AMANI
AFRICAN YOUTH AMANI FELLOWSHIP
13 - 25 FEBRUARY 2014, MOKTAWAN SANCTUARY, THAILAND
In February 2014, this is the month Africa left Africa for Amani. We left Morocco, we left Uganda, and behind us was Zimbabwe, Egypt, and Cape Verde, Kenya, Tanzania, Ivory Coast, Cameroon, and Zambia. We went east to shop for Africa. Our shopping list had one item, just one item. Peace. Not just peace, but inner peace.
This place felt mysterious, some of us felt it was legendary while others felt it hid some treasure - a secret, a puzzle we came to crack. Muktawan, the Pearl of the Sun. Island. No . . . the island. A place where everything slowed down including heartbeats. A place that casts a lasting spell of happiness.
ICE BREAKING:

We developed the baby spirit.
During orientation we were shown how things are done, and do them mindfully with centered minds.
The meditation room

In this room, the Meditation room, blinding brightness befell us. Some floated in it while others became one with this energy. The denominator is, all felt its manifestation. In this very room we were played videos. Tears could not be held back. Through the videos our flours were exposed in example.
We asked so many questions. We did not have internet connection. So we connected through the monks. We all were marveled by the life’s wisdom they possessed. We admired the manner in which all that we asked was answered and perfectly. We were charged with the desire to discover the secret that lies within.
While blowing the bubbles, we were in the present. In the moment. We focused. We concentrated. Our minds at the center. We disconnected from the past and stopped worrying about the future that normally holds discouragement, hopelessness and depression. The bubbles were all round and glittered through the sun’s rays. They were clear and this reminded us of the clear state of mind that results from meditation.
Here we connected with nature, a component of a bigger self, a bigger occurrence of which we were part of. The trees, the birds, the sea, the rocks, the birds that produced sounds at night. Nothing exists so natural, so peaceful, so gracious and so fulfilling.
There are times we felt weak, dry, defeated and discouraged. There are times we felt weak and our muscles ached, too much tension all over. These are the times our hopes of attaining the Dhammakaya was crumbling right before our eyes, when we really thought we were finally getting there. We came once or twice across these constraints that made us almost quit. The morning Yoga renewed our strength.
We worked together, experienced meditation together. Some of us were dark in complexion, others were light. There were Muslims, Christians, Buddhists and even pagans. All of us together, seeking the uttermost wisdom, craving for knowledge and searching within. We learnt the secret of the power within us and discovered the secret behind centering our minds.
I have this personal issue, how can I speak with him in person? What will others think of me when I asked or said this? We had questions and they knew we had personal questions. No wonder they scheduled the meditation clinic. Here we said it all, we shared our fears, from deep down our hearts. Should I say our centers? There were no stones left unturned.
The juice. The butterfly juice. It was purple in color. Chilled when served. Wow we loved the food. It was designed and tailored to fit our appetite. We scrambled for French fries. We fed on chicken and its soup, assortment of sea food, just to mention a few. The food was the best. The team that served the meals radiated the dining place with fulfilling smiles and kindness that helped skyrocket the individual appetite.
Friendship

Attaining the Dhammakaya brings comfort, overwhelming peace, increased understanding, clarity of the mind and indifference to awareness.
What we gave had monetary value. What we received was priceless knowledge, wisdom and understanding at the highest of levels. The two no man can compare.
because the total is more than the parts, collaborating with each other is how we can reach the most beautiful acts of love and peace. We are ready to share our experiences.
LIGHT OF PEACE

On this last night – the PIPO night, we spoke most of our experience. We appreciated us all. We smiled, we joked, we laughed, and we shed tears of joy and happiness. Our time was up. We had to depart. We had to, behind us, leave the mysterious island of overflowing loving and kindness. We felt like grown up children who had to leave the comfort of their homes, travel far and beyond to start a new life of inner peace spreading it and making it outer peace.