



Hello again Brothers and Sisters,

We had so many enthusiastic replies on the first zone 3 Journal. Thank you all for your support !

Some people asked if anyone can contribute something for the journal. And the answer is YES ! You are all welcome to contribute in the process of connecting with our brothers and sisters in the zone and to share inspiration.

We hope you will enjoy the second edition of the journal too!

Katie, Margo, Olga, Sonia, Regina

P.S. Our email addresses are at the end of this journal - we would be delighted to hear from you!

P.P.S. Please use enclosed PDF to follow the links.

A simple poem

by Muhammad Subuh Sumohadiwidjojo

This poem inspires me, every time I read it. Most times I can connect with the energy, the vibration.

I feel difficulty to connect with earth, water, air and fire. I feel difficulty in life.

It makes me grateful for our latihan.

Margo van Maris

In the beginning was the void.
And the void was full of energy -
Which manifested as a vibration
Which became light.
And out of the light came
Earth, water, air and fire;
Which therefore were the content
Of the vibration.
And so is our latihan
Which begins as a vibration,
Becomes movement, and,
After some travail, eventually becomes useful activity.
This is the content:
This is the content of our latihan

11th of August 1983 Anugraha, England

Mother and daughter

by Sonia Ray

One of the highlights of this years Subud Britain's congress for me was that my youngest daughter was there too, and we were able to share latihan and kedjiwaan sessions together.

Our group had another mother and daughter in it and it felt very special. Over the two days we spent together we tested many questions including ones about trust and courage, how we regard our hearts, minds and bodies and how God would have us do so. We also asked how we love ourselves and how God loves us followed by how we should love ourselves, according to God's will. Questions often tested and always, for me, needing reinforcing.

The kedjiwaan session ended with some testing about angels, and how we can ask the angels for help, surprising, light and lovely receivings. We felt that we deepened and strengthened our bonds not just with each other but also with the rest of the group. Both my daughter and I are feeling the strength of that receiving still and are carrying it into action in our daily lives.

It would be great to hear of other shared family stories, mother and daughter and father and son ones too.

Subud Britain's Racing Team



[More pictures from Great Malvern 2011 by Antony Tibbs](https://picasaweb.google.com/antonytibbs/GreatMalvern2011)

<https://picasaweb.google.com/antonytibbs/GreatMalvern2011>

New SICA Website

Spirituality
Inspiration
Creativity



[...] there has been so much attention to business, but SICA is still important because we cannot show people the latihan. But we can show the results of our latihan, especially as we continue in Subud and become more and more able to know and express our own real talents. And if people can learn to feel the difference between what has content and what does not, that can make a difference in the world.

*Ibu Rahayu (paraphrased by
Latifah Taormina, SICA Chair)*

www.subud-sica.org

Do good to yourself - and to Robiyan and Harina

by Robiyan Easty



We have a house for sale... maybe even two. Some years ago we embarked on a project to build 4 houses on a plot Harina had inherited near the historic town of Marathon and just 700 meters from the best beach close to Athens. We took a big building loan. We had many delays and now have been hit by the financial meltdown here in Greece. We sold one of the houses but now urgently need to sell one more. Unfortunately the market is dead because of the crisis. If we don't sell another house very soon we are in grave danger of losing everything.

So here is the big news... **we have reduced the price by almost 30%** for a quick sale.

It is an area of natural beauty with very little development allowed and yet has a dual carriageway highway all the way into Athens. The port of Rafina is only 20 minutes away and Athens airport only 40 minutes away.

We will be keeping one of the houses for ourselves. Villa rental is very popular. We can join with other owners to do this together.

Also we can split each house by a simple conversion into two apartments/maisonettes, of 44 and 88 square meters respectively. So there is a lot of flexibility and the building standard is very high.

If we sell two houses like this we can have a little Subud enclave there.

So first come, first served. All you who live in the cold and damp northern climates have a great opportunity here. Retire to Greece and do yourselves and your bones a favour.

More details at:

<http://www.livinlovin.gr/luxury-home-nr-marathon/>

Hear no evil , see no evil, speak no evil

by Wouter Hanhart

Zone 3 meeting in Lisbon 2011:

Wouter Hanhart, KC Holland

Howard Ray, KC UK

Ra'oef Neuman, KC France



Impressions of the German gathering

by Margo van Maris

Best practice

Unexpectedly I did not have to work in the first week of August, the week of the German gathering, and my son had holiday. So following the great habit of Subud :-) we decided to go after the gathering had already started. The Germans did not complain; they welcomed us warm heartedly!

Pondering

We watched a documentary about the Subud group in Wolfsburg under the guidance of Richard Engels. I wondered and pondered about how aware we are of our own history and the influence it has on us individually. I think I am a little bit aware of my family history and my countries history, but not of my Subud history, even though it probably affects me. Perhaps there is room for improvement?

A muscle ache

Saturday night a Subud sister recognised our rigid bodies, moving from one chair to the next, and she offered to give a workshop 'five rhythm dance'. Of course I joined in, it was great! It starts with slow music to which you make continuous movements, it does not have to look good. It is about the movement itself, to let it arise from within or from the music. These movements are the 'female' aspect. Then the music changes, it becomes faster and different, the movements becomes more rhythmical. This is the 'male' aspect. Then the two aspects come together, the music becomes fast, loud, vivacious. You do not dance alone any more, but you make contact with others in the dance, in the movements. You have fun.

Then the pace changes again and you turn inward again, the movements become fluent, continuous. Those who can, dance lying down because that is the feeling you get. The dance lasted for an hour and a half, it was wonderful and it left me with a relaxed feeling. And a little muscle ache...

None Subud members

My son (21) is not opened. To his joy there were many! But he enjoyed being around Subud people (his words), the swimming pool (fact), and getting to know beautiful German girls (my words)!

Germany, thanks for a wonderful time!



Snowcamp 2011
26th December - 2nd January

Home
Place
Activities
Registration
Contact us

Last year more than 50 people spent a wonderful time skiing, snowboarding, eating delicious talking, doing latihan and testing in the cosy pension of Rösliwies. We are happy that we're able to organise this camp once more and like to invite you to this miraculous event which takes place in Wildhaus up in the Swiss mountains.

Please feel free to contact us at any time for further information.

We are looking forward to seeing you soon!

Alwina, Elisa, Johannes and Conrad

Update 11.09.: The Earlybirds deadline was raised to 6th October! See the prices section for more information. Ski pass and ski rent prices have been added. Feel free to have a look at the impressions 10/11 page and to sign the Guestbook!

Early birds discount
by Johannes Leuthold

We would love to welcome all of you at the magical camp in Switzerland which takes place after Christmas and guides you into the new year

2012

It is still possible to get early birds prices till the 6th of October 2011

16th-18th September



French congress

Egletons

françoise.ivanoff@gmail.com

25th-27th November



Z3 women helpers weekend

Lisbon

kcs@subud.org.uk



30th September-2nd October



Irish congress: "Space for Grace"

Castletown Geoghagan

katiekaboos@gmail.com

8th-11th December



Spanish congress

Alicante

olgaramirez_1986@yahoo.es

[More about upcoming Subud Events](#)

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