



into Kenya

Interim Report Nov.2008 – Feb.2009



Dandora Youth for Community Development after their Journey
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compiled by:

Naraya Urban-Winterfeldt
Accr. Journey Practitioner
narayajourney@gmail.com

+44 (0)7914 916638

Moses Aran Oindo
Journey Grad
moseoindo@yahoo.co.uk

+254 (0)725 635 440

The aim of this report is to document and summarize the voluntary Journey work that took off in various Nairobi slums as well as South Nyanza rural areas since the last Journey Intensive in Nairobi, 26th-28th October 2008.

Community based and one-to-one Journey work in these areas has been carried out at the request of local groups and individuals by Martine Kappel (Nairobi), Naraya Urban-Winterfeldt (currently UK), both Accredited Journey Practitioners, and Moses Aran Oindo and Anderson Kivairo who attended the Journey Intensive as well as Advanced Skills Seminars in Nairobi Oct.2008.

Other individuals involved with and interested in further training in The Journey in Kenya:

- John Odhiambo Odida, 47, teacher, Kanga Omuga Primary School, West Kasipul, Oyugis, South Nyanza
- Joshua Oluso Otieno, 43, chief, Konuong'a sublocation, Oyugis, South Nyanza
- Charles Mbaka, former Ambassador and Vice Parliament Secretary of the Republic of Kenya, P.O.Box 67520, Nairobi
- as well as almost every member of the Dandora Youth for Community Development group and its branches.

So far, about 125 teenagers and young adults age 13-28 have received multiple group Journeys, mainly using the Journey In The Classroom Process. Processes were carried out in the context of regular meetings arranged by Dandora Youth for Community Development's Chairman Moses Oindo in Dandora, Kariobangi and Kangemi slums and facilitated by Moses himself, Anderson or Martine/Naraya. Full video coverage of the first meeting with the group is available.

Furthermore Moses and Martine led 7 sessions with approx. 130 children age 5-14, both in Dandora and Kariobangi as well as introducing the Journey and facilitating group processes with a Catholic Women's Association Group (widows, 15 members age 25-45) and an HIV/AIDS Victim's group (8 female members age 22-50). Additionally, between Nov. and Feb. Moses facilitated more than 25 individual Journey processes, using both the Physical as well as Emotional Journey process scripts and advanced skills he learned during the seminars he participated in. Greatly helped by various members of his youth group, he even translated the entire Journey In The Classroom script into Swahili language.

In January 2009 Moses visited his home area, Konuong'a location, Oyugis, South Nyanza. Here he called for a meeting with local youth and community leaders and equally facilitated a group Journey for

them. This visit was repeated on Feb. 20th 2009 with Naraya attending and facilitating a further Journey process for a group of 20+ locals including Chief Joshua Oluso Otieno, the headmaster of the local God Agulu primary school and Mr. John Odhiambo Odida, teacher at nearby Kanga Omuga Primary School and member of Kasipul West Integrated Self Help Group (KWISH).

During her brief visit to Kenya from 17-25. Feb. 2009 to further and deepen the Journey work initiated, Naraya also had the honour to meet and work with former Ambassador and Vice Parliament Secretary Mr. Charles Mbaka as well as a few of the 40 or so individuals who graduated from the two previously held Journey Intensives in Nairobi.

Mr. Mbaka writes to Naraya:

"I write to thank you for taking time out of your busy schedule to take me through 'My Journey'. The Journey is a very new experience to me. Although I have read a bit of Social Psychology in University and NLP in the recent past, I have never had a deeper experience than the Journey. Having gone through it in detail, I feel I have expelled fears, inhibitions and several emotional negative thoughts/feelings that have created mental blocks in me all my life. My new self is open, loving, reaching out and ever willing to help others go through their Journey. I wish you a safe journey back to the UK and look forward to your return."

Amb. Charles Mbaka, P.O.Box 67520, Nairobi, Kenya, 24th February 2009

Overall, we estimate that through Moses', Anderson's, Martine's and Naraya's involvement, from Nov08 to Feb09 more than 350 individuals have benefitted from being introduced to and using The Journey as a tool for ongoing self-discovery, forgiveness, healing, learning, realization and ultimately immense transformation - in a nation that is riddled with poverty, ill health, unemployment, corruption, and most recently the 2008 post-election violence ([click here](#) to read the full official report on the conflict).



Naraya in Dandora



"My Journey Hero" by Sinclair, age 8



Sinclair, Dandora

about Moses:

21-year old Moses Aran Oindo grew up in his rural home near Oyugis, South Nyanza. Some time after finishing his secondary school education, he was forced to leave home for the capital Nairobi in search of a job to support his parents, grandmother, two younger siblings as well as an orphaned cousin and three young disabled relatives who his parents have taken into their care. Albeit not being able to find a permanent job, Moses responded to the 2008 post-election violence by founding Dandora Youth for Community Development with the aim to foster "Peace, Love & Unity for our communities and nation", regardless of tribal and social backgrounds, gender, age, etc. Apart from being the Chairperson and driving force of this thriving community group, Moses is also an avid musician spouting 5 rap songs, 1 music video and about 10 public performances in front of youth audiences in Kenya.

about Naraya:

Naraya Urban-Winterfeldt is an Accredited Journey Practitioner currently running a sought after private Journey practice in East Sussex / UK as well as building one in Nairobi/Kenya. Naraya is married and mother of two budding youth (Elia, 12, and Zoe, 10). She first set foot on Kenyan soil in 1987 as a student of Psycho-Social Counselling and Health Education and immediately and forever fell in love with Africa and her beautiful people. From 1998-2000 Naraya's long time dream came true and she and her young family were invited to relocate to South Nyanza / Kenya to establish a rural Community Health Care & HIV/AIDS Education Centre. It was here that Naraya first met Moses when he was a 12-year old boy, the son of a close family friend. When, in May 2008, Naraya learned that a Journey Intensive was taking place in Nairobi, nothing could hold her back to return to the country of her heart. Grace-filled synchronicity led her to invite Moses to the seminar. Today Naraya is blessed beyond imagination to be witnessing and actively part-taking in the manifestation of her initial Journey prayer, set forth at her very first Journey Intensive more than 5 years ago – That The Journey May Find Its Way Into The Hearts And Huts Of Beloved Kenya! And beyond.

Moses' story

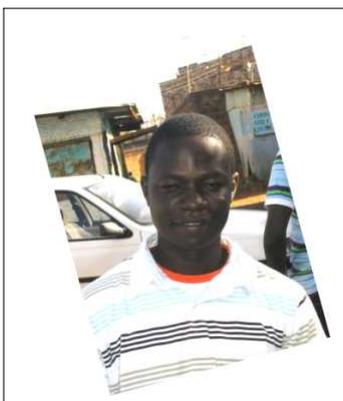
Moses Aran Oindo
+254 725 635 440
moseoindo@yahoo.co.uk

THE JOURNEY IN KENYA

I am very pleased to share my experience and all I have gone through since the Journey process was introduced to me in October 2008. I might lack a specific point to start from as it's an altogether different life I'm living now. Before attending the seminar I was someone who was ashamed of himself and hopeless.

Being the first-born in the family, I am traditionally obliged to pursue the job of a breadwinner. This forced me to do odd jobs after finishing my O'levels education in order to support my jobless parents and siblings. Life was really hectic, and in January 2007 like so many others I shifted from my home area Konuong'a location in South Nyanza to Nairobi to find at least something to make ends meet for me and my family. I never got a paying job and had to do other "side duties" to pay my bills.

Later in the year (2007) national elections were held with the majority of Kenyans expecting tremendous change in government and other policy related issues. However, election results were flawed and never turned out as expected. Violence broke out along tribal lines with people losing jobs, homes burnt down and many losing their lives. I myself lost my temporary job because I wasn't from my boss' tribe and he only retained employees from his tribe, while back at home my parents and grandmother were still expecting financial support.



This left me stranded and I saw my future becoming dimmer and dimmer.

Ever since I was a kid I loved to do community work and other activities that brought the youth together to unleash their potential and this now became my driving force behind the formation of a youth group in Dandora slums in Nairobi, Kenya. I chose to form the group in Nairobi because it's a metropolitan city and I am able to bring the youth together regardless of their tribal backgrounds and age-sets. Additionally, Dandora slums was one of the most hit areas with post-election violence. ([Click here](#) for Wikipedia article about Dandora, 'one of the most polluted places in the world')

Due to lack of employment a majority of youth are being used by political leaders during elections who then dump them after satisfying their political needs.

The group was well received by the residents but I still had one problem: back at my home my parents wanted me to pursue a different course that would earn me a paying job in future. They were not convinced that I had the passion of helping my community. At some initial stage I didn't even want them to know all that was in my mind because I was afraid they would discourage me in one way or another, or maybe view me as a failure in life. This got me severely affected mentally and emotionally.

Then, in October 2008, I met a long time family friend, Naraya, who after hearing about my group and the

activities we are initiating, kindly invited me to attend the Journey seminar which was being held in Nairobi the next day. At first I was reluctant to attend but after concrete explanation about the Journey process I got encouraged to give it a try; maybe it could have a positive impact on my life. The first day of the seminar was somewhat challenging for me because I could hardly understand myself and I kept asking myself “What’s happening to me?” ... I mean, my life was transforming but I couldn’t realize it then. The whole seminar lasted for three days after which I found myself living a completely different life – I felt relieved, fresh and ready to move on, all the negative thoughts were erased out of my mind.

What made me even happier was that, after sharing my seminar experience with my parents who also spoke to Naraya, they were happy for me and encouraged me to carry on or rather follow my heart. I got so motivated since from then on I could freely work with my group, without any fear. That’s how the Journey process changed me from the old Moses who

was stressed, overburdened and hopeless to a new Moses who believes he can achieve.

Finally, I couldn’t keep the experience I got from the seminar to myself so I had to share it with my group members in Dandora and others slums in Nairobi. So far I have worked and shared The Journey with different people like children, youth, parents and some women group organisations where they deal with widows and HIV/AIDS patients. In January 2009 I made a visit to my rural home to share with them what I had learned and my transformation. The turnout was splendid and most encouraging, even the local government leaders attended.

To crown it all, the Journey process had indeed been well received by the people I have worked with so far, even the kids in the neighbourhood are very happy about the Journey, not only where I live but even in other estates. Meanwhile, almost every member of my group is working to further the Journey process in our nation, with the help of Martine Kappel and Naraya.

How the Journey changes lives in Kenya



Journey youth in Dandora

"The Journey process has been an exciting experience to me and I personally salute the founders. No words can explain what or how I feel. The power to break down obstacles, believe and hope in anything I want – not material things but love towards everyone, happiness amongst my surroundings, peace towards my enemies – that is my greatest achievement with the JOURNEY PROCESS."
Melvin Marende, 23, Dandora

"The Journey has helped me to pass my exam. Although before I had no hope, when I had done the Journey processes, I felt like someone who was able to change life to the better and even at school teachers did not expect my performance but realized that the Journey process is the better of all the things in the world. Before the Journey, I hated my school work but now I love it and do so much better than other days. Before I started the Journey I was shy and had no patience, but now I can relate to anyone and I am patient. I am a better person."
Valentine, 13, Kangemi

"Goodness, thank God to whoever came up with this Journey process thing because through it I learned to forgive those who wronged me and giving a damn to anybody who try to mess me around because I now know how to handle life. Sorrowful moments gave way to blissful moments which were gratefully welcomed. As for courage, it came unnoticed. I just found myself talking in front of any crowd without any fear. In conclusion, the Journey process has done more than meets the eye."
Beatrice , 21, Dandora

"I used to hate myself. I was imagining that I am not worthy to live in this world. I did not trust myself, hence I knew that I was the 'ugliest' girl in the school and the stupidest one. I kept hiding from others. I did not want to talk to them because I knew that they would laugh at me and even insult me. So I was afraid of my classmates and even the friends that I had in those days. I was sad and did not live a happy life and the best solution to me was to hang myself or take the poison so that I could die easily. When I was introduced to the Journey process, my life changed and I accepted the kind of human being I am. I also started counting myself as being worthy to live in this world as others do. Today, I trust myself and I normally find that life is easy. I am free and live a happy life and I am happy about myself as about my friends too. Thank you for making me know who I am. What I have to say is that the Journey process has to be extended to others in institutions such as schools, colleges ECT. I know that there are others who are in the same situation that I was in."

Sheilah Otieno, 19, Dandora

"My life was in a bad situation because I was affected with the past election problem that we had here in Kenya. My school was half way burnt down and I was forced to flee and attend a school in Nairobi. I have seen people being chased and killed before my eyes. I had fear all over myself and lack of self esteem but since when I received the Journey I felt courageous, even comforted. So I thank the Journey practitioners who brought this to Kenya."

Anderson Kivairo, 19, Kangemi

"I felt hatred and rage inside me. I could not let go of my ex-girlfriend. I kept imagining what I'd do or what I'd tell her if I ever met her. I had loved her so much, to the extent that life without her was unimaginable. So when she broke up with me the whole me stopped functioning. Right now, after the Journey, I see her like a friend. When I meet her I can talk to her the same way I talk to my buddies. My life will go on!"

David, 23, Kariobangi North

"Initially when I was getting an introduction to the Journey, I thought it was just but an unreal thing. But after undergoing the process I felt a change in my psychosocial and physical being. It wasn't so tremendous initially but after doing it 2 or 3 more times I felt a great change both in my thinking and my relationships with others, especially close friends, relatives and family members. The Journey has made me realize that there is actually a way we can restore and maintain positive self esteem, confidence, sanity and being focused. With the Journey I have an extra skill that I can use to tackle the various challenges that I undergo in my daily life. Thanks to the Journey!"

Malit, 21, Dandora

"Since I started or rather got introduced to the Journey process, I have experienced quite some remarkable changes. At first I didn't notice the changes but soon they became evident. I am now able to relate to people more easily and in a more understandable manner. I have come to understand the uniqueness that each individual poses and how our interactions are affected by our differences. The Journey has further made me more aware of myself. It has opened my eyes to the hitherto unknown potential that lay or were available to me. It has made me appreciate my own self worth."

Charles Chege, 26, Dandora

"Thanks to Martine and Naraya who introduced the Journey to our group, it really helped us so much. Personally, I felt a heavy burden was lifted off my shoulders. I can summarize it in words like astonishing, restoring and self sustaining. The Journey has helped me also in that I can be able to handle somebody who has a negative challenge by using some of the skills acquired from you group chairman Mr. Moses Oindo. Following the Journey can really change somebody's life – if you haven't tried it, you just don't know what you are missing."

Zeph, 21, Dandora

"I was not in a condition at all to even try the Journey. I was not even able to define what forgiveness is and foremost I was not in a space to look for making a difference to it all. I was wallowing in a stream of darkness. I am now somewhat enlightened and I know about the significance of forgiveness. The Journey indeed opened my eyes and made me to be in a height of experience of life before and after the Journey. It also boosted my spirit to take life's challenges positively as I ripe the fruitfulness of forgiveness. Thanks for a new beginning in my life."

Juma, 17, Kangemi

"The Journey process has helped me tremendously in the sense that I now feel more relaxed, I have attained peace in my heart and my burdens have been lifted from my soul. My life has changed for the better. Things that were tormenting me are there no more, and since my mind is at peace, I feel more physically fit than before. Also being in the group with other people has aided a lot for now I know it is not only me who has and experiences various problems. I feel as if I belong somewhere and I am not alone."

Ochieng Calvince, 19, Kariobangi

"Before I went through the Journey process I was violent, I could not handle matters easily, I could not forgive. I used to be sad, just sitting alone, thinking about life in a negative way. This process has changed my life. I can now forgive. I'm not sad anymore. I can handle matters positively. Thank God for the Journey process. I urge people to go through it!"

Fosca Osimbo, Vice Chairperson of Youth for Community Development, 29, Dandora

And in the rural area of South Nyanza:

“Before the Journey process it was dark and cumbersome but after the Journey there was light, life and love all over.”

Edward Otieno, small scale farmer, 30, Konuong'a, South Nyanza

“I have been a so worried man about my economic position before the process but I felt a lot of confidence to face my future thereafter.”

John Odhiambo Odida, 47, teacher, West Kasupul, South Nyanza

“Before the Journey I was deeply troubled in mind thinking of the welfare of my family members and indeed the orphans I am taking care of. After the Journey I realized that nothing is impossible, with faith, trust, love and forgiveness to one another.”

Joshua Oluso Otieno, 43, Assistant Chief, Konuong'a, South Nyanza

“I was in darkness before. I was so cruel and did not imagine things that could happen in my life. But now I am imagining good things and I have changed to a new life. I have seen Light and a balloon flying slowly out of the desert of my life to a new place shining with love, happiness and joy.”

Kennedy Obondi, 36, Konuong'a, South Nyanza

Building A Sustainable Journey Infrastructure –

The Journey Vision for Kenya

- Sponsorship from Journey Outreach, conscious companies throughout the world or private donors for 5 interested and qualified Kenyan individuals to go through the entire Journey Practitioners Programme 2009/10 including full training and travel costs, with priority given to Moses Aran Oindo, Anderson Kivairo and John Odhiambo Odida who have been most instrumental in furthering and deepening the Journey in Kenya. Mentoring of Training Practitioners offered by Naraya.
- Each subsequent year, sponsorship for 3 further emerging Kenyan individuals to undergo Practitioners Programme.
- Sponsorship for 5 interested and qualified members of Dandora Youth for Community Development to attend Journey Intensive and Advanced Skills seminars in Mombasa, May 2009. Follow up and mentoring of Journey Grads offered by Moses.
- Each subsequent Journey Intensive / Adv. Skills in Kenya / East Africa sponsorship for 5 further emerging individuals to gain fundamental Journey skills for self-realisation and community empowerment.
- Aug/Sept to Dec 2009 Naraya and her family embarking on a voluntary Journey Outreach visit to Kenya facilitating further Journey processes with community groups in Nairobi and South Nyanza as well as organizing two or three 3-day youth camps using the Journey tools. Communication with Tamsyn Rosenberg (“Get Real” Camps Australia), organization and funding in progress.
- Once local practitioners have qualified and are ready to support and follow up, Social Certification Programme as pioneered in South Africa and funded by Journey Outreach to commence in Kenya 2nd half of 2010. Delegates to be selected on application from those who have been on Intensives and youth camps. Further support for the programme to be recruited on voluntary basis from local and worldwide Journey community.

'Come to the edge', he said

'We can't, Master, we're scared'

'Come to the edge', he said

'We can't, Master, we're scared'

'Come to edge', he said

They came

He pushed ...

They flew



Friends – (from left to right) Daniel, Chege and Moses in Dandora