



Reichenau an der Rax

## ZONE 4 2024 GATHERING

29 March - 3 April

The Zone 4 gathering will take place at Reichenau an der Rax in Austria. The meeting will be an opportunity to prepare for World Congress and to elect new Zone Representatives, including a new SIHA representative. There will also be time for Kejiwaan as well as a variety of workshops.

Our representatives, Elsa van Armen (Zone 4) and Anite Hytha (Austria), will be giving three workshops based on themes from their recent SIHA zoom presentations. Elsa's will be 'Conflict Management' and 'Sex and Spirituality'. Anita's will be introducing 'Tellington Touch' which is a method developed by a Feldenkreis practitioner and offers simple, practical techniques for relaxation.

Elsa will also facilitate a joint Wings meeting in the afternoon of Sunday the 31st of March with Corian from Susila Dharma and Rusydah from SICA.

SIHA MARCH  
Health Presentation  
20th Monthly - Online



In the quest for optimal brain health, few factors are as fundamental and impactful as the quality of our sleep. Just as a sturdy foundation supports a towering structure, quality sleep forms the bedrock upon which our physical, mental and emotional well-being thrive. From protecting the neural structures to facilitating creativity, the benefits of a restful night's sleep extend into deepest structures of our brain. Join the SIHA presentation to find out what brain health is and how to optimize your sleep quality.

Oliver Halviala, M.F.A., C.F.P, is a certified somatic therapist, movement educator and author, living in Helsinki, Finland. His decades of practice, study, and research of movement learning have culminated in the creation of the *Moving into Sleep Method*, a revolutionary approach for reaching sleep and the *Body Fine-Tuning*, a science based neuroplastic method for shaping the body-brain system to its greater potency.

Visit Oliver's website at [www.bodyfinetuning.com](http://www.bodyfinetuning.com)

## **PRESENTATION 20th February REPORT**



**Elsa van Armen, SIHA Zone 4 coordinator from Germany, gave this presentation.**

**Spirituality, Sex & Sexuality**

For the February 2024 SIHA presentation-workshop, Elsa van Amern led participants in a discussion, sharing their thoughts about spirituality, sex & sexuality. Afterwards there was time to talk about many of the issues raised, especially from the perspective of us being in Subud.

Questions included:

Has anything changed over the years?

What is your understanding?

The workshop was well received with requests for a follow- up in the near future.

Here is a quote from the pre-workshop presentation:

"The link between sex and spirituality is strong. Think of sex in nature — procreation, fecundity, the diversity of plant and animal life. Here is a clue that the great life force, the relentless drive to creation, has a universal, spiritual quality. The sexual drive to reproduction in humans is called "libido," a word which also translates as "life force."

Elsa will be leading a further workshop based on this presentation at the Zone 4 meeting in Austria.

## **Ramadan Group**

### **led by Siti Salamah Salie**



This is a Ramadhan 2024 'Welcome All' group created by SIHA for anyone that would like to be together during this holy month of Fasting. There will be a time for us to join in altogether on zoom, every day (if you wish) after the breaking of the Fast/Iftar/Buka in the evenings - a get-together for all subud members in our subud community - to share your experiences of the Ramadhan fasting day, your fasting in subud, etc. A zoom link will be sent out to all who would

like to participate. Please observe and respect that this is a group for all Subud members - All Subud members are welcome, whether fasting or not fasting and in any way you wish to do your fasting during this month of Ramadhan. This group is non-judgemental, non-prejudiced. It is a safe space for all!!

Topic: SIHA Ramadan Sharing  
Time: Mar 17, 2024 19:00 London  
Meeting ID: 897 0297 6396  
Passcode: 565073

## World Congress Update



SIHA are in the process of preparing a program of support for attendees at World Congress. We are currently planning to provide a Second Aid Post to help with minor health issues as well as providing general emotional support for members while in Kalimantan. We will also be working with local Indonesian therapists to provide treatments.

If you would like to join us at World Congress, please contact us!

### Further information and advice

is available on our website:

[www.subudhealth.org](http://www.subudhealth.org)

**With love and best wishes from the SIHA Steering committee**