

## Subud

### General

"**Subud** (pronounced[ˈsʊbʊd]), acronym of Susila Budhi Dharma, is an international [spiritual](#) movement that began in [Indonesia](#) in the 1920s, founded by [Muhammad Subuh Sumohadiwidjojo](#) (1901-1987).[[note 1](#)]The basis of Subud is a spiritual exercise called the [latihan kejiwaan](#), which was said by Muhammad Subuh to represent guidance from "the Power of God" or "the Great Life Force". He claimed that Subud was not a new teaching or religion, and recommended that Subud members practice an established religion; he left the choice of religion up to the individual. Some members have converted to Islam; others have found that their faith in and practice of Christianity or Judaism, for example, has deepened after practising the latihan.[[1](#)]There are Subud groups in about 83 countries, with a worldwide membership of about 10,000.[[2](#)]" (Source [Wikipedia](#))

### Etymology

"The name "Subud" is an acronym that stands for three [Javanese](#) words, [Susila Budhi Dharma](#), which are derived from the [Sanskrit](#) terms [suśīla](#) (good-tempered), [buddhi](#), and [dharma](#).[[3](#)]

The meaning depends on the context in which they are being used. The original Sanskrit root words are defined differently than Pak Subuh indicates:

#### Sanskrit

- [Suśīla](#): "well-disposed", "having an amiable disposition", "good-tempered".[[4](#)]
- [Buddhi](#): "intelligence, mind, reason".
- [Dharma](#): the Law that "upholds, supports or maintains [the regulatory order of the universe](#)".

#### Pak Subuh

Pak Subuh gives the following definitions:[[5](#)]

- Susila: the good character of man in accordance with the Will of Almighty God.
- Budhi: the force of the inner self within man.
- Dharma: surrender, trust and sincerity towards Almighty God.

" (Source [Wikipedia](#))

### References

1. Matthew Barry Sullivan. Living Religion in Subud. 1991.
2. Hunt (2003), p. 122
3. "[About Subud](#)". Subud Britain.
4. [Sanskrit Dictionary](#), "[Suzila](#)". Spokensanskrit.de.

### See also

1. Founder: [Muhammad Subuh Sumohadiwidjojo](#)
2. Video Section about [Subud](#)