



GOOD NEWS FROM KGC

The Company has two principal areas of interest: the Jelai Cahaya Minerals, Jelai epithermal gold prospect in East Kalimantan; and the KSK Contract of Work (the "KSK CoW") in Central Kalimantan with multiple porphyry copper and gold prospects.



Villagers gather to welcome KGC's new start-up.

Kalimantan Gold Corporation Limited ("KLG") is pleased to announce that drilling at its Jelai gold project under joint venture with Tigers Realm Metals Pty Ltd ("Tigers") is expected to commence within the next week. The first drill hole is targeting high grade shoots at a depth below the epithermal gold -- silver mineralization intersected by hole JCM-067 (9.50m @ 7.08 g/t Au).

Drill camp construction and road repair at the Jelai Project are near completion, and rig mobilization to site #1 is 70% complete. A water quality sampling survey has been completed, as part of the Company's environmental baseline monitoring program.

At the KSK copper project, which is under joint venture with a subsidiary of Freeport-McMoRan ("Freeport"), a revised timetable for the first year of the joint venture, reflecting the 10 month delay in obtaining the forestry permit, has been agreed upon. Safety training has been completed and mobilization of field crews to Beruang drill camps has commenced. Drilling is planned to commence at both of the high priority target sites, Beruang Kanan and Beruang Tengah, by the end of May or early June.

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The highlights of the year and up to the date of the MD&A:

On February 16, 2011, the Company executed an option agreement (the "Deed") with Tigers Realm Metals Pty Ltd. ("Tigers") in relation to the Jelai gold project all as previously reported and as detailed in the Financial Statements. The Deed took effect on November 7, 2011 upon receipt of the forestry permit necessary to enable the on-ground activities to be conducted. *continued >*

By February 21, 2012, the community consultation in respect of planned exploration activities was complete and we have full support from the local government, community and village leaders. Drill camp construction and road repair at the Jelai Project are near completion, and rig mobilization to site #1 is 70% complete. A water quality sampling survey has been completed, as part of the Company's environmental baseline monitoring program. The first drill hole is targeting high grade shoots at a depth below the epithermal gold -- silver mineralization intersected by hole JCM-067 (9.50m @ 7.08 g/t Au).

On April 18, 2011, the Company entered into a joint venture agreement (the "Agreement") with a wholly-owned subsidiary of Freeport-McMoRan Exploration Corporation ("Freeport") in relation to the KSK CoW all as previously reported and as detailed in the Financial Statements. On March 12, 2012, the Company received the extension to the expired forestry permit granting full permission to explore certain areas of the KSK COW for two years and denied permission to explore certain other areas of the COW within the Hutan Lindung.

The phase one forestry permit is for an area totalling 7,422 hectares of the KSK CoW and gives the rights to the holder to carry out full mineral exploration activities within the permitted concession area. The Company will continue to work through the permitting process to secure permitting over the remaining prospective areas, including Tambang Huoi, one of the three highest priority targets, of the KSK CoW.

The portion of the KSK CoW that has not been permitted will remain in suspension until a forestry permit is issued. Safety training has been completed and mobilization of field crews to Beruang drill camps has commenced. Drilling is planned to commence at both of the high priority target sites, Beruang Kanan and Beruang Tengah, by the end of May or early June.

On May 6, 2011, the Company issued 2,500,000 common shares to Freeport at C\$0.14 per common share being 125% of the volume weighted average price of the Company's common shares traded on the TSX-V in the seven business days following April 18, 2011, the date of the Freeport Agreement, for proceeds of \$363,939 (C\$350,000).

Management believes that the Company's combined cash on hand at December 31, 2011 of \$1,000,678, combined with ongoing operator management fees and with the proceeds of the private placement expected to close in May 2012 of up to \$480,000, is sufficient to fund exploration activities and operations through the next twelve months.

The audited Consolidated Statements of Financial Position, Consolidated Statements of Comprehensive Loss, Consolidated Statements of Cash Flows, Consolidated Statements of Changes in Equity (the "Financial Statements") and Management Discussion and Analysis (the "MD&A") of Kalimantan Gold Corporation Limited (the "Company") for the fiscal year ended December 31, 2011. The Annual Financial Statements and MD&A are available for viewing on www.sedar.com or www.kalimantan.com.

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'THEY WERE THERE' – the best articles from SUBUD VOICE



Ilaina Lennard writes...This new book is a selection of all the best Subud stories – as published in Subud Voice itself during the time I edited it from 1987. For the benefit of those who were not in Subud at the time, this first volume describes what Subud is, and tells quite extensively about Bapak's death. Here are some responses to the book received so far...

HOW TO ORDER 'THEY WERE THERE – The Best of Subud Voice Volume 1'

1. Go to www.lulu.com (< just click the link here)
2. In 'search', select 'books' and type "The Best of Subud Voice" (NOTE: NOT "They Were There" or Ilaina's name).
3. Click 'GO',
4. When the page comes up, follow the on-screen links to the shopping basket, setting preferred payment method, delivery & billing address(es) and postage rate as and when prompted to do so. Note: Books normally take 3 – 5 days to arrive depending on postage price opted for.

PLEASE HELP THOSE WHO CANNOT USE A COMPUTER

Those who cannot use a computer may find it very difficult to know how order the book. Please help them. by ordering it for them, or, if they live in the UK, please draw their attention to the following.

FOR MEMBERS IN THE UK ONLY

As a special offer to UK members, a single copy of the book can be ordered at a cost of £12.50 (including postage). Add £11.50 (also includes postage) for each additional copy. Send orders (UK cheques only) to Ilaine Lennard, 8 Sissinghurst Grove, Cheltenham, Glos. GL51 2FA. Tel 01242 707701 or direct to bank a/c 14891360. Sort code 30 63 54. Please make your cheque payable to I. Lennard.

Any queries by phone – (0)1242 707701 or e-mail to ilaine.l@blueyonder.co.uk

(NOTE: This special offer is made to help older members who have difficulty using computers. UK members can of course also order the book from www.lulu.com as above.)

The book is a paperback, 186 pages: price £10 plus postage.

Profits from sales will help keep Subud Voice FREE and ongoing for another 25 years! ●

WHEN BAPAK WAS ON EARTH...

For Bapak's birthday, this article is from AN EXTRAORDINARY MAN – Stories About Bapak, compiled by Emmanuel Williams...

It was on the night of October 12th. Bapak was on this earth and I was a witness while in latihan to something that took place. It will be a mistake to interpret or explain the significance of what I saw. Even now as I write I wonder whether my words adequately describe the significance of what I saw.

I was alone in a large compound. And I was in latihan. Gradually I noticed that the compound was being occupied by numerous people who began doing latihan. There were no loud noises, no violent movements, everybody was quiet and in deep latihan.

It was a vast concourse of people, although I cannot differentiate and name nationalities. What was predominant was my impression that they were all God's children. Rather than Asians, Europeans or whatever else. But all were praying, together. I cannot say whether they were voicing a particular cause in their prayers.

But I can say this. The majesty and towering presence of Bapak was there and he seemed to be directing it all. There is no doubt that he is here for a purpose. And if we are quiet and dispassionate and do our latihan with complete surrender we may receive why he has come at this moment in time. Remembering of course that Bapak's message is for all mankind. – *Gerald Cooray*

To buy this book, e-mail Emmanuel Williams: emmanuelriddlemaker@gmail.com ●

A NEW AFRICAN GROUP IN MALAWI, AFRICA & THE GROWTH OF THE LEICESTER SUBUD GROUP

In November 2011, the Leicester group, UK, received a visit from Ruslan Moore who is resident in Florida, USA.

Ruslan recalls: “This somewhat unusual story emerged out of an enterprise started about 20 years ago as a sideline to the computer business which has occupied me since the early ‘eighties.

This enterprise, Al-Baz Publishing, is a book publishing venture which emerged from something that caught my eye in one of Husein Rofé’s books called *The Path of Subud* which probably went unnoticed by most readers – that Bapak had remarked to him that an eleventh century Muslim Saint, Shaikh ‘Abd al-Qadir al-Jilani, had likewise been given the same gift of the latihan as had Bapak by Almighty God.

I found various manuscripts of the Shaikh’s work and retained an old friend, the late Muhtar Holland, to translate them for me, and set about publishing them (I was fairly wealthy at the time) as a service to the Muslim community, for indeed I recognized that the content of the Shaikh’s talks, though wrapped up in the garb of Islam, contained the same reality so obvious in the many talks Bapak gave us.

The books found immediate support from certain quarters of the Muslim community, most noticeably among the Memon people, a group of Muslims who originated in Gujarat, India and who have since spread around the world. Since their conversion to Islam (from Hinduism) back in the 14th century by a descendent of the Shaikh they have been very devoted to him.

Most of the books have a ‘Message in a bottle’ in the form of a Publisher’s preface, which refers to Subud, Bapak and the latihan, and down the years this has resulted in a few people being opened. The books too have also made me many friends in the Muslim community as a whole, and many have contacted me down the years for various reasons.

One of these was young Mahomed, who originally contacted me asking for prayers. A friendship developed and he came to visit me in Florida back in January 2010 and that was the start of what has unfolded since then – Upon his return to Malawi he asked to be opened and his 3-month applicant period began. Fortunately the advent of Skype and the free video service it provides made explanations and answering questions very easy, and I soon started talking to other members of his family about the latihan, in terms that Muslims can relate to – the knowledge gained from immersion in the works of the Saint and my own Islam allowed communication on the various issues to be bridged quite naturally.

I made my first trip to Malawi in July of that year and the openings began, followed by a second trip in April of 2011.”



Yasmin, Amina and Heloise with Abdul.

Of course, the wives of some of these members also wanted to be opened and Ruslan travelled with a couple of them to South Africa for their openings assisted by the lady helpers of the Johannesburg group, Paula Blacking and Melinda De Villiers.

In November 2011 Ruslan having found out there was a Subud group in Leicester, U.K. decided to come to the Leicester group to open some of the ex-pat Malawians who live there (there is a large Malawian community in Leicester). There was a moment of unease in the group since no-one had ever heard of them or their story before. However, this feeling quickly dissipated when we found out that these new members had, in fact, been very well prepared by Ruslan. Two young couples consequently joined our small Leicester group last November, and they have not missed a single latihan since then.

They exercise regularly twice a week, Mondays in Derby and Thursdays in Leicester, and are a joy to be with.

Before a planned third visit, Ruslan phoned Hamish Barker (international helper) and informed him of the existence of this new group in Malawi and also told him that some more lady members wanted to receive the latihan, in addition to several men applicants.

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By March 2012, having found out that the international helpers had no plan to visit Africa this year, Ruslan tried to encourage some lady helpers from South Africa (Johannesburg and Cape Town) to travel to Malawi to assist with the opening of these prospective new members. Unfortunately no-one could go, so Ruslan asked me to travel to Malawi if it were possible. I accepted and made sure that all those prospective lady candidates were either wives of husbands who were already opened or had obtained their husbands' permission to join Subud. I then tried to phone, Dorinda Johnson (one of the lady international helpers) without success, to let her know what was being planned. It was interesting that a few weeks' before, Anjum, one of the young ladies from Malawi who is in my group in Leicester, had asked me if I liked travelling; I had said that I was no longer interested in travelling for the sake of it but if the travel was for Subud then I would go anywhere. I recalled that at that moment, I felt a kind of certainty that I would be travelling to her country. Sure enough, when I received Ruslan's e-mail some time later asking me to do so, an inner joy invaded me and my familiar latihan laughter rose within me.

A couple of weeks later, I was on the plane towards Blantyre, Malawi, via Johannesburg, where I would meet with Ruslan who had travelled there the week before and who would introduce me to this extended family. I had already had a Skype call with Anjum's sister, Amina, and so was not completely ignorant of the family waiting for me.

On the way, I stopped with Paula Blacking in Johannesburg, a dear old friend with whom I had stayed during my last visit in that country, as an international helper. It was great to see her again and to hear her news. We talked a lot and after a rest, I had spent a night on the plane, we had a latihan with Melinda and Lawton De Villiers (two Johannesburg helpers). Valentine, Paula's son, who was preparing to move away from the family home the next day, joined us too. It was marvellous to be able to be with them all but sad to hear how their group had shrunk. There were no young helpers or new members.

The visit was over far too soon and I was once again whisked to the airport for my last leg of the journey. The door of the plane opened in Blantyre airport and I was greeted by a wave of heat reminiscent of some of my previous African travels. We were closer to the tropics now and I was roasting in my light woollen top. Amina and Jamila Raidhan (Anjum's sister and mother) were both waiting for me and we were soon driving among this African landscape which strongly reminded me of some part of Tanzania. Beautiful small lush mountains and greenery framed either side of good main roads which deteriorated as soon as we left the main thoroughfares. We passed African women, some of them carrying large bright coloured containers of all sorts or bundles of vegetables on their heads. Small wooden stalls arranged singly or in clusters, and many piled high with vegetables, were dotted along the road on dusty pavements in front of small commercial buildings. One could observe that the vivid advertising lettering on their walls had faded since they were often bleached by the sun. School children and young people were walking singly or in groups; it was busy and lively. It was so very familiar to me that I enjoyed being back in Africa despite the oppressive heat. We slowed down as we drove along a tall concrete wall edged by the customary chicken wire to deter intruders and suddenly stopped in front of the large black gate which opened as if by magic the moment we tooted the horn. I was greeted by Amina's husband, Feroz, and their five beautiful children, ranging from 4 to 15 years old and led to Rashid and Jamila's house. It is an enormous single storey house where Ruslan, who was away visiting an applicant at that moment, was staying. I was offered tea and soon retired for a little rest, at the house of Feroz and Amina, which was a few hundred yards away, on the same site.

My first latihan was with Jamila, who had been opened in South Africa, a year previously. She had never missed her spiritual exercise but had found it difficult to feel movements when on her own. She now felt reassured that she could still move and she looked forward to receiving the latihan with her daughter the next day when the latter would be opened. A year ago, Amina had not wanted to join when her mother and sister had gone to South Africa to be opened, because she wanted to make sure that it was what she really wanted. She was now certain and ready, and besides, her husband had now been receiving the latihan for nearly a year.

Amina's opening was unusual in that I felt like being in a vortex for a few seconds. It was quite special for her too and as we were leaving the double garage which had been adapted as a latihan hall for the occasion, we could hear a rumble of thunder. I mentioned that the elements were welcoming a newly opened soul and we laughed. That night, the storm was so fierce between 2 and 4 am, that it felt like the lower forces were jostling for power to make way for a new order of events. There were so many people opened *continued >*

“She was now
certain and ready...”

now and receiving the latihan in those two houses that the whole atmosphere was changed.

The weather had become cooler and more pleasant. I gave yet more explanations about Subud and the latihan, making sure the new prospective lady candidates knew that, to be opened was a commitment to worship Almighty God, by surrendering to Him and going through a process of purification. After lunch, three ladies, all sisters of Rashid Raidhan, arrived and I made sure once again that they realised that this spiritual exercise was not a religion, that it was a gift from God to every human being regardless of faith, creed, colour or race. Their openings went well and we talked afterwards of their experience. They returned the next day and I stressed again the need to be fully committed to receiving the latihan twice a week.

The remainder of my week was filled with latihan and more explanations, punctuated by lovely meals cooked for everyone, by Jamila. I sampled “Chambo,” a fresh water fish from the Lake Malawi (called Mongotchi in “Memon” their own traditional language – a mixture of Urdu, Gujarat, local dialect etc. -) and special Indian dishes of chicken, goat and a wonderful avocado dessert. I was offered Indian tea which is made in a special way: you boil milk and sugar (or sweet condensed milk), throw in a spoonful of loose leaf tea and add an equal amount of boiling water. When thoroughly stewed, the resulting liquid is drained and poured from a teapot. It is definitely an acquired taste. During my stay, we also celebrated the 12th birthday of one of Amina’s son, where she made a special “Ferrari” model cake; beautiful and delicious. Everything was done with care and I felt very well looked after.

Ruslan, meanwhile, was continuing with giving further explanations, opening more men and supporting the twice weekly latihan. Everyone was very diligent and I could see that they continued with it regularly.

I was leaving the next day but the family and Ruslan wanted to extend my stay so I could do a few more latihan with the ladies. This proved impossible to arrange and so I said that it was now in the hands of God. If it were right for me to stay, I would be “bumped off” the plane at Blantyre airport as it often happens, particularly now that there are only two planes a week to South Africa from Malawi. This was not to be and I sailed through customs without even a single person in front of me.

I felt sad to leave, as had happened so often in the past during a Subud visit and yet joyful at the same time at having accomplished what I had come for. A little bit of my heart was still in this far away place, among these truly charming, dedicated and sincere people. The plane was full on the way back and yet, there was an empty seat next to me. A seat for the angel, I thought, feeling truly looked after, as I had felt since my departure.

May this fledgling group be blessed by God and continue to grow. These two centres, Malawi and Leicester are now so inextricably linked with each other that one cannot function without the other. Three members of the family are arriving in Leicester in a few days’ time whilst in June, three of the five young members from Leicester will be returning home to their country, for Ramadan.

Esther Hancock and I, the two Leicester group lady helpers, often wondered in the past why our group was not growing despite the harmony and dedication that both families showed. Well, our prayers were certainly answered. Thanks to Ruslan Moore, in America, our group is now expanding in a way that neither of us would have ever anticipated. At this point there have been 25 openings in just under two years.

We have certainly been vividly reminded of the international nature of the brotherhood of Subud and have also realised that God can certainly answer one’s prayers in the most unusual way. “Beware what you ask for,” one member said to me once. Well, in this instance, I am very glad our prayers were answered in this particular way.

Naturally, the members who are in Leicester have now been assimilated into the Leicester, Derby and Birmingham groups, which they attend, where they seem to have found a place in everyone’s hearts.

Ruslan adds that “This influx of members from the Muslim community is a source of joy to me and hopefully for all of us. They are delightful, loving, kind and devout people. The openings have been remarkable too, there is hardly even one of the men that didn’t receive strongly during their openings, and their latihan continues in that way. In fact, some of the latihan reminded me of how it used to be at Coombe Springs (though that was before my time – I am from the class of ’64)!

The story is not over by any means – already there are requests from Malawi from others I met there to be opened, and I am sure that, God willing, it will become a major group in Africa.”

Thank you God, for allowing me to be part of this incredible journey.

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journey.*

Héloïse Jackson, 31st March, 2012

TRAVELS WITH KUSWANDA

Harris Smart recalls...

Kuswanda is an Indonesian man, a Javanese. He is in his 80s now and he lives with his wife in Jakarta. He has three grown up children, two daughters and a son and a number of grandchildren. Kuswanda and his daughters and sons-in-law and children all live in a group of houses at the end of a cul-de-sac in Cilandak near Wisma Subud

Kuswanda is a very amiable man, very friendly, very likeable. He is very humorous, knows a lot of jokes, some of them very rude.

I have known him for a long time now, perhaps 30 years. Once we travelled on the train together down to Jogjakarta. In case you don't know, Jogjakarta is a kind of spiritual and artistic centre in Indonesian. You see, Java has rich traditions that go back for many centuries, and even if the surface of Indonesia today may look increasingly "modern" and western the mythological traditions are still there working beneath the surface.

On the way to Jogja n the train, Kuswanda told me, "There were once these great kingdoms in Java, some Buddhist, some Hindu and then Islam came to Indonesia in the 15th century, but even so many of these ancient spiritual traditions persist beneath the surface and give Islam the particularly friendly, tolerant and "liberal" face it wears in Indonesia, at least up until recent times."

"I'll give you one example of the spiritual traditions of Java," he told me. "Jogjakarta has a Sultan. At one time he was the ruler of this place. Nowadays he is not as powerful a ruler as he once was, although he still has economic and political importance. But mostly now he is the repository of the ancient spiritual and artistic traditions."

At the Sultan's Palace

On our arrival in Jogja we went to visit the Sultan's palace. As we wandered around, Kuswanda told me, "It is said that the Sultan of Jogjakarta must mate with the Queen of the South Seas who is a mythological or spiritual being said to inhabit the sea of Java. This is probably a strange concept to westerners."

"Yes, how can a human being mate with a mythological figure?"

"Well, apart from anything else, she is quite dangerous, you have to be very careful of her. It is said that there are certain beaches where you should not swim because the Queen of the South Seas might take you. In particular it is said that if you are a man, you should not wear green bathers because for some reason she is particular fond of taking men in green bathers."

"I know," I said, "that sometimes people drown at beaches said to be her particular province, but they are often dangerous beaches with rips and currents so it is not surprising that people die there."

"Maybe so. You may say that this myth is just a fanciful explanation of a natural phenomenon, but many Indonesians, even otherwise very modern and western-orientated ones, believe in the Queen fo the South Seas as an actual figure still with us today. And both Bapak and Sudarto, amongst others, had experiences of meeting her."

"But how does a human being mate with a mythological figure?" I insisted.

"I am not sure of the technicalities of how this is accomplished. Perhaps she incarnates, takes on human form, for the occasion. Perhaps it is a spiritual rather than physical union. A meeting and merging of spirits rather than bodies. Such a thing is possible. I am told."

"And the Sultan of Jogja must mate with her," he continued. "At least he used to. I don't know for a fact if he still does, but perhaps he does. It was an essential part of his power and prestige that he should mate with the Queen. I have heard it said that there is a special tunnel leading from his palace to the place this union takes place."



The Sultan's Palace in Jogjakarta.

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The Language of Birds

Apart from that, Jogja has many other wonders. The sultan supports many of the traditional arts of Java, such as dance and music, and you can go to the palace and see performances of the ancient court dances of Jogjakarta. (See a video of it at <http://www.youtube.com/watch?v=IcOjAADt6wM>)

There is also a market full of birds, thousands of birds twittering.

Kuswanda told me, “We Indonesians like to keep birds, not only for the beauty of their plumage and the beauty of their song, but also it is said that birds can act as guardians and watchdogs, warning you of danger approaching the house. Or you can speak with them and they will talk to you and give you messages of interest and importance.”

“Yes,” I said, “Once someone at Wisma Subud told me he had a spiritual crisis in which, like St Francis of Assisi and other saints in the western tradition, he could understand the language of animals. He kept chickens and he used to while away many a pleasant hour listening to their conversation as they went about their business.”

“What did they talk about?” Kuswanda asked.

“Food and sex, food and sex.” Then I remembered, “Once a bird spoke to me. I went to a secretarial agency to get some typing done and the woman had a fully grown raven in a wicker cage on her desk and the crow spoke to me.”

“What did it say?”

“I don't know. I can't remember. It is the only time a bird spoke directly to me.”

The Tortoise and the Rock

So Kuswanda and I wandered around Jogja visiting all the wonders I would never have learned about if he had not been my expert guide. We got to know each other well. I got to appreciate Kuswanda very much and we “bonded” as they say in a way that has now lasted many decades.

We went to a place where there was a tortoise said to be many centuries old swimming in a pond. There was also a stone there and it was said that if you could lift it, you would have success in life. Both Kuswanda and I accomplished this feat of strength.

Subud has so enriched my life. Subud is not only about spiritual experiences and “progress in the latihan” but also about the experiences of everyday life. If I had not found Subud when I did, I probably would have killed myself, I had painted myself into such a black corner. How much I would have missed out on! So many people I have met, so many places I have been.

Kuswanda has written a book, *Moments of Insight*. I think it is a very good book, an important book. It is a book of everyday experiences, little anecdotes, moment of insight, epiphanies, showings forth of life and meaning. Too often we think of spirituality as some very remote and high-flown thing. Kuswanda's book shows you how it is the texture of everyday life.

On the way back from Jogja on the train he told me a story about a *sawo* tree that has found its way into his book. Since we talked about talking with birds, it seems good to have a story about talking to trees...

The Fifty-Ninth story... THE SAWO TREE THAT SPRANG BACK TO LIFE

In 1974 I decided to build my house in what was then a relatively undeveloped part of Jakarta where sawo (sapodilla) trees are commonly planted for their fruit. The land on which my house was to be built had three big sawo trees, which were believed by the village people to be the dark-leaved trees where spirits love to dwell.

As my house went up, stories about the spirits in one of the trees started to go around; a worker had fallen off it, and others on the second floor who slept near the tree were often disturbed at night.

One day I walked up to the tree holding a machete and after making myself quiet, I tapped the tree lightly with the machete saying “whatever lives here, go away, do not disturb us” and then I let the matter go. But as time passed, I noticed that the leaves of the big sawo tree gradually started to wither, until after several months, all the leaves went brown and fell off.

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“
We both accomplished
this feat of strength.
”

The tree is dying, I thought, and my neighbouring village people thought the same, which confirmed my own opinion, while the two other trees growing not far from it were still lush with their dark green leaves.

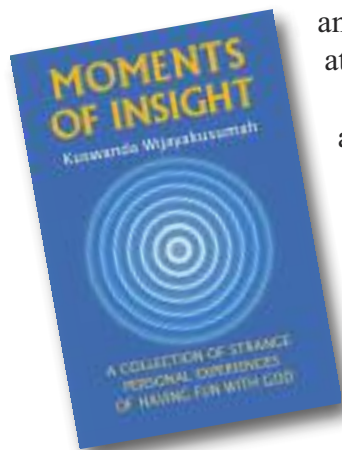
After a year, instead of cutting down the dead tree, I felt sorry for it and I approached it again, but this time without a machete. I made myself quiet and then while stroking it I said as if it were an order, “the rainy season will come soon, take as much water as possible and spring back to life”.

And then, after a few months of rain, I noticed with surprise that while the twigs had remained bare, small buds were sprouting from the bigger branches of the tree. It had sprung back to life!

Many months later it was covered with new leaves and after several years, it looked like a normal tree again and now bears fruit just as usual. Amazing! I could feel God smiling while poking fun at me.

It seemed that plants need love too. My seemingly hostile act of striking the tree with a machete even though I had done it so lightly had made such a stressful impact on the tree that it almost died. My touching and caressing act towards it, together with encouraging talk, had caused it to spring back to life.

I understood then that people today can communicate with plants also. The subtle power of God had again been proven to me and I became even more convinced that His Power is encompassing the universe and our wishes can, through a process beyond our minds, become a reality.



Moments of Insight is available both as a paperback from www.lulu.com Price £10 plus postage. Click the live link below to order:

<http://www.lulu.com/shop/kuswanda-wijayakusumah/moments-of-insight/paperback/product-20040441.html>
(NOTE: It will shortly be available as an e-book – we will let readers know when.) ●

THE YES QUEST

Peter Jenkins tells the story of the YES Quest, with news of an exciting new Quest for adults coming up...

Harris: So, can you tell me about the Yes Quest - where did you get the idea? Why did you do it?

Peter: When I was Chair of Subud Enterprises International (SES) and Henry Horthy was Chair of Youth International there was a youth camp at Wollongong where we both lived. So I went at Henry's invitation to talk to their young people and ask if there's anything that SES could do for them. And the meeting started off a little bit staid, but then they broke up into groups and the stories that came back were that a lot of young people felt overwhelmed about the future. They felt confused and unsupported.

So Henry and I decided that if we couldn't do something about that, then we might as well pack up and go home. So we developed the YES Program and we got a fair bit of funding from MSF and the Guerrand Hermes Foundation for Peace, and we employed Jan Duniewicz who conducted workshops at major events.

And although this was quite effective, we began to feel the need to work with people who were ready to fully commit to a lengthy process, maybe for a week or two. And so we launched the YES Quest, following the Bali World Congress. And the reason it was called YES, was because it was Youth Enterprise Support, so we had collaboration between Youth and SES.

The YES Quest idea came all at once. And I remember sitting at the computer and writing it out and all the elements were there. It would be a journey through a wilderness environment, but it would also be a journey deep into oneself and a rite of passage from youth to adulthood.

So it would be a personal and career development program, quite intensive, using drama, ritual, art, sculpture and movement as well as processing and having latihan and doing testing, and it would culminate in people developing a vision and preparing an action plan of steps toward their goals. And on the last night all the participants and the facilitators would each give a performance encapsulating what they had gotten out of the quest.

I then had to get funding and find people to be facilitators, and I went to see Marcus Mackay who I knew had long experience in personal development and facilitation and I also went to see Hamilton Barnett because I wanted, not just to work with the mind, but with the body as well, and Hamilton had been *continued >*

a circus trainer, dancer and street performer and seemed the ideal person.

Marcus's daughter, Sofiah was enlisted to be the co-ordinator and we planned to have the first YES Quest following the Bali Congress in 2001, in Kalimantan.

Now, the Congress itself was supposed to be in Kalimantan but because there were problems there, with violence between the Dyaks and the Madurese, it was moved to Bali, but we didn't feel the situation was dangerous, so we kept the YES Quest in Kalimantan.

In that first Quest, we had 18 participants from all around the world and it took place over three weeks. Simon Guerrand generously let us use his longhouse at Rungan Sari which became our Quest village. Our expedition into the jungle was organized with Mansur Geiger who was enormously supportive.

We went upriver by speed boat for about six hours, and then through the jungle in four-wheel drives for about another four hours to the mining camp. This was a beautiful village and we stayed there for about five days, and we trekked and camped in the jungle and that was great.

Yes, in the first Quest, Benita Sillem, who I think at that time was Audrey, decided she wanted to work in fashion and now she is successful in that field. Lucien Gawen as a result of experiencing the Quest process, choose to study social work and is now working in that field in England and I can pull out other examples.

Harris: And you once mentioned your son, Fred, who was interested in making things?

Peter: Yeah, he went on to study engineering and is now working in various forms of construction.

Harris: And wasn't there someone who wanted to be a pyrotechnician.

Peter: Oh yeah, I can tell you something about him. We arranged that at the end of his performance we would present him with an award for putting on a fantastic firework display and he would have to make an acceptance speech.

Then the rest of us formed two rows, linked arms and moved towards him saying, "Grow up, do something sensible. You can't work in fireworks, it's silly," and he had to break through those two lines. Later, he told me that when he broke through the second line, he knew that he would do this and within a year, he got his licence and was involved in a major firework display. He's actually moved on now and runs his own business.

Harris: And how did the Quest develop from there?

Peter: Well, there have been three Quests in Kalimantan and Quests in the Austrian Alps, in Akaroa New Zealand, the French Pyrenees, the Sierra Nevadas in California and in the Australian desert. And there have been Quest events at the World Congresses in Innsbruck and Christchurch. For the Austrian Congress, the WSA Chair, Daniel Cheifetz, and his Deputy, Meldan Heaslip, said, can you do something for large numbers and we took up this challenge and ran three workshops for 150 to 200 people, "My Congress", "My Subud" and "My Life".



YES Questers in Kalimantan.

In search of transformation and direction in life, the YES Quest provides an inner and an outer journey.

“

We recognized the need and created something to meet that need.

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They were interactive and fast moving, and we had good feedback. And then at the World Congress in Christchurch, we ran a new program, "Quest at Congress". We recruited 17 young people from all around the world, each of whom had a project idea they wanted to develop. Then we worked with them on planning their project and developing their capacity to manage the project when they returned home.

This was very exciting. We held workshops on alternate mornings right through Congress and followed this up with a four day camp to complete the work. A major highlight was when each person presented their project at a public event called, 'The Pitch'. Some sang it, some danced it, they could do it any way they like. It was very well received.

Harris: So the Quest has been going on for about ten years?

Peter: Yes. We had a very successful tenth anniversary Quest last January in the same place, Rungan Sari, as the first Quest.

Harris: Do you have any special memories of that first Quest?

Peter: The highlight for me was the final night, *continued >*

when each participant put on a performance.

We were spread out on the deck of Simon's house with lots of candles and the first performance was stunning and it was scary because we realized the power of what we had been doing.

The second, third, and the fourth ones, equally stunning; it was probably the most memorable night of my life. I guess, for me, it was the first time, that I had this realization that I hadn't given consideration to. "My God, this works" and it was quite scary. Did we know what we were doing? I don't know. We just... recognized the need and tried to create something to meet that need and suddenly, we had a feeling, this is powerful and it works.

I guess another very important thing about the Quest for me, is that Bapak always talked about two obligations, to worship God and to put one's talent to work in the world, and I think in supporting and facilitating young people to do that second part of Subud – well, without that second part, I don't believe Subud is going to grow.

Harris: Let's come to the most recent YES Quest. You've said you think it was the most successful of all. Why was it so successful?

Peter: What was amazing about this Quest was first of all, how incredibly positive the young people were, they had no doubt when they arrived that this was going to be a fabulous experience and we were really going to gain from it.

This was a bit scary because we had to deliver the goods, but that positivity and their enthusiasm was a huge factor. We had three brothers from Perth, and one of the brothers, on the second day said, "If the Quest stopped now, I would still be fully satisfied."

Another factor is that we stayed at the Eco-village and there was tremendous support in Rungan Sari. It is a Subud place and the eco-village was really designed with youth in mind. It was a wonderful environment for us. And we had the support of the young people at Rungan Sari, especially Bjorn Vaughn and Emmanuel Bryson-Haynes. We asked them to design and lead the group on a four-day, three-night trip staying at a Dayak longhouse, and trekking into the jungle with lots of adventures along the way. They did a brilliant job.

The only thing missing was a really good-sized workshop room in the Eco-village and we're now trying to have that built as a joint project between Subud Australia and other partners.

Harris: Let's talk about what is happening in England.

Peter: Lilian Gibbs and Hussein Dickey have set up a business - a large part of this was to launch the YES Quest as a commercial venture, but the general feeling is that the economic climate in England is not conducive at the present time.

However, The Guerrand Hermes Foundation have given us money to extend the YES Quest around the world. We're planning the first of what will hopefully become annual Quests in South America, with Almanac as our base. Fortunately, we have two Spanish speaking facilitators, Marlena Basse and Sofiah Mackay. There is also a team working on developing Quests at Seven Circles in California and we will basically go anywhere where there are 12-20 people wanting to do a Quest. But we always insist on a selection process. Potential participants complete a questionnaire which enables us to determine that they are 'Yes Quest Ready'. That tells us they will really benefit and will commit to the process 100%

We've also had tremendous support from the WSA (in conjunction with GHAN) through the International Youth Travel Fund. Most of the funding that young people need is to get to Rungan Sari and if they qualify, they can get some of their costs covered through this fund.

Harris: You're thinking of a gradual handover of the Youth part of the Quest?.

Peter: We have an agreement with the World Subud Association (WSA) that, over a number of years the Quest will be handed-over to Subud Youth Activities International (SYRIA). The idea is that the Youth Quest is now a joint-venture and as each year goes by the youth team will be more and more involved until they are ready to take it over. But we will always be there to support them.

Harris: All right, let's talk about the personal YES Quest of Peter Jenkins. What has the whole thing done to you?

Peter: For me personally, the YES Quest has brought together all of my experiences and all my interest and become an expression of those. I have worked in the advertising and promotion industry, which certainly helped me with the Quest.

continued >

For many years, I also worked as a teacher, with many kinds of groups and was able to experiment and discover new and interesting ways of doing things. Lots of these are incorporated into the Quest.

I was particularly interested in cultures where rites of passage are recognized and these rites serve to help the transition from youth to adulthood. This is something lacking in our culture and it causes all kinds of problems and if you can facilitate this transition, you can very often avoid the drugs, the self-destruction and all of the bravado that goes on.

Also, I spent a lot of time investigating drama training, which these days is personal-development based. And I was interested in the way it is able to be therapeutic without a therapist.

I actually did a one-year course in therapeutic counselling and studied a lot of methods including breath work and Gestalt and sound play and all of these came together in that moment that I got the idea for the Quest.

Harris: And Guenna to some extent came out of the Quest?

Peter: Yes. At YES Quest, the facilitators very often participate in some of the exercises and we also participate in the performances at the end. And at one Quest, I envisioned my future and described a place which would be a Retreat Centre - very tropical and shady.

It would have a large house where a small resident community would live and operate the Retreat Centre, where there would be accommodation for 25 guests, a really big swimming pool and very large hall, as well as facilities for cooking and dining for the guests.

And a few months after this, together with another of the Quest facilitators, Marlina Basse, and my wife Isti, we went and found this place, it was for sale and we bought it, together with other partners.

Harris: Now, what about the performance of the last night of the most recent YES Quest?

Peter: Ah yes. On the final night, it's not only the participants who have to perform, it's the facilitator as well. And this year, I remember saying to one of the participants, Anwar Lowther that I was getting a bit old and tired and maybe less ambitious and he got very cross and said, "No, you have to do something big." And this made an impact on me, so I used it in my performance. It started as a conversation between Anwar and myself where I said to Anwar, "I'm getting old." And he said, "You have to do something big." I said, "I'm getting tired these days." He said, "Peter, you have to do something big."

I said, "I don't think I've got the stamina or the way of the world anymore and he said, "Peter, you have to do something big." And then I went around to each participant and they said, "Yes," and I said, "No." Then I stood alone saying louder and louder, "no, no," and eventually, this became a giant "YES", which everybody joined in and now, I'm committed to doing something big... but I'm not yet sure what it is.

Harris: And now a Quest for older people?

Peter: The concept of the Quest can be applied to any stage of life because the basic principle is if you want to know what to do with your outward life, you have to look inside yourself.

What the Quest is really about is putting people in touch with themselves because they are the ones who can give themselves the right advice, not anybody else. So they can discover all of the treasures that are inside them: their talents, their hopes, their dreams and find a way to express these in the world.

And it's never too late. Leonard Hitchcock, the current chair of Subud Britain recently wrote, "For a while some of us in the Subud Britain national council have felt the importance of offering to members the time and space to look at their individual nature and how this can be expressed in the world through work or other activity. In other words - what is our role in this life? To help us find our path which Bapak called our path of destiny or the path of our own individuality."

And he quoted Bapak, that the latihan is all about, "Knowing your real self, knowing your human soul, you will be able to find your own personal life plan, your own instruction book – the structure of life that is within your own self. It will show you the path of your life; where to go, how you should work and what you have to do."

Harris: And where will the Adult Quest be held?

Peter: We will do it at Rungan Sari next January. It's a place that Subud people love to go to, it's probably the easiest place for everyone to get to and has many other advantages.

Contact Peter Jenkins at peterjenkins4@gmail.com and see the ad in this issue about the Adult Quest.

Spanish Speaking YES Quest in Colombia

The YES Quest is excited to announce the first ever, Spanish speaking YES Quest for Young People to be held this year at Amanecer, Colombia, July 12 – 23.

While there have been many Quests held around the world, in Australia, Indonesia, USA, Austria, France and New Zealand, there has never been a YES Quest held in a Spanish speaking country. It has meant that many young people who do not speak English and who do not have the funds to travel have missed out on the opportunity.

“We hope that by holding a YES Quest in Colombia, it will make the program more accessible for Latin American young people. And we plan to have a base in South America for future YES Quests.” Marlana Basser, director and lead facilitator.

Some experienced Questers from Colombia and Chile have been identified as future YES Quest facilitators and will begin their training during this event. It is hoped that within three years, the YES Quest will be coordinated and facilitated in South America by local young Subud members.

This first YES Quest will be held at the Subud centre Amanecer, and the three day adventure component will take place in the Cocora National Park.

Over ten days, 16 – 25 yr old young people will have the opportunity to reconnect with their life purpose, explore the talents and passions born to them, and get clear on what they want to do with their life. Together with other young people they will develop the confidence and commitment to fully express themselves in all areas of their life, and come up with an action plan to make it happen!

For more information and to apply, email marlena@yesquest.org

Habla español YES Quest en Colombia



El Yes Quest tiene el agrado de anunciar la primera en la historia, lengua española YES Quest de jóvenes que se celebrará este año en Colombia, 12 de julio - 23.

Aunque ha habido muchas YES Quests realizadas en todo el mundo, en Australia, Indonesia, Estados Unidos, Austria, Francia y Nueva Zelanda, nunca ha habido un YES Quest celebrada en un país de habla española. Esto ha significado que muchos jóvenes que no hablan inglés y que no tienen los fondos para los viajes han perdido la oportunidad.

"Esperamos que mediante la celebración de una YES Quest en Colombia, que hará que el programa sea más accesible para los jóvenes latinoamericanos. Y planeamos tener América del Sur como base para futuras YES Quests" Marlana Basser, director y facilitador.

Unos experimentaron Questers de Colombia y Chile han sido identificados como el futuro YES Quest facilitadores y comenzará su formación (entrenamiento) durante este acontecimiento. Se espera que dentro de tres años, el YES Quest sea coordinada y facilitada en Sudamérica por jóvenes locales.

Esto primero YES Quest va sostenido en el local de Subud en Amanecer y el componente de aventura de tres días ocurrirá en el Parque Nacional Cocora.

Más de diez días, los jóvenes de 16 a 25 años tendrán la oportunidad de unirse de nuevo con su objetivo de vida, explorar los talentos y pasiones llevadas ellos, y hacerse claros en lo que ellos quieren hacer con su vida. Junto con otros jóvenes que desarrollarán la confianza y el compromiso para expresarse de lleno en todas las esferas de su vida. Y que se elabore un plan de acción para que suceda!

Para más información y aplicarse, envíe por correo electrónico marlena@yesquest.org

LATIHAN AND ENTERPRISES – THE UNEXPECTED BONUS

Lambert Coles writes...

1957: A SLOW START

I was slow to appreciate what the latihan had to offer and, if it had not been for the fact that I could see what a profound impact it was having on some of my friends at Coombe Springs in 1957, I might well have given up. A year later, my wife Ros and I moved from London to Sussex. Some people in the Brighton area had invited John Bennett to give them a talk about Subud. We were made helpers and for the next 17 years we did our best to foster the group.

ENTERPRISE AND S.E.D.

Returning to England from the first International Congress in Jakarta in 1971 a few of us then got together to try seriously to follow Bapak's oft-repeated advice to undertake work in 'Enterprise'. After a month in a bamboo house in the tropics the air-conditioned bedroom of a modern hotel in Kuala Lumpur seemed a good place to make a commitment. Eventually we came up with the idea of forming a little company which would set out to enable fellow Subud members to develop their particular talents and skills through starting and running their own small businesses.

S.E.D. ('Sinar Enterprise Development Ltd.') as it was called, would provide advice on legal and accounting matters etc as well as making an investment in the shares of the company, and to generally encourage them to make the most of their potential.

Only about half the enterprises in which S.E.D. participated were successful. Our problem was that the profitable ones, quite naturally, thought that the profits they were making were better employed to increasing stock, employ an assistant or acquire a better van and certainly an increased salary for the MD!. All forgot that SED required a return on its investment to enable it to continue in business!. So we had to close it down and we made up our minds that in future we must create and run our own business!

EGHAM

Disappointing as this obviously was, we had learned some really valuable lessons about the importance of building a team. We had learned to work together and to trust and to use our respective strengths appropriately. Also, partly through testing, we learned to avoid putting "square pegs in round holes", and we often found it helpful to test which of us was most suited to undertake a particular task.

Armed with this confidence we now, in collaboration with Ian Travers Smith and the Fraval brothers and others, were able to create and manage three high-tech manufacturing companies in premises which we bought in Egham. So Fritz Koerner, Ian and the Fravals were now working full-time in Egham while Howard Paice and Lambert Coles were non-executive directors.

This was an exciting and exacting time especially for those working all day at Egham. After some years of struggle and overcoming innumerable problems, two companies were successfully sold but the other went under. However, its sister company in Germany run by Eberhardt Lohss and Samuel Simonsson was a huge success and they generously compensated the owners of the failed U.K company in recognition of the technical assistance it had given them.

RETIREMENT

By this time three of the four core team members were approaching retirement age and Ian took the lead in creating a partnership with a number of other Subud members to buy and run the "Aurora Garden Hotel " in Windsor. Having got that going successfully he formed another partnership to buy a nursing home in Berkshire; Ian was managing partner in both projects and both were finally disposed of in 2001.

All four core team members put much of the considerable profit resulting from these two very successful enterprises into the Charities Aid Foundation, intending it to be used in a charitable venture, yet to be identified. Ian therefore set about finding out what "gaps " there were in England in the field of nursing care. It emerged that there was nowhere in UK that could provide residential care for patients needing "complementary therapies".

INTEGRATED HEALTH TRUST

Having no medical training whatever between us, we sought and eventually found a doctor (not in Subud) who shared our view of what was needed. Her name was Dr. Rosy Daniel and she had been *continued >*

Medical Director and Chief Executive of the renowned Bristol Cancer Help Centre for many years, and now had a practice in Bath. Together we formed the Integrated Health Trust in 2007.

THE VISION - To build a specially designed residential clinic in a peaceful but accessible country setting and a retirement village where sick and elderly people in need of medical support could live.

FINANCE. - There was no hope of raising the millions needed for such an ambitious project until we had established an outstanding reputation and the confidence of leading consultants. The world-wide banking crisis of 2008 made fundraising even tougher than before.

THE BRITISH COLLEGE OF INTEGRATIVE MEDICINE (BCIM)

Being unable to fund any major capital investment we chose instead to create an educational "college" to enable graduate doctors and nurses to achieve a university-accredited diploma in the study of the best combination of conventional and complementary treatments. The first students have now completed the two-year course and will be awarded their Diplomas in May.

This is the first such course in the world outside the United States and is a major achievement and has made our intentions and aims more widely recognised.

OUR TASK

Our task is to convince more and more mainstream doctors and nurses that it is time for them to rethink their attitude to the many valuable complementary therapies that were largely disregarded in their orthodox training.

“ Truly an unexpected gift... ”

THE BONUS

Since 2007 the four core members of the project have met every three weeks at Howard's house in Weybridge. These meetings gave us a chance to recharge our batteries and to debate the various ways of overcoming the problems that always arise in any business undertaking.

Latihan first, then a situation report, discussion of the issues and the airing of suggested solutions. If "testing" was considered necessary we took great care to frame the question precisely so as to promote clarity in the receiving.

I remember one such day when Fritz Koerner was still alive when, at the outset, there looked to be two very different opinions on a particular issue that needed immediate action - two of us holding the diametrically opposite view to the others. Our first attempt to receive guidance did nothing to untie the knot - but - with patience - we continued to seek the way ahead through further exploratory testing.

Suddenly THERE !! was the obvious solution - far superior in every way to either of the two opposing views with which we started. Truly an UNEXPECTED GIFT.

BROTHERHOOD

In a good marriage, each partner gets to know the other "through and through". Each knows that the other will not easily be deceived so both earn the luxury of not having to hide anything. If both parties will it, a deep and enduring trust will grow.

Likewise, it has been our experience that after forty years working together we now know more deeply the meaning of BROTHERHOOD.

TRY IT and please prove that it can be done MUCH MORE QUICKLY !!

COMMITMENT

Do you, like me, sometimes fail to turn up at a meeting you meant to attend?

"I've had a really exhausting day - so I will let myself off!"

This was absolutely not the case with meetings at Howard's house. I can honestly say that, during the last four or five years, there was never an occasion when one or other of us failed to make it. We all needed it so much that we all always managed to attend.

Lambert Coles (lambert@kjcoles.plus.com) on behalf of Howard Paice and Ian Travers Smith.

FAVOURITE PHOTO



A Family Pic...

Romana Brazier took this photo in Goa. Her husband, Lawrence, writes...

The dogs in this picture (half-wild on the beaches of Goa) were not "posed". One would not go within yards of them for fear of rabies. They are, however, obviously good mates and most accommodating for tourists. Or perhaps they have very advanced souls.

It is quite evident that the larger animal is a lady - probably being very protective of her offspring - thus, not mates at all – this is a loving family pic.

See Lawrence's story "Woof" in the Literary Supplement. But it is not about dogs, although it does have a Bach.



A PSYCHODRAMATIC HEALING

Lusijah Rott, wife of Husain Chung, writes about an experience she had in Husain's psychodrama...

I was sexually molested as a child. I don't feel sorry for myself, I have learned a lot in processing this life experience. Most of the work has revolved around shame and guilt. I went to one of Husain Chung's psychodrama workshops. I had been feeling a curiosity about what might come out of a psychodramatic approach.

With great fear, when I actually volunteered, I was saying to myself, ah shit, what am I getting into, why am I doing this? Like the feeling of going up the first incline on a roller coaster – too late to get off with a terror and excitement of what is coming.

Husain played the role of my uncle, the perpetrator. The scene started off with having women behind me, "doubling" who were actively flinging epithets at "my uncle", voicing, as if from me, rage and disgust. *continued >*

Mostly it was along the lines of, “You f...ing pervert”. I found myself somewhat disconnected, a bit frozen. Two people in the workshop spontaneously decided to take on the roles of me at eight years old and my uncle at the age he had been when he molested me, 15 years old. When my “my uncle” called my 8 year old self to go off somewhere together, what felt like an electric shock wave went through me.

It was a shimmering feeling, the strength of which made me turn my back to the people playing the roles. I couldn’t bear it. When “my uncle” again asked my 8-year old self to go off together, I turned around and stared at him, saying to my 8-year old self away, stay away from him. It was like slow motion. I felt my eyes boring into his, staring. The power of my stare, seemed to unnerve the guy playing the role.

I slowly got up, slowly and feeling like I was towering over him, I physically grabbed him and pushed to eject him from the room. As soon as I let go, he came back. Three other women grabbed him, jointly pushing, again ejecting him from the room. As this was happening, the person playing my eight year old self started to cry, saying she was afraid.

As the women finally pushed my uncle out of the room, I turned to embrace my eight year old self, who was really crying. I held this petite child in my arms. In slow motion, I enveloped her shuddering body in my protective and powerful arms. We stood embraced for a long time, as I stroked her back lovingly.

The scene ended and there was the usual round of observations, done as soliloquys. Obviously this scene had touched many of the other participants. For me, I marveled at the feeling of embracing my innocent eight year old self with full adult power, knowledge, and protectiveness. It was extraordinary.

I was so charged – things continued to flow and unfold after returning home. I realized that during the psychodrama I felt frozen, and reflected that I have kept myself tucked-in, upright, never divulging. It was like a damn breaking. I allowed the stored images to come to consciousness over the next days.

I remembered graphically what had happened, how I felt at the time, the things I said at that time – to my uncle. I cried as I experienced viscerally, for the first time, the innocence of the child and I had a powerful understanding that the shame I have carried was misplaced.

A few days later, I did a google search for my uncle and found a contact for him. For the first time in the 50 years since I was molested, I wrote him a letter describing the images I carry, talking about the terror I have felt when my daughter was 8, and my sons were 15 – terror that they would be perpetrator or victim. I said I was giving him back the shame that was rightfully his.

I expressed my wondering why he had never contacted me to apologize, asking if he was a chicken shit coward or in denial. He replied within the hour, asking for my forgiveness and thanking me for getting in touch. He also shared that he too was molested by a man his mother had trusted when he was 11 years old. He has never told anyone – not even his wife of decades. He expressed the hope that the next time we meet, that there could be peace. I accepted his apology.

I know that truly experiencing the innocence of my 8-year old self was the transformative piece and simply would not have been possible through talk therapy. The actual psychodrama scene lasted about half an hour. I feel grateful to Husain Chung and the other participants who were so very courageously and lovingly willing to support this profound process which has taken a big heavy rock out of my psychic backpack. ●

Stories of a lifetime *by Irena Olender*

This is a story about my life as a very young child. It takes place at the end of World War II during the Japanese occupation of Indonesia, the land of my birth. During that time I spent three years in several Japanese concentration camps under extremely harsh conditions together with my mother and two older brothers. This story is based on one of my vivid memories from that time. It is set in a camp in Lampersari, a camp for women and children near the coastal city of Semarang in Java.

The Japanese occupiers imprisoned women and children separately from the men. Boys were considered to be men at age ten, and taken from their mothers to be sent to men’s camps at that age. Camp Lampersari held about 17,000 women and children prisoners towards the end of the war.

The women and children referred to in this story were my family’s housemates, about twenty-five to thirty women and children cramped together in a ten by ten foot space without sanitation or water.

The impact of these experiences has been tremendous and recovery has been a lifelong project for my family and for me. My spiritual process in the latihan has been a great blessing for me in that process and has made it possible for me to find a voice for my experiences and what I have learned from them. At some time in the future I will share a story about how I came to a place of forgiveness. For now I mostly want to share the power of a very simple story - Rag Doll

*What does one do with
such a treasure?*

Rag Doll

‘Today is a special day’, my mother has said. ‘Today you are four!’ I know that birthdays are special. Most mothers in the camp try to make a celebration of some kind for the birthday children. So here I am, a little girl, standing in a circle of smiling women and staring children, feeling self-conscious and awkward.

It is true that the day has started in a special way. Roll call has not lasted as long as usual, and all the sick people are still here. Not one woman or child has disappeared or forgotten to get up in the morning. So, perhaps it is true. Today I am four, and the day is special.

Yet I feel set apart in an uncomfortable sort of way. People are smiling and are bringing me some special gifts. Some kids have collected snails, four snails, one for each year I have lived. I count them aloud in Dutch, and, quietly inside my head, in Japanese. Nobody, myself included, likes to hear Japanese.

Een, twee, drie, vier! One, two, three, four snails! Tomorrow, at sunrise, my mother will cook them. I hate snail soup; it stinks! But my mama’s iron will and my empty tummy will prevail. I will eat these slimy creatures. I will even pretend to like them. When it comes to snails, I know what is expected.

Again the women are smiling. They seem to have a truly special present for me. I see their tired faces, the eyes hollow and dark, attempting to make a celebration. I do not fully understand. Together they hand me the present: a flat, tin can that used to hold crackers or cookies, long ago, in a time unknown to me. The tin can is carefully covered with little pieces of cloth. I recognize small pieces and patterns of the tattered dresses some women are wearing.

My breath stops. I am awestruck. She is so beautiful! Carefully I take her out and hold her, the way I have seen the mothers hold their little ones. Then I put her back in her little rag bed. Next I take her out again. I do not quite know, what to do. I am not used to having a toy.

What does one do with such a treasure? All eyes seem to be focused on me. Finally I sigh and announce that I shall have to check her little bed for lice once more. It gives me a reason to take the whole cradle apart again. Some of the older children snigger. The grown-ups smile and shake their heads. Did I say the wrong thing? I hope not! Because I really, really like my little rag doll.



And, today I am four.

Loving – truths about sex no one told you

Book review by Daniel Foster

Loving is a book Emmanuel Williams wrote with young people in mind. He wrote it to tell them that there was more to sex than what you see on TV or in advertising. He wrote it to explain that sex can have major effects on you; that it is something that goes deeper into your feelings and being than anyone tells you.

It turns out that Loving is a profound book. Profound most especially because, though we live in a culture where we are bombarded by messages about sex, no one really talks about its importance, meaning and effects. They talk of it, but not about it.

Some of the themes are ones that are discussed somewhat in Subud, but not all that much, unfortunately. I think Bapak was more comfortable talking about these things than most of us are. Emmanuel is also very comfortable talking about it and he does it in a way that is very enjoyable and comfortable to partake.

Emmanuel backs up his explanations of sex with a discussion of his own experiences, as well as those of many other individuals who contributed and also with references from many of the books - over 100 – he read in his attempt to survey all the relevant information available.

His own story takes him from his days “on the primrose path of dalliance” to 7 years in *continued >*

Wisma Subud, Cilandak, and a thorough inner cleansing, including a good scrubbing of the residue of lovers past.

One day I wrote a list of the names of all the women I'd made love to, and sat there by the white wall remembering them... Ann, Patricia, Betty, Carol, Geraldine, Shuri, Melonia, Danielle, Miranda, Barbara, Ruth, Tina... I could feel them all in me. Like ghosts.


I was being purified

Not just memories. More...this is tricky so bear with me please... more like presences. They were still with me. There was much to be thankful for – the love, the laughter, the closeness, the pleasure...

But I could feel how sex had loaded their feelings into me, how full my being was of their energies.

I was going – I realized later – through a process of cleansing. Awakened by the Subud spiritual practice, there was a powerful force moving outwards through my various layers, shaking up or loosening whatever undesirable stuff it encountered and bringing it to the surface to release it through movement or words or sensation. I was being purified.

Emmanuel goes on to discuss romantic love, the higher/lower qualities of people, differences between men and women, the importance of the state of a couple when making love, celibacy, abortion and more. He also talks of his experiences as a teacher of younger people and of the discussions he shared with them. Some of these are very touching and it becomes clear that in writing this book Emmanuel was hoping to help young people like these former students.

I really enjoyed the way this book was written. It's all presented in a warm and wonderful way. Complex stuff presented simply, clearly, entertainingly and respectfully. As I said, some of these are topics and themes Bapak spoke of. But here it is people relating their personal experiences. It makes the stuff alive.

I don't know how young people would relate to this book. I tried to imagine how my own children would have reacted to it, or even how they would react to it now, and I couldn't come to any conclusion. It's all about Subud or Subud-like experiences. It is a very Subud book. I do know that, having read this book, I could now have a more thoughtful discussion with a young person. Not so much because Emmanuel has told me things I didn't know, but he has reminded me of things I do know, and shown that they can be spoken about.

I personally enjoyed reading this book. To have people sharing their experiences about these rarely-discussed issues was very refreshing and engaging. And the book stuck with me. I found myself thinking about some of these issues in a way I hadn't for some time. I think Emmanuel is pretty close to correct on almost all he has to say – maybe not 100%, but pretty close.

Most of us know Emmanuel as an editor, presenting the recollections of others, for example, as in *An Extraordinary Man*; or as a collector of riddles. In *Loving* it becomes apparent that he is a very good writer as well. Read it and see. Enjoy. If you like sex, you'll love this book. Oh, I just had to say that.

“Loving” is available on Amazon, or, more cheaply, directly from Emmanuel Williams:
emmanuelriddlemaker@gmail.com

SEX HARMS ME IF I ABUSE IT

An extract from Emmanuel Williams' book 'Loving'...

...I felt a desperate need to go somewhere totally different, take stock. Start again. I'd been a Subud member for a while, then dropped out when things went crazy. I'd also become interested in Zen. So I had a choice: go to Cilandak, a Subud community near Jakarta, in Java, or go to a Zen monastery in Scotland.

...Shortly after this I flew to Jakarta. Got a taxi to Cilandak. I'd planned on staying a month or two. Recharge my psychic batteries, then come home and try to do better. The quick journey to enlightenment was a popular myth of the times.

I immediately came down with amoebic dysentery and spent two weeks lying in a hot little room out of my head with a high fever, or scurrying down the corridor to the *mandi* – the rest-room. I felt – if you'll pardon the expression – as though I was pouring out of myself. I saw my parents, my old lovers and my friends floating around my room like helium balloons smiling encouragingly. I thought I might be dying. In a manner of speaking I was.

continued >

As my fever cooled and I regained a degree of normal consciousness, I sensed that spiritually I was in a bad way. I told everyone I met, with a kind of hysterical solemnity, that I had destroyed my soul. I kept thinking of piles of malodorous garbage. This was an uncomfortable phase. I prayed, fervently; “please God, if it’s right for me to stay here make it possible.”

It was a kind of purgatory

A few weeks later I landed a teaching job at a nearby international school. This was the first time I’d ever consciously prayed for something. The fact that my prayer was answered changed everything.

So there I was, a serial lover of women, suddenly placed in a very foreign culture, in a community with quite a strong spiritual atmosphere. I was – mainly through lack of opportunity – celibate. There were no drugs to be had. Three young women – one American, one English and one Australian – got me slightly drunk on Dutch gin and cut off my beard and trimmed my shoulder-length hair. I still didn’t know who I was.

I remember early on, going up to someone who’d lived in the place for a while and saying, “Excuse me, would you mind telling me what to do next?” he smiled enigmatically and said “Sit. Just sit. Don’t even read.”

So that was what I did. There was an open veranda near my hot little room. Every day I’d go there after breakfast and sit, there was a whitewashed wall with scarlet bougainvillea growing across it. I’d sit there, sweating in the moist heat, and look at the bougainvillea, feeling really weird. I was being deconstructed. My old self, my old patterns, were being disassembled and scoured.

One day I wrote a list of the names of all the women I’d made love to, and sat there by the white wall remembering them... I could feel them all in me, like ghosts. Not just memories. More, this is tricky. More like presences. They were still with me. There was so much to be thankful for – the love, the laughter, the closeness, the pleasure. But I could feel how sex had loaded their feelings into me, how full my being was of their energies.

I was going – I realised later – through a process of cleansing. Awakened by the Subud spiritual practice, there was a powerful force moving outwards through my various layers. Shaking up or loosening whatever undesirable stuff it encountered and bringing it to the surface to release it through movement or words or sensation. I was being purified.

Some of this process was extremely painful, at times I was feeling all over the inside of my skin, a multi-bite sensation that was so intense I was scraping myself hard against walls and furniture to ease it, and lying face down on the floor murmuring through my drool: “I’m sorry. I’m sorry. I’m sorry. Please take this from me.”

Every night I went walking around in the soft tropical darkness muttering the same pattern of words over and over again: “Dead end end ended deadened dead ended deadened end ended dead end ...” Fortunately the locals were used to psychic refugees arriving from the West and behaving oddly.

I had no idea what was happening, but I trusted it, I felt like a kind of cipher, a non-entity. All I could do was maintain a basic survival program: eat at mealtimes, sleep when it was time to sleep, and sit for long silent hours by the red blossom glowing against the hot white wall. Little by little, as my inner was cleansed, I began to figure out what was going on, for the first time in my life I began to understand – no, experience – how they had affected me, the affairs I’d had and the drugs I’d taken.

As the teaching job came closer I began to feel relatively normal. It was as though the angels, or God or whoever/whatever was running this cleansing process saw I was going to be around for a while and that I had a job to go to, and passed the word: “Okay, we can ease up on him.” Soon, as normal as I could be with my psyche in deconstruction mode, I was back in a classroom with a bunch of kids - they whom I love. It was okay and it was going to be okay.

I lived in Cilandak for seven years. During that time I went through a brief, disastrous marriage and long periods of celibacy and solitude. It was a kind of purgatory. I was being reconstructed. I became lighter and clearer in my being, I came to understand in my soul, in my guts, in my mind and in my heart, in my toenails and in the lobes of my ears this truth: sex harms me if I abuse it. Finally twice the man I ever was, I flew back to the West...

LOVING IN SUBUD

Extract from Muftiah Arnold's book 'Living In Subud' (now out of print)

What is this Sex? Why does it rule us with such a sense of terror and charm, authority and reverential awe?

Above all, why is there such a river of sand running through its heart, why does it sprout pain like a living crown of thorns? Why is there insatiable despair in moments of its most exquisite unfolding?

Some of us were lucky and came face to face with Subud. We asked for it not knowing in greater part what its meaning was. But we were given it with such a huge largesse, in such complete entirety, even though to begin with only in its seed form.

The latihan started, worked on the seed, changed it. And a strange thing began to happen, as with others so with Ian and me too. We discovered that the most fundamental relationship, that between husband and wife, in its most fundamental form, the sex act, began to change.

It was as though a catalytic agent was introduced in it and this began to crack and open up the relationship of marriage.

In some cases it was blown open with such speed that husband and wife split apart and contemplated with horror the seemingly inevitable break up of their marriage.

Bapak said, "Be patient. This will pass. True marriage is being made between you."

Some could believe, others could not. But those who could found how truly and factually Bapak spoke. A new kind of marriage was starting between the partners.

But patience is indeed so difficult, solely because it is the spiritual quality of trust in God, and is no longer patience if one asks, "For how long must I be patient?"

Between Ian and myself it has been simpler. For which we feel very grateful, because we know how hard this purification can be. Nothing cataclysmic happened in our marriage – only a gradual changing. We found we could no longer make love from wish or desire. We had to wait – sometimes over long stretches of time – until the command came.

Often in the beginning the command would come at different times for each of us. Which was another kind of waiting. But as we never knew when it would come, we got into the way of retiring for the night always after doing a latihan. If then the command came, we were able to follow it in a condition of peace and worship.

Once it so happened that we broke this rule and made love because we wanted to. It was a terrible experience. We were filled with such a feeling of death and impurity, and torn cruelly apart from each other that it was a lesson for us we hope for all the days to follow. The apple had seemed so bright and shining, but it was ashen and bitter to the taste.

And then we began to understand and experience that what was being given to us was sexual act as worship, it came down from God and oned us in it. It filled us with a fine vibrating sense of exquisite life and joy.

This amazed us. It was so different from before, and we began to experience Sudarto Martohudojo's words. "The holy act".

No longer were we left to float in a sense of spiritual sadness, or despair, or boredom or pleasure quickly passed. There was no longer the feverish groping for something unknown, no more poetising, hoping. It came and it went, washing us in cool waves of pure water.

It was latihan kejiwaan.

I do not mean to imply that we have experienced the quality of Sudarto and his wife's experiences about which he wrote in the *Pewarta*. I speak only of our own level of experience, which though so far below theirs, has yet already introduced us to the taste and feel of a holy act, a sweet act, such a simple and profound act.

And at the end when it withdraws, every part of us is left wrapped in the peaceful and utterly pleasant touch of God's blessing.

”

True marriage is made between you

“

PASSING OF ILBERT WALKER

It is with great sadness that we announce the sudden passing of Ilbert Leslie James Walker into his Eternal Life in London, Ontario on March 21st, 2012, in his 82nd year. Missed by ex-wife and close friend Sue. Deeply loved by his children Emma (Grant), Ivan (Jodi), and Helen (Chuck). Cherished GrandDad to Bowen, Dani, and Sylvia. Also missed by his sister Eileen (Alan) in the UK, nieces and nephews in the UK and South Africa, and their extended families.

Ilbert is now reunited with his parents and brothers Eddie and George. Ilbert was a professional Architect in the UK and Australia; after emigrating with the family to Canada in 1976 he turned his professional interests towards his other passion – education. He received his Masters of Education from UWO and was a Professor at Fanshawe College's School of Design for 20 years.

Upon retiring, Ilbert continued many activities from his earlier years, as well as developing new interests; a talented watercolour painter, he enjoyed both creating art and admiring local talent in the annual London Artists Tour. He shared his passion and guidance for 55 years as a member of Subud (an international spiritual association), serving as Chairman of Subud Canada from 1990-1992.

Ilbert was a founding Director of the Islamic Centre of Southwest Ontario; a long standing patron of the London Public Library, Baconian Club (Past President), and Science Fiction Club of London; and a Taoist Tai Chi Society member. He was also involved in UWO's Learning in Retirement Program. Ilbert's thirst for knowledge was constant – he never met a book or an intellectual conversation he didn't take interest in.

He was a true gentleman in a bow tie who embodied ethics, integrity, kindness, and unselfishness. He lived his life with passion, understanding, and a true interest in the people and world that surrounded him. Ilbert's love for his family and friends, his wisdom, and his brave struggle with health issues were an inspiration.

While we are grieving our loss, Ilbert has given us the strength we need for today, and the hope we need for tomorrow. In keeping with his faith and wishes, Ilbert was buried at Forest Lawn Memorial Gardens.

As Dad would say “Carpe Diem“ and a final thought from Walker's Wit & Wisdom – Family is everything, friends a close second. ●



Ilbert Walker

IBU RAHAYU'S LATEST TALKS

Ibu Rahayu's talk from Bandung (**12BDO1** – 12th May, 2012) is now available for viewing on <http://www.subudlibrary.net>

And also available at the same place is the final translation of:

12 JOG 1

Ibu Rahayu's Talk to Members during the Regional Gathering
YOGYAKARTA, 24 February 2012

Recording 12 JOG 1

Final Translation by Raymond Lee

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In this talk, amongst other things, she tells about her ascension experience, excerpt...

“Even though a human being in this world starts out as a baby and a baby has not made any mistakes, it is clean, but what people do not know is: When that baby was conceived, were its parents pure? Did the parents have good souls? It gets worse as the baby grows and becomes a child and then an adult who needs to go through purification and attain the awakening of the soul. The awakening of the soul is needed as the soul has different levels. And as the baby grows, the equipment it has for its life also affects it; that too has to be cleansed. This awakening involves the cleansing and growth of the soul until every part of the body is alive, so that then, if we receive a grace, we will know how to hear, we will know how to speak, we will know how to feel.

continued >

“So, it is all for a purpose. We are not just making meaningless movements. Well, it is true, those movements seem meaningless, and they seem to be just a physical exercise. But that ‘physical exercise’ has a purpose – it is to make a series of breakthroughs so that you gain the whole of your feelings; you gain your soul.

“So, the latihan is necessary. If you say, ‘Oh, I’ve been opened; my soul will develop by itself.’ Well, you have no idea in which direction your soul will develop. We call the latihan ‘training of the soul’, because in this matter, only someone who knows the soul can train the soul and know the realm of the soul. But concerning the soul, we know nothing: God alone knows.”

Subud Abbreviations and acronyms

CC Committee Councillor, national committee’s international representative

CDK Ciladak, a suburb of South Jakarta where Wisma Subud, a Subud community and international Subud centre is located

IH International helper

ISC, formerly, now the WSA Executive body

KC Kejiwaan Councillor, national helpers’ co-ordinator

KSG Kalimantan Support Group, first set up in the UK in 1981 to promote and assist the development of projects in Kalimantan

MSF Muhammad Subuh Foundation, established by the WSA to hold wills, legacies and capital donations for the development of Subud and the aims of WSA

SAI Subud Archives International

SBIF Subud International Foundation, a Swiss foundation, which is now replaced by the Muhammad Subuh Foundation and Susila Dharma International

SDIA the Susila Dharma International Association, the social welfare and charitable affiliate of the WSA

SESI Subud Enterprises Services International, a sub-committee of the WSC concerned with the development of enterprises and work

SICA Subud International Cultural Association, the cultural affiliate of the WSA

SIHA Subud International Health Association

SPI Subud Publications International is a charity registered in England that publishes books about Subud and the talks of Bapak

SWI Subud Writers International

SYAI Subud Youth Activities International, a subcommittee of the WSC concerned with support and programs for young people

TPU Tape Preservation Unit

WSA the World Subud Association, an association of national Subud bodies, with the affiliate organizations

WSC the World Subud Council, consisting of the WSA Chairman, representatives from the zones, the international helpers, the WSA Executive Chairman, and the chairpersons of MSF, SDIA, SYAI, SICA, and SESI

YMS Yayasan Muhammad Subuh, a foundation established to own and use Bapak’s house in Wisma Subud Jakarta for the MSF, which is the sole founder of the YMS (Yayasan is the Indonesian word for foundation)

WSA Care Support Program

Appendix IV

www.subud.org / Programs for Subud / Care Support

Currently the Care Support Program has two programs:

- Subud Emergency Fund
- Subud Education Fund

WSA/WSC chair (World Subud Asscn./World Subud Council chair)

ex.officio trustee/director MSF/SDIA/SICA/ SIA boards

(Muhammad Subuh Foundation; Sinar International Investors Asscn.)

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A "YES QUEST" FOR ADULTS

For ten years the "Yes Quest" has been assisting young Subud members to explore their talents, hopes and dreams and develop a strategy for expressing these in the world.

The premise on which the Quest is based is very simple, and it applies equally to all ages and stages of life – if you want to explore your outer potential and new opportunities, then look inside. What the Quest does is to provide a space and a process where a group of committed people can do this together.

The first ever Adult Quest will run from Jan 25 to Feb 4 2013 at the Eco-Village, Rungan Sari, Kalimantan. Cost is \$1,000 inclusive of program, facilitation, accommodation, food and 3 day excursion up-river.

For more information on the Yes Quest, visit www.yesquest.org
For an application form, please email Silvana at silvana@yesquest.org

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MONTHLY ONLINE

DEADLINE FOR NEXT ISSUE:

29 June 2012

Subud Voice is published monthly and the English edition is issued on the 1st of each month at

www.subudvoice.net

A Spanish facsimile edition usually appears a little later on the same web site.

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Send articles, photos, cartoons etc. to Harris Smart, Editor Subud Voice,
email: editor@subudvoice.net
Tel: + 61 3 95118122

Submissions are invited which relate to Subud life or are from Subud members. We cannot guarantee when or if a submission sep be published. Preference will be given to articles of about 2000 words or less accompanied by a photograph, well-written in English and dealing with the activities of Subud members, or expressing a Subud member's perspective on a subject.

Articles should be written in such a way that they are intelligible and interesting to both Subud members and the general public. Sometimes this sep mean providing an explanatory introduction or notes for the non-Subud reader

There is no payment for submissions. Correspondence about articles will generally not be entered into.

Submissions to Subud Voice sep be edited for a variety of reasons including the need to shorten them or improve expression. If you do not want your submission to be edited in any way, please mark it clearly NOT TO BE EDITED.

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