

THE PROOF THAT YOUR JIWA IS TRULY ALIVE

Wisma Mulia, England

April 14, 1981

Brothers and sisters, Bapak gives thanks to Almighty God for permitting Bapak to travel here and meet with all of you face to face, particularly those of you who are of an advanced age and therefore do not have the opportunity any more to travel frequently to meet Bapak in other places.

Bapak truly feels moved by your welcome here and by the welcome that has been expressed by your Committee and your Chairman; and Bapak is happy and gives thanks to Almighty God to see that you have now been able to occupy this place, that you are able to live here, as Bapak can see, in an atmosphere of joy and happiness, and on the whole in good health. Of course, to some extent one cannot avoid that now and then you also become ill, but Bapak can see that on the whole you are all in good health.

(At this point Halimah Cooke is wheeled into the hall and welcomed by Bapak and his party)

Brothers and sisters, it is sure that many of you do not have the opportunity any more to hear Bapak talk frequently, but, nevertheless, Bapak hopes that you do often and regularly listen to the recordings of Bapak's talks which are made precisely for this purpose, that Subud members all over the world can follow and hear regularly the guidance that Bapak gives to us. But now that Bapak is here in front of you, Bapak would naturally like to use this opportunity to give you a little talk, a short talk, about the nature, the meaning and the use of the latihan kejiwaan, and Bapak hopes that you will be able to receive this with a feeling of satisfaction and understanding.

Brothers and sisters, as Bapak has very frequently explained, the latihan kejiwaan is not something which is planned or created by man, it is not something that is made by man or thought out by man, but is a receiving from Almighty God, a gift of Almighty God which is truly in keeping with the age in which we live, this age of airplanes, of rapid technological advance, of nuclear energy and so on.

Brothers and sisters, so it is truly a fact that what we receive in the latihan kejiwaan is the gift of Almighty God which He gives us, so that in whatever we do we are not removed from, or we do not feel strange at, the contact or the closeness of the power of God to our being, because indeed the power of God envelops our being both inwardly and outwardly, and guides everything we do. But you have to understand that the guidance of the power of Almighty God is not like the guidance of a human being towards another human being, because the power of God actually penetrates and envelops all our being, both what is coarse and what is

fine, our physical body and our jiwa. So, actually, the power of Almighty God is something that is really close to you and you don't need any more to worry or be concerned whether you are truly in contact with the power of God; you no longer need to worry about whether you are truly close to God or guided by God, because God envelops everything that He has created. God envelops every creature throughout the universe, both in this world and beyond this world. So there is no need for you to concern yourself that if you are living here in this place, which is very isolated, you are therefore cut off from the power of God, because actually there is no place in the universe that can be cut off, or isolated from, the power of Almighty God. It is clear, then, that you may never feel worried or feel isolated from God's power, because God's power is always there within you, and this is a fact which you have experienced every time you do the latihan kejiwaan.

You have experienced yourself in the latihan how we are guided through the latihan to move and to make sounds and so on and so forth. In other words, what we experience in the latihan kejiwaan is that we are being trained - we are being trained in the latihan to walk, to move our hands, to touch, to feel, to hold, to speak, to sing, to cry, to laugh and to ask God for forgiveness. All these things we are trained to do in the latihan and, after all, are these not the same as our everyday, normal activities that human beings living in this world normally experience? So this already is evidence or proof for us that Almighty God's guidance is not isolated from our life in this world, but envelops all our activities that we undertake in this world, so that actually we experience, or we are accompanied by, the guidance of God in every activity in which we engage in our everyday lives, whether we are walking, sitting, or eating; even when we are sleeping, the power of God is there to guide us.

This is what Bapak has always explained and what Bapak always means by saying that the latihan is the latihan of life. It is not the latihan of death, it is not a latihan which aims towards death, but is one which trains us for life, life both in this world and in the next world. So Bapak hopes that you will never concern yourself, or think about, or let your mind go in the direction which follows the way of thinking that we have inherited from the old days, where it is explained as if death is separated from life, as if death is something that is a boundary or a separation of our life - because, actually, this is not so. Life is something continuous which does not know death.

Of course, from our life here when we live in this world, the realm of death seems very far away, as if something very far distant and very hard to perceive. But that is only from the point of view of the nafsu, because what dies at the boundary of life in this world is only the nafsu and the heart and mind - so, indeed, for the nafsu and the heart and mind death is something mysterious and far off. But for our jiwa

there is no boundary, because our jiwa will never die and it will simply continue its life as we have experienced in this world.

So what Bapak hopes, brothers and sisters, is that as you live here, you should really continue with your latihan kejiwaan and remember that the latihan kejiwaan is not something that is limited to when you are doing your latihan half-an-hour twice a week, or something like that, that actually you can do your latihan anywhere, and anytime. You needn't worry if you are no longer able to stand up and do the latihan, you can do the latihan while you are lying in your bed, while you are sitting down, in every activity, in every position, in every moment of your life. All that is needed is that in whatever you do, and wherever you are, you always remember Almighty God; and when you remember Almighty God, when you feel within yourself this 'God, God, God, Allah, Allah, Allah', then at that moment you will experience the life of the jiwa that is a feeling of peace, a feeling of happiness, a feeling of lightness, a feeling of satisfaction and joy which is the symptom or the sign of the closeness of the power of God to our being.

If you ask yourself what is the proof, or what is the evidence, that our jiwa is truly alive and is truly guided by the power of Almighty God, actually the evidence and the proof of this are contained in your experience every time you do your latihan kejiwaan. Because when you are doing your latihan kejiwaan you feel yourself to be completely at peace, completely quiet, completely satisfied and happy as if you are no longer influenced or tempted or disturbed by your thinking, as if you have no longer any needs in this world. You feel as though there is nothing that you need. You just have this deep feeling of peace and satisfaction, and that is the proof that your jiwa is alive. That is the life of the jiwa that you are experiencing, and that is the proof that the jiwa is close to, and guided by, the power of Almighty God.

This is something that is very important for you when you come face to face with death, because no one can escape death. Death is decreed for all human beings. But what dies at that point is only the nafsu and the heart and mind, so that all the things that we used to think about, all the things that we used to deal with in this world, at the moment we are facing our death they disappear from us. It is said that when we are facing death, at the moment of our death, all our ability to think about this world is taken away from us, so that not only can we not think about our money, we cannot think about our children, about our husband or our wife; we can no longer remember them or think about them, and this is because at that moment the heart and mind lose their power. Therefore, because the nafsu lives in heart and mind - that is its nest, the heart and mind - at the moment when we come to the end of our life we are actually facing a handover of responsibility between the nafsu and the jiwa, like when you leave your job and someone else takes over from you

there has to be a handover. So what continues to live is your jiwa which is not affected by this transition. This is why, brothers and sisters, Bapak really hopes that you will practice very diligently your latihan kejiwaan, so that you really are able to prepare and you are really able to feel this life of the jiwa whenever you do it.

What Bapak is telling you now is something that Bapak has himself experienced, and the evidence for the truth of it is actually contained in Bapak's own being because, to be absolutely frank, Bapak's age is not that different from all of you. For example, Bapak's age is comparable to yours, Luthfi, because Bapak himself is over 80 years old. So Bapak is already getting on. But with Bapak, what he has experienced as he has got older is that Bapak's ability to think - which normally, as a person gets older, the ability to think becomes narrower and narrower and tends to shrivel up – in Bapak's case, it is just the opposite. As Bapak has got older maybe he looks as though he is shriveling up, but the reality is that Bapak's life is expanding, so that now, at Bapak's age now, Bapak's thinking is much wider and Bapak can see and understand things which normally people cannot understand, or cannot think about; and the reason for that is that, at Bapak's age now, what is growing is the jiwa. It is the time now for the nafsu and the heart and mind to shrink, to shrivel up gradually, to get smaller, to get narrower, because within Bapak the handover has already been going on because of the latihan kejiwaan.

Actually, what Bapak is experiencing is the growth of his jiwa as his nafsu shrinks and becomes less and less significant and less and less powerful - and that is the fruit of the latihan kejiwaan. So now if you ask yourself why is it that your experience, Luthfi, is not the same as Bapak's, why is it that you are not experiencing that as you get older - it is only because you still rely on your heart and mind, you still rely on your thinking, you still remember many things that you used to do before. How you used to sing, and when you were able to do this and when you were able to do that - you still carry that around with you. Your life is still more centered in the heart and mind and the nafsu, so that what you are experiencing gets narrower and smaller and - ya - shrivels up. But if you can throw all that away, if you can throw it away completely, all of that, you will experience something completely new. You will experience a widening out of your life which will be reflected in a state of joy, a state of happiness, a state of wideness, which everyone will notice as something that is completely extraordinary and unusual.

Like Bapak is drinking now - as Bapak lifted his cup, Bapak is at that moment in latihan. But when we say that, for you it is something unusual, like the same as when you are doing your latihan. Actually, for Bapak it's not like that. For Bapak it is already normal, because it is already one with his everyday life. So this is why Bapak advises you to be really diligent in your latihan. What Bapak means by that

is that, little by little, you will learn to experience the latihan in the midst of everything you are doing, whether you are walking, whether you are sitting, whether you are doing this or that. In all that you have to do throughout the day, you always experience the latihan in the midst of it.

Bapak says, of course, you don't expect that this will happen overnight, that suddenly you can do that. But it will go step by step. If you really practice the latihan regularly and diligently, then little by little you will begin to have this experience. Then you will begin to understand why the latihan is like it is. Then you will begin to understand why it is that in the latihan we are made to walk, we are made to move, we are made to speak and to sing and so on. You begin to understand that the reason why we are made to go through all that in the latihan is because it is God's will that we should learn how to worship Him in the midst of our everyday activities, so that our everyday activities do not become a barrier between us and God.

The purpose of that is that gradually we accustom ourselves to this life of the jiwa, that we become conscious of our life both in this world and the next, so that we truly possess our life, the life that God gives us, both in this world and the next. That is the big difference between this latihan kejiwaan, which is the guidance of the power of God, and other things like meditation, samadi and the emptying of the self and the quieting of the self, where it is the opposite, where we withdraw from our everyday activities and from our everyday life.

This is what Bapak wants you to understand, that once you have done the latihan you will always do the latihan. Once you have received the latihan, it will always be with you, so at your age it is perfectly o.k. to do the latihan lying down, sitting down. You don't have to be like the young people roaming around, jumping around. It is not necessary, because once you are guided by the latihan you are always guided by the latihan. You can do it sleeping, lying down, sitting, eating, drinking and this is, in fact, what Bapak does all the time. For example, Bapak is talking to you now, that is just his latihan. Whatever Bapak says, it just comes out at this moment. Before Bapak came here he didn't plan what he was going to say to you. Bapak doesn't prepare anything, Bapak doesn't use anything to speak to you. What comes out is what is needed at this moment. Bapak only does it now, he doesn't do it beforehand or afterwards.

So this is what Bapak is talking about. Of course, we can go on talking about this for as long as you like, but what is important is not so much the talk, but to experience it for yourself. So apart from talking to you, in a moment Bapak will try to test this with you in order that you, to some extent, can experience it for yourself.

(Testing omitted)

Please relax now all of you. What Bapak means by 'relax' is just don't think about anything, just be normal and simple and relax. Someone who is sad or depressed is actually being disturbed or tempted by his own heart and mind, so sometimes when you are depressed, sometimes someone who is in that state can go on being depressed, go on being sad, but that is simply the influence and the pressure of the heart and mind. Such a state is something that by now you should be able to reorganize for yourself by praying to Almighty God.

Relax

This is a test which Bapak has done with you to enable you at least every day to do some smiling and do some laughing. So you must not allow yourself to go on being depressed and sad, because that state first of all will make you ill; it will make you get older faster and will make you sick. Really, Bapak's example of what he is saying is Bapak himself, that even though he is more than 80 years old, he still looks healthy, he still looks strong.

Now Bapak asks all of you - how do you feel physically now that you have done this test?

Bapak, who has been willed by God to be the channel or the intermediary or the pioneer of the Grace of God between God and ourselves, prays that you will be able to put into practice what Bapak has told you today, because you need this. This is actually something which you need for your own good and your own benefit.

Actually, brothers and sisters, you have probably heard the story that now that Bapak has completed what he started in relation to Bapak's needs in this world in Jakarta, Bapak has started on a new project in Indonesia. That is, a series of projects in Kalimantan with large-scale agriculture, mining and developing the resources which are hidden in the ground and which other people do not even know about yet, but which Bapak, by God's Grace, has been given to know. Bapak is doing all this at the age of 80, or whatever it is. So for Bapak, this is simply because throughout his life he has accustomed himself to living in the way that Bapak described to you earlier, so that for Bapak the life of his nafsu, or his heart and mind, and the life of his jiwa have already become one - that for Bapak there is no difference between the two.

Bapak illustrates his being like this - if Bapak turns it this way Bapak is thinking; but when Bapak turns it the other way, Bapak is in the kejiwaan. So it is two aspects, two sides of the same thing. When Bapak needs to use his mind, when Bapak needs to think, he thinks. But when he doesn't need to any more, he is in the state of the kejiwaan. Actually, for Bapak he has accustomed himself to it so that

there is no distance between his life in this world and his life in the next world. There is no difference, there is no distance, the two are one in the case of Bapak. This is why for Bapak there is no strain or no obstacle to continuing to work, and to understand and to know this world, while at the same time surrendering and worshipping Almighty God. That is why, for example, Bapak can still travel around like this; and Bapak tells you quite frankly that Bapak's doctors are always very surprised at Bapak. They told Bapak: 'Bapak, you are not allowed to travel any more, you are an old man.' In fact, the truth is that at one time, when the doctors examined Bapak's heart, they said to Bapak (actually they said it to themselves), actually Bapak cannot live very much longer, maybe he cannot live another nine years or something like that. They didn't say this to Bapak, they said this to me, and Bapak said I am the witness of this. But Bapak said, without my telling him what the doctors had said: 'Sjarif, don't worry. Bapak has his own source of information, and Bapak knows that Bapak is still going to be here for a long time, because Bapak is still going to travel around the world over and over and over again to visit all of you, to visit Ruth again, and so on.

So Bapak is still willed by God to do this and Bapak knows that. For Bapak this is a duty, so when I said to the doctors: 'Bapak cannot not go. It is Bapak's duty to go, and Bapak knows this is God's will,' the doctors were very surprised and said: 'Why is Bapak different from every one else? What is different about Bapak? Bapak is very strange.' Bapak said: 'Well, if you ask me, it is because I have been willed to receive something which is the worship of God, which we call the Latihan of Subud or Susila Budhi Dharma.'

So Bapak said it isn't that Bapak doesn't trust doctors, but if he has to choose he prefers to believe his own experience.

That is the end of Bapak's talk to you today. Bapak's purpose, actually, is just to encourage you to be diligent in doing your latihan, and Bapak says you know you don't have to do it standing up, or moving around, or the way the young people do it. If you are no longer able to do that, or it is difficult, you do it in any way you can. You can do it lying down as Bapak's said to you, Halimah. It's perfectly all right while you are sitting or lying down; and if you then receive something don't worry about it, don't get upset or concern yourself, just receive it because you are really lucky – you have received this contact with the power of God.

Bapak is going in a few days, as you know, to Germany and then from Germany he will travel to Austria, to Vienna; and after ten days in Vienna, Bapak will travel to Lisbon in Portugal; from Lisbon to Brazil, from Brazil to Columbia, from Columbia to New York; then from New York to Vancouver and Western Canada, and from Vancouver back to Los Angeles; and from Los Angeles back to England - because Bapak wants to experience for himself staying in his new house, a new

house in Wentworth, near Dell Park, near the new International Center. The house is called 'White Ladies'. Bapak thinks he might have to change it to 'Brown Ladies'.

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