

## Shinnyo-En Retreat: Mahek Logantha



Inspired. That's what I was after the Shinnyo-En Annual Retreat. I learned so much about so many different people. I found that every single person at the retreat works tirelessly to make the world more peaceful in his or her own way. Whether it was through giving back to their community, or helping make foreign exchange students welcome, or dancing, or helping at risk boys find a home, everyone had a passion for what they did.

During one of the activities, we shared a personal item that represented who we are. We went around in a circle trying to figure out what the object signifies to the person before he or she explained what it was to us. Through this activity, I learned so much about my group members that I would have never known by just talking to them. I learned about their background and how they became passionate about what they do. In the end, I had a different, increased understanding of my group members, their



objects, and even my own object and the endless things that it signifies.



On Saturday night, there was an Open Mic. It was really interesting to see all the different talents that so many people had. It was so wonderful and refreshing to see so many unique talents that many people do not know about.





The environment of the was beautiful and peaceful- for a peace retreat. The nature the Marconi Conference Center breathtaking. With a view of the our room, luscious, green trees, varieties of flowers of all shapes



retreat perfect around was bay from different and colors, and the fresh,

chilly mountain air, I was able to focus on learning about the different paths to peace and how everyone around me was trying to achieve their goals for peace. I was surprised to find that I was easily able to forget everything I had to do back home and focus on the retreat.

Overall, I had an eye-opening experience that helped me understand myself and why Interfaith is so important to me. I

had an experience of a lifetime meeting different and unique people who share the same vision as me and learned so many things that have helped me stay true to myself and what I do in Interfaith.

-Mahek Logantha

