

SUBUD is an international spiritual movement of men and women who have received a renewed contact with the Great Life Force and practise an inner training (also called the latihan) which arises from experiencing the contact.

SUBUD is not a religion. The membership of the Subud association consists of people ,belonging' to formal religious groups as well as people who are disaffected by formal religion. Subud members are people who have had an experience which they come to know is a contact with the Power of God.

SUBUD is not a cult nor another of the spiritist groups which abound in the world. It is a movement of people who have, through experience, recognized the importance of a human being not being ,used' by the material forces of this world but, rather, of striving to live according to the prompting of the One God for personal, familial and social development.

SUBUD is not a teaching. Its Indonesian founder, ,Bapak' Muhammad Subuh Sumohadiwidjojo (1901-1987), in his explanations of the Subud inner training, frequently said that all the teaching humankind needs has already been given by the founders of the great religions. What is needed now is to understand and follow better their messages. To do this, human beings need inner strength and guidance. This is what is given by the inner training, or latihan, of Subud.

For more details:

www.subud.org, www.subudworldnews.com

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