

Welcome

Subud[®] is an international, spiritual association of people who share a unique experience known as the *latihan* kejiwaan. Latihan is an Indonesian word meaning training or exercise and kejiwaan means spiritual.

Through practising the latihan kejiwaan, one is able to come in contact with the Great Life Force, the prime mover of the universe which permeates all that can be seen as well as all that which cannot be seen.

Over time the latihan may bring emotional and physical well-being, clarity of purpose and deep understanding, yet there is no doctrine or study involved.

Thousands of people from all cultures and backgrounds practise the latihan today. The process provides a significant opportunity for people from all religions, and also those who do not conform to an established religion, to follow a spiritual path together and in harmony.

Note:

Log-in for members of Subud is in the top-right corner.

Return to the Home Page anytime by clicking on the Subud symbol.

The login area of the website is for Subud members only. It contains:

- *Current news items*
- *Member Services (members handbook & forms)*
- *Organization (minutes of meetings and bylaws)*
- *Quarterly newsletter (SCAN)*

Subud Groups in Canada

Need to find a group/contact in your area? Look no further!

[➦ Click here for a Comprehensive List of all Groups/Contacts in Canada](#)

[📅 Click here for Subud Canada Events Calendar with Latihan Times for all Groups](#)

How to Use the Calendar:

- To see latihan times: go to the top right corner of the Events Calendar and click on **View Full Calendar**.
 - To see special events: Click on **Categories** and then click on the category you prefer.
 - Note: If "**View Full Calendar**" is not visible, please do the following:
 1. Click on one of the links under the blue heading "**LATEST EVENTS**"
 2. Click on "**3 Eastern Region**"
 3. Click on "**Monthly View**"
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