

IBU RAHAYU ON 24 HOURS LATIHAN

"It is as if your own self teaches you, educates you, and carries you forward. And as for how far you have progressed, you will know that for yourself. No one else need know, and perhaps they cannot know and there is no need to show them, because this is a matter between you and God, the One who gave you this life.

This is the reason why we say that the group Latihan we do when we meet twice a week is NOT ENOUGH. It is not enough because each Latihan lasts just half an hour, so twice means one hour. Yet you live 24 hours a day, so if you do not bring a content to your outer life, your life outside the Latihan, then when you face all the different developments in this world, you will often be swept away by outside influences.

And this can make you lazy to do Latihan; it can make you tend to ignore the call of your soul. To prevent this, the Latihan is not meant to be confined to the Latihan Hall, the place where you do Latihan; you must practice it in everyday life.

For example, in the Latihan you feel at peace and you do not think of anything--this means that nothing oppresses your soul--this is why, if you can, you must train yourself to act with the feeling of the Latihan in your daily life.

Of course, the way you do this is different, it is not the same as when you do the group Latihan and you make movements and talk to yourself. Don't do that! Instead, you make an intention to act guided by God. Well, in Islam we say, "In the name of God, Most Powerful, Most Merciful", so that our actions will be guided by God.

With such an intention, you will not feel burdened by heavy feelings. If we are always burdened by our work, by our problems, we will not have the strength to go on. Then we will get sick from this or that, to the extent that nowadays people suffer from all kinds of illnesses that people rarely had before." (Ho Chi Minh City, February 25, 2002)