



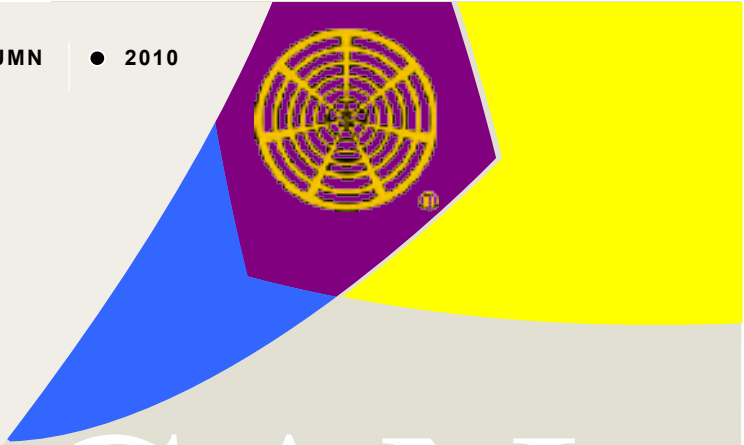
► The Ascension: Excerpt from Bapak's AutobiographyPage 12



► Ibu Rahayu's Talk to National Gathering 5 March 2010Page 10



Michaelae O'Leary, New Chair of Subud Canada, 2010 - 2012



SCAN Autumn 2010

THE QUARTERLY NEWSLETTER
OF SUBUD CANADA

Contents:

- A Life Within a Life, 2
- A Starving Jiwa, 2
- Locked in a Field, 2
- We Have a New Zone 7 Rep, 2
- Awakening Your Soul, 3
- Benefits of Reading Bapak, 5
- A 16th Century Christian hymn, 5
- A Visitor's Journal, 5
- Like An Ambassador, 6
- Ibu Rahayu's Message To USA, 7
- Mhd Subuh Foundation Update, 7
- Night journey, 7
- On Reading Bapak's Talks, 8
- A Thank You, 8
- Subudbooks.net, 8
- Subud Enterprises: Two new websites, 8
- Subud Internatl Archives Update, 8
- SIHA Update, 9
- Summaries of Bapak's Talks, 9
- Warta Web Site, 9
- A True Receiving, 10
- Some Subud Websites, 10
- A Calling from God, 10
- On doing the Latihan together in a group, 11
- New SES Resource, 11
- The Benefits Of Reading Bapak, 11
- Stories & Experiences with Mahmud Nestman, 12
- Excerpt, Bapak's Autobiography, 12
- Ibu Rahayu's Talk to the National Gathering ("Latihan is #1 Priority"), 12
- Visit to the Sunshine Coast 15
- Renee Grad's 90th Birthday, 15
- From the Warta: Letters to Bapak, 16



Photo: Atisah, Latifah, Winona and Leona enjoying a picnic at Gibsons on the Sunshine Coast. Photos courtesy Latifah Brett.

SCAN is a quarterly publication of Subud Canada and is posted to the Subud Canada website (www.subud.ca) and is mailed free of charge to all members on the current membership list maintained at the Subud Canada national office who do not have Internet access. The opinions expressed in SCAN are those of the authors and do not reflect the views of Subud Canada or those of its constituted membership. Advertising is carried as a service to readers. Articles may be abridged by the editors to conserve space. Material contained in SCAN does not imply an endorsement of any product, system or service. How to contact us: Articles for SCAN or questions about SCAN, its purpose or its editorial policy may be addressed to Co-Editors Lester Sutherland (paules@telus.net) or Valentine Narvey (valentine@narvey.com).

"Subud®" and the seven circle symbol are registered marks of the World Subud Association

A Life Within a Life

The kejiwaan is something where the only condition is complete surrender and faith in Almighty God, something that you can only receive. What happens to you in a state of surrender is called receiving. There is nothing you can do about it except surrender and receive it. You can only follow what God is giving to you. And what God gives to you comes from within you. It is something that starts the moment you are opened, because at that moment you become aware of a life within your life.

Yes, before you were opened you were already alive, but it was the life of the nafsu [lower forces]. You could only understand the difference after you were opened. Suddenly you feel something within you. And you say, "Yes, this is something new. This is a life I did not experience before. It is like something new which is awakening within my own being."

From: Rieu, D.: A life Within A Life: An Introduction to Subud (191 pgs). Humanus Limited. UK 1983.

A Starving Jiwa

Taken from an article written by Mardijah Tarantino, a Subud USA member and former International Helper

What happens when the human body is denied food for a long period of time? You have seen malnourished bodies on TV – the starving, the homeless, the victims of war. We have all seen pictures of children that make us want to rush right across the globe and feed them tonight's dinner.

But have you ever seen a starving jiwa (soul)?

Probably not – but it can be sensed. As Ibu Rahayu has told us, the jiwa needs to be fed. It is an entity with a need for nourishment. If we don't feed it, it shrivels, weakens, and falls asleep, just like the human body.

So the question, what do you feed the jiwa? And the answer, of course, is "the latihan". The latihan is the food of the jiwa. With the latihan, the awakened jiwa grows stronger.

We have experienced in our lives how the jiwa creates a balance with the working of the nafsu (lower forces), making our lives consequential. We've felt how it guides us, reminds us of God and the worlds beyond



Photo: S. Cherpitel

our world, changes our fate, and lifts us beyond the suffering that comes with living on this peculiar planet.

A well-nourished jiwa serves us. A starving jiwa atrophies, so that when we turn to it for help, there is not the response there used to be. It has become too weak, which is what happens when we drift away from the latihan.

If that's the case, then why do we have a tendency to drift away – to starve our jiwa? We don't go about intentionally starving things. Usually we feed the creatures we care about – our kids, our pet cat, the goldfish. We spend a lot of money on them. We'll tote a 20-pound bag of Meow Mix from the car through the front door without complaining.

Yet we have a tendency to neglect the latihan which is the only thing that nourishes our jiwa. Think about it. Your average cat lasts maybe 10, 15 years, but a jiwa lasts forever!

All the reasons for neglect have been talked about and discussed in congresses and helpers' meetings: apathy, lack of time, dissatisfaction because nothing seems to be happening – the latihan is too slow, too boring, or it gets in the way of our committing sin.

The thing is, we have very real enemies within us who are eager to help us starve the awakened jiwa. They have one mission: to prevent us from doing the latihan. Some of us aren't aware of this war going on between us and the forces that want to starve our jiwa, because these

forces are very insidious, and are expert justifiers. Because we are not aware of the on-going battle, we keep on losing it! How can you win a battle you are not aware of – especially since the weapons used by these forces are in the form of our own thoughts and feelings.

There are consequences to everything we do and don't do. How can there not be consequences, if we have choices? So we are responsible for how we treat the gift God gave us – the gift of the latihan – and the jiwa which God awakened within us at our opening.

Locked in a Field

Therefore what you really obtain from Bapak who has come here [the Hague, 1957], is that Bapak actually represents the miraculous, and is a guide who opens the way for you – you who before being opened by Bapak were like people locked in a field surrounded by a thick fence, unable to find the way out. So now we can go out, we can find the way, the right way to God. Bapak has opened the gate, and you can all get out of the place where you were locked in, you can continue your journey, and carry out whatever God has willed for you, until you discover for yourselves your own individual needs – because no two of you are alike.
(57 HAG 7)

"We have a new Zone 7 Rep!"

But what is a Zone Rep, and what does one do? Dave Hitchcock attempts to provide some answers!

Until about four years ago, I had very little idea what a Zone Rep (short for Zone Representative) was and really didn't know what they did. Then, as Subud Canada National Chair from 2006 to 2010, I was a member of the Zone 7 Council that was chaired by Mariamah Flores from Mexico, our Zone Rep for Zone 7.

Zone 7 comprises the following countries, with approximate memberships:

USA - 1,800 members
Canada - 390 members
Cuba - 205 members
Mexico - 100 members
Suriname - 80 members
Caribbean - 5 members
Total - 2,580 members

Some of you will have met Mariamah during her four-year term that ended at the World Congress in New Zealand. At this World Congress I was selected to succeed Mariamah as the Zone 7 Rep. Prior to this

event I made myself aware of the main responsibilities of a Zone Rep, which are as follows:

A Zone Coordinator

1. Zone Representatives should be familiar with each country in their Zone and serve as the facilitator for Zonal business:
2. Coordinate and support communication within the Zone.
3. Help the Zone Council identify Zonal objectives, priorities, and actions. The Zone Council comprises the National Chairperson, Committee Councillor, and male and female Kejiwaan Councillors from each country.
4. Assist national bodies to be active members of the World Subud Association by helping them prepare for Zone Council meetings, World Subud Council meetings, and the World Congress.
5. Oversee the annual Zone budget.
6. Chair Zone Council meetings.
7. Support affiliate, wing, and project development within the Zone.

B) Member of the World Subud Council

1. Zone Representatives should be familiar with and carry the vision and interests of the World Subud Association, while responding to needs in the Zone:
2. Act as a communication link between the World Subud Council and the Zone Council.
3. Create awareness in each country as members of the World Subud Association, of World Subud Council meetings, and to solicit proposals from the Zone Council for the World Subud Council meetings.
4. Participate in and report back after World Subud Council meetings.
5. Ensure World Congress objectives are carried out between Congresses.
6. Seek candidates for international positions.

C) Director of the World Subud Association

1. The board of directors of the World Subud Association consists of the voting members of the World Subud Council (Zone Reps and the WSA Chair) and is the body responsible before the law for actions of the WSA between Congresses:
2. Ensure monies spent by WSA are in accordance with charity law, donor's wishes, the aims of the association and that member countries receive annual financial reports.
3. Maintain assets of the association.
4. Ensure that actions of the association comply with the aims and constitution



of the association and are in accordance with charity law.

D) Assist the Executive of the World Subud Association

1. Zone representatives support communications between the WSA Executive and the countries in their Zone. Specific tasks may include:
2. Fundraise for the WSA.
3. Assist the WSA Executive to obtain information and reply to correspondence from national bodies.
4. Help the WSA Executive find persons to write articles for international Subud publications.
5. Send reports concerning the Zone to the WSA Executive.
6. Assist with other reasonable requests from the WSA Executive and other actions defined by the World Subud Council.

“Pretty dry stuff” - I hear you say, if you managed to read all of this! Maybe, but I see the position as an exciting opportunity to work with all of the countries within Zone 7 in an attempt to bring us closer together through sharing, communication, gatherings, joint projects, etc. At the same time, I represent all of the countries in Zone 7 on the World Subud Council and am a director of the World Subud Association. I will learn more about these additional responsibilities when I attend my first World Subud Council meeting in England in August.

I am just starting to appreciate how diverse a group we are in Zone 7 (culturally, politically, ethnically and in so many other ways), but already I am enjoying the challenges and rewards that come with the position.

So, what has happened so far this year?

January 2010: Testing and election for a replacement for Mariamah Flores (Mexico) at the World Congress.

February 2010: Started collecting contact information and began ongoing email correspondence with members of Zone Council on list server.

March 2010: Initiated email contact with Council members in Cuba, using “Google Translate” for Spanish translation.

April 2010: Zone Council conference call, with 13 participants from Zone 7 and WSA Chair Luke Pensoney. Telephone call to Caribbean member in Jamaica.

May 2010: Attended Subud Canada Congress, handing over responsibilities as National Chair. Miriam Ponette and Rohana von Hahn agreed to assist with Spanish translations. Started email discussion of 2010 Zone 7 Budget. Decision to assist Subud Cuba with repairs to latihan room in Manzanillo. Started working with SICA Cuba regarding the purchase of a saxophone for a Subud member and subsequent production of a CD.

June 2010: Skype conference call with WSA Executive, in preparation for WSC meeting in August. “Snail mail” correspondence to individual Caribbean members. Attended Subud USA Congress. Prepared a Zonal Report for WSC meeting. Reviewed the proposed 2010 WSA Budget with other members of the Zone 7 Council.

What will be happening in the near future (next couple of years)?

August 2010: Prepare for and attend World Subud Council meeting in England.

Early 2011: Proposed in-person Zone Council meeting. Location and date to be determined. Determine 2011 Budget, together with objectives, goals and required actions for Zone Council. Support Subud Mexico in their preparations for the 2014 World Congress in Puebla. Carry out Zone Rep responsibilities.

I know that there will be many more items added to this “to do” list over the coming months and years. I will endeavour to keep in touch with Subud members in Canada on a regular basis through the National Committee and also by using opportunities like this to let you know what is happening throughout the Zone and at the international level.

In the meantime, if at any time you have questions or comments about the role of the Zone 7 Rep or other countries in Zone 7, please get in touch with me (email: hitch@shaw.ca Tel: 250 370 1291)

Awakening Your Soul

A talk given by Bapak in London, England, on October 19, 1986. Code Number: 86 LON 2

Brothers and sisters, it is very fortunate that we are able to meet this day. Bapak has come to England, as you probably

know, to have an eye operation, which has taken place and has been successful.

The fact that there are so many brothers and sisters who have come from abroad and also from here is a sign of the closeness that exists between you and Bapak and between Bapak and you. Praise be to Almighty God that we have this opportunity to meet.

What Bapak is going to talk to you about today is the latihan kejiwaan of Subud.

Brothers and sisters, the latihan kejiwaan of Susila Budhi Dharma, or as we know it, the latihan kejiwaan of Subud, looks at first sight to be something very ordinary, looks rather as if it's just a sport. But in fact it is truly a gift from Almighty God. It has been given to mankind for all of us and it was given first to Bapak.

The most important thing for us is that we really follow and carry out the latihan kejiwaan. Because it is through the latihan that God works. God works on our inside and our outside: for the power of God encompasses the whole universe. So we must never leave the latihan.

Bapak says that it is very important that you don't think about the latihan. You should just receive it. Receive it with a feeling of patience, surrender and submission, and with a true feeling of trust in Almighty God.

Then you will be able to realize and understand its reality for yourselves, even though maybe at the moment the time for that understanding hasn't come to you yet.

In the latihan we receive what we don't expect. We receive the unexpected - through movements that arise from inside us. These movements are the work of Almighty God that, through His power, is guiding us, so that we can be freed from the influence of the nafsu, from the passions, from the temptations that always interfere with our worship of Almighty God. Thus Bapak really needs to give this talk, so you can understand fully that the latihan kejiwaan works and arises by itself within you, and it's simply up to you to receive and to follow what comes.

The action of the latihan is for awakening your soul, your jiwa which, up till that point (of receiving the latihan) has been as if drowned in your thinking and your emotions. At first the latihan seems to be something very strange. But in fact it's not, because it was there before anything else, because the power of God comes before everything and will be here when

everything has gone. The power of God existed before anything else existed.

For those of you who have already received the latihan, you can to some extent understand that which you couldn't understand before. This shows that the latihan is the real content within you, and forms a part of you that is extremely important. It is that part of you which will be left after you die, and it will be that part of you that lives on in the next world.

When a person dies, it is their jiwa or soul that lives on. It is your jiwa that will carry on your journey. You don't know when this will happen; you don't know how many years you will be here; but it's not necessary for you to think about this nor to worry about this because it is all in the hands of Almighty God.

A little later on Bapak wants to give an example of what Bapak is talking about.

(A woman runs up to Bapak from the audience)

That is just another example of what can happen, in that it arose by itself, from that lady's inner self. The impulse just arose by itself.

But as Bapak was saying, a little later Bapak wants to give an example, in order to strengthen your faith and trust in the latihan. Because you really need to see the evidence for yourself, it is not enough just to listen to talk. You have to have the evidence, the proof that what Bapak says is right. In science, however strange something is, you always look for the reality or the evidence before you believe in it, but once you have that then you really believe. And it's the same with the latihan: you need to have the proof before you can believe it.

In the latihan you witness this with your own jiwa, you witness the developments in the kejiwaan with your own soul.

Brothers and sisters, you will be able to see for yourselves by suddenly knowing things, understanding things, which normally are not possible for you to know or understand.

Bapak now wants to test with you all, so that you will understand the reality of what Bapak is saying.

Bapak asks for two or three helpers, both men and women, from England, to come forward to the front. Just two or three. Bapak doesn't want a crowd, otherwise it's difficult for you to receive. That's enough.

Relax. Don't begin yet, be ready. Follow your inner movements. Where is above? Where is below? If you are experiencing difficulties, how do you feel? So do you just leave it, or do you actually just surrender fully to Almighty God?

(Testing) It's clear that it's only Almighty God who can improve situations. It's only Almighty God who can strengthen your inner resolve, your inner self. And it's only Almighty God who can correct the mistakes that you commit through living in this world ...

Relax. You already understand the word 'relax'. I don't need to translate it because it's an English word. It means you must not think about anything, just feel yourselves. Don't look at your friends, don't be disturbed by anything outside you.

(Testing) Bapak wants to ask you how you feel now. Do you have a feeling of satisfaction, as if you have no need for anything, other than to worship Almighty God?

This is truly the guidance of Almighty God. There's no need for you to search for it by going to the sea or going to the forest or climbing mountains, as many people do in India and also many people in Indonesia do. You don't need to do that. It's enough for you to live in your houses, to feel close to your wives, and if you are a wife to feel close to your husband, and to feel close to your children. Because everywhere there is the power of Almighty God.

If you are in difficulties, how is your situation?

(Testing) It's not God's will that we should always experience difficulties, and, for that reason, along with difficulties or sadness we also experience happiness. Because if you let the difficulties or sadness affect you, then it can be like a sickness and that doesn't help you.

So how are you if you are in a state of well-being and healthy and happy?

(Testing) That's what it's like. Jesus Christ said that if you experience difficulties, turn to God; if you need direction turn to God. Because it is Almighty God who can give you the relief or lightness that you need.

Now Bapak wants you to receive a feeling of lightness and satisfaction, so receive now, how is it if everything that you need is supplied, if all your wishes have been fulfilled? And if you have a feeling of happiness, you should laugh.

(Testing) If you feel about the condition of the world, it seems very difficult; it seems there's no way out for us except for us to experience suffering and burdens. But you should always remember that where there is sadness there is also happiness; and you should remember where it is that there is something to make you happy. It is not just by turning on the TV that you can make yourself happy; within yourself you have something that can also make you happy.

It's in the latihan that you can really understand the breadth and the enormity of God's power. It's there you can really achieve inner satisfaction. Now Bapak would ask for more men and women helpers to come forward, this time from abroad, so that your journey from afar will have some benefit.

If you are facing the power of God, if you are facing God Himself, or even if you are facing a messenger of God, you have no need to feel difficult or troubled, just feel relaxed.

(Testing) Bapak hopes he can have your attention now because Bapak wants to continue with an explanation. What Bapak has performed here today, and what you have witnessed, represents only a tiny part of God's power. For God is almighty, and it is God who possesses the universe. So have no doubts, have no fear, because this is really the time that God has willed that his power should be close to humans. And you must return this favor by always staying close to the power of God.

To the helpers, Bapak wants to say that you really must be very, very close to the members so that, through this closeness, they can truly understand and receive what God has given to us all. And if the membership has this understanding, then Subud will be very strong, and can truly become an example to the whole of mankind as to how people can live in peace together.

Bapak will finish the talk here. Bapak apologizes if there is anything in his words which has upset or hurt any of you. Bapak prays that you will receive the guidance and protection of Almighty God. That's all. Thank you.

For details of testing, see "The Tests of Bapak" compiled by S. Rheams, page 138

Benefits of Reading Bapak *Taken from the August 2010 Issue of "Subud Voice" Samuel Hull writes...*

After reading Ragnar Lystad's article ("The Path Ahead", May 2010 Subud Voice) about Bapak's talks and why he feels it's not necessary for us to read them,

I need to explain why I feel they are important and a blessing to me.

From the moment that Bapak first passed this contact on to another person it has been necessary for him to explain to those people the reality of the Subud latihan. He needed to ensure people had a clear understanding of what Subud is, to make it clear that it isn't a religion or a human teaching.

He needed to make us aware that we cannot force or make the latihan go faster with our own effort or by mixing it with other spiritual practices. He would say "God requires no help, and will know exactly what we need, when we need it and the amount we need." The latihan is so much more than just teaching guidance in our lives; that is just a beginning. It is a training to live as a complete human being, in this life, and the life after death.

Bapak needed to give advice about what we may receive in the latihan, based on his own experience. He would also tell stories about the reality of the spiritual life and what existed in the religions of today. He would say, "Think of it as a fairytale; only believe what I say once you have experienced it for yourself in your own Latihan. What is more important is that you follow and practice your own Latihan."

He would occasionally ask members to test the reality of these stories during his talk, to give evidence of what he was saying. Also, Bapak would constantly remind us that our Latihan is the most important aspect, is the number one priority in Subud. He explained his role in Subud like this: "I am like a schoolroom assistant. I prepare the desks, paper and pencils, and make everything neat for you. Then the teacher arrives; that teacher is God." So why do I read Bapak's talks? Because being a Subud member is hard work. I am constantly changing and experience states that are sometimes confusing or hard to accept or endure. There are too many changes to test about, so I need to be reminded from someone else's experience that everything will be OK, that I am going in the right direction.

So many times I have read a talk and understood how something is, or why my receivings are the way they are. They confirm my experiences, bring comfort to my inner feelings, and remind me that sometimes we have to go through these changes in order to progress. Furthermore, it is clear to me that Bapak was willed by God to receive these talks for our benefit, not for his. It is important for us to understand that, because Bapak

received and experienced the whole content of the Latihan, and because Bapak was a human being, as we are, we too may experience what he did, as many Subud members have.

If these talks weren't important for us, why then was he made to receive them in the first place? Well, at least I can confirm that one person needs to read these talks – me. But I'm sure there are many others who feel the same way.

A 16th Century Christian hymn

Contributed by Rohanna Thomas, Subud Vancouver

God be in my head
And in my understanding
God be in my eyes
And in my looking
God be in my mouth
And in my speaking
God be in my heart
And in my thinking
God be at my end
And at my departing

A Visitor's Journal

Photo: Haysha and Bob Royko at the fountain beside the Vancouver Art Gallery. Haysha writes:

It was wonderful to have the opportunity to visit Subud Vancouver again. I had been a member there for 18 years, arriving from Calgary newly opened at the age of 22.

I have many happy memories of those early years. Some of my happiest memories are of my time spent at Sinar Utama, a property in the Fraser Valley that had been bought by a few members. Holiday camps and cultural events were held there. Sometimes we would have "Mexican nights", when we would dress up accordingly and dance to Spanish-American music in the huge barn on the property.

This was my first visit to Canada after an absence of twenty years, and I couldn't have predicted what a wonderful holiday my partner Bob and I would have. Everything seemed perfectly timed.

Our month-long trip had an unusual beginning. Since our flight had been over-booked, our tour operator offered us a lot of money and flight vouchers to delay our flight by two days. We were delighted since the vouchers gave us free flights back from Vancouver and the added bonus of five less flying hours.

If that wasn't blessing enough, I arrived back home from the airport to find an email from Lahana Doucet whom I hadn't been in touch with for 30 years, inviting us to visit her in Montreal. Lester Sutherland had mentioned in a group newsletter our intention to visit Canada, and Lahana had read about our planned visit.

worked together in our day jobs as office manager and secretary for a traveling theatre troupe.

Maksum and Sandra then visited Bob and me, and we had a lovely time getting to know Sandra and catching up on Maksum's news.

I had also really hoped to see Geraldus Formosa, as I had lived in his house for a year while in Vancouver and just loved his humour and personality. How lucky I was that he felt up to seeing me. It was so special.

It was fabulous, too, to be at the Vancouver hall for the selamatan for Bapak's birthday. It was there that I met Leona Oren, with whom I had spent so much time when I was living in Vancouver. The next day I spent a lovely morning with Fatidjah Nestman.

No visit to Canada would have been complete without connecting with the First Nations people. I had visited a reservation in Curve Lake, Ontario, and while in Vancouver had a short visit with Chief Baker who works at the Squamish Reserve under Lion's Gate Bridge. I had been to a Powwow there once in the Big House, and it is an experience I will never forget. Hearing one of the Elders speak in the traditional language resonated deep within me.

Perhaps the highlight of my trip, apart from feeling the love of old friends and the delight in seeing so many new faces in Subud Vancouver, was the wonderful experience of doing Latihan in a big group again. There is a special light in Subud Vancouver. May it always shine and expand.

Like An Ambassador

As Bapak said, the low forces are always tempting the inner feeling and heart of human beings, so they have no opportunity at all to quieten their inner feeling in order to worship God in a calm, conscious and proper way. Nevertheless, it is not the intention or wish of the lower forces to tempt and obstruct the journey of human beings in their worship of God, for it really is appropriate that the low forces always accompany human beings. In fact, their wish is that with the development of the human soul they may obtain a share of the happiness and grace that God gives to human beings, so that they can go back to their origins in the best possible way.

If Bapak may illustrate this, the human soul is like a messenger from God. You might picture it in this world as being like an ambassador, sent to take up an important post in the place where they have been appointed to serve. They are accompanied by an entourage, so that with their help the ambassadors can do their duty and fulfill their obligations well.



During my first 10 years in Vancouver, I had spent a lot of time with Lahana and her children. So we took the train to Montreal and spent three fabulous days with my old friend in her idyllic garden with her children Reina, Patrick and Marc.

I couldn't believe that I was also lucky enough to be in Montreal on the very day Phenise Roberge (née von Hahn) was holding a selamatan for her mother with whom I had worked and had been very close to. The selamatan was a moving tribute to Larissa. I also had the good fortune at the selamatan to meet more old friends from Vancouver – Karsten Smith, Eliora Hall, and Renata Dunn.

I also spent an afternoon in Toronto with Istafiah da Souza, whom I knew when we were both members of Subud Central London, forty years ago. It was very special spending time with her again.

It was a wonderful moment of serendipity to finally arrive at the Subud Vancouver Centre and find the first friend I had made in Canada standing right in front of me. Maksum Olsen and I had both been on the National Committee in Subud Calgary during my first year in Canada, and we had also, along with another Subud member,

I had come to Vancouver especially to see Rowena Simon and the Sutherlands, Pauline and Lester. It was wonderful to spend time with them, and especially to see the Sutherland children all grown up and thriving in their busy lives.

This trip was all about connecting with old friends, but a close second place was spending time in Vancouver, the most beautiful city in the world.

The scenic and experiential highlights were visiting Grouse Mountain with Rowena, seeing the Lumberjack show and the Grizzly bears, and taking in some of the best scenery in the world. Rowena then drove us to Horseshoe Bay, where the Trolls restaurant served up the best fish stew I had ever had. (Incidentally, Rowena at 88 years young is one mean driver!)

Then, the icing on the cake because it was so unexpected, was a trip with the Sutherlands to see the very pretty town of Gibsons on the Sunshine Coast and to visit my equally pretty sister, Rohanna Goodwin Smith for a bespoke perfume consultation. Mmmm, the smell of Neroli and Orange Blossom – gorgeous!

You are given life in this world, sent as a messenger, accompanied by the low forces to that you can live well and provide adequately for your life; for if the low forces were not accompanying you, you would not be able to live happily in this world. However, in the end, when God calls you and you die, then as head of the family or entourage, you certainly should and must be able to guarantee their well-being and show them the right path. They can then return to their proper places in the right way, and you yourself will be able to return to God without any obstruction.

So when God equips you with the low forces, it is not to obstruct your journey or to put poison in your inner feeling. It is actually a grace, because it was indeed God who sent you into this world so that you can live in happiness and well-being and find the right way to God. Bapak says this because many members ask about this, saying, 'If the low forces are an obstruction for us in worshipping Almighty God, why does God place them within us as companions for our life in this world?' So this is Bapak's answer to that question. *(63 LIM 1)*

Ibu Rahayu's Message To 2010 USA Congress

Brothers and sisters of Subud USA and guests to the Congress, whom I respect,

I praise and thank Almighty God that at my advanced age I can send a message to the Subud USA National Congress in lieu of being there with all of you.

I pray, even though Bapak is no longer with us and I am not able to join you, that your enthusiasm for holding national congresses in each country will not decline. The activity and growth of Subud relies on the willingness of the delegates, who represent the Subud community, to work on the organizational and kejiwaan sides. I ask for your understanding to run the organization in line with guidelines set by Bapak based on the guidance Bapak gave on the kejiwaan side. The activities of the organization and the kejiwaan should complement each other so that their efforts to develop Subud do not impede each other.

As time passes the economic pressure we face increases, so it is time for the committee to reawaken enterprises to fund Subud's activities.

It is true that enterprise is hard to do and in the past created trauma in Subud circles. But when are we going to start again?

Even if we pray all the time, we will achieve nothing without effort, as it is only then that God will provide the way.

This is the written message that I need to send to you. Have a good congress and I pray it will produce a meaningful result for Subud USA in particular and Subud in general.

Sincerely,
Ibu, Siti Rahayu Wiryohudoyo

Muhammad Subuh Foundation Update

Some highlights from the piece written for the 2009 WSA Annual Report by Rayner Sutherland, Executive Director of the Muhammad Subuh Foundation:

- Since 1996 MSF has provided about \$800,000 for the funding of the various long term projects of the World Subud Association.
- Also since that time, MSF has provided about \$600,000 in grants and another \$160,000 in interest-free loans to enable groups to obtain their own Subud house.
- MSF, the Guerrand Hermes Foundation for Peace, and WSA each provided \$30,000 to help Subud youth attend the World Subud Congress in New Zealand.
- Since 1996 MSF has provided more than \$250,000 in grants to support important social and humanitarian projects throughout the world. As a result of a decision reached at the World Congress in New Zealand, future grants to support social and humanitarian projects will be done under the auspices of the Susila Dharma International Association (SDIA).
- An Executive Director was hired in 2009, a new accountant was recruited, a Memorandum of Understanding between MSF and WSA was completed, and another Memorandum of Understanding between MSF and SDIA was finalized.
- A whole new team of National Liaisons has been recruited.
- The management of MSF's investments are now in the hands of a team of very qualified Subud members with expertise in investments.
- With the aim of strengthening communications and donor appreciation, MSF, among other things, puts out a very high quality bi-monthly MSF eNews newsletter, has created a new MSF



Rayner Sutherland

brochure in a variety of languages, and continues work on a new MSF website.

Night journey

An account of Bapak's Ascension. Told by Bapak himself.

Bapak feels that it is necessary to tell you than in the year 1932, when – according to Islamic time calculation – Bapak was 32 years old, one evening at about 9:30 pm (maybe this happened on 22nd June 1932) Bapak's body felt weak, his imagination, heart and mind became empty, his way of breathing was peculiar, and Bapak felt cold and very small as if his soul wanted to fly and leave his body. Suddenly, Bapak was aware that the time had come when Bapak was to be called by Almighty God, as had been written in the pages of the thick book that Bapak had received earlier. Therefore Bapak at once prepared himself to surrender to the Power of Almighty God. But first Bapak kissed his children who were sleeping.

Then Bapak felt his body from the navel upward pulled far to the North and from the navel downward pulled far to the South. At the same time Bapak's head and legs felt cold. Bapak was aware that the cold feeling in his head was like being at the North Pole, and the cold feeling of his legs was like being at the South Pole. Then Bapak felt his chest being opened up and widened out around about himself to a round shape. After that Bapak felt movements, and a moment later he felt freed from everything he had left behind, that is, the earth where he lived, and he felt himself going through the sky at an unimaginable speed. On his journey Bapak constantly uttered "Allah Hu-Akbar, Allah Hu-Akbar, Allah Hu-Akbar" with complete and clear awareness and also an alive inner feeling throughout. For instance, Bapak felt the air outside passing and penetrating him. In short, by the Grace of God, if Bapak may say so, while on this journey he was made to know and to see everything beyond human understanding.

Bapak does not feel it necessary, however, to relate here everything Bapak experienced on this journey, because whoever hears it may take it to be a mere fantasy.

However, what Bapak feels necessary to tell you is this: when Bapak returned from the journey he suddenly saw that it was dark. Then Bapak understood that at that moment he had entered into the sphere of the earth. Bapak's journey continued, but from that moment on it went more slowly. Strangely, when Bapak wanted to go fast he went fast, but when he wanted to go slowly, he went slowly. So from then on Bapak made his return journey to earth slowly, and Bapak saw and felt his own form complete and ordinary as it was before going on this journey.

Bapak stopped on his journey approximately five kilometers distant from the earth, because he wanted to know what the earth he was approaching looked like. Immediately Bapak had a strange feeling because what was visible far down below seemed to be stars of various colours and lights. But when Bapak looked more carefully he saw that the lights that were shining were not stars in the sky but were all the electric lights round about the town of Semarang. Bapak went further on his journey and slowly descended until he was above his house. When he was there Bapak wondered how to enter, because with his coarse body it would ordinarily be impossible to enter into a place that had no entrance or opening. While Bapak was wondering about this, he suddenly entered quite easily and stood on the floor of the room in which he usually did the latihan. Bapak looked at the clock on the wall which showed 4:25, and from there he went to his bed where he saw Bapak's body in the state of someone sleeping. He was amazed that in the middle of his forehead he saw a radiant light shining, bright as the morning star. Then Bapak opened the mosquito net and approached his body lying in bed and kissed it. After this Bapak's eyes opened and soon his consciousness as a man fully returned. Bapak wanted to get up right away, but could not do it, because his body still felt very cold. After one or two minutes, however, Bapak was able to get up and go to the clock which he had looked at before. At that time the wall clock showed exactly 4:30, and strangely, the room had a fragrant smell. Then Bapak performed his morning prayer.

On Reading Bapak's Talks
Excerpted from Ibu Rahayu's Talk to Men and Women on January 13, 2002, at Kalurang, Jogjakarta.

Now with respect to the life of the soul, I do not need to explain this in detail, as it is all set out in Bapak's talks. You may say: "Why do I need those talks? I have been opened so I will get it straight from God. I don't need to listen to Bapak's talks."

Well, if you can receive it, that is fine. Go ahead! However, if you cannot yet, then you may not know where to go and what you can rely on, whereas Bapak has given advice about all that.

So Bapak's talks are not a teaching, but a source of guidance.

A Thank You



Samuel Thomas and his beautiful bride **Genevieve (née Valleau)** thank Subud Vancouver for the present the group gave them.

Their wedding was held in the Arboretum on the beautiful grounds of Queen Elizabeth Park on Saturday, July 17. Rohana Laing was the presiding minister.

Shortly after the wedding, the bride and groom left for their honeymoon in Tuscany.

Subudbooks.net

On this website you can buy books, video DVDs, MP3s, and E-Talks of Bapak's and Ibu Rahayu's talks – all at a very reasonable price.

Subud Enterprises: Two new websites

A. Join this new Subud Enterprise listserver: Go to: <http://finance.groups.yahoo.com/group/SubudEnterprise/> and click on "Join this Group" on the right hand side of the page, and then fill out a very short form showing which address you wish to use. In your address book call it SubudEnterprise@yahoo.com

B. www.subudprojects.net : Enter your work information. Lots of action here!

"Actually 'enterprise' is anything, anything you do, any effort you make whose purpose is to meet the needs of your life in this world. In other words, it can be as a film star, a musician, a lawyer, a doctor, a civil servant, it can be in any field at all provided that in your work you are able to receive, you are able to do your work with a content, with remembering the guidance of the power of God, as Bapak has just described."

Bapak – Talk to men and women in Melbourne, Australia, February 5, 1978. (78 MEB 2)

Subud International Archives Update

An article written by Daniela Moneta

Editor's note: Daniela is a professional archivist and librarian. Currently, she is in charge of the Subud Archives International (SAI) Centre in Phoenix, Arizona.

Just a note to all of you about what I am currently doing. I have retired from one of my jobs recently and now have time to work on the Subud International Archives again. I am a professional archivist and librarian and worked in Indonesia to preserve Bapak's archives from 1987-1992, the first years after Bapak's passing. My staff and I organized, numbered, and placed Bapak's papers in archival folders and boxes in a temperature controlled area. We then copied the quarter million papers in Bapak's archives on to 92 rolls of microfilm and placed copies in four parts of the world. Lester Sutherland was the coordinator of this project for many years. Amalijah Thompson is the current coordinator of the Subud World Association Archives.

There are currently five international archive centers in the world (Indonesia, Australia, England, Japan, and the USA). The Subud International Archives center for our part of the world is at Iron Mountain storage in Phoenix, Arizona, where I live. It is a commercial facility that keeps our Subud international archives in a safe, fire proof, climate controlled environment. Subud USA has paid for this storage since 1993, beginning right after the Subud World Congress in Colombia.

This archives storage in the USA is for ALL groups (national, regional, and local) in Zones 7, 8, and 9, and all Subud countries in the western hemisphere,

including Canada, USA, Mexico, Central and South America. The SAI in our part of the world includes all the important things that we want to save for posterity to show how Subud works and how it has spread over the years. We do not have a complete set of SCAN from Subud Canada in our Subud archives at Iron Mountain. Is it possible that the co-editors, Lester Sutherland and Valentine Narvey, could send us a complete set? [This has been done. –Ed] Any other group that has newsletters or other material that shows the history of Subud, please contact me so we can discuss putting this material in the Subud International Archives. I would love to hear from Mexico and our Central and South American groups as well as the Caribbean. We are very interested in preserving memoirs of long-time members, photographs, films, correspondence about how our Subud groups started, early newsletters and reports, and any other important documents from any center that should be preserved. We send copies of our materials to Harlinah Longcroft who is writing the history of Subud.

It is helpers and committees and long-time Subud members that are often the ones in our groups that know what should be preserved. Please contact me if you have anything you feel should be preserved in the Subud International Archives. Daniela Moneta, dmoneta@cox.net

Just so you know, we currently have complete sets of the Pewarta, Subud Chronicle, Subud World News, Bulletin of SIS, Subud Journal, and Subud World that we have microfilmed; pretty much those major publications before 1992. These periodicals have been microfilmed and copies are in the five Subud Archives International centers.



Our international archives center in the USA was recently given a set of newsletters from Subud Los Angeles. This includes, in paper

format, Subud News and Subud USA Life. Thanks to copies saved and donated by the Musics and Cherpitels, we have all Subud News except for Vol. 1 and 2 and Vol.3 #2/3, and #29/30 October 1985. The last issue we have is #65, 66, and 67, Oct/Nov/Dec 1988. Was there anything after that? Can anyone send the missing ones to me? When did Subud Voice start? We do not have any copies and would love to have a donation of a complete set. My address is Daniela Moneta, 2 West Georgia Avenue, #5, Phoenix, AZ 85013. My telephone number is 623 236-2255. Let's

talk before you mail stuff to be sure that we don't get multiple copies....

You may wonder why we want to preserve a paper copy of our publications when many of them are available online or in electronic format. This is because online is a good way to distribute information but it is not a permanent format. All major archives around the world, such as our Library of Congress and the Canadian Archives, and other national archives, recommend that important records be stored in paper format for their long-term preservation.

SIHA Update

The Subud International Health Association (SIHA) has launched its new website: www.subudhealth.org

Dr. Rachman Mitchell, SIHA Co-ordinator writes: "SIHA offers an integrated approach to health with spiritual values at the core. The new website (see above) is a valuable resource for health professionals working in Conventional, Psychological, Alternative, and Complementary Medicine, as well as people in the ancillary health professions. Visit the website to become a member. Full SIHA membership is open to practicing and retired professionals. Anyone interested in health and well-being can subscribe to an occasional e-newsletter.

Taken from Subud World News

Summaries of Bapak's Talks

This pdf document is a wonderful companion to the Subud Library website (www.subudlibrary.net) of Bapak's Talks. Many thanks to Valentine Narvey for assembling these summaries.

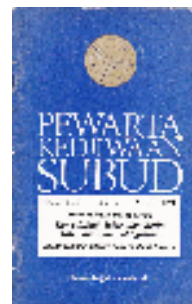
This document will help you decide at any particular time which talk of Bapak you would like to read on the Subud library site.

The Summaries are available as follows:

- 1) Login to (or register with) the Subud Canada website, and click on **Member Services**, and then **Resources**.
- 2) If you are a member of the Subud USA Helpers Yahoo Group, the Summaries can be downloaded from the **Files** section at (<http://groups.yahoo.com/group/SubudUSA-Helpers/>).

3) If you do not have Internet access, contact Lester Sutherland at (604) 591-2281 and let him know that you would like these Summaries, and he will send you the document.

Pewarta Web Site



The Pewarta (shown here) was the journal that carried many of Bapak's talks and correspondence from the 1950s until the early 1980s.

Thanks to the dedicated efforts of Farlan Hateley, a member of Subud USA, excerpts from

Pewartas and other Subud publications are now available free online at:

<http://www.pewarta.us/>

The USERNAME is bapak
The PASSWORD is jiwa

All letters are lower case – no capitals.

A True Receiving

From an article written by Mark McElroy of Subud Britain for the May 2010 edition of the Subud Voice.

Although in principle any question can be answered and guidance given on any subject by someone who is able to receive, it must be realized that none of us can receive without interference from our thoughts, feelings and desires; and still less are we able to interpret and act upon what we have received without the distortions produced by our own faults and weaknesses. Hence we test in groups. Even this is only partial protection and we must seek every means of verifying and correcting what we receive.

Some Subud Websites

<http://www.subud.org>

Information about the aims, constitution and officers of the World Subud Association (WSA), information on Subud activities in the world, plus links to several other Subud websites.

<http://www.subud.com>

For the general public and others wishing to know more about Subud.

<http://www.subudworldnews.com>

International Subud news, events, initiatives, and contacts – the mouthpiece of WSA.

<http://www.subud.net>

A website for Subud members to post information. Publicly accessible. Contains a lot of articles and literature, and various group addresses and members' contact information.

<http://www.msubuhfoundation.org>

The website of MSF – the Muhammad Subuh Foundation.

<http://www.susiladharm.org>

Information about Susila Dharma International Association (SDIA), the humanitarian association of Subud.

<http://www.subudlibrary.net>

A library for Subud members, containing a very large collection of Bapak's and Ibu Rahayu's talks, plus videos and MP3 Audio of Bapak's and Ibu Rahayu's talks.

<http://www.subud-sica.org>

The website of Subud International Cultural Association.

<http://www.subudhealth.org>

The website of the Subud International Health Association.

<http://www.subudprojects.net>

Projects, enterprises and endeavours of Subud members.

<http://www.subudbooks.com>

The website of Subud Publications International – books by and for Subud members.

<http://www.subudvoice.net>

Independent monthly Subud magazine that is widely read over the Subud world

<http://www.subudlife.com>

An interactive site to chat about Subud issues, share photos and media. Aimed at youth.

<http://www.xs4all.nl/~wichm/subud1.html>

Description of Subud, with various historical/academic resources, links to

video clips of Bapak, and links to other sites.

<http://www.subudmeetings.co.uk>

A site with online meetings/events/congresses booking forms and payment facilities for Subud events worldwide.

<http://www.subudstories.info/>

True accounts of members' experiences, open to all...send us your stories.

<http://www.pewarta.us/>

Bapak's talks, advice, writings, songs and prayers, Susila Budhi Dharma (the book). Text only downloads, links to video and audio.

A Calling from God

by Winona (Miranda) Ranger, a member of Subud Vancouver

"A Calling from God" is an excerpt from Embracing SUBUD - accounts from Miranda's Journal on being guided to Subud and early experiences with doing the latihan practice.

My initial calling to Subud came, I believe, in 1989 while I was walking along a dirt road on the outskirts of Bangkok. I had just stretched myself vertical after being stooped for a half dozen kilometers in the back of an overcrowded panel truck serving as a mini bus. As I



stepped onto the dirt road running perpendicular to the route, the bus sped on its way.

Bangkok was overflowing with inhabitants; construction was in full swing, but obviously it had jumped a few fields and sent up new shoots in the housing development friends had recently moved into. As far as the eye could see, you might say there wasn't much out there, yet the open space was inviting. A cluster of new homes about 1.5 kilometers away and off to one side would have the address I was looking for. The newly installed occupants were destined to enjoy some quiet for at least a couple years until roadways got paved over and the traffic once again roared by.

I ambled along, enjoying the windswept, tall grasses, the open fields and the quiet no longer available within the parameters of Thailand's capital. The drone of a

million automobiles was now reduced to a muffled murmur beyond the meadowlands. Umm... Yes, it was a good idea to accept this invitation to dinner, regardless of my hostess' concern that I might not find the place.

A ditch ran alongside the road that directed my course. Sporadic shanties and humble bungalows lined its edge. Small bridges, hardly more than a few planks, connected each dwelling to the roadway. Pockets of bubbly voices from pre-school children occasionally wafted over the vegetation. The country quiet brought a new sense of peace. No work deadlines today; no roaring chauffeured motorcycles on which I sat sidesaddle with my books, while polyester-vested drivers meandered throughout oncoming and ongoing traffic of an 8 million populace to get me to work on time.

Yes, here was the natural environment – a tranquil oasis where a green-thumb mother worked methodically in her gardens to bring nature's store to her family's table, and where a carpenter father maintained his family's dwelling or added an extension to the home when love increased the family size. There was no need to hurry; clocks had no purpose here while the afternoon sun receded toward the dinner hour. Yet, within this pastoral scene rang out the most sonorous, male voice one could imagine. For only a moment did I wonder who this man was ardently singing to. He was clearly engaged in the act of worship through a fervent call to prayer. Something deep within me resonated. I stood entranced until the owner of the voice resumed his quiet, then moved on.

As an ESL teacher I had made Bangkok my home for the previous five and a half months. Little did I know that within two weeks I would be back in Vancouver and in less than three months I would again fly over the great Pacific and have occasion to take residence in Jakarta, Indonesia with a traditional Muslim family. Within three days of my arrival my host father was adamant that I connect with SUBUD - even though neither he nor his wife were members of this group. His accounts were sketchy. I wasn't interested. It took three discussions over two weeks for me to even check it out. But that is another story.

Now being in SUBUD for 20 years, I no longer question such occurrences. At the time, I had such resistance to the idea of meeting with this group - you could say I went kicking and screaming all the way to the candy store. After all, from my conscious perspective, this little known group had nothing to do with the purpose

for which I was there. I just wanted to get on with my employment search and land a job that would enable me to stay awhile, learn more about the world we live in, and connect with my global family. My mind chuckles now at the thought that I might have dismissed my host father's gift and gone searching for a waterhole in the desert when the river was flowing at my feet.

On doing the Latihan together, in a group

SEKRETARIAT SUBUD
INTERNATIONAL
P.O. BOX. 2331 / JKT. - J A K A R T A
I N D O N E S I A .

27th May, 1970

To Mr. Luthfi Niazi, c/o M. Safa
Memduh Asaf Street No. 17
Nicosia
C Y P R U S

My dear Luthfi Niazi,

Your letter of May 2nd, 1970, regarding your closest friend, Oguz Menthes, has reached me safely.

Bapak has mentioned, in his Talks and in his writings, that the spiritual Latihan of SUBUD is a Grace from Almighty God. This Grace, in those who have been Opened, is like a light unseen by ordinary eyes.

By doing the Latihan together, in a group, it is like accumulating several "candles" together, which give more light and strength than when doing the Latihan alone. Everyone participating in a group Latihan will feel in the Latihan, more strongly than when doing it alone.

Another aspect of doing the Latihan together, is the so-called "give and take". In doing Latihan in a group, one person who is not strong in a certain field, Receives from another Member, and vice versa, if he has more in a different field, he also gives to the other.

A person who prefers to do Latihan alone, all the time, will miss the possibility of Receiving the accumulated Grace Received in a group.

I understand that those who want to achieve high value in life, are often tempted to go away from this goal. And the temptations are many in kind, for instance: irregularity, laziness, boredom, etc., - - for whatever reason.

So dear Luthfi, I hope I have made the answer to your question clear to you.

*With kind regards,
Sunarto Brodjolukito / Secr.*

If you reflect on it

If you reflect on it, this latihan is a gift from Almighty God to each of you that has no comparison in terms of its greatness, its nobility, its stature. It cannot be valued, because nothing you have can buy this experience; for in the latihan you will feel that God comes close to you. So, it is clear that you cannot approach God, but God can approach you. That is what you need to understand.

(Talk by Bapak, 67 MAA 1)

New Subud Enterprise Services Resource

Subud USA now has its own Subud Enterprise Services Resource site to which all Subud members are invited to take part in.

This is your site to:

1. Access and tell others about resources for starting and growing your business
2. Network and socialize on different topics during a weekly take-a-break chat time

The go-to person is Rosetta Narvaez, who currently is a vice-president at an international financial institution in Boston, USA. She has had 10+ years in the financial/banking world. She owned a small management consulting company that focused on statistical modeling, forecasting, program evaluation, and market research. Among her clients were universities and the federal government.

Go to the website to read more and to introduce yourself. <http://sesusa.ning.com/>

Stories & Experiences with Mahmud Nestman

Our sister **Karleen Nevery** (whose photo is shown below) is putting together a collection of stories of people's experiences with our brother Mahmud Nestman. The intention is to create a book. In Karleen's words, "The finished book compiling our stories would be a tribute to Mahmud to honor his lifelong dedication to supporting others in their personal and spiritual development. Not only would this be a gift for Mahmud, but also a memoir for each of us who

contribute to its creation with our stories and who appreciate the role he has had in our lives. The book would also be for his family members, and could be handed down to future generations. Possibly therapists and seekers, who have not met Mahmud, could derive benefit from it. "



"Your unique story," Karleen continues, "is welcome and encouraged, if you are willing to share. It might be inspired by your experience of Mahmud as a teacher, friend,

mentor, Subud brother, spiritual guide, colleague or therapist. It may be deeply moving, humorous, spiritually uplifting, inspirational, absurd, astonishing, educational, any or all. There is no prescribed format for the stories. Yours could be one paragraph, or one or two pages. It could describe a moment in time, or a longer journey. You may wish to attach your name, your initials, or remain anonymous. You may have more than one story you would like to share. All are welcome.

"I look forward to hearing from you. Perhaps you have questions, and if so, I would be happy to discuss this with you further. Maybe, upon reading this, you are already inspired to submit your story. If so, I would be pleased to receive your submission, or your commitment to provide something in the near future.

"This project is at the preliminary stages and I have much to gather (and learn) before it will be complete. Some editing of your stories may be necessary, and if so, you will be provided with the final draft for your approval before anything is printed.

"Please forward questions, submissions or commitments to me at email address mahmudstories@shaw.ca

Though this idea was not initiated by Mahmud, he is open (without attachment) to what may emerge from it."

Warm regards,
Karleen Nevery
www.karleennevery.ca

Ibu Rahayu's Talk to the National Gathering – "Latihan is the #1 Priority"

May the peace and blessings of Almighty God be with you; good evening. I thank the Subud Indonesia National Committee for the invitation to attend and provide the kejiwaan program at the national gathering we are holding in Semarang. Indeed, it is important at any Subud congress or gathering that we do not forget to provide a kejiwaan program or something concerning the latihan. The job of the committee is to safeguard and make arrangements so that the latihan is the number one priority in our organisational activities. Also, I thank God for this opportunity to meet with members from the provinces, as I seldom have a chance to meet you and see you face to face now.

And I apologise that I have brought Raymond along to this event to translate the talk that I will give, because it seems there are many overseas visitors or members who need an English translation present. As you know, the talks I give are sought after... or it is certain that what I say, as it were, belongs to Subud all over the world. If I did not allow this translation, I would be failing in my duties. So, I ask that the members from the provinces, who are probably annoyed... (Ibu laughs) – if we just used Indonesian, I would be able to say more, as having a translation will reduce the amount I can say – I hope you can understand.

The reality is that Subud today is not the same as when it began. When Subud started, only Bapak's friends, his closest friends were in Subud. Consequently, one can say that Subud was like a spiritual group or a religious school; therefore, it was a small and limited group. But with the passage of time and the natural spread of Subud, before we knew it, Subud had spread to nearly the whole world. Lately it has spread to Russia and most recently it has reached... it is now in China.

Therefore, this proves what Bapak said, that Subud was not just for Bapak or just for Indonesians, but for all human beings who wish to worship God by following the Subud spiritual training. So, the truth is Subud does not spread through making a great fanfare, it spreads in the way that God wills, in a calm atmosphere, an atmosphere that does not try to persuade anyone. Even though the number of Subud members rises and falls, I believe Subud is now planted in all people who were ever opened.

This is why giving explanations about the latihan is really needed and very necessary.

Because, it is through giving explanations that you have an opportunity to guide and direct members who want to practise the spiritual training of Subud. However, I insist that the explanations you give should be accurate; they should be like the original. By original I mean this was all set out when Bapak first received the latihan. You are permitted to explain Subud in your own way, according to the capacity you have, as long as you do not deviate from what Bapak set out. So, if you explain Subud according to your wishes, according to what you want it to be, you have deviated from Subud and it is not Subud anymore. That is why Bapak left us these talks.



Indeed, it is not easy to grasp or understand the talks. Supposing someone felt, 'Oh, I don't need to join Subud; I can just read Bapak's talks in a book.' Even if they read the talks, they will not understand them. Especially if they just glance through them, understanding will not grow within them. When we read Bapak's talks – you may have experienced or proved this yourself – you probably first read them after you had been doing latihan for three or four years, but later, when you read them again in twenty or thirty years time, that is when you will feel the difference. Even though you read, your receiving will have caused a change in your understanding. So, this is miraculous.

That is why reading Bapak's talks is so necessary. Well, you probably think reading them is a burden, because indeed to read Bapak's talks takes a long time. That is because we do not learn by studying those talks, no. We feel them by following the talk using the understanding that exists in us. That understanding comes, of course, as a result of the spiritual training of Subud. So, there is a connection: neither reading talks but not doing latihan, nor doing latihan continually and never reading or listening to Bapak's talks, will suffice.

So, brothers and sisters, I want you to know this: 'How come Ibu Rahayu gives

talks now?' In truth, I have not asked you to listen to my talks, no! However, something has led me to the point where I sit here and you are willing to listen to my talks. This was not my wish and it was not your wish. And do not take this to mean that I have replaced Bapak. No. No one can replace Bapak. If Bapak had been replaced, this would not be Subud anymore. Well, it would be something else. Would it be called: Rahayu's Subud, or Luqman's Subud? (Laughter.) There is no replacement. There is one Subud; one founder. Only one person received that revelation, and it was Bapak.

So, this is indeed God's will, and you have no idea how this came about: how did I come to be called 'advisor'? Well, I have read Pak Ruspana's book, so, as I happen to be here with you today, this is a good opportunity for me to tell you that I did not ask to be given the title of advisor. At that time, after Bapak passed away, members felt a void, as if Subud had died; when Bapak passed away, you thought it was all over. That was because you did not know that God is Almighty.

Before ... long before Bapak passed away, he began reducing some of his duties, his lesser duties. For instance, answering letters from members all over the world, Bapak handed that over to me. Well, you probably were unaware of that; you thought that Bapak was answering your letters, but I was the one doing it. So, I did not make myself take over from Bapak, not at all. There was a process.

And for me, the duty Bapak gave me was also training; it gave me experience. Consequently... look, I need to say this now, I am explaining this because I am old and I am going to leave you one day. As Bapak often said, he hoped you would become witnesses: Was what Bapak received from God's grace real? Indeed, everything to do with the spiritual requires witnesses, so that Bapak would know that what he had given to all of you was [not] just a dream or his imagination; he needed to know. And a time indeed came when – well, not by my will – I became a witness. Whether this was real or not, I leave that to God. However, I witnessed that Subud is real.

Well, do not say, 'Oh yes, well of course she could be a witness. After all, Ibu Rahayu is Bapak's daughter. [What Bapak had] probably sprinkled on her.' [Ibu checks with Raymond.] Do you know what I mean by 'sprinkled'? Well, maybe it did sprinkle on me. All the same, even if it did, had I not had the strength or capacity, I could not have received it.

So, this was an experience and I did not make a big fanfare about it. After all, I am only telling you this now, whereas I received this experience when Ibu Siti Sumari[1] was about to die. It was as if it had been arranged: Ibu would die the following day, but on the eve of her passing, God summoned me. 'What? How come Ibu Rahayu was summoned like Prophet Muhammad?'

Well, it was... this was real. And for me... this was a gift from God, so I could not refuse it.

Bapak was still alive then. But, indeed, I am not someone who says much, and neither could I talk about it; I was not like now in that I can talk to you, no. At the time I did get a chance to tell Bapak that I had received this and this. Bapak said, 'Oh, yes.' That was all. 'Oh, yes.' Just that. [Laughter.]

However, through circumstances, even though I never spoke about my experience or never... Bapak once said, 'Why don't you ever talk about the latihan?' I said, 'I don't want to, Bapak.' 'Yes, it is true, you do not like to talk,' he said.

And it seems that my experience touched people without me saying anything. Consequently, those who did not agree, who questioned why I was giving talks... [Ibu turns to Soetriman who is in the audience.] I am going to tell the truth about what happened, okay? Soetriman was the National Chair then. [He said], 'No one except Bapak can give talks! No one else.'

Look, the man is alive and here today... [Ibu laughs]; you can ask him in person. Soetriman was not the only one; many were against me. But some people felt... it was probably the international helpers, 'Why don't we give Ibu Rahayu a role as an advisor?'

Well, they did not know what to do; I did not know what to do. When I was asked, 'Look, I do not have an official position in Subud. I am neither this nor that. Okay, if you want to consider me just as an elder, you can. After all, I am old.' Finally, they made me... they gave me a role as 'spiritual advisor'. Congress approved it. So, I did not become advisor just because I wanted it, no. The International Congress decided it.

And Bapak once said, 'The truth is my replacement will be the Subud Congress.' So it is not an individual; it is the Subud Congress. If congress proposes and all members, represented through the congress, approve, that is the right way. So, do not think of me as a rogue advisor,

okay? [Laughter.] If that were so, everyone in Subud would feel they could act in a rogue manner. So, I need to make this clear, so that you know that when something is God's will, there will be a way for it to happen. Had I wanted this, it probably would never have happened. This is the story, so that you know.

Ruspana's book has been published. I assume you have read it. Look, I really value the fact that a Subud member had a receiving that... indeed, that is what is hoped for. However, do not let such a receiving be the source of negative things that can disrupt the harmony, the trust in Subud. We need to respect each other. Sorry, this is really long to translate.

Explaining spiritual matters is indeed hard to do, especially if you have not experienced them or received an experience, as then your explanation will be only a guess or a feeling, and you cannot convey the real truth yet.

Brothers and sisters, why has the spiritual training of Subud emerged in this modern era? Even though it had been God's will to summon messengers in the past, why has Subud been introduced into the world when the world is now so advanced? The reason is God wills that human beings should know God and God's power while they still live in this world. So, they will not just know God or know God's will when they die; human beings can know God in this world.

As material influences get stronger, as the world keeps developing, it was God's will to choose Bapak to be the channel for human beings to individually receive a contact with their Creator; the result was the emergence of the latihan.

And indeed, Subud is not a religion; one can simply call it a technique. What do we mean by technique? What we mean by technique, it is a power or force of God whereby Bapak received this contact; the contact of the latihan, and this contact was meant to be channelled to humankind. If this was not God's will and it had not come about by the power of God, how else could Bapak, a man, one solitary human being, have passed on what he had received to people who need it? The fact is this contact has passed to thousands and thousands of people. If it was not the power of God, it could not have happened that, simply through an individual's act of surrender to Almighty God, this could be passed on.

So, if we remember that, this contact is clearly unrivalled. It is a grace from God; you need to value it. No matter where you searched, you would never find this. If you

were to go looking for it, you would find something else. Having faith in God, respecting God, believing in God, is what we need to find within ourselves. You will not find that anywhere else, not on a mountain, not in a jungle. If you were to go to those places, it would be some other power that helps you there. This is the difference, but people probably do not realise that.

Subud does not forbid its members from having a religion; indeed, we need our religion, as only people with religion have faith in God. And yet there are people who do not believe in God, but who submit – in other words, they are willing to receive whatever takes place. Well, take the Russians, who in the past knew nothing about religion, why are they drawn to Subud now? That was why many Russians came to congress; there were twenty-three or more. They especially asked to meet me, so I had to make time for them. They got the opportunity to meet me and I asked them if there were any questions that still bothered them now that they received the latihan as Subud members. They asked, 'Why do we have to respect, why do we have to believe in God? We do not know God.' The one who asked did not know who God is. That was their question. Raymond here is the witness, he had to translate. 'In Subud, why do we have to believe in God, why do we have to submit to God? What is the relevance? We do not know God.' Imagine if you had to answer that, could you? Well, answering that question was critical because the answer would be the key for them to have faith in their worship of God.

Then I answered the question in twenty minutes, isn't that right, Raymond? From A to Z. After a while they were nodding in agreement. [Laughter.] They were touched by what I said. That happened because when I gave the answer, I felt I was just a pathway for the answer that would touch the inners and open the understanding of these people who did not know God. This is a miracle of the power of God or God's will. This is something that happened, and now they are very active. Well, this is part of the history, so to say, of Subud.

Therefore, to give people understanding and faith, it is not enough just to talk, no. We have to surrender to God. That is because the one who knows everything, and who knew how to touch those people, is God. So, if the question is asked: Why today when the human mind has advanced so far, has Subud emerged bringing this spiritual training? It is the will of God that human beings can know God in this world. Therefore, they will not know God only when they die or that spiritual matters are

just for later, that is not so. There is a relationship between a person's life in this world and in the next.

So, in this spiritual training, after we are opened, after we have the inner contact, why is it that parts of our body start moving first, meaning we do not have spiritual experiences right away? We begin with parts of the body; one can say we begin with the physical body, so that our physical body can know this world. The reason is the part of us that has most contact with this world is our physical body, as we are also made of matter. That is why when we start doing latihan we move this... this... our hands... and it goes deeper until it reaches our senses.

What for? It is so all those parts of us come to life. Well, once we are alive, we are expected to know, to better understand the situation around us, namely what goes on in the world, or what exists in this world. Once we understand that, once we can feel that, then of course we will act with care. That is what we have to put into practice.

Therefore, doing latihan is vital. No one can progress or experience the spiritual if they never do latihan, because they will not have been trained. The reason is this spiritual training takes you through different stages. So, if you feel you have progressed, it goes without saying that in everything you do you have to take more care and act wisely. If you have progressed, do not act wildly, do not do that. That is wrong, you are still being led by your desires; you cannot feel what you should feel through receiving the latihan. This is what training for life means. That is the purpose of the latihan.

Therefore, if you do latihan but you still doubt it, how will you ever progress? Feeling that means you are being blocked by your desires. This is why you need to be accepting; you have to cultivate acceptance within you. Do not just act from the mind, because the mind dies when you die. It will be your inner that will answer the questions asked then; your mind will have stopped functioning altogether.

Therefore, given the above, Subud rejects being labelled kebatinan: a mystical or inner way, because it is not just our inner that functions. This also functions; our physical body functions, as if we are doing sport. So, when you do latihan, let yourself go, because everything you do in the latihan you do in a state of full awareness. That means, if we want to temper or control ourselves, we can. For instance, if your latihan is disturbing others, you can

temper it. Do not stop your latihan; just adjust to the conditions around you. For example, screaming and shouting; you can temper that when you are doing latihan with other people who could be disturbed by it. That is why Subud can be called an outer and inner way. So, it is not just an outer one, meaning we are not just making movements that have no meaning. We are practising or training for our life here. We are training for later, and for our needs in this life too. So, Subud is an inner and an outer way.

And we have to put all of this into practice. As human beings, of course we can make efforts; that is why we have to work in our lives. Subud does not prohibit you from working, from making money. In fact that is a must; it is our obligation in this world to meet our needs for life in this world. So, it is not God's fault if you are hard up, if you are out of work, it is your fault. If you ask what you are doing wrong, look for the answer in your latihan. That does not mean you should ask me; or ask Bapak in the past. Oh my, it is not my job to tell you; you must develop your self. If I told you, you would see me as a fortune-teller, whereas we do not practise fortune-telling in Subud!

So, you need to understand that Subud is not one of those ways you hear of for getting rich, for getting a better life. You can work, that is okay; that is called iradat – human beings are permitted to work to improve their lives, to have a better life; that is fine. As for how far you will get, that is something only God knows. That is why you need acceptance. Well, if indeed that is the path you have to take, if indeed it is God's will, you have to accept it. To be accepting means that if you experience a bad outcome, do not blame God; accept it. For instance, if you do not have enough to eat, then face the fact. But when it comes to matters determined by God, God is in control and we cannot change that fact. We have to tell the difference between things that human beings can strive for and things that God determines.

I think this is enough for tonight. If we keep going, we will just go on and on. That is because the latihan covers every aspect of life. Our duty as Subud members is to entrust ourselves to Almighty God. You have been given the way, this spiritual training. And this spiritual training requires patience, because human life is long; it never ends. We will not just live in this world, but we will live in the hereafter too, but another kind of life. And God is the one who knows all that. Therefore, we do latihan because God has shown us this way; that is why we practise it, we foster it, so that, when our time comes, we will

have an oil lamp – an oil lamp is a light. In this life you need to keep fanning that lamp so that it does not go out. In time that lamp will get brighter and brighter, so when the time comes that you need it, it will light your path, your path to God.

Well, that is all. If I keep going, we will not stop. You will of course be happy to keep listening. I am old, so please understand that I cannot sit too long. Now as I talk like this, I feel fine. People say, 'Ibu, when you give a talk, you look so fresh!' Well, I look fresh because something is helping me. But later when I get home, I will be tired.

So, forgive the fact I will end my talk here. You have meetings to go to and things to discuss... plans for what you are going to do over the next few days. Thank you and good night. May the peace and blessings of God be with you.

[1] Bapak's wife who died in 1971.

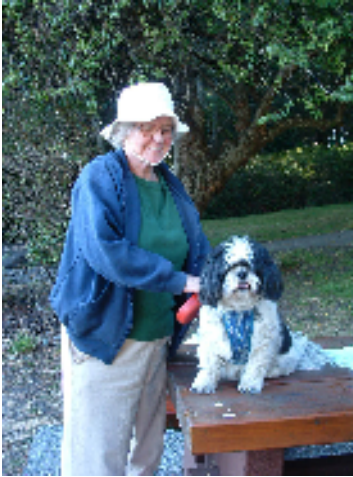


Batik by Rohana Laing

Visit to the Sunshine Coast

Latifah, Leona, and Winona recently visited Rohanna and Atisah, who live in Gibsons, a very picturesque town on the Sunshine Coast. Istafiah (of Toronto) was visiting Rohanna at the time.

Photos: Top: Atisah, Middle: Rohanna Goodwin-Smith, Latifah Brett, Leona Oren, Miranda Ranger, Istafiah da Souza



90th birthday

Renée Grad recently celebrated her 90th birthday in Montreal. Congratulations!



Pre-Subud Canada Mtg, Toronto 1966



Subud Montreal members



Grad family



L Michael Thomas, R Harris Morrison



Subud Montreal members



Mmmm



Left: Kim Yaroshevskaya



Paul Roberge, Michael Thomas



Samuel Chapleau



The Maldonados

Photos: Maksum Gonzales

From the Pewarta (1963)

Letter to Bapak: "Wherein do I err, so that after doing the latihan for a year, I still do not get any sign of the working of the latihan in me?"

A Subud member in San Francisco wrote to Bapak that since he has been openend, nearly a year ago, and attended the latihan regularly twice a week, there is still no sign of the working of the latihan in him as yet.

"Is it because I have made some error?" he asked. "Or is it because of some lack of ability on my part in releasing the conscious mind?"

Bapak's reply is as follows:

The main obstacle in your latihan is your heart and mind. You are thinking too much about problems such as the receivings that exist in the latihan kejiwaan. Therefore, to really feel what ought to be received in the latihan, you should banish every question and problem that is in your heart and just surrender, as if you were going to sleep.

As you know, the gifts of God, which are in the latihan kejiwaan, can only be received if your passion, heart and mind have stopped working. It does not mean that your heart and mind are thrown away, but their action is just stopped so that you will be able to receive the contact of the Power of God which is already near to your inner feeling.

Therefore, Bapak advises that during your latihan, you should surrender to God with patience and trust, and just follow what is willed by God.

Letter to Bapak: The Growth of Talents "Bapak, what is my real talent or vocation?" This question has been asked by a member of Subud in America.

Bapak's reply is as follows:

Your talent is as an artist, but this talent of yours has not brought its fruits to you because your soul has not yet reached its full development. Therefore, the only way to develop your soul is to be patient and full of confidence in the Greatness of God and Only in receiving the latihan kejiwaan.

As you are aware, the latihan kejiwaan of Subud is a latihan which is moved by the power of God toward the development of your inner self. Therefore, if you always obey and do not think too much about various things, you will be guided by Him

toward the righteousness which is in harmony with your inner self.

Surely it will not take place in a short time, and it is not so easy to achieve. On the contrary, it will take some time because it also depends upon the strength of your inner self which has just begun to grow.

It is like the growth of plants. It grows slowly and when it has reached its peak and has become strong enough, then it will bear fruit as the result of its life. Therefore, as far as the development of your soul is concerned, it is not necessary for you to force yourself with a strong will, but you have to bide your time patiently and just follow the guidance given to you by the Power of God at any time that you do and receive the latihan. In such a way you will receive the fruits of the working of your soul which will really be useful to you as in the case of the plants described above.

Bapak's Message to the Subud Members in Brazil (undated)

Bapak is very glad to hear that the Subud members there can already receive and do the latihan kejiwaan well.

Bapak feels it necessary to explain a little about the principle and purpose of the latihan kejiwaan (spiritual latihan) of Subud and also regarding the necessity that one should obey and follow what has happened in their latihan.

As you know, the latihan kejiwaan of Subud is a latihan (training) that is willed by God the Almighty. Therefore, one should just receive what is happening in the latihan kejiwaan of Subud, in receiving as well as in quietening of the passion, heart and mind, because all will be done by the power of God alone.

We should remember that all of this happens by the will of God, so that the way we are receiving and doing the latihan in Subud is only to surrender to the will of God.

God knows the condition of human beings, so if we really surrender or submit all our hopes to Him, God will really guide us because in that way we will not be blocked by our will that is usually wishing for various and innumerable things. God knows how to guide us according to our ability or capacity so that the slowness or quickness of His guidance toward our improvement depends upon the capacity of our own inner self.

That is why there are many among us who do not obtain sound improvement for a rather long time, while there are some who have just received the latihan for a short time and yet have shown many improvements. Such realities need not be disappointing to members who only receive benefits after a long period. Neither should those who already receive benefits within a short time be glad about it.

If we are really convinced about what has been explained above, there will be no jealousy among those who can receive experiences or benefits only after a long time and those who can receive experiences or improvements within a short time, so that everyone will receive their fate consciously.

That is Bapak's advice for you so that you will not misunderstand and feel that God is unjust because all those conditions are due to mankind's own faults as they unconsciously have done indecent things in their life before they received the latihan kejiwaan.

We need to confess the existence of these realities for our sincere confession will enable us to receive improvements in our inner feeling. Therefore Bapak suggests to all of you that you should, in your service to God the Almighty through the latihan kejiwaan of Subud, only direct yourself to the Majesty and Greatness of God the Almighty with a patient, submissive and sincere attitude.

Furthermore, you need to obey and follow the will of God within yourself, within your body and soul. ■

Letter: Advice in connection with his fate

In the spiritual process, every Subud member who does the latihan will always experience changes in his life which come unexpectedly. Therefore, it is required that we should be firm and strong in heart, and be patient in waiting for the fate that has been changed by the Power of God. This already is the sacrifice which will enable us to get or receive happiness.

You should believe that when there is rain, there will also be sunshine. So, your condition will not always be unfavorable. It will surely change. That is all that Bapak has to say to you, and he hopes that you will be firm and strong in heart, and that you will pray to God the Almighty with full patience. ■