

SUBUD



THE LATIHAN:

A WAY TO A DEEPER SPIRITUAL UNDERSTANDING

THE NAME 'SUBUD':

SUBUD is an international association of men and women who have experienced a spiritual awakening, and follow a path of spiritual development that arises from this experience.

The name 'SUBUD' is an acronym of three words of Sanskrit and Javanese origin: *Susila*, *Budhi* and *Dharma*:

Susila - qualities of character and conduct which are truly humane, and in accordance with God's will.

Budhi - a superior power within us, drawing us towards our proper path - the path that leads to God.

Dharma - a willingness to let go - acceptance and surrender to God, awakened by the will of God.

Subud is a symbol of one who has a calm and peaceful inner feeling, and who is able to receive a contact with the Great Life Force - a symbol of 'the possibility for mankind to follow a right way of living.'

THE BASIS OF SUBUD:

Subud is based on a spiritual training known as the *latihan*, which adapts itself to the nature of each individual. Through practicing the latihan each may receive guidance for their needs both in this life and the life hereafter.

THE LATIHAN:

The *latihan*, an Indonesian word meaning training, is a way for people to receive a deep spiritual experience similar to that referred to by the prophets of the great religions. It is a simple practice that over time can bring a sense of inner well-being and a deeper understanding of human life - yet it involves neither doctrine nor study.

Anyone can receive the latihan, and thousands of people from all cultures and backgrounds practise it. In the troubled climate of today's world, 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 in harmony together.

Members usually meet for latihan twice weekly, men and women exercising separately. We sit quietly in order to calm ourselves, let go our thoughts and desires, and relax into a receptive state. We then stand and receive the latihan. The exercise lasts for about half an hour, and people afterwards generally feel more peaceful and alive.

Neither a theory nor a form of meditation, the latihan is a genuine experience arising from a spontaneous inner impulse, moving a person from within. This may lead them to walk, dance, laugh, cry, sing, pray, or to just be still - the experience varies for each individual, and it usually changes and develops with time. The latihan does not occur in a trance-like state, but is experienced with our full awareness.

THE AIM OF SUBUD:

The aim of Subud is that we may become human beings with characters of fine quality, who can fulfil both our obligations to look after our worldly lives and our duty to worship God, with inner feelings characterized by surrender, patience, trust and sincerity.

SUBUD IS NOT A RELIGION:

Subud is neither a new religion nor a teaching, but a spiritual experience awakened by the Power of God, or the Great Life Force, leading to spiritual reality free from the influence of our thinking and imagination.

We receive what is appropriate for us at the time: occasionally people receive strongly during their 'opening', their first latihan, while others experience a gradual development. Generally the progress of the latihan involves a process of 'purification' or clearing out of the traces of mistakes we have made or inherited, and it is often painful to face the reality of our own shortcomings. While it is simple, the way of the latihan is not always easy; frequently demanding both courage and perseverance. Those able to follow it diligently usually find it brings profound changes, a deeper sense of spirituality and humanity, and a greater meaning and purpose to their lives.



HOW SUBUD BEGAN:

Subud was founded by an Indonesian named Bapak Muhammad Subuh Sumohadiwidjojo (1901 - 1987), who first received the latihan unexpectedly at the age of 24. The experience continued and developed in him over a number of years, during which time he received profound spiritual insights.

Bapak eventually became aware that he was to pass on the latihan to others, who in time were also able to pass the experience on, and the latihan spread throughout Indonesia. In 1957, Bapak was invited to visit England, and this is when the development of Subud as an international organisation really began. But as Bapak himself put it: the latihan is 'not foreign. It did not originate in the East and it did not come to the West ... it comes from the Spirit of God, which is nowhere a stranger.'

Subud is a worldwide association of over 10,000 men and women in more than seventy countries.

"Every person will find for himself or herself the right way towards God, and what might be the right way for one may be completely wrong for another. Therefore, you must discover your own self, and develop your inner self, if you want to find the way to God. You must not follow or imitate anyone else."

Bapak Muhammad Subuh Sumohadiwidjojo, founder of Subud



CONTACT INFORMATION:

For more information, including contacts in Canada, please visit Subud Canada's website at: www.subud.ca