

(INSIDE COVER)

Subud is an international charity which, through an experience called the *latihan*, aims to bring together people of all religious faiths- *and none*- in order to improve both our individual lives and the world in which we live.

The **latihan** is an experience which may prompt us to: sing, dance, shout, chant and make other movements, noises and sounds; feel a whole range of feelings, including relaxation, joy and a deep happiness; it may also inspire our thinking and give us surprising ideas. Or it may be a quiet and still experience.

Subud members believe that it improves their lives in many ways.

This book attempts to show its effects on one person's life over two decades of practice.

Testing is when questions are asked, usually vocally, in a state of latihan and any responses noted. See numerous examples quoted in the text.

Opening the first latihan in the company of others in whom the latihan is already established.