

**ZONE 4 MEETING IN GREECE – from Lebanon**  
**From 13-18 July 2011**



*Harina, Chairlady Subud Greece, Lajpat Rao, SE Representative for India, and Nadia, Sofia and Lina from Lebanon*

It was the first time for Lebanon to be represented officially in a zonal meeting. It was also the first time for Lebanese group (me, Sofia Amal and Nadia) to attend these meetings.

I would like to share my experience with you. We arrived Wednesday around 2 pm to the hotel where we were introduced to the active Harina. The hotel was in Kalamos Apostoli, fantastic area for relaxation and joy with a 5 minute walk to the beach. In the afternoon we all did our Latihan Kejiwaan. It was so strong when we all started praying to God. On the other hand it was so heavy on me that made me go to sleep immediately afterwards. The next day I had the chance to join the group who was going to Athens for a visit. We visited the museum and did some shopping. In the evening when we came back to the hotel, we did our Latihan which was even heavier for me than the day before. I have never experienced such a heavy Latihan since the time I was opened five years ago. On Friday I started attending our delegate meetings. The atmosphere of those meetings was very beautiful and went on in a smooth way due to the efforts of our effective zonal coordinator, Robiyan.

Saturday was the most difficult day for me. This started when Robiyan had asked each delegate to talk about the Subud organization back home. Most of

them explained about the good conditions of the organization in their countries. Some said they needed extra support in order to become more effective. Then the turn came to Lebanon. I explained the situation of the shrinking members due to many reasons. And the great need for some support in order to get Subud premises back home. I also thanked Robiyan and the international helpers Dorinda and Hassan who visited us lately for the great push they gave in order to attend these meetings.

All went fine till the time when Robiyan had opened the subject about Lebanon. I asked him if I could add an extra thing. I took a long breath but I couldn't hold myself and tears started coming out of my eyes heavily when I started talking about my country and the stressful conditions we had been living in. I added that in addition to our own private and personal problems that everyone has in all countries, the wars, the political and economical situation, had put extra burden on our shoulders which increased the depression and stress to most of the people there. I also explained that we might not have felt the disastrous conditions when we were back home because we all had lived in the same situation, but all the international helpers who had visited Lebanon in the past few years had felt the worries in our inner due to the political situations. And I remember that Hassan and later Robiyan used to do Latihan twice a day for Lebanon when they had been there. It was the first time for me to feel the difference of my inner state in such a strong way. It was maybe due to the peaceful atmosphere the Latihan had given, or due to the effects of those calm delegates who had come from peaceful and strong countries. Later, it was suggested that the next day the Latihan Kejiwaan would be dedicated to Lebanon and to Indonesia due to the earthquake since this day it was dedicated to Greece due to the economical situation. By that day I felt as if a peaceful and strong energy had been transmitted to Lebanon and I was relieved then after.

Finally, all that I could say is that I think the impact of the Latihan Kejiwaan was very effective and powerful on all in general, and on me in particular that made me for the first time in my whole life behave in that strange way. I would like to apologize to the delegates who had attended that meeting because I might have been changed the peaceful atmosphere into a dramatic one.



Later at night there was some sort of a dancing party and a Greek band came in and did a popular dancing show which we enjoyed a lot. Then we had the chance to sit at the same table with Robiyan and Sharifin who started telling beautiful jokes and we started laughing to the extent that our laughter would be heard loudly to the other side of the gathering. The contradictions of my behavior in those two days were strange and I wonder if any of you had passed within the same situation before! In general all that I know is that when I came back home, I came with an active, energetic and peaceful mind, soul and body and these were the results of the zonal meeting together with the Latihan Kejiwaan in the hope that I can transfer this to my Subud sisters and brothers here. At night, and the next day, Monday, people started travelling back home.

I would also like to thank all Subud countries for making our visit possible. Hope to see you all safe in other meetings.

Lots of love,

Lina Yehia – Chairlady Lebanon