd June 2014 celebrating the 140th anniversary of the founding of Osteopathy.

A week later he was invited to attend a “train-the-trainers” workshop at the Texas College of Osteopathic Medicine which is presenting the “exaggeration technique” developed by the founder Dr. A.T. Still, and almost lost to the profession. There will be 12 professors of osteopathic medicine from around the United States and Maxwell who will be the only non-USA attendee!

### HADRIAN FRAVAL

In the UK Hadrian obtained a BSc Honours Degree in Applied Science in 1972, followed by a PhD in Biochemistry 1975.

After four years as a research scientist at the Royal Cancer Hospital, Chester Beatty Institute, he spent three years in product development of CO2 lasers for industrial and medical applications.

He joined Rofin Australia Pty Ltd in 1985 where he is currently Managing Director. During the last 27 years, he has been directly involved in the development and marketing of scientific instruments and components which have been sold worldwide. A main focus has been in the field of forensic science, particularly in the use of high powered, tunable light sources for trace evidence enhancement.

Rofin has a close relationship with Police in Australia and in other major forensic laboratories around the world (Metropolitan Police, London; FBI etc) and has sold its products to 77 countries where 14,000 units are now in use.

Rofin have been involved in Biometric applications in both police and commercial markets for 17 years. A Tender from the Victorian Police (\$3m) was won in 2009 for the development and deployment of a Facial Recognition System (iFace).

### LUKMAN BRYSON-HAYNES

Initially he undertook part time study of electrical engineering and then won an award for full time study of electrical engineering at the University of London. Winner of the Sir Joseph Whitworth Fellowship medal plus a large bursary for post grad study of Automation at the Imperial College, University of London.

Lukman joined an electrical conglomerate as an engineering apprenticeship and then as a mathematician followed by 3 years as an operations research officer at a large international food company. He then moved into software development as the project manager and then chief of a of large software team at Imperial College.

He subsequently formed partnership with a Subud brother in the UK to offer software services and continued that partnership in NZ for one off systems and then packaged legal software (6 years). They formed a company in Australia to develop/supply packaged software to legal profession (14 y). With the company’s software in over 700 sites the company was sold so he could spend more time with his young family.

### STEPHEN ARMYTAGE

Stephen is a senior executive with extensive management consulting experience gained through more than 22 years of public & private sector work in Australia, New Zealand, Asia and the USA.

In 2009 Stephen retired from his senior Partner Role with Deloitte Touche Tohmatsu, where he was responsible for Deloitte's Australian Government Consulting Practice.

Today he is the co-founder and owner of a retreat centre, a current serving vice-chairman of the board of a long standing charitable organisation and a director of a number of sustainability oriented organisations

### MARLENA BASSER

Marlena’s work in community empowerment and facilitation is to assist individuals, groups and communities to fully participate in their lives and achieve their greatest potential. Her work is about evolving new ways of being, living and working together. She believes that no real and lasting change or development can occur without ownership and commitment. And so she designs and facilitates processes that awaken people’s capacity, vision, passion and personal power.

Marlena’s work has been diverse, including: director and lead facilitator of the YES Quest; coordinator of REALskills, a whole school approach to developing relationship and life skills; organisational development consultant to a wide range of ‘not for profits’; national learning and development manager for the

---

Create Foundation; creative director of the Youth Arts and Skills Festival; and co-owner and manager of Gunnebah Retreat Centre.

The current focus of Marlina's work is around the nexus of social, cultural and economic development in the region in which she lives.

As well as developing a 'human sustainability' program that explores the balance of: creativity, spirituality, body, land, relationships and meaningful work.

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## Kalimantan Gold to regain 100% control of KSK CoW, Indonesia

*NEWS RELEASE.. January 02, 2014*

Kalimantan Gold Corporation Limited (the "Company") has been delivered notice of intention to cease sole funding and to withdraw from the joint venture agreement made April 18, 2011 by its joint venture partner, Surya Kencana LLC, a wholly owned subsidiary of Freeport-McMoRan Exploration Corporation ("Freeport"), in relation to the Company's KSK Contract of Work copper project (the "KSK CoW") in Kalimantan, Indonesia. The effective date of the withdrawal will be January 31, 2014 after which time Freeport will forfeit its interest in the KSK CoW to the Company and deliver to the Company any mining information held by Freeport regarding the KSK CoW that is not already in possession of the Company.

It is important to understand that the decision to withdraw from the project was not based on the geological prospectivity of the project.

A number of Indonesian groups expressed interest in the KSK CoW during 2013. The Board will now make contact with these parties and others to discuss possible partnerships and ways forward.

Freeport funded over \$33 million of exploration expenditures since April 2011 on the KSK CoW, leaving the Company with a wealth of exploration data and multiple drill targets. During their involvement, over 30,000m of drilling was completed, over 28,000 samples were analyzed, 4,762 line kilometers of airborne geophysical surveys were completed, and 24,363 ha of the KSK was covered with a high resolution Lidar imaging survey. A drill plan had been prepared to expand the identified zone of mineralization at Beruang Kanan where the two most recent drill holes, BK57 and BK58, both intersected significant mineralization (refer Press Release dated 22 August 2013).

Since September 2013, data compilation, resampling of historical core samples, petrographic studies, age dating and follow-up mapping and sampling at Mansur, Baroi, and Tumbang Huoi has identified several well defined deep potential copper porphyry drill targets.

Faldi Ismail, CEO, commented, "Freeport has been a magnificent joint venture partner which has hugely developed our understanding and significantly enhanced the prospectivity of the KSK CoW. We remain optimistic that a new partner will be found to complete the project and will shortly recommence discussions with those interested parties."

All data, as disclosed in this press release, has been reviewed and verified by the Company's Qualified Person for the KSK project, Dr. Peter Pollard, who is a Member of the Australasian Institute of Mining and Metallurgy (Chartered Professional). Dr Pollard is a director and the Chairman of KLG. He acts as a technical consultant to KLG and has sufficient experience which is relevant to the style of mineralization and types of deposits under consideration and to the activity he is undertaking to qualify as a Qualified Person under NI43-101.

For further information please contact:

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Andrew Raca / Justin McKeegan .

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KLG's Nominated Adviser  
RFC Ambrian Limited  
Stuart Laing  
Email: [stuart.laing@rfcambrian.com](mailto:stuart.laing@rfcambrian.com)

### About Kalimantan Gold

Kalimantan Gold Corporation Limited is a junior exploration company listed on both the TSX Venture Exchange in Canada and on AIM in London. The Company has two exploration projects in Kalimantan: the Jelai epithermal gold project in East Kalimantan and the KSK Contract of Work in Central Kalimantan with multiple porphyry copper and gold prospects. For further information please visit [www.kalimantan.com](http://www.kalimantan.com)

Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

This news release contains forward-looking statements that are based on the Company's current expectations and estimates. Forward-looking statements are frequently characterized by words such as "plan", "expect", "project", "intend", "believe", "anticipate", "estimate", "suggest", "indicate" and other similar words or statements that certain events or conditions "may" or "will" occur. Such forward-looking statements involve known and unknown risks, uncertainties and other factors that could cause actual events or results to differ materially from estimated or anticipated events or results implied or expressed in such forward-looking statements. Such factors include, among others: the actual results of current exploration activities; conclusions of economic evaluations; changes in project parameters as plans continue to be refined; possible variations in ore grade or recovery rates; accidents, labour disputes and other risks of the mining industry; delays in obtaining governmental approvals or financing; and fluctuations in metal prices. There may be other factors that cause actions, events or results not to be as anticipated, estimated or intended. Any forward-looking statement speaks only as of the date on which it is made and, except as may be required by applicable securities laws, the Company disclaims any intent or obligation to update any forward-looking statement, whether as a result of new information, future events or results or otherwise. Forward-looking statements are not guarantees of future performance and accordingly undue reliance should not be put on such statements due to the inherent uncertainty therein. You can also view this News Release on our website at:

<http://www.kalimantan.com/s/PressReleases.asp?ReportID=617200>

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## READING SUSILA BUDHI DHARMA

*Thara Ritt writes about reading Susila Budhi Dharma, the story of an applicant...*

I was supposed to be opened on Bapak's birthday in 2007, 20 years or so after his passing. Because of the celebration my opening had to be postponed to the next available time. This was quite agonizing for me as I could not wait to be opened. What I experienced in the next few months was more exciting than I could have imagined. And it really needed to be so for me to make it through the 3 months as applicant.

I have come to Subud after being a student of close to a dozen spiritual paths. Not to mention all the special diets, healing methods, inner journeys that were supposed to align me with the universal truth, raise my Kundalini, erase my traumas and so on.

They were all helpful in some way either to my health, my awareness or my relationship with others. Yet the Promised Land of Divine Bliss was nowhere in sight. On the contrary, my life after moving to Canada turned into a Via Dolorosa. No matter how much inner work I did, my outer life was rolling from one crisis into another.

So here I was once a week talking to the helpers about Subud. Hearing them quoting Bapak was the least helpful thing to me. As far as I was concerned he was a dead man who left behind the latihan. Now let's move on and become the latihan, whatever that meant.

I was told that Subud is not a teaching, it is a direct receiving that can



*Thara Ritt.*

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help bring inner and outer life into harmony. Then why talk about it for 3 months? After about 3 weeks I felt I will not make it to the opening. I called Mahmud Nestman and asked for help. I needed something different than my meetings with the helpers to keep me going.

So he lent me 3 books – one of Varindra Vittachi’s books, Bapak’s Autobiography and Susila Budhi Dharma. Many of you might think why on earth would you lend Susila Budhi Dharma to an applicant? Thank God he did. Varindra’s book was a bit better than what I was hearing from the helpers. Bapak’s Autobiography was even better. I read the first page of Susila Budhi Dharma and decided to continue the next day.

“

*The most  
exciting book  
ever...*

”

### The First Dream

That night I had the first dream. Even though it has been more than six years since I had these dreams, every detail of the dreams has stayed with me, clear and alive. In my dream I was lying in bed in what seemed to be a hospital room. I looked to the right and noticed that in the bed beside me was Bapak’s dead body. That somehow seemed completely normal to me.

Then he started talking. He said “You came to Subud because of your ancillary forces. They want to grow in the right direction and you do not know how to help them.”

I totally freaked out, saying to myself “Oh my God a dead man is talking to me!” and I started running towards the door. Bapak got up quickly and smiling blocked the door with his body.

So I started running in the opposite direction towards the window saying to myself, “This cannot be happening. He is dead and I am of sound mind”. I got to the window which was high up so there was no escape from the “dead man”.

~~I woke up with my heart racing fast. After I calmed down I recalled the dream. I had no idea what the ancillary forces were. With English as a second language, I even had to look up the word ancillary. As much as I was completely scared in my dream, now awake I felt quite happy.~~

The next day I continued reading Susila Budhi Dharma. And there they were, the “ancillary forces” explained. The most fascinating thing for me was that I was reading the book like it was the best mystery novel ever. As I was reading it, it felt like I understood everything and this was what I was looking for my whole life.

As soon as I closed the book, my mind could not recall anything. And I have a sharp mind and a very good memory. I can summarize, synthesize or debate everything and anything. So I would open it again with the intent of recalling. Once I would close it I could barely put 2 words together.

Yet I felt many insights, love, and much more as I was reading it. I think I read it 3 times from the very beginning to the end in the months prior to my opening. The only thing I could say about it was that it talked about the forces that influence human beings and it made me really happy reading it. No other book was ever able to bypass my mind as I knew it.

### The Second Dream

My second dream came a week later. It was set at a Subud gathering. I was in a room with other Subud members. One wall of the room had shelves full of Bapak’s talks. I was telling one of the members that I was wondering why nobody was reading Bapak’s talks. This dialogue followed.

Someone said, “We do not need to read them because we have the latihan”. I was aware in the dream that it was latihan time. The person added, “I better let you go do the latihan then. You cannot simply skip doing your latihan.”

“I am not skipping,” I replied. “I have not been opened!”

“Yes you have!”

“No, I am pretty sure I have not been opened.”

“Yes you have, you just do not remember. If you look in the Subud Directory you will find your previous name.”

“My previous name?!?” I said, and woke up.

So the next day I phoned Mahmud to ask him if there was such a thing as a Subud directory and to my amazement I found out there was in fact a Subud Directory. I have not speculated much on the meaning or significance of this dream. It made me feel alive inside when I recalled it and that seemed to be enough for me.

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## Words Resonating in my Head

One day I fell asleep while reading Susila Budhi Dharma. I had no dream that I can recall, but I woke up with these words resonating in my head, “Go to Indonesia. Indonesia is your home.”

Those words stayed with me like a puzzle. I have never felt home anywhere I moved or visited. My life has unfolded in ways that have not yet made a trip to Indonesia easily achievable. I think often about visiting, but when I am about to act on it my feet will not move, my mouth will not open. So I trust that when the timing is right all the things needed will line up.

## The Third Dream

The third dream happened when I was visiting a friend on Salt Spring Island. I was sleeping in a cabin at the edge of the property surrounded by forest and gardens. It was just me and the stars that night. In the dream I was once again at a Subud gathering with many others.

I was waiting in a long line up to ask Bapak a question. He was sitting in a large chair, alive and well. After a while, it was close to my turn to ask my question. One of the helpers came and told me that I would not be able to ask my question because Bapak just died. As far as I was aware he was still sitting straight in the chair with his eyes closed.

I thought to myself, “He is playing the dead man game with me again”. So I slowly went ahead and stopped a few inches from his body. I bent down to stare him right in the face to see if I could notice him breathing. At that moment he opened his eyes, smiled and winked at me.

I jumped up happily and said, “I knew it, he is just playing his dead man game”, and I woke up. My eyes were open when Bapak’s face slowly disappeared into the darkness of the room. I quickly turned on the lights, almost expecting that Bapak would still be there with me.

In the first year after I was opened I could not read Susila Budhi Dharma. I had no interest in reading it. When I tried, the concepts in it and the writing made no sense and felt plain boring.

Then one day I opened the book again and there it was--the most exciting and interesting book ever. So I learned to follow the flow.

Whenever I open Susila Budhi Dharma it is like magic – it becomes either the most exciting book or the most boring one that I abandon after the first few pages. Over the years I have slowly been able to make more sense of it and even recall things.

Recently more personal understandings of the book have been moving through me. At present I am attempting to record my understandings in writing and stay open, without expectation, to the ever exciting enfoldment of my journey with Susila Budhi Dharma.

If you feel moved to contact me my email is [taritt@yahoo.com](mailto:taritt@yahoo.com)

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## WASHINGTON DC CENTRE

*Barbara Thomas, Chair of Subud Washington, writes...*

The Subud Washington DC Center was erected on Dec. 28 and 29, 2013. You can share in the excitement by watching the video of the event. It was an amazing scene with many members, friends, families and neighbors coming out to watch. It was even covered on the local news.

We are still a few months from occupancy awaiting completion of geothermal, HVAC, inside finishing, electricity, doors, water connection, sidewalks, deck, and landscaping. But, the joy of having the building there beckoning us is immeasurable.

I am attaching a recent fundraising letter so you have more detail if you wish to use it. Bottom line, we need to raise \$200,000 more -- but, just in the last few weeks have raised \$50,000. So, there is NO chance we won't complete it and be able to host a work camp of Subud youth for planting in the spring and a Subud East Coast gathering in the fall. Probably this summer will be the Grand Opening. All are invited.

As you may know, the Subud USA office will operate from the new Center (and presently operates from the rented house next door). We invite all other Subud groups national and international to consider it as their >



*Washington DC members and family.*

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new home as well. Our vision is to build it for all of Subud -- not just a few locals. We hope it will grow into its potential with love and guidance.

The welcome mat is out!!!

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## PASSING OF ROCHANAH WEISSINGER

Longtime Subud member Rochanah Weissinger died unexpectedly in her home the night of January 15, 2014.

Rochanah was a member in Marin, Los Angeles, and most recently Chico. She served as a Helper, California Chairman, as Zone 7 Representative for the World Subud Association from the Spokane World Congress in 1997 to the Bali World Congress in 2001. She also organized the first Americas Gathering in 1999, at the time called the Pan American Gathering. She was a strong advocate for others and she was a steadfast friend of the Cuban members.

May Rochanah's on-going journey be guided and blessed. She will be deeply missed.

---

## THE PASSING OF ARIFA

Arifa Asariah Tellegen passed away in Melbourne on the early morning of Thursday January 23 after a long illness she had dealt with courageously and always full of a magnanimous spirit of life. She will be deeply missed by her large family and all of us in Subud who knew and loved her.

She was an artist, a writer and a poet but perhaps above all she was a mother whose kindness and nurturing extended far beyond her immediate family.

"Gently walk with me into the garden.  
Smell the sweet angel's breath.  
Hear singing. Soothing to the ear.  
We have arrived. Heaven has opened its gate.  
Weary travellers of life. Make ready to rest.  
Bathe in cool clear waters. Sing with the angels.  
Dance to the harp. Promise you will never leave me again,  
I whisper to myself from the depth of my being."

*From The Book of Eve by Arifa Asariah Tellegen*



*A painting by Arifa.*

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Phone 00353 404 42884 or Matthew on 00353 872561074



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structions are there.)

On December 8, 2012, Ibu Ra-  
hayu talked at length to mem-  
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**20 MAR 2014**

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