

WHAT IF NOTHING HAPPENS TO YOU?
OR
HOW CAN YOU WIDEN AND DEEPEN YOUR
LATIHAN?
BY:

1. Preparing more carefully for each latihan. Are you:

- Coming to latihan as attentively as possible? Restraining worldly chat etc before the latihan begins and being open-minded as to what may happen this time e.g? Do we actually think of, or reach out to, the latihan before we come?
- Relaxing physically and psychologically as much as possible- without strain!?
- Not paying particular attention to emotions and thoughts by not exploring them or commenting on them? They simply come and go but –for now- are just not the centre of our attention.
- Being as open and empty of myself and its usual concerns as possible?
- Wanting to be receptive to “Something New or Higher” in life?

2. Being more attentive/mindful before your latihan?

Here is a simple “mindfulness meditation” that may help before you start the latihan: Simply be aware of your breath as it flows in and out of your body for 1 or 2 minutes, initially and more as you grow accustomed to it. Simply acknowledge attention-grabbing thoughts, feelings and sensations and return to focussing on the breath. You can also do this at odd times during your day (see 5 “Pauses”)

3. Being more aware of what happens in the latihan and not doing it in a “routine way.” Perhaps keeping a “Latihan Diary” considering: was there anything new in this latihan? what feelings, sensations, movements or new ideas were there, e.g? Perhaps having periodic reviews of your latihan experience, asking what has happened over this period, both inwardly, psychologically and outwardly in your life, looking especially for any possible connections between inner and outer. Bapak stressed the need “not to lay asleep on the floor” but to “examine your latihan.” So, spend some moments thinking and feeling about what actually happened in your latihan and possibly discussing this with a person “you trust.”
4. Latihan with different people and groups. When the famous 19th. Century Hindu saint, Ramakrishna, was asked what people who did not believe in God should do, he simply replied: “Be with people who do.” Maybe people who do not receive the latihan deeply should do the same- just be with people who do!
5. Pause frequently during your day for up to 5 minutes at a time as if you were in the pre-latihan quiet. Bapak recommends doing this “before significant actions like eating, sleeping etc”
6. Repeat the name of God over and over again.

7. Read, talk and listen to other people's experiences.
8. Listen to Bapak's talks in the pre-latihan state i.e without thinking about them particularly. Or just listen to the Indonesian!
9. Listen to Bapak playing the Gambang, preferably alone so that you can be free to follow the latihan should it arise in you.
10. Internally voice your concerns before starting the latihan and ask for a convincing latihan to follow.
11. Test questions like: "May I receive whatever I need at this time in order to widen and deepen my latihan" or "May I receive what it is that is a barrier to my latihan at this time" etc. Do Helpers have a particular role here in bringing such tests to the groups? Where are Bapak's challenging tests now?
12. Open up to the latihan frequently during the day. Feel the latihan briefly in a variety of situations, places etc
13. Actively Surrender: sink your concerns into your deeper mind by stating them clearly and then "forgetting" them. Solutions may appear unexpectedly later. And again:
14. Talk to others about your situation!
- 15.

What If You Do Not Feel The Latihan At All?

“If helpers open someone, they must wait there until that person can receive. Supposing it takes an hour or an hour and a half and that person still cannot receive, then the helpers repeat it again and again on subsequent days, until he or she really can receive.” So said Bapak in Honolulu in 1979.