



SICA

Subud International Cultural Association

Subud Youth and SICA presents:

The Innovation Culture Camp

*Connect * Share * Inspire*

9 am - 12 pm EST,

find out your time

<https://www.timeanddate.com/>

Attention Changed Time

Sat. 7th & Sun. 8th of May 2022

**A day full of workshops, discussions and impulses.
They are briefly introduced before all workshops begin so please be
there at 9am EST.**

**You can offer something spontaneously on the same day.
We expect up to 4 sessions in parallel the same time. Or more... then
scheduled into the day's programme according to interest.**

**Participants are free to choose which session they would like to attend
spontaneously. This event follows the rules of the “Open Space” method.**



We will explain more on Saturday and Sunday at 9am EST.

You can always suggest a workshop, such as a challenge you have in life for which you would like support, or a question you would like to share and find an answer to, or whatever else you would like to offer or share.

You are welcome to follow your Spirit!



On Saturday 7th of May from 9 am - 9.45 am EST

- Welcome and introduction to the Open Space process

On Saturday 7th of May from 10 am - 10.45 am EST

- “Discover your beliefs” with Rusydah Ziesel
- “Listening with love” with Jamil Hugenholtz
- A space for you? example: “Add a challenge you have in live and find support”

On Saturday 7th of May from 11 am - 11.45 am EST

- “Listening with love” with Jamil Hugenholtz"
- “Story Writing Made Simple” with Leonardo Wild
- “Navigate the Information Tsunami with your inner compass”
with Ismanah Schulze- Vorberg



On Sunday 8th of May from 9 am - 9.45 am EST

- Welcome and introduction to the Open Space process

On Sunday 8th of May from 10 am-10.45 am EST

- “To Success in Job Interview” with Anggun Melati
- “Painting” with Anastasia
- A space for you? example: “Add a challenge you have in live and find support”

On Sunday 8th of May from 11 am-11.45 am EST

- “Communication” with Hannah De Roh
- “True Culture” with Mohammad Isman Kanafsky
- A Space for you? example: “Add a question which you would like share and find answers to”



Program description Saturday 7th from 10 am-10.45 am EST

- **“Discover your beliefs” with Rusydah Ziesel**

What story are you telling yourself?

Being yourself also means being aware of yourself, which means to recognise if what you believe about yourself, about other people, about the world, is really true...! Your Soul is free and creative, it does not have to identify with your beliefs or patterns of belief, In your creative power you are guided by the truth of your Soul. We are divine beings. Pure Creative Spirits. Connected to everything.

The Ego always asks, How is it here on earth? So we all have experiences from which we define ourselves, others and the world. Our beliefs create an emotional and mental response through thoughts and feelings. These then form a kind of lens (a story) through which we see the world.

You will discover what story you are telling yourself and get some tools to transform it.



Program description Saturday 7th from 10 am-10.45 am EST

- **“Listening with love” with Jamil Hugenholtz**

click on the link for the video description <https://youtu.be/qIFR4v3EILc>

You will experience what it is like to be listened to with full respect and you will feel what it means to receive unconditional love. I promise you that you will never forget this experience, if you want to apply this experience in your own situation, it is beneficial to practice this in a group because it can create a strong bond between the participants and the result is harmony in the group. If you are already familiar with the method of active listening, good for you, then this is also a very useful method. However, “listening with love” is something completely different and learning it will be like honey for your soul. Come and give it a try.



Program description Saturday 7th from 11am-11.45 am EST

- **" Story Writing Made Simple" with Leonardo Wild**

Would you choose to complicate your life if you can make it simple?

Story writing isn't easy, but it can be made simple by knowing a few tricks of the professional writer that can be applied to any writing, not only to Story.

Doesn't matter if you're writing a novel, essays, short stories, papers, even screenplays, the insights I will share from over 30 years of writing will help you focus and structure your writing; applicable immediately.

We will cover the 3 things no Story can go without, the reason why Story is wired into our brain, and how to Divide And Reign any story, regardless of topic, how long (or short) it is, and whether you're new to writing, or a pro.



Program description Saturday 7th from 11am-11.45 am EST

- **“Navigate the Information Tsunami with your inner compass”
with Ismanah Schulze- Vorberg**

A tsunami of information has overcome us for the past years. Our instant access to all kinds of channels has us in constant overflow of words, images, music and sounds. How do you/we handle this! How can you/we discern facts from fiction, information from disinformation. What is the difference between disinformation and misinformation anyway? I would like to invite you to share your experiences, to evaluate different tools which may help us to navigate these rough seas. To explore our most important tool: our inner compass which can give us the direction discover and develop our own best state and inner attitude to find our way.

To help us just to take with us what supports us and lets us grow and leave behind the harmful and hateful words and images.



Program description Saturday 7th from 11am-11.45 am EST

- **“Listening with love” with Jamil Hugenholtz**

second round:

click on the link for the video description <https://youtu.be/qIFR4v3EILc>

You will experience what it is like to be listened to with full respect and you will feel what it means to receive unconditional love. I promise you that you will never forget this experience, if you want to apply this experience in your own situation, it is beneficial to practice this in a group because it can create a strong bond between the participants and the result is harmony in the group. If you are already familiar with the method of active listening, good for you, then this is also a very useful method. However, “listening with love” is something completely different and learning it will be like honey for your soul. Come and give it a try.



Program description Sunday 8th from 10 am - 10.45 am EST

- **“Painting” with Anastasia**

You will learn how to draw a portrait with black pencil in 45 minutes. You can watch only or draw with me :-). I will share with you the main steps of drawing a realistic portrait professionally and I will give some interesting tips.

It doesn't matter what level of drawing you have.

The purpose of this workshop is to acquaint you with the basic principles of drawing a realistic portrait. Maybe someone will be interested and feel the desire to be an artist. ;-)

You will need: - paper (A4/A3), grey pencil, rubber eraser, tape, pencil sharpener



Program description Sunday 8th from 10 am - 10.45 am EST

- **“How to Success in Job Application” with Anggun Melati**

In this workshop, Anggun will share some insightful tips to nail a job application. It will discuss the A-to-Z of intrapersonal skills you need to be successful in recruitment process, and eventually in career and professional work.



Program description Sunday 8th of May from 11 am - 11.45 am EST

- **“Communication” with Hannah De Roh**

click on the link for the video description https://youtu.be/vQ_Cv1OPa-Y

Communication means to share.

We communicate all the time, every day, but it's not so easy to create respectful and meaningful communication. In order for us to truly feel heard, understood, and connected to another person, we need to actively listen on the one hand, and express ourselves clearly on the other hand.

I will go through some examples and exercises with you that will help you improve your communication skills. I look forward to seeing you soon.



Program description Sunday 8th of May from 11 am-11.45 am EST

- **“True Culture” with Mohammad Isman Kanafsky**

This workshop is meant to deepen your understanding about what a true talent really is and how to use it in your daily life. Bapak once said that a true human being has 5 different talents and usually makes their living with only one of them. In my experience, I have received singing and how to heal myself with my voice. I have also received songs to sing. Many years later I received to write books about my Subud experiences. I have since written 11 books and 2 of them have also been translated into Spanish. I have also seen a pure white clown inside of my inner self and realized that was why I always liked to make people laugh. Sudarto told me in Cilandak that my true talent was to be a Helper. That was in 1971 and I thought to myself, “How am I going to make a living being a helper?” But actually I've been a helper for more than 50 years now and have found that Sudarto was right because that is what I love to do.



If you have any questions please contact me at: rusydah@subud-sica.org

Are you in? Then click on the zoom link at the specified time.

<https://us02web.zoom.us/j/85927697117>

Meeting-ID: 859 2769 7117

Kenncode: 975301

Please register here: <https://forms.gle/wydBEwyVnXLLNo9m8>

We look forward to seeing you!

Your organisational team.

