

# resonance

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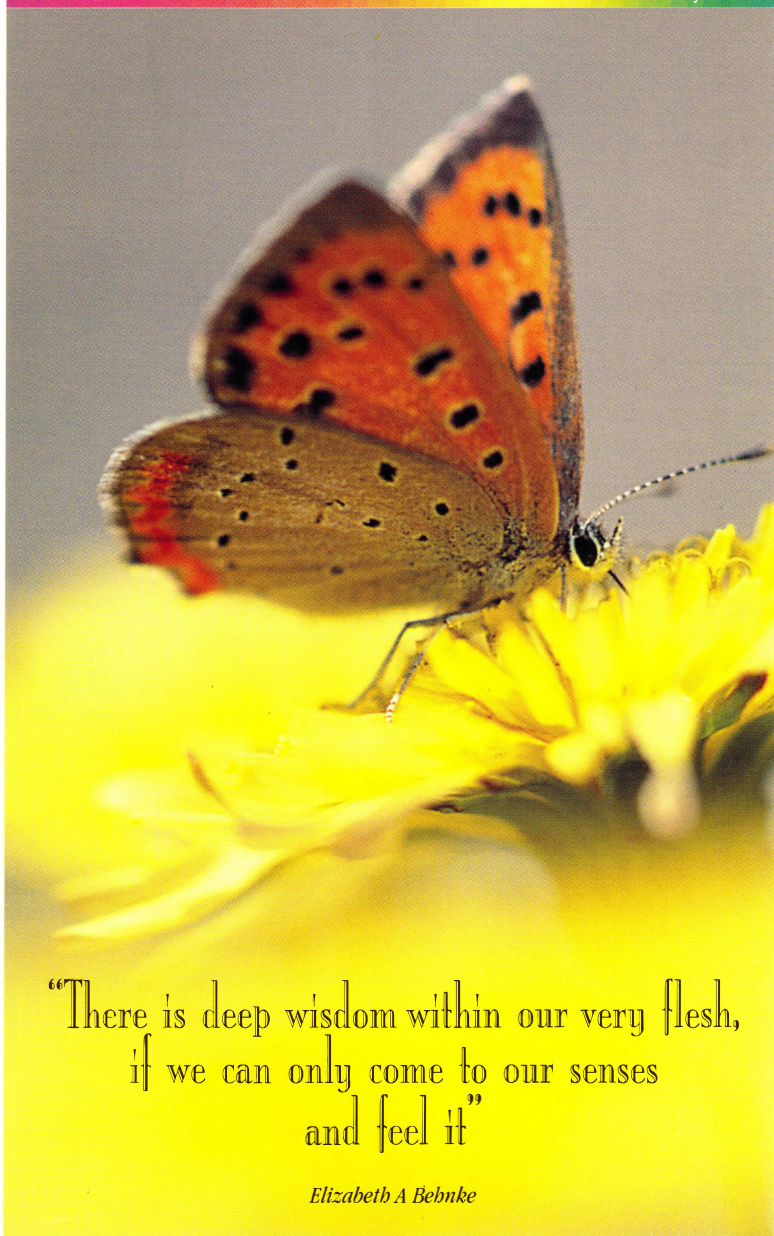
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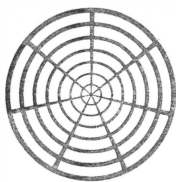
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“There is deep wisdom within our very flesh,  
if we can only come to our senses  
and feel it”

*Elizabeth A Bebnke*



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## resonance

### A QUOTE FROM BAPAK



"No doubt it sometimes happens that when you fall ill or experience difficulties in your life ... you ask God to change it and give you better fortune. But this plea ... is completely unable to go inwards, because your soul is not yet able to accept your wants or your wishes."

Bapak *Calcutta 18 September 1964*

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**EDITORIAL COMMENT****Good Times in Hard Times**

I live in Washington DC and life here is stressful. There is a constant threat of terrorism hanging over us. People are nervous, anxious, and often ill with various ailments. Uncertainty is the flavor of the day. Somehow, I imagine that most of you are also feeling the heaviness of the world situation.

In contrast, I am reminded of a special event that took place last year when I had a chance to get lifted out of my daily environment and have a very different experience. The SIHA/SYA Retreat – called 'Building Sacred Space' was held in Houston, Texas. It provided me and others with the opportunity to have an intense experience of inner awakening combined with a deeply meaningful sharing of knowledge about aspects of our health. After the weekend retreat, I felt more satisfied and hopeful for the future than I had felt in many months. It was as if my imagination bloomed and filled with a wide range of creative ideas and inspirations. There was a lot of deep bonding that took place between the participants, and I could feel the potential that the youth are bringing to the future of Subud. It was an experience I will always treasure. It certainly made me aware that we, as Subud members, have the capability of creating events that can truly fulfill our own inner and outer needs. The latihan gives us all that we need to accomplish this; all we have to do is to put it into practice.

The SIHA/SES Retreat in Bucelas, Portugal, took place from May 5th to the 12th, 2003. It was another meaningful experience; an opportunity for entrepreneurs and health care professionals to share their expertise with those present at the retreat in an atmosphere that is supported by the latihan. Already the

spiritual and creative energy surrounding the event has moved the Subud members in Bucelas to find better ways of working together.

I would like to encourage all of you to participate in our upcoming SIHA events. Please bring your energy and your skills, and let's make some good things happen. It is a way for us to put the latihan into practice and to experience the uplifting growth that can come as a result.



Latidjah Miller,  
Virginia, USA. SIHA Coordinator

**AN INTEGRATIVE APPROACH TO DEPRESSION**

*Latidjah Miller, Virginia, USA*

Not too long ago, depression was strictly a psychological problem that was either self-treated or, in extreme cases, treated with psychiatric therapy. Today, depression is very common and very serious. In fact, over 20 million Americans suffer from it, and this number has tripled over the past ten years. These days, it is not uncommon for teenagers and even younger children to be diagnosed with clinical depression. The fact that depression is now characterized as an epidemic and that many people feel bad on a daily basis is, well, depressing.

Not unlike many other medical conditions, medical professionals use prescription drugs as the first line of treatment for this disease. As a result, antidepressant medications like Prozac and Zoloft are among the most commonly prescribed drugs on the market; yet their effectiveness appears to dwindle over time, and their use comes with a myriad of unpleasant and sometimes harmful side

effects, such as severe withdrawal reactions and weight gain. So, essentially these drugs are often creating new symptoms while treating others. More importantly, these drugs do not address the underlying cause of depression.

## Diagnosis

So what causes depression? Most health professionals agree that while the initial cause of depression maybe different for each individual, there is a direct link between depression and certain imbalances in brain chemistry. More specifically, in laboratory tests, most people who suffer from depression exhibit decreased levels of key neurotransmitters in the brain, such as serotonin, dopamine, and norepinephrine. While theoretically a medical professional could run lab tests for these specific hormones, the results are not reliable enough to diagnose depression. A more responsible approach, and one that can be used by medical professionals and laypersons alike, is to look for the presence of mental, spiritual, and physical symptoms from the following list:\*

**Mental:** increased or decreased levels of activity; insomnia; inability to concentrate or focus; loss of memory; prolonged periods of physical over-activity or inactivity.

**Spiritual:** indifference to yourself or those around you; decreased ability to enjoy that which was enjoyable; a sense of inadequacy or worthlessness; feelings of extreme sadness, melancholy, dejection or guilt; decreased libido; suicidal thoughts.

**Physical:** weight loss or weight gain; unexplained physical weakness; persisting feelings of tiredness and lack of energy; increased or decreased appetite.

\*These diagnostic criteria are excerpted from  
*The Family Encyclopedia of Health* by Dr. Rajendra Sharma

Medically speaking, you must have four or more of the above symptoms to be defined as clinically depressed, and these symptoms have to persist for longer than a few days. Now keep in mind that one does not need a clinical diagnosis according to these criteria in order to be diagnosed and or treated for depression. This particular standard happens to be a medical one, used for the purpose of medical treatment. In other words, a responsible physician would not prescribe medication for clinical depression unless the patient met these criteria.

However, if you realize that you experience feelings of sadness, melancholy or dejection that are unrealistic or out of proportion to the apparent cause, for more than a few consecutive days, you may decide to seek professional help or deal with your condition in accordance with the recommendations described in this article.

## Causes

As mentioned, the possible causes of depression are many. While one school of thought is that depression is strictly an individual's chosen psychological response to a particular tragedy or traumatic incident in his or her life, there is enough scientific evidence to demonstrate that such events can actually be triggers for the underlying brain chemistry imbalances that are associated with depression. To make things even more complicated, there are several other factors or scenarios that have been shown to bring about the same chemical imbalances.

Among these are:

1. Inadequate sleep or insomnia
2. Hypoglycemia
3. Seasonal Affective Disorder (SAD) or lack of exposure to natural sunlight
4. Hormonal imbalances or deficiencies

5. Heavy metal toxicity, such as from lead, copper, mercury, aluminum
6. Toxic effects from alcohol, coffee, cigarettes, MSG, aspartame, or any number of other neurotoxins
7. Food allergies
8. Prescribed drugs, such as steroids, antibiotics, etc.
9. Environmental pollutants
10. Viral, fungal and parasitic infections, including candidiasis
11. Nutritional deficiencies, such as in omega-3 fatty acids, specific amino acids, folic acid, thiamine (B1), niacin (B3), pyridoxine (B6), selenium, calcium, and magnesium

In light of this virtual laundry list of possible causes of depression, you can see why simply treating the condition with medication would be insufficient in most cases. This does not mean that if you are currently using antidepressant medication prescribed by your physician that you should stop taking it.

What you may do is ask your health practitioner if there are any medical reasons why you should avoid any of the alternative or complimentary approaches in the following section. If he or she advises you not to try any of these approaches without giving you a medical explanation, or does not appear to know or want to know about the efficacy of these approaches, then perhaps you should find another qualified health professional that is more integrative and proactive.

## Treatments

Just as there are several possible causes of depression, there are several ways to treat the

condition. Unlike with most antidepressant medications, the goal of these approaches is to correct the underlying cause of the condition: the thing that led to the biochemical imbalance to begin with. The following is a list of ways that these imbalances may be addressed. Please note

that these suggestions are not intended to be a substitute for the advice of licensed medical professional.

***'In light of this virtual laundry list of possible causes of depression, you can see why simply treating the condition with medication would be insufficient in most cases.'***

1. **Exercise:** possibly the most effective and lowest risk approach; promotes the release of endorphins from the brain; promotes feeling of well-being; stimulates production of serotonin and dopamine; helpful in stimulating the lymph system; also associated with flushing out harmful toxins that

are known to cause the underlying chemical imbalances; also associated with improved cardiovascular health, increased strength and physical independence, increased bone density, improved joint integrity, reduced inflammation, reduced blood pressure, reduced risk for diabetes and certain cancers, and many others; is inexpensive and relatively easy once you establish a routine.

2. **Address nutritional deficiencies:** include more essential fatty acids in your diet, especially the omega-3 fatty acids (e.g. EPA, DHA), which play a key role in hormone production. Omega-3's can be found in wild (not farm-raised) cold-water fish like salmon and sardines, flax seed oil, evening primrose oil (avoid taking this if you are also on antidepressants such as Wellbutrin) and

free-range eggs; or you can take flax seed or fish oil capsules. Omega-3's are also associated with a number of other health benefits, such as improved circulation, the promotion of normal heart rhythm, the prevention of blood clots, reduction of inflammation, and the lowering of triglycerides and blood pressure. Other nutritional supplements that have been shown in studies to be effective are folic acid (5-10 mg/daily), thiamine (B1 can be taken with b-complex), selenium (100-200 mcg/day), niacin (B3 take as part of b-complex, except with liver disorder or high blood pressure), lecithin (2 tbsp/day), B12 (2,000 mg lozenges are best, for production of neurotransmitter acetylcholine), vitamin C (3,000 mg/day, but not near bedtime), magnesium (for calming affect on muscles – begin with 300 mg and increase until diarrhea occurs, then reduce dosage).

3. **Sleep:** necessary for production of growth hormone and other key hormones that affect mood; ideally 7–9 hours of uninterrupted sleep per night. Causes of abnormal sleep patterns are: lack of exercise, stress, eating refined carbs/sugar (see section on hypoglycemia below) or watching TV just before bed; deficiency in hormone melatonin can also cause sleep problems – in this case, take melatonin supplement (time-released version is most effective) as needed; L-tryptophan (available by prescription) and 5-HTP (300 mg at night) also promote serotonin production (check with health professional for proper dosage and

contraindications).

4. **Eliminate food allergens:** most common reactive foods are gluten-containing foods, such as wheat and barley; other common culprits may be foods containing cow's milk, soy, corn, peanuts, MSG, aspartame, and other artificial food additives; avoid suspected foods for 4–6 weeks to determine whether they are a problem; consult with nutritional professional for proper elimination protocol.
5. **Manage hypoglycemia:** hypoglycemia is one of the main causes for disruptive sleep patterns; avoiding refined carbohydrates and simple sugars, especially in

the 90 minutes prior to bedtime is essential for preventing the hypoglycemic-wake-up-in-the-middle-of-the-night-to-go-to-the-bathroom syndrome (and you thought it was just your small bladder); eat smaller, more frequent meals throughout the day, consisting of 40% carbs, 30% fat, and 30% protein.

6. **L-Tyrosine:** alleviates stress by boosting production of adrenaline; it also raises dopamine levels; do not take with MAO inhibitor; take 500–2,000 mg/day; consult with physician if you have high blood pressure before taking L-tyrosine.
7. **SAME:** acts as a serotonin reuptake inhibitor and should be used as an alternative to antidepressant drugs; has been proven very effective in several studies for depression at doses of up to 800 mg/day.
8. **Adrenal/glandular support:** glandular extract supplements are very helpful to support the endocrine system and normal hormone production.

*'Sleep: necessary for production of growth hormone and other key hormones that affect mood; ideally 7–9 hours per night.'*

9. **Avoid nutritional and environmental toxins:** such as mercury (found in warm-water and farm-raised fish), MSG, (found in most processed foods), tap water, aerosols, pesticides (non-organic foods), aspartame and other food additives; don't heat foods in plastic; use a shower filter; avoid harmful electromagnetic frequencies found in electric blankets; minimize cell phone use.

10. **Meditate:** this may be perhaps one of the most powerful and relaxing practices to incorporate into your life; it forces you to focus on your breathing and has been shown to boost your immune system and promote the production of mood-enhancing hormones; take 10–30 minutes a day and meditate or practice yoga (Hatha style is particularly helpful for depression).

11. **Daily exposure to natural/full-spectrum light:** This promotes the production of serotonin and other key neurotransmitters and hormones that enhance mood; get at least 30 minutes per day of skin exposure to natural sunlight or use a full-spectrum light source inside.

12. **Music Therapy:** has been shown to have a dramatic effect on mood in several studies.

13. **Socialize:** get yourself out there, even if it is a bit uncomfortable at first. Studies have shown that human interaction is essential for sound mental health and happiness; join social organizations and simply practice being more open and more approachable, if this is an issue for you.

14. **St John's Wort:** this is only effective for mild cases of depression and should not be used with other MAO inhibitors.

15. **Psychotherapy:** for chronic or serious cases of depression, this is still a very effective way to handle it; look for a licensed therapist who has a spiritual component to his/her approach.

***'Meditate ... this forces you to focus on your breathing and has been shown to boost your immune system and promote the production of mood-enhancing hormones;'***

Any one of these approaches may be helpful for chronic or even acute depression. You may have to try them one at a time to see what is appropriate for you. In any case, you should consult with a health professional who is qualified to guide you with the particular approach you choose to go with. Depression can be a very serious matter and should be addressed diligently.

There are many books available that can help you learn ways of coping with difficult emotions. One that I'm reading at the moment is called *The Art of Happiness; A Handbook for Living* by HH Dalai Lama and Howard C Cutler. Howard Cutler is a psychiatrist who interviewed the Dalai Lama extensively and reports his conversations in this book.

Another good book is called *The Anger Control Workbook* by Matthew McKay, Ph.D, and Peter Rogers, Ph.D. Often depression is a result of suppressed anger, and learning how to control anger in a healthy way is a good first step to reducing a tendency towards depression.

Fluctuations and imbalances in neurotransmitters may predispose one to functional changes in mood. There is an excellent support supplement in the Tyler line of products, called Ele-Max. Ele-Max provides nutrient cofactors, amino acid precursors and standardized botanicals specially formulated

to support normal levels of endogenous neurochemicals. This supplement contains Niacin, Vitamin B-6, Folic Acid, Glycine, L-Tyrosine, St. John's Wort, 5-HTP, Siberian Ginseng Root, Ginkgo Leaf Extract and Coleus Root Extract. The recommended dose is one capsule, two times daily.

Standard Process also makes an excellent product combining St John's Wort and Inositol. Inositol is one of the vitamin B complex factors. It has been found to be very beneficial in treating mild to moderate depression. St John's Wort IMT (the product name) also contains Min-Tran and is present in a base of calcium, magnesium, alfalfa, carrot oil, and kelp, which all function synergistically to support the nervous system. St Johns Wort is used in cases of mild to moderate depression, particularly when side effects from standard antidepressant drugs become intolerable to the patient. Also it is usable with symptoms of menopause, neuralgia, sciatica and spinal injuries. In addition to offering the known therapeutic benefits of St John's Wort, this product specifically supports thyroid function. This is critical as even sub-clinical hypothyroidism can be associated with incidences of mild to severe depression and manic-depressive episodes.

The above two products are available on our website at [www.humandiamond.com](http://www.humandiamond.com)



### AN ELEVEN-YEAR JOURNEY *Arjunada Vilos, London, UK*

This is the story of a woman who has taken responsibility for her own spiritual development and well-being, not leaving it all to the latihan, but working with the latihan: being responsive to signs and clues which are all about us if only we would be a little more

receptive and aware, particularly of nature and beauty, of those deeply meaningful moments of synchronicity, of those flashes of intuition, and of direct guidance, whenever it comes.

Unlike some Subud members who continue to carry their burdens, baggage and blockages for decades, this woman has had the courage and determination to bring about positive changes by confronting her deepest fears, negative thought and emotional patterns, and by seeking help from a variety of professional sources. She has been prepared to feel her heart's deep pain as it opens and throws up painful memories; but to experience too, the joy and ecstasy of her heart opening up wider and wider, of being able to forgive both herself and others, and to increase her capacity to give and receive love. This surely is also humanity's greatest need at this time – the opening of every individual heart and to realise that really we are all part of the One Universal Heart.

Rosada first contacted me in 1991, seeking counselling and healing within a Subud context. Originally from Newcastle, she had lived in New Zealand for eight years and had then decided to return home.

Rosada had had ME for fifteen years, and for most of the time had been unable to work. She felt completely dysfunctional, ill, lonely and unloved, and was frequently bedridden. However, at the age of six Rosada had experienced a wonderful mystical spiritual awakening, and spiritually she was very much alive. She was now forty years of age and desperate to feel well again, to be in congenial employment, to have a social life and to really embrace life wholeheartedly. Rosada felt she had virtually lost many years of her life to ME, and had been disappointed that New Zealand had not worked its magic upon her. In spite of



it being considered one of the most beautiful countries in the world, and having the reputation for being one of the best places on this earth to live, Rosada had been dreadfully ill and was in and out of crisis the entire time she was there.

Rosada had been badly damaged by her upbringing. She was the only child born of her parents' brief and unhappy marriage, and by the time she was two her father had left home, unable to live with his controlling, domineering wife. After he left there was no contact.

Rosada grew up with her mother, feeling unloved and unwanted, and without any self-esteem. Her mother did not seem to have any understanding of the needs of a child, and she constantly found fault with Rosada, either screaming and shouting at her, or else ignoring her. Rosada remembers most birthdays as being terribly unhappy, with an angry mother, and her crying in absolute misery. She has not one memory of her mother showing her any affection.

As I live in London, Rosada and I communicated by telephone and I began to send her distant healing as I had been taught by the National Federation of Spiritual Healers — with whom I did my training and later worked for at their Highgate Healing Centre. I had at this time not discovered the Sufi Healing Order. Rosada certainly benefitted from the healing and perked up for short periods, but she still had little energy and with a weakened immune system she was prone to catching any virus that was about.

We spoke about twice a week. Sometimes she would ask me to 'test' through the *laihan* if a particular herbal or homeopathic remedy would help her. They seemed to help for a

while, but not long-term. Rosada also suffered from Candida and knew she should avoid sugar, but found it impossible to give up. Maybe it was her only comfort. There was still little energy for the sort of social life she longed for, and she was still very isolated.

Above all, Rosada wanted to make contact with her lost father. While in New Zealand she had spent years trying to trace him without success, and she felt she must now find him if healing was truly to take place. And then, perhaps, she would be able to forgive him for deserting her. Rosada was a very hurt and damaged human being.

In the meantime I had discovered and become a member of the Sufi Healing Order. I soon became aware of the subtle but profound changes in the healing energy that I was channelling. As I learned to attune to the various Saints, Masters, Prophets and other Higher Beings (we all have our favourites that we are particularly drawn to), the healing energy became very refined and pure, in a way I had not previously experienced; and a certain strength or power was added by using different pairs of *wazifa* (like mantras) as well as the beautiful Sufi Healing Prayer:

Beloved Lord, Almighty God,  
Through the rays of the sun,  
Through the waves of the air,  
Through Thy all-pervading life in space,  
Purify and revivify us, and we pray,  
Heal our bodies, hearts and souls. Amen.

I began to notice changes and improvements in Rosada's mental and physical health as she was sent healing from both me and sometimes from other members of the Sufi Healing Order. One noticeable change was when she discovered lumps in her breast, but remained

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calm and centred. Previously she would have been completely distraught. During latihan I picked up that there were lumps also in her other breast and advised her to see her doctor and have them checked. He discovered lumps in both breasts but fortunately they were benign.

As Rosada began to feel stronger, she had sufficient energy to start meeting people and making friends. She was wildly excited about this (while the energy lasted) and often lacked any discrimination. She attracted people who were selfish and manipulative. She was so desperate for friends, but frequently these 'new best friends' just used her, taking advantage of her very generous heart, and that left her feeling desperately miserable and unhappy. It was a pattern that kept repeating itself, and I would get phone calls from a weeping Rosada over another lost friendship.

As healing continued, abusive and manipulative friends became a thing of the past, and Rosada began to go out to different places, groups and meetings in a more selective, conscious manner. She began to meet other people who were also spiritually awake, with whom she found she had much in common. Life took an upward turn. She read more, sought further information about ideas that interested her, and took positive steps to improve her health, sometimes freeing herself from Candida. She became a real expert on healthy eating and nutritional supplements.

Her financial position changed, too. For years she was struggling to live on Benefit. From time to time Rosada accumulated debts she feared she would not be able to pay. She began to go in for lots of competitions, and when she was in a cliff-hanging situation she

always won enough to pay off her debt! She was also left a couple of small legacies from totally unexpected sources, which amazed her, both at times of great financial need. And so it still continues, with more prize wins than can possibly be the norm.

Once again Rosada decided to try and find her father, this time through one of the three local Newcastle papers. She felt a very strong feeling to advertise in one particular paper, and went ahead with it. The advertisement found its way to the newspaper's advertising department, and landed up on one of five possible desks. The desk it landed on happened to belong to Rosada's father's only living relative left in Newcastle, one she had not heard of.

Recognising the people involved, the relative telephoned Rosada, making herself known, and offered to contact her father first via the father's sister. When he was contacted he was not prepared to meet her and made all sorts of excuses, but in the end he finally agreed to go up to Newcastle for three days to meet Rosada. He told her that he had remarried and had four other grown-up children who knew nothing of his first marriage nor of Rosada's existence.

Rosada was keen to meet them. She longed to meet more of her family but also felt apprehensive. It was agreed that the following year Rosada should visit her father and stepmother, who would have by then explained the whole situation to the family. Just before she was due to visit them Rosada received a phone call to say that her father had changed his mind and that the children were not going to be told who she really was. When Rosada arrived at her father and stepmother's house, one of the

***'As healing continued, abusive and manipulative friends became a thing of the past and Rosada began to go out to different places, groups and meetings in a more selective, conscious manner.'***

children happened to have dropped by and Rosada was introduced to her half-sister as a 'distant relative.'

This cruel and devastating experience caused Rosada terrible hurt and grief and she became ill for quite a time. Gradually she tried to put the experience behind her as far as it was possible and began to regain her strength. Her periods of sickness and being bedridden became far less frequent.

Rosada had always been interested in her local community and now she decided she wanted to make a contribution. She decided that she was going to get something done about her local park, which had once been very beautiful but was now sadly run down and most of the amenities closed due to lack of finance. With new-found zest, Rosada badgered the Council, who told her there was no money available. Rosada got a committee together, had a public meeting, arranged for publicity and, under her leadership, the Council was persuaded to make the money available. First the putting green was opened, next the mini-golf course, followed by a kiosk/café. Then the committee persuaded the Council to give them a grant of £60,000 to refurbish, transform and beautify the children's playground.

When powerful developers wanted to tear down a beautiful heritage building and put up retirement homes, once again Rosada waded in. She organised a protest which received massive support, forcing the Council to change its policy. This particular place has now become an official conservation area.

A few months ago an elderly relative let slip to Rosada's half-brother that he had an unbeknown half-sister. He was so outraged that he went straight away to see his parents and demanded that they both told their four children about their father's secret marriage and the existence of their half-sister, which they were forced to do.

The outcome has been very happy, thankfully. The children have welcomed her into the family with open arms. She has already been on holiday with one sister. Making contact with them at last, and being acknowledged and accepted so lovingly, by the children at least, has brought about tremendous healing and Rosada has been able to forgive her father at last.

Recently Rosada went on two different courses, one for developing self esteem and the other on anger management. Both have been very helpful and she has gained a lot of insight.

Rosada has gone from strength to strength. She can still take things too personally and get psychologically flattened, but she's constantly learning and making sensible and insightful changes. Candida is now a thing of the past as she has finally overcome her sugar addiction.

She has a very joyful spirit, complete faith in God – maybe of the 'Put your faith in Allah, but first tie up your camel!' kind. A delightful and sometimes wicked sense of humour. I love to hear about her battles, successes and disappointments. I feel immensely privileged to have played a small part in Rosada's healing journey. She's a woman of enormous courage and I salute her.

There is still a long way to go as with all of us but I know that Rosada feels very blessed, and close to Bapak and the latihan. When she is recovered sufficiently she hopes to find work in Radio, raising people's awareness and consciousness.



## MY FESTY LEG

*Harry Armytage, Darwin, Australia*

### Left Leg

I live in a small isolated city called Darwin in the Australian tropics. One morning five years ago, I noticed a boil-like swelling on my left shin, which turned into a spreading blister

that caused my skin to fail. Although it was not painful it just would not heal. I was very busy with work and a Subud congress, so I applied long-life waterproof dressings that allowed me to ignore the wound.

Some weeks later, I was jolted out of my lethargy by hearing on the radio that those with tropical ulcers were amongst the high-risk group for catching AIDS. My GP was very laid-back and didn't seem concerned when my wound hadn't healed after two courses of antibiotics. I was now worried and switched to an Indian doctor who didn't wear shoes but had a reputation for being good with skin complaints. Dr Ramdoss was amiable, but slightly unnerved me by mentioning that *everyone made mistakes*. He prescribed more antibiotics. When this only slightly improved my wounds, he referred me to a specialist. These visits were excruciating as the specialist cleaned my wounds with tweezers. Thankfully, a higher dose of the same antibiotic healed my leg. We were both relieved that biopsies and skin grafts had not been necessary.

The whole experience rocked me a bit. I had taken my skin for granted. It had taken five months to heal what was only a small spider bite. I undertook to go to the doctor straight away if anything like this should happen to me again. The wound area remained fragile and dry for three years and a scar serves as a reminder of the ordeal.

### Right leg

In November 2001, to my horror, I spied a boil-like swelling on my right shin. It appeared after gardening at the Subud hall.



We all agreed it was most likely a spider bite. This time I went to see Dr Ramdoss immediately and he plied me with antibiotic cream and pills – two courses each of Bactramicin and Eryacne. Neither cured my wound, and both made me feel very lethargic. Alas, I had built up a resistance to the

antibiotics that had cured my left leg and the wounds prospered. So I tried a medicated honey, which is good for tropical ulcers; but alas, the honey had crystallised and the sharp crystals cut the skin around the wound to ribbons. Now I tried a poultice of green French clay,<sup>1</sup> which has antiseptic and anti-inflammatory properties and strongly

draws poison out. Initially, it did reduce the swelling and the amount of weeping. However, the sore then went through a 2–3 day cycle of scabbing and healing and weeping skin failure. There was a nasty persistent infection inside.

### Zarna

Now I was very concerned. We were on the eve of leaving for a holiday and so I tried a homeopath called Zarna Carter, of whom we had heard good reports. Her homeopathic and herbal remedies stabilised my condition on the trip. On holiday I swam in the sea when I could; this seemed to help. The sore remained an uncomfortable inconvenience. In Canberra we stayed with my brother-in-law Maxwell Fraval, who is an osteopath.

My leg appalled him and he prescribed light therapy,<sup>2</sup> which appeared to work wonders and cleared up the wound almost completely. We also received in testing that we

should move south to Canberra. However, on my return to Darwin the cycle of weeping sores came back and the wound area grew. Alas, the light therapy had not cured the infection inside the leg.

I went back to Zarna, who suggested 10g a day of vitamin C to eliminate the poison in my system and Calendula cream for the wound. The cream worked well initially but then hurt for hours after each application. The wound was becoming sensitised. By now the leg had started swelling with oedema, so I used pressure bandages and non-stick wound pads whilst at work. This gave the wound some protection from slight knocks, which had started to become painful. It was ulcerating but thankfully not necrotic. I was starting to feel rather helpless; my surrender in latihan brought me no clear indications.

By May the right leg had started to hurt at night, and I needed painkillers to sleep. Now my leg was the subject of widespread concern amongst friends and acquaintances. Sadly, none of the recommended doctors were taking on new patients. What a challenge it was to find a good GP in this town! A retired pharmacist said it might have been a green jumping spider, since one had given him a nasty bite. The problem had not been the venom, but the secondary infection and the liquefying enzymes and bacteria that came with the bite. I racked my brain for who might help and remembered a medical research doctor, called John, who suggested I see Dr Bart Curry. Bart was a world-class specialist in tropical venomous bites. John also said that there might be no clear answer about such a bite and that progress would probably be slow.

I got the referral for Curry, and Ramdoss mentioned that my wound pathology results came back positive for golden staph and strep. Ramdoss prescribed antibiotics for the staph; however I never took them, preferring the reliable homeopathic cure instead. I saw no point in telling Ramdoss this. Back again

to Zarna for homeopathic remedies for staph and strep as well as for the sensitivity, pain and infection.<sup>3</sup> Zarna gave me support whenever I called and her remedies came with love. She commented that my wounds looked syphilitic and that I should look into this, and gave me a remedy for a syphilitic miasm. Since both my legs were now swollen with oedema, I kept the compression bandages on all day and at night when necessary. I was relieved when the pathology results came back clear for staph and strep and

that the wound continued to shrink with the Bactroban.

In mid-May, two raised tender red patches on the left leg appeared and were slow to heal. Zarna thought this was poison from the first bite coming out *four years later*, in response to the homeopathics. The antibiotic 'cure' would not have completely cured the original bite. The right leg and foot remained very sensitive and were excruciating if knocked – enough to make me feel nauseous.

In June I got more Bactroban ointment and was still taking the Apis in the hope it would help the painful oedema. While the swelling was almost continuous, the wound was painful when I applied the cream. My legs remained very tender and the bones in my feet ached from the pressure of the bandage. I was concerned about the swelling causing more permanent damage. On some mornings I felt

***'In mid May, two raised tender red patches on the left leg appeared and were slow to heal. Zarna thought this was poison from the first bite coming out four years later, in response to the homeopathics.'***

almost normal upon waking, but the pressure built-up in my foot soon re-emerged. Walks during the day now became too painful because the heat exacerbated the swelling.

### Dr Bart Curry

In mid June I saw the tropical bite specialist Dr Bart Curry, who didn't think it was a spider bite because I hadn't *seen* the spider; he said to discontinue all topical creams, and the wound would heal. My high hopes of Bart were sinking; he had a very literal perspective and only believed what he could see and touch. His training was the basis of his complete disbelief at merits of homeopathy. Bart referred me to Sarah, an occupational therapist, who gave me compression stockings. She was very kind and said to call her if I ever got desperate. Sarah saw legs all the time, but – like everyone else – had never seen a wound quite like mine.

In late June I flew round South Australia for my work, and completed an application for a senior job in Canberra. The leg was very painful and the wounds enlarged. I wasn't sure about discontinuing the Bactroban. My legs got very swollen after the flight home, so for two days I had to put double stockings on to reduce the swelling. I resorted to antiseptic cream under the bandage to reduce the pain to bearable levels. My whole body blew up in spots. Some were triggered by wine with dinner. My life was slowly but surely contracting.

### Peter Fraser

My friend Maxwell Fraval rang, and suggested I contact an acupuncturist in Queensland who used quantum medicine.<sup>4</sup> Peter Fraser had a

good reputation for curing difficult cases like mine. I sent Peter saliva and wound samples for DNA analysis and received an impressive 33-page report, which revealed that I had a very complex disease with two unidentifiable double-stranded viruses in the wound as well as heavy metal contamination in my bones

***'I had reached a state where I was willing to do anything to move forward.'***

***I was at last open to look at the inner issues awaiting me. We did much inner exploration over the next three months.'***

and tissue memory of past shock. He sent a homeopathic remedy designed to correct the errors in my body-field and also suggested I take fish oil, vitamins A, C and E, iron, zinc and kelp. The results were dramatic – the wound stabilised. I continued to send monthly samples to Peter, who reported that the viruses were continually mutating and seemed invisible to my immune system causing 'failure of viral immunity'. The wound was affecting my whole system – even my testosterone was low. It was

amazing what he could get from a saliva sample. Peter said my spots were a detox reaction and would stop in due course. I shared Peter's reports with my GP, Dr Laufer, who said it was mostly experimental and unproven. Nevertheless, he agreed that since it was having a beneficial effect, it was better to continue with Peter.

I reached my low point in the early hours of the July and August mornings, as I lay awake in great pain. After a latihan I felt OK inside; it was just my body hurting. I seldom woke my wife Irma, as she was by now running the house and family as well as working. I took painkillers and usually got to sleep by four in the morning. My legs and feet were now hypersensitive, and it was so excruciating to get up at night that Irma put a bucket under my bed. I had grown to dread my dressing changes. It was so hard, so

painful to wash, and the wound exudation smelt so awful – imagine blood left out in tropical heat for three days. My leg looked so bad it often made me cry. I tested my attitude to my leg and I should love it, wound and all – this was difficult. My daughter Tessy called it ‘Dad’s festy leg’. By now I was in a separate bedroom because of my insomnia. My world was shrinking further.

### Dr Gawler

I got desperate and called Sarah, who made me an appointment with a foot specialist, Dr David Gawler. David was gentle and was responsive to my suggestions; he called me his mystery patient because my wounds were so unusual.

I now became slowly aware of a large number of people who had horrible wounds like mine. In most cases conventional medicine had been of little use. It was not unusual for those afflicted to have a year off work. I discovered an acquaintance whose leg had been ulcerated for three years. She had rejected five skin grafts and endured sixty-five hyperbaric treatments. She had now resorted to the medicated honey despite the agony. We live in a place where there is insufficient medical knowledge of the multitude of tropical bugs.

While I trailed up to the hospital to see David every three weeks and Bart every eight weeks, I still went to my GP. Dr Laufer mentioned a custom vaccine to fight the viruses in my wound – easy to get in Europe, but a forgotten art in Australia with its culture of drug-based medicine. Laufer said an equivalent alternative was to make a nosode, a homeopathic remedy from a wound sample. I sent a wound sample to Claire, the closest homeopath with this expertise, who was in

Brisbane 3,000 km away. My hopes sank as the nosode failed to cure me. I suspect that it wasn’t able to keep up with the mutating viruses. During this time I was grateful for the latihans for the sick my family did for me, which lifted my spirits.

I preferred the health centre for my wound

dressings, I dreaded the rough hospital nurses – my wounds were so sensitive. I discovered the bliss of saline to wash a wound, as it didn’t hurt like the shower. The centre nurses were gentle and we experimented with dressings which took a few weeks to get right. As my wounds evolved, we went through the dressing catalogue with some successes and some failures. In the end I was allocated to the head wound-nurse and the dressings became more and more gentle as they understood my wounds. My wounds rejoiced in the delights of Algisite, Allewyn, Fixomol, Jelonet, Profore and Zipzoc. I learned how to apply a figure eight bandage that wouldn’t slip down my leg during

***‘I now became slowly aware of a large number of people who had horrible wounds like mine.***

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the day.

By now my blood had been tested for almost every disease, sexually transmitted or otherwise, known to medicine. While I hated the idea of anyone cutting into me, I now consented to some biopsies. The surgeon was very gentle and we had a laugh together about his needlework. The results all came back negative. Bart then photographed my spots and sent them to another specialist, who came up with yet another blank. I seemed on my own again – back to the latihan.

### Inner exploration

My life had come to a halt. I had neither the energy to look for a job in Canberra, nor

could I work. I was not even well enough to go on a weekend with my daughter to photograph boob trees. I had reached a state where I was willing to do anything to move forward. I was at last open to look at the inner issues awaiting me. We did much inner exploration over the next three months. Peter Fraser reported that my tissue still had memory of the shock from my broken back when I was eighteen, so we did a special latihan to rectify this. Irma felt that I was carrying a great weight and I received that my insomnia was partly due to the sadness of my grandfather, for whom we did a special latihan. I felt light and happy after this.

After reading a fascinating book called *Radical Healing*,<sup>5</sup> we investigated the extent of the unresolved emotional damage in me. That was enough to keep us busy for a while. We did work on my brain, my memory and my level of surrender. We received that my leg reflected a lack of faith as well as fear. Following this thread, I discovered that I did not have a clear idea of who 'Harry' is. Having dispatched two grandparents, I found another lodged on my left shoulder, where he had always comfortably been. I managed to send him home after so much crying, so much sadness. But there was more ancestral stuff weighting me down. We found a syphilitic ancestor, as Zarna had suspected, and sent him home. He would not leave until we found someone who could love him. Why did I have to do three generations of ancestral spring-cleaning? Perhaps because it was my job to do this; perhaps I knew this before birth. In any case, now it is done and my kids will not have to deal with this stuff.

### A friendly wound-nurse

My body was now making too much flesh to fill in the cavities of my tropical ulcers;

unfortunately new skin won't grow uphill! The nurses plied my wounds with silver nitrate to burn the excess flesh off. That was awful. It persisted until Chris, the head wound-nurse, stopped this barbaric practice. We then tried a pressure bandage of Fixomol to force the over-granulated tissue flat, which it did, but

the caustic wound exudation burnt my fragile new skin. So we had hit a brick wall – the wounds wouldn't heal until we could find a gentle way of levelling them to the surrounding skin. We had to wait until November, when David Gawler suggested Cortisone steroid ointment, which worked a treat.

I grew to respect Chris. She explained that the dressing changes must be kept to a minimum since

changing them traumatised my wounds. She also stopped the unnecessary wound-fiddling foisted on me by various medical staff. She was so widely respected that my use of her name was enough to get even the specialists to adopt this gentle approach. My only conflict with her was about a poultice, which Claire the Queensland homeopath had made for me. I showed Zarna, who said the poultice was brilliant. It was brilliant because it worked and did not hurt my hypersensitive wounds. Claire had made the recipe<sup>6</sup> with a lot of love. The poultice eliminated many of the smaller wounds, but I was reticent to use it on the larger ones because of sterility concerns. Chris was appalled by the fact that I could not make the poultice sterile. In the end I deferred to her and we relied on expensive zinc stockings to aid my healing.

I had now seen two GPs and three specialists, none of who had the faintest idea how to treat the causes of my wounds. The multiple tests, biopsies and examinations had revealed only that I was

***'The Quantum QXCI is an electronic biofeedback system that covers the physical as well as the metaphysical.'***



slightly anaemic and that there was infection in the wound. Conventional medicine kept my wounds sterile. None of it made me comfortable and I relied solely on the curative powers of the zinc dressings. The consistent antagonism of the specialists to the successes of the 'alternative' treatments depressed me. It was as if their training had 'closed' them. Only amongst the GPs and the nurses did I find open minds.

In early October I rang Bart because my wounds were not improving. He referred me to Pruim for a second opinion. Pruim ordered another twelve blood tests and I agreed to more intrusive biopsies. He took samples in and around the wounds and left. His 'nurses' then stood by and watched as I struggled to re-dress my wounds. The shock of the surgery caused my skin to fail the next day in many places on my left leg. This was an unwelcome reminder of my first bite – I felt shattered. The biopsies completely healed within a fortnight ; it was amazing how localised the poison was. Pruim was almost human when he later revealed to us that all the tests had been negative and that he had no idea what to do. I was to come back in six months if nothing had changed. Shortly after this Irma rang Maxwell, who became very concerned at my condition and suggested I come for treatment with a new machine that he had.

### **Bart again**

After three months ill at home, I was open to visit specialists again – with some trepidation. My last visit to Dr Bart Curry was an unmitigated disaster. He was running late and delegated yet another medical student to interview me and look at the wound. After reading my file for a long time Bart came over and we agreed that none of Pruim's biopsies or blood tests had revealed anything new. He had no new ideas other than to chastise me for

trying Claire's poultice. He then aggressively ordered me to restrict myself to the zinc dressing and compression. When I mentioned that this wasn't working and my sick leave was running out, his solution was hospitalisation. He strenuously opposed my seeking alternative treatment with Maxwell in Canberra.

As Bart left, the three nurses, Irma and I all looked at each other in amazement. The nurses were all embarrassed. The nurse that Bart had asked to change my dressings had been in administration for years and had no idea what to do. Throughout this saga both Irma and one of the nurses, whom we knew, stood quiet and preserved some modicum of balance. It took some days for me to recover from this episode. The next day I booked a ticket for a three-week respite in Canberra to seek help with Maxwell and escape the oppressively humid pre-monsoon season.

I saw Gawler later in the week. He agreed that a stint in the cooler weather would help and arranged enough dressings for three weeks. I saw a letter in my file from Chris to Bart – she claimed I was compromising my treatment by using alternative remedies. I was staggered! It had been one of Chris' senior nurses who had suggested that I approach Claire for a topical treatment and hence the poultice. Maybe this explained Bart's strange mood earlier in the week. But why had neither Bart nor Chris discussed this with me? As Muchtar Martins once remarked, in any effort there is always politics. My education in medical politics had begun.

Peter Fraser reported that I was continuing to improve and sent me a new medicine from the USA for the polymorphic bugs (they change shape and form) in my wound. Despite this good news, I remained rather exhausted. My leg wounds were still painful enough to require a painkiller most nights to get to sleep.

### Maxwell in Canberra

On my arrival to Canberra, Maxwell and Asmaniah Fraval were shocked by my depleted state. Without delay, Maxwell put me on a multi-pronged full-time treatment regime, including osteopathic treatments. I laid on 'the QRS mat'<sup>7</sup> three times a day, and to this Maxwell later added light treatment,<sup>8</sup> music therapy and breathing exercises.<sup>9</sup> Each day I also had two armchair mountain-climbing sessions (intermittent hypoxic treatment),<sup>10</sup> and three one-hour QXCI sessions.<sup>11</sup>

The Quantum QXCI is an electronic biofeedback system that covers the physical as well as the metaphysical. It was amazing to experience this form of bioenergetic<sup>12</sup> medicine where a computer interrogated my body through conductive bands on my feet, wrists and head and then prescribed electronic and 'real' treatment in response my electrical feedback. It was a fascinating exploration of my body as we navigated menus in search of suitable treatments and remedies for my deficiencies. It recommended the Venus Fly Trap remedy<sup>13</sup> to sweep away rogue cells. Hopefully, this will completely clean out my leg, which is now looking so much better.

In between treatments, I devoured *The Field*,<sup>14</sup> an incredible book that crystallised my understanding that everything in this world is interconnected, as illustrated by the one-ness of massed tropical fish. I learned about the difference between Newtonian and Quantum laws. The QXCI never gave the same results twice because it operates under Quantum laws.<sup>15</sup>

As the three weeks passed, I felt my strength and humour gradually return; I felt glimmers of normality again. I became well enough to do a few hours work each day, attended a couple of sessions at a conference, went for daily walks and even went for a job

interview. Under the impact of all this loving care, my health scores on the QXCI had become normal and the number of risk factors shrank dramatically.

The QXCI programming was impressive, as the machine diagnosed that I had an ancestral issue. Accordingly, I took the opportunity to test with Maxwell and Marcus Mackay. We received that I had one angry ancestor who was giving me paralysis when I faced a decision. He was also the source of the problem with my lymphatic system, by placing a 'boulder' at the entrance<sup>16</sup> to the body's main lymph channel, which carries the lymph to my heart. We received that when I am aware of his influence, I should quickly surrender, do something physical, and then return to do a latihan surrendering the situation. In this way, I can sever this unpleasant connection and presumably help him get to where he should be.

I now feel very positive about myself and the future. Having put so much of the ancestral stuff into its proper place, I feel so much more at home in myself. I guess in a sense I have at last come home to 'Harry' and am not such a mix of 'Harry and my ancestors'. The experience has made me realise that healing is love, and has kindled in me – for the first time – an interest in health matters. I am grateful to have been treated by so many loving and caring individuals; the pity is that they were never senior enough to alter the dominant medical culture that processed me.

### Credits

<sup>1</sup> Green French clay or agile vert; for more details see: <http://boiorganic.france.com/boiorganic/clay.htm>

<sup>2</sup> He used a Polidight® which has a 500Watt Xenon lamp and incorporates state-of-the art microprocessor control which allows a very precise band of light to be selected.

<sup>3</sup> Staphilion from India; Golden Seal; Echinacea; Phythace and Mezeachum.

<sup>4</sup> Quantum medicine evolved from the work of German physician Dr Voll, who pioneered the use of electro-acupuncture as a method of diagnosis and treatment in the context of traditional Chinese medicine. For more on Peter Fraser see: <http://www.spiderweb.com.au/~pfraser/>

<sup>5</sup> Rudolph Ballentine, *Radical Healing*, (Three Rivers Press; Random House paperback, New York, 1999).

<sup>6</sup> Slippery Elm powder with mixture of Calendula, Echinacea, Chickweed and distilled water.

<sup>7</sup> The Quantronic Resonance System (QRS) mat produces a pulsed magnetic-field therapy which improves circulation and oxygen distribution in cells, achieves an improvement in the body's ability to reduce toxins, thereby supporting the immune system and strengthens vascularisation of healing tissue. <http://www.quantumnic.com/>

<sup>8</sup> Used 650nm (red) on the Rofin Polilight®. [http://www.rofin.com.au/pr\\_fp.html](http://www.rofin.com.au/pr_fp.html).

<sup>9</sup> I did the following cycle 16 times a day: breathe in 8 secs, hold 4 secs, and breathe out 14 secs.

<sup>10</sup> Intermittent hypoxic therapy delivers air in 3 to 5 minute cycles at the equivalent of 11,000 feet. Singh reported in 1977 that a stay in high altitude reduces the incidence of infections of a bacterial, viral and protozoal origin, for more see: <http://www.go2altitude.com/>

<sup>11</sup> QXCI: the Quantum Xrroid Consciousness Interface is a computerised biofeedback device developed by quantum physicist Bill Nelson - details of this intriguing system can be found at the website [www.qxsubspace.com](http://www.qxsubspace.com) For a brief description see: <http://www.theqxci.com/products.html>

<sup>12</sup> See: <http://www.bioenergeticmedicine.org/>

<sup>13</sup> German physician, Dr Hans Nieper pioneered the use of *Dionea Muscipula* (Venus Fly Trap) which contains the active enzymes *endopeptidase* and *endonuclease* that, together with a number of other factors in the plant (*plumbagin*, *droseron* and *hydroxydroseron*), eliminate damaged tissue or foreign tissue which is not recognised by the body's immune system.

<sup>14</sup> Lynne McTaggart, *The Field*, (HarperCollins, 2001).

<sup>15</sup> Under Quantum laws the act of measuring something changes it.

<sup>16</sup> The cysterma chylli.



**What is the Quantum Xrroid Consciousness Interface or QXCI ?**  
*Reprinted from [www.biostress.org](http://www.biostress.org)*

The QXCI is a state of the art evoked potential bio-feedback system for stress detection and stress reduction, designed by a

Complementary Health Practitioner, Professor Bill Nelson.

During testing, the device through quantum physics technology sends three dimensional energy patterns to the clients energy field and resonates with thousands of tissues, organs, nutrients, toxins and allergens for one hundredth of a second each, and records the degree to which your body reacts.

The QXCI scans the patient's body like a virus-scan on a computer, looking for everything from viruses, deficiencies, weaknesses, allergies, abnormalities and food sensitivities. It reports on the biological reactivity and resonance in your body and indicates needs, dysfunctions and vulnerabilities. The information provided is fundamentally different from X-rays, blood tests, etc., as it tells us about the energetic state of your body and the direction in which the body is focusing its energy. The QXCI is connected to the patient via a headband and sends electromagnetic signals to the body. It is painless and non-invasive.

Once it's measured vitamin levels, amino acids, nutrients, food substances, minerals, enzymes, natural sugars, toxins, hormone levels, muscle tone, disease, bacteria, molds, fungi, viruses and the health and balance of internal organs, it then compares these figures against a 'norm'.

Anything that is affecting the health is shown up. For example, if someone has digestive trouble, the QXCI may show that they had salmonella as a child, which is still causing them problems.

Actually, it's more than just a bio-stress diagnostic tool. There are so many programs on the QXCI, which after measuring the body's frequencies also feeds back its own frequencies to redress or neutralize destructive wave patterns. In some cases it may add frequency, in others reverse it, to

either enhance or counteract the body's own resonances. The QXCI doesn't just show up the negative aspects of the body, but also the positive aspects. However, in attempting to improve and revitalize health, we tend to focus more on the negative aspects, so that they can be redressed.

The QXCI has been devised using the principles of Quantum Physics, and has built-in auto-focusing. Basically, during treatment, the QXCI measures the body's resonance / reactance pattern and determines what benefit has occurred in the time period since the last measurement (less than a second earlier). If there has not been an improvement, the input resonance is altered. It maintains each beneficial setting as long as it is helping and changes it as soon as it is no longer useful.

The QXCI is ideally suited to children, as they are often unable to communicate verbally what they are suffering from. Children suffering from behavioral problems have seen considerable improvements, as the QXCI unearthed contributing factors, such as food intolerance.



**SIHA/SES EVENT – A MEMORABLE WEEK**  
*Hermione Elliott, Hambledon, UK*

**I**n our closing session at the end of our week together in Bucelas we had fun with pieces of paper: questions, writing, folding and passing around the circle ... all with an ulterior motive on my part – to try and extract in words something of the beauty, the sharing, the laughter, the tears, the insights and overwhelming gratitude for the fact that we had been able to experience this time together.

We were twenty-two participants (fifteen full-time resident and seven part-time) who came from different parts of Europe to the

Albergaria, for SES/SIHA – the first ever combined SIHA and SES event. Our aim was to create space for entrepreneurs and health practitioners to be together, to share, to learn from each other, to do latihan and to relax and have fun.

Our objectives, which, in retrospect sound a little dry now, were largely met. We wanted to gain a deeper understanding of how personal well-being benefits entrepreneurial activity, and how entrepreneurial activity benefits health practitioners; and in addition, to explore how the energies of entrepreneurs and health practitioners can combine to discover new ways of working.

When organising this kind of event it is usual for health professionals and for entrepreneurs to have a theme, to plan a programme and to invite presenters to fulfil the objectives. We were certain we didn't want to have 'meetings'; and while we had a framework, right up to the last minute we didn't know what the content might be – that was entirely dependent on the participants. For the organisers it was clear this event was about being focused, having intention but being wide open; not an easy proposition, and one which required huge trust!

I have to say I learned a lot during the months of organisation. Andrew Holloway, Zone 3 SES rep, Lewis Roberts, SIHA UK, and myself had many difficult decisions to make, and that knotty old problem, 'Does this difficulty mean we are barking up the wrong tree, or does it mean we have to push through and not be pushed around by the low forces?' reared its head many times.

I am profoundly glad we pushed through.

Helena and Raymond Aitken are the wardens in Portugal, and while we were struggling this end, they struggled that. They were 100% committed to the event, and worked and worked and worked to prepare

the site for us, with part time help from some of the Portuguese. They restored the mill by the river and waterfall, where we ate our fantastic candlelit meals – so lovingly prepared by Helena – and gathered in the evenings.

They widened and restored a set of steps down past the latihan hall to the mill, and cleaned, cleaned and cleaned again to make sure the Albergaria itself was habitable. Their experience would fill an article on its own, and little did we know when we started how important their role would be to the success of the event.

We were expecting it to be a unique event. But we had no way of organising or promoting a programme, because we didn't know until the last minute how many people would be there and what they might contribute. This kind of flakiness normally drives me mad in Subud, and while I am able to go with the flow, I observe we often absolve ourselves of responsibility by being too open ended ... well, on this occasion we really did need to trust!

We had clear intentions and a clear framework and knew each of us would have a part to play; and while we had every intention of experiencing some of the 'greater whole' beyond the individual parts, we could only create the framework for it in anticipation!

Almost all of the fifteen people who travelled from areas of Europe arrived on the first evening. The first day we spent quietly, allowing ourselves to arrive and unwind: some went sight-seeing to the beautiful old town of Sintra, while others relaxed and got the feel of being in the Portuguese countryside, still green after a wet spring. I curled up in the sun (out of the cold wind that blew for the first two days) with John Grisham!

As organisers we wanted to encourage the

feeling of participation and contribution, and so in our opening session we did three jig-saw puzzles. One we gave the title 'Our Contribution', one 'Our Needs' and one 'Our Observations' (about the week, what we were feeling, anticipating etc). We each had one piece for each of the puzzles and when we

rebuilt them we had the beginnings of our collective plan. We then asked contributors to explain what they were offering and slotted them into the programme.

The routine of our days was: mornings – a latihan or a wake up with Lewis session (gentle exercise!); then two other sessions before lunch. From 2–5pm we were free to have a siesta, walk,

treatment, one-to-one sessions or testing. Then two short sessions again in the evening before dinner at about 8 o'clock.

I'm going to write more for *Resonance* because it would take too long to tell you about every session here – they were all wonderful. The week had a kind of perfection to it... we could never have planned it so well ourselves. Here is the general picture:

We had two very different types of personal development work, with Roselind Jelman and Lora Bilger; Osanna Waclik presented her work and offered sessions on Colour Light and Magnetic therapy; Lewis Roberts offered massage and spinal assessment and adjustments; Voice Express sessions with Adrienne Thomas; and I offered Imagework sessions. We had a workshop on money with Andrew Holloway; internet marketing with Muchtar Nankivell; growing a small business with Latifah Nankivell; what is healthy human enterprise with Stephen Hancock; and four or five reflecting teams throughout the week. There was a special contribution from the SIHA Lisbon ladies as we came to call them –

***'Almost everyone had their own process, where a theme emerged; they had the help to move it on to illumination if not resolution.'***

Heidi, Elizabeth, Daniela and Soleah – where they shared the story of committing themselves to meet weekly to latihan, to 'listen from within' and to test and follow, with wonderful results. Mairi Store, Rosamund Kirn, Sophia Haizmann (and briefly Oliver), Georgiana Boycott, Esther Hancock, Christopher Williams and Kate Bold all brought their love, openness and willingness to go for it; our dearest Patricia Lacey brought light and laughter and her early experience of setting up a crisis centre at Albergaria; and Rahmadiyah Bowden came to talk to us about Fatimah. We had a wonderful Fado evening, an evening with Adrienne Thomas, whose singing touches the soul, and a meal and an evening with the Portuguese members.

Describing it this way sounds quite dry, and waxing lyrical sounds a bit high – it was neither. What happened was that everyone took responsibility for themselves; there was tremendous mutual respect, love, support, tears and laughter. We took care of each other; we had the opportunity to be ourselves; we grew; and the mix of sessions meant we each went away with a new perspective and a bigger picture.

Almost everyone had their own process, where a theme emerged; they had the help to move it on to illumination if not resolution. Here's a small example from my experience.

We did a fun money workshop, during which we identified any blocks to creating wealth; we then identified tasks and steps in order to address the blocks. The biggest block for me was an emotional one: a sense of disappointment in myself, in God, that I haven't got the money thing cracked – that I still have to struggle. I resolved to take this issue to Roselind Jelman's personal development session.

In this session I explored this issue in the group, beautifully facilitated by Roselind and

discovered unconscious threads still influencing my perception of my relationship to money; linking money with love; lack of connection with my dad, etc., all of which led me to re-vision the way I connect with others, as well as my receptivity to money.

Then came some testing about money that many of us did, each receiving for the other, so we experienced a wonderful range. What is our attitude? What God would have it be. What is money's attitude to me? What is the true purpose of money in my life? All fantastically helpful and enlightening.

Then came a powerful one-to-one voice work session with Adrienne Thomas, which moved me through a very deep breath-physical-emotional block and left me, amazed, belting out my very own song, eyeball to eyeball with Adrienne ... years of shyness and longing to be able to sing outside of the latihan, gone in one hour!

Then to round it all off, when I got home a powerful dream, which finished off the money process and gave me more information about the wires I've got crossed and the practical steps I need to take to move forward.

I didn't need any evidence of the interconnection between the worldly, the physical, the emotional and the spiritual ... but it was rather wonderful to see it played out by my own experience in such a neat package.

Everyone's story will be different, and here I have only given a tiny taste of my own. We asked people at the end: What would you like to tell the Subud World about this event?

Here are some of the answers:

*'About the harmony and love that can be attained by having a week like this.'*

*'It works! We are FAB. Take more care of each other.'*

*'Take time and space to BE together, in retreat groups, with openness, intention to share and support each other.'*

*'In sincerity, with mutual respect and love, it is possible to fulfil Bapak's vision'*

*'Tell them what a wonderful learning experience and understanding of peoples work.'*

*'If you make the effort to move/travel often without knowing why, blessings and guidance will be received.'*

*'Wings can work fruitfully together.'*

*'Wings work really well together. Bucelas is a good place to work. SIHA has an important place in Subud.'*

*'Encourage other groups to come to Albergaria.'*

*'Being together is important.'*

And, apart from personal fulfilment and a wonderful collective experience, what has come out of this event ?

Two quite tangible seedlings have been planted, and because they are still quite tender I won't speak too much about them yet. One, it was a very important time and healing opportunity for the Albergaria project itself: all the right people were there, to support it as it moves forward – it is now on the zonal agenda. And two, a small group of us are looking at the possibility of working together on a SIHA enterprise ... we will keep you posted.



**BUCELAS – A RICH AND BLESSED  
SUBUD EXPERIENCE**  
*Sophia Hattzmann, Switzerland*

**H**ealthy enterprise! Surprisingly healthy, this was the theme given to the gathering.

The meeting – or better, this holiday – was not only about health, enterprise or business, how we see this activities often very separated, but it was for everybody in Subud who is active in life and wants to explore a bit more about himself, herself and others. We shared our experience in our work, on our path in life, guided from the latihan. All that was very inspiring and supportive.

We got real professional support for our work, or the present difficult state or obstacle we are experiencing. A group of women helpers from Portugal shared their experience of real group helper work: creating a safe, harmonious place, where they try to listen from the inner, and then test and do latihan for the different questions. We tested together: how it is to listen from the inner – for ourselves, and for the other person. It showed us why we often get nowhere with normal helper work, because we are not in this listening and harmonious state. We felt all that healing can already take place, if we listen from within.

Beside that we had lots of joy and laughter, Fado and singing. What a blessing to have Patricia Lacey with us. I can never get too much of her stories, the funny as well as the very deep and serious experience of her long Subud life.

Bucelas itself is a very special place, and has a lot of potential. Walking up at night from the mill where we had our meals, the moon was shining, the smell of honeysuckle was in the air and the nightingale was singing – the first time in my life I heard the nightingale. It felt very much like living in Amanacer, with the smell of the flowers and bushes.

Can we develop this place and use for all kinds of activities in the future?

Helena and Raymond have worked for weeks very hard to make us feel welcome and

comfortable. We enjoyed all the excellent food prepared by Helena and Elisabeth and Raymond.

On a drive from Bucelas to Ericeira with Patricia and Sara, I mentioned how lucky we are in Subud: we have this whole big playground: we can travel around the world and try out all kind of different jobs and things, but always carried from the latihan and with a Subud environment around us.

'Yes,' said Patricia, 'Join Subud and you see the world.'

After this week I say, 'Join Subud, explore yourself and the world.' Thanks to all of you, for making this meeting possible.



#### CHAKRAS AND THE STATE OF SUBUD

*Harris Smart, Melbourne, Australia*

(An article compiled from emails posted on the SIHA listserver)

I am delighted to respond to Hermione Elliott's request that I should write for *Resonance* a review of recent correspondence in the SIHA listserver provoked by an article I wrote about chakras and, more generally, the state of Subud.

There is an interesting little process behind my article that I would like briefly to acknowledge.

This all began with an email by Rohanna Salom, a healer from the USA, who wrote a letter on the listserver asserting the reality and value of the chakra system. Questions of spirituality had been very much in my mind because, as most of you will know, I edit *Subud Voice*, and we have recently been talking to Ilaine Lennard about editing a supplement to *Subud Voice* which will focus on the spiritual. So I was thinking a lot about spiritual issues and also generally about the state of Subud.

A friend of mine in Melbourne loaned me a CD by an Australian clairvoyant, which contained a segment about chakras. Although of course I had been aware of chakras before, the CD following so closely after Rohanna's letter made me pay renewed attention to the subject.

I saw that I was having, right at that time, a significant experience with my throat chakra. As I am sure most of you will know, chakras are energy centres in the body that govern various physical, emotional and spiritual functions. One of the chakras is located in the throat. This governs communication, honesty, and speaking your truth. Problems with this chakra might manifest in a sore throat, or constriction in the throat.

At this time, during the night, I was experiencing a clearing of my throat chakra. I was forced to cough and my throat felt constricted and I felt nauseous. I am sure that this clearing of the throat chakra enabled me to write the article that was at least to some extent a 'speaking of my truth'.

I also looked back and saw that various other experiences I had had in the latihan were related to the chakras. Really, we should not think there is anything strange or sinister in this. We continually test about the latihan in various parts of the body, so experiencing the latihan in the chakras is no different.

I will just mention one significant experience, which was my opening. I know that when I was opened, what happened to me was the opening of the solar plexus chakra. I felt that my solar plexus contained a bowl of molten gold. This bowl broke, and the molten gold then flowed out through my whole system, forcing its way into even the tiniest capillaries in my fingertips. After this, for several days, I was in a heightened state of awareness.

I would not be surprised if it often happens



in Subud that at least some of the experiences we have, including the opening, can be understood in terms of the chakra system.

### Response to my article

To my surprise and delight, my little essay produced a flood of response on the SIHA listserver. This is much too copious to even summarize, but I will try and give an idea of some of the main themes that emerged.

First, you could say that it was at least 95% positive. Most people welcomed the opening up of debate on this subject. There were one or two sarcastic emails, and one or two urging caution, but the vast majority were excited about the topic.

We will not bother any further with the sarcasm, but on the cautious side there was an email from My Hanh, which said:

*Dear brothers and sisters pro Chakra,*

*Of course I agree with all of you, but there is something you seemed to forget: Subud is above and contains everything, and obviously after a certain time doing latihan all of us receive a certain reality according to our own nature; it allows us to understand many things. But when we have to explain Subud to an applicant, we must remember that Subud is beyond everything it contains.*

*And when a Subud member who is a helper tries to explain the meaning and aims of Subud to somebody, it would be better if they left behind their background of religions and beliefs, culture and tradition, to go beyond (transcend) their usual terms, which may be familiar to them but not to the applicant.*

*I am a qualified MD in Paris, of*

*Vietnamese origin, born into a family of traditional medicine practice (Vietnamese and Chinese), I practise acupuncture, I know astrology, I am interested in Tibetan medicine, I am catholic; but I never use any of this knowledge to explain Subud to any applicant. I use only my own experience in Subud, which is much more simple.*

*I am never afraid of Chakra things, nor judge anybody who use it. And as you like to quote Ibu Rahayu, I quote her too, in her last talk in Kiev, that 'if you need to use Reiki or any kind of things from this world to earn your livings it's OK, but one day we arrive to a point that we have to choose: Subud or the other things, and at that time you'll have to choose'.*

*Tolerance is accepting everything, but not deviating from our own way, and not judging anybody who doesn't agree with us. I can accept all of you but would you try to accept me?*

***'I would not be surprised if it often happens in Subud that at least some of the experiences we have, including the opening, can be understood in terms of the chakra system.'***

One of the most fascinating aspects of the debate were the emails, which revealed extremely detailed understanding of various aspects of spiritual systems. Here is a part of one from Solihin Thom for example:

### CHAKRAS

*The chakras have a history garnered from eastern philosophy and observation. The knowledge of these entities within our nervous system has been 'known' eclectically for thousands of years, and incorporated into philosophical systems in Hindu, Chinese, Arab and most near and Far Eastern traditions.*

*They were a knowledge based on subtle anatomy prior to our understanding of*

gross anatomy and neurology. They have been integrated into our Western eclectic religiosity to broaden our understanding of subtle influences upon our soma. There are many contemporary books written upon the subject. Using hand modes [mudras] to 'read' the action of the chakras in a clinical setting for over twenty-five years have led me to understand them in a particular way.

It would appear that the chakras are indeed a subtle mechanism, that manifest via our neurology (ANS) and our hormonal systems, but which also manifest a life force that is in the realm of the vegetal.

This vegetal life force provides either well-being or unease in the matrix of the body. The chakras operate as energetic centres, manifesting this particular life force, based upon the sympathetic plexi and to other neuronal structures, and it is this life force that people see or feel, and which has movement associated with it. The movement is circular, not unlike the archetypal symbol of the oroborus (the snake eating/catching its tail) which in its many archetypal representations may mean eternity, or also the symbol of never getting off the wheel of life.

Knowledge was also evident in an email from Rohanna Salom, who followed up her original chakra article with a fascinating email about sukmas. Here is what she said:

*The sukma is known among the South American Indians as the Bands of Power. These bands surround the human body in layers and have the same description of colors as Ibu Rahayu's.*

*These bands of power are used as protection and they are part of the energetic immune system. So as it is with the different lower forces that are the*

*material, vegetable, animal and human that, when in harmony, are our allies and help us in this world, so they are the bands of power. A force that surrounds the body and protects it from energetic attack. Without the lower forces we would not survive in this planet. So it is with the sukma.*

*I am always amazed about Ibu Rahayu's capacity to surprise us, because she initiated a conversation about an energetic reality, surely not with the intent for us to forbid any conversation about what is unseen and not approved by the mass culture but surely, on the contrary, to open us up to subjects beyond the ordinary.*

*How sukmas and chakras interact with each other can be compared to how the eyes interact with the optic nerve or the molecules of emotion called neurotransmitters control our moods. They are part of the human body, which is far from being only physical.*

### The State of Subud

A number of the correspondents also commented on my general points about the growth of Subud. I put forward the view that Subud is sometimes not all we would like it to be. We all know the symptoms – static membership, few people join, those who do don't stay, children of Subud members generally don't join. It is clear to everyone that there is a malaise in Subud. It may not affect everyone everywhere, but it is certainly widespread. This is no secret, and it is not a sin to talk about it.

My observation was that Subud needs to become more open, and to catch up with the rest of the world. In some respects Subud is stuck in a worldview which prevailed at the time when Subud arrived in the west in 1957. The world has moved on. I believe that we should be open and not afraid, for example, to examine the range of beliefs and practices often dubbed 'New Age'.

It is interesting that in Australia the big 'Subud success story' in recent years has been the phenomenal growth and lively spirit of the Subud group in a place called Byron Bay which is a kind of hippie, New Age area. The success has been achieved by an open and welcoming attitude. I am sure that Byron Bay represents one model for how Subud can become more lively and attractive to contemporary people.

Of course we want to preserve the purity of the latihan, as My Hanh and others observe, and not have it corrupted or obscured. Ibu Rahayu has freely commented on this subject, and her advice can be summarized as saying it is fine to use these methods, but do not bring them into the latihan.

A joyful spin-off of this whole experience for me has been re-uniting with old friends, such as Hermione; and making new friends such as Heidi, the transpersonal psychologist, who is to be found, not as you would expect, sitting on a Swiss Alp, but in Lisbon, Portugal, from which vantage point she transmits her many hugs to a love-hungry world.

When it is working, what a wonderful worldwide family we have in Subud, so alive, so energetic, so various, so loving, so full of knowledge, accomplishment and potential.



## LETTERS

### A Response to An Editorial

Dear Latidjah,  
As a new reader I both enjoyed and appreciated your excellent editorial in the August *Resonance*. My wife Rosemary has often sung in latihan the line from the musical *South Pacific* that goes, 'If you don't have a dream, if you don't have a dream, how ya gonna have a dream come true?' In my youth I had dreams; but these were to lead me badly

astray from the divine destination of my life, because they were based on vanity and self-aggrandizement.

Now, after 23 years in Subud, I once again find myself owning dreams. What a difference Subud makes. With continued expansion and growth in the latihan comes the understanding of turning dreams into visions; visions into goals; and goals into purpose. Purpose providing something solid on which to focus.

Following something like 14 years of Subud/emotional crisis, I had more than enough time to think about where I was coming from. Being introspective is both beneficial and necessary, but it is essential to keep this in balance. It has led me to understand the importance of having goals. Goals provide something on which to focus outside of ourselves; a direction in which to channel our energies. I found that having purpose is in itself a natural form of therapy.

I have discovered writing to be my major talent. As I work at developing this skill, I am greatly empowered by the way in which it increasingly enables me to explore and experience the freedom of my own individual psyche. Expressing oneself in accord with one's own true nature is clearly also then a major part of our healing process. It has dawned on me that when I had no clear goals, my focus should have been on discovering some and learning how to set them.

It has only taken me 61 years to understand that process is more important than product; not bad for only 20-plus years in Subud I suppose.

With every good wish for the future success of your own endeavours and may *Resonance* grow from strength to strength.

Your brother in Subud,

Kelvin Holland *Norwich Group, U.K.*

# ***A Response to Roland Evan's Article on Subud and Psychology***

I can speak only from my experiences, which I think could bear witness to what Bapak told us in his many talks about health and healing.

1. First of all I would like to recall some experiences that many of us have heard about:
  - a) At the beginning of Subud, many people came to Subud to seek recovery from a sickness. Although it was not the purpose of Subud, Bapak approved it and even advised to take honorarium in cases where the sickness was cured.
  - b) All of us have heard about Eva Bartok's healing from her cancer and that she could give birth after that.
  - c) There are many cases of healing by Bapak.
  - d) At the beginning of Subud in Saigon, Viet Nam, people came to Subud after having read Eva Bartok's story published in *Paris Match*. The majority came to seek healing from their diabetes, insomnia, arthritic pains, and so on. Even the helpers at that time proposed to do special latihan to help mental disturbances, and they were successful, even if those people all left Subud after being healed.

All of these cases were explained as a result of God's Will and the faith of the patients.

2. Most Subud members have experienced their healing power at a certain moment in their life. Some have done latihan at the bedside of members of their family, whether in Subud or not (usually

children or spouses or parents); some have just given massage, a cup of water, a dish of food – without being a professional – and the person's pain has been relieved; some have just spoken or only listened, and the sick person went home happy and light. Many of my friends, medical professionals or not, have experienced it.

3. In my almost thirty-year practice I noticed that from time to time I experienced this kind of healing power:
  - a) The first time, I was pushed by a kind of force to do acupuncture to a woman who suffered from a headache lasting over many years, and she was cured almost immediately.
  - b) Twice, before giving a treatment I asked the patients to lay down in a certain way that I did not think about beforehand. Their pain disappeared and I was called Doctor Miracle.
  - c) I experienced up to 90% success helping smokers to stop smoking by doing acupuncture combined with vitamins and herbs in only one consultation. The recipe given to my patients helped them not to smoke for at least one month, most definitely. The fact that they sent me their friends and relatives made me know that it worked. Please notice that I don't believe in the virtue of acupuncture as well as homeopathy but I used them when I knew that the patients did not need real treatment. I think that if acupuncture and homeopathy work for non-Subud doctors, it is by placebo effect (I know that many of you do not agree with me), if they work for Subud doctors, it is the effect of the latihan

or the power of God through the doctors.

- d) Many of my patients came to speak to me and afterwards felt better, relieved from their moral sufferings. This is also the experience of most of Subud members. But of course if it is a severe depression, they need psychotherapy, psychiatry and neurotropic medicine.
- e) I helped one Subud member with a very serious case by giving the classical treatment with neurotropes, combined with acupuncture (during the time I received her she had time to speak and be listened to), special latihan twice a week with other helpers, and advice from Ibu Rahayu. It took more than two years with many difficulties because of her violence and her disbelief at certain moments when she felt impatient. But she got cured, definitely.
- f) All my other successes I attributed to my study and my heart and mind, guided by God's power, but after doing latihan for years and after some unsuccessful experiences. Because at my beginning in Subud, I believed that it was enough to do latihan and pray and wait for God to work, and of course it could not work like that.

In these experiences we did not think about using the latihan to heal people, it was just the expression or the result of our latihan. When we are in the state of true surrender and submission, the power within ourselves goes through our body to work on the persons concerned. We did not look for this effect specifically; it came by itself, spontaneously and when it was God's will. But the process

takes time and we have to be patient.

As a practitioner I used all that I studied in school with honesty and professional consciousness, and followed the most modern practices for my patients, because humankind makes progress constantly. In response to humanity's request for their well-being God granted us all the actual discoveries. People begin to be aware of the existence of the soul, and the new discoveries are to take care of the soul at the same time as of the physical body.

It is Subud that is the answer to humanity's request. We'll always need psychotherapy and psychiatry (what Bapak called the science of the soul), as well as other medical specialities. But only God can cure if it is a real sickness of the soul (such as the diseases of the character, of the inner nature of the person). Our role is to draw our fellow human beings close to God, and it is not only the job of health professionals, but of professionals in all other fields. The health professionals have the opportunity to meet more suffering people, and this kind of healing is necessary to draw their attention.

Each one of us has his own speciality to express God's love to humankind. We have to use our heart and mind, and let God's power within ourselves guide us in our work. If we do not work and wait for God to act, it is only superstition. So we try not to mix up the two things and do not misuse the latihan.

These are a few of my experiences to share with you. To get to know all of these things and bear witness to Bapak's words I listen and read Bapak's talks, do latihan diligently and pray God almost all the time (when I remember Him).

My Hahn

*Paris, France*

### Glossary

For non-Subud readers, we hope this will explain some of the terminology commonly used.

*Latihan* – the practice of worship of God in Subud

*Helper* – a person who has the responsibility of supporting members

*Testing* – the practice of asking and receiving guidance in the latihan

*Ibu Rahayu* – The daughter of the founder of Subud

### Acknowledgements

We would especially like to thank all the contributors to this eleventh issue of *Resonance* and give thanks to all those who have donated their time, expenses and expertise in helping us to produce this journal.

### SIHA on the Internet

Anyone can join the SIHA Listserver by emailing Latidjah Miller at [latidjah@erols.com](mailto:latidjah@erols.com)  
If you would like to see the SIHA website it is at [www.Subud-Health.org](http://www.Subud-Health.org)  
It is a work-in-progress and we would value your comments.