

## Witness the Results in Subud

The guidance of God's power starts in the following way: at first you feel it as a vibration in your body. It gradually gets stronger and stronger and fills your whole body, until finally you feel that there is a power moving you. The movements eventually become activities, like dancing, like worshipping in the usual way, or like somebody walking, running, touching things - yes, every kind of human activity.

This is necessary so that our whole body becomes familiar with God's power; familiar with the touch of the vibration of life that always envelops our body. If it were only your heart and imagination that got to know this touch, then only your heart and imagination would go to heaven. Is that what you want, that only your heart sits in a ballroom full of special things and full of delicious food? Certainly not. If it is only your heart, if there is no mouth, you cannot eat. Therefore the whole of your inner feeling needs to be touched and awakened, so that your whole inner feeling may go towards the completeness of life; that is, towards God. So it is not only your heart, not only your imagination, not only your intelligence, but everything within you.

That is the reason why it starts like this. That is why you should not feel or think, 'Why is it necessary to move like this, why is it necessary to sing, to shout, to walk about and move like this or like that?' Oh, it is very necessary. If you were people who could not do this, who could not walk, who could not talk, what then? In this world you have the ability to speak, to walk, to touch, to eat, to taste butter, cheese, apples and other things. If over there we cannot experience all these things, then what is the use of receiving God's grace, and what is the use of wishing for the perfect life in the realm of the soul? It has no use whatsoever. That is why intellectual people say: 'Pak, that is nonsense, that doesn't matter at all; because once a person dies, it is finished.' Yes indeed, that is how people think. But in religion it has been explained by those who received; by the prophets, for example. The prophets have told us that after death people still live; that they live in the kingdom of God. It is certainly true. Would the prophets, the messengers of God, mislead us? Certainly not.

Therefore, you who have received the latihan, who are just receiving your hand moving like this, waving like this, and are just starting to walk, do not feel fed up; do not think, 'Why is the latihan only this? After three months, a year, two years, still just nodding.' If that is how it is, well, that is the nature of your heart. But Bapak would like to tell you not to feel fed up, not to feel that way. Because even though it is like that it is still the latihan, it is still the guidance of God, whose purpose is to make your whole body, your whole inner feeling, aware of it. Once every part of you - your whole being - is acquainted with the contact of life from God, you will be familiar with the nature of human life.

This is something that Bapak will test with you later. The time has now come for you to begin to feel the evidence that is received in the latihan; of course, that will be for those of you who are receiving reasonably well. This is necessary so that you can witness whether there are results in Subud - in the latihan. It is certain that a training or whatever that has no fruits or results is boring; certainly it is boring. Bapak would feel the same. If there were no results he would get bored. So to some extent there must be evidence or proof of some benefit from this latihan as we do it. This is what Bapak will be testing with you in a moment.

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