



SUBUD

Subud is a direct spiritual experience of the soul being reawakened by the power of God.

Receiving this contact with the Great Life Force is a simple, natural process which arises spontaneously without effort, study, gurus, or teachers.

Subud is a practice that is in harmony with all faiths – open to those with or without religious affiliation, 17 years and over.

www.subudusa.org

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