

Bapak
77 Bue 03
Buenos Aires, Argentina

"When Bapak received the Latihan at the beginning Bapak was trained for a thousand nights. That is nearly three years. Bapak received the Latihan practically all night long.

And during those thousand days Bapak received many, many movements - innumerable kinds of movements. And not only of the course body but also what is within.

And also for example, Bapak's eyes, Bapak's eyes would move and move and move and move. Or sometimes Bapak's mouth would move all night as Bapak showed like that.

And all this are movements of purification such as you yourselves are experiencing because these movements are actually the way whereby the parts of your body are purified of their sins and mistakes.

It's like in the laundry, if there is something dirty you have to take it and rub it like that. And this is why Bapak says you still need to do the Latihan very, very much.

And you still need to receive many, many movements within you. Because it will not only be the physical body but eventually it will be the heart and the mind that will move. So that eventually you will also find that your mind keeps moving and moving in the latihan.

So it is certainly necessary for you to do your latihan diligently twice a week. But what Bapak means is that also outside of your latihan twice a week you should feel the latihan in everything that you do, or in as much of what you do as possible.

What Bapak wants is that during your everyday life, you should be able to feel and always feel your contact with Almighty God throughout everything you are doing.

So that eventually you will be able to tell, you will be able to feel, oh yes this is from God. Or oh yes, this is not from God. So you will always feel this about each of your actions."