

## Moravian Women's Association Home & Overseas Paper - September 2020

### *Jay Shetty*

This month's paper is about Jay Shetty. Never heard of him? He is 33, a Londoner, and an inspirational speaker, writer, and blogger. One of his clips was the most watched video on Facebook last year, with over 360 million views. His social media following totals over 32 million, he has produced over 400 videos, which have amassed more than 5 billion views, and his podcast, '*On Purpose*', is consistently ranked the world's number one health-related podcast.

He teaches:

how to overcome negative thoughts and habits  
how to access the calm and purpose that lie within all of us  
the benefits of service  
the importance of gratitude  
the possibilities in life that can be explored through meditation.

He spent 3 years as a monk in India in the Vedic tradition, and his teaching draws strongly on a monk's life and ancient traditions, he then studied at business school. He has been called the *urban monk*. He says "*My vision is to make wisdom go viral in an accessible, relevant & practical way.*"

See what you think of his daily habits (much condensed): He calls them **TIME**

Spend **5 minutes each day** doing each of these:

**T = Thankfulness**, give thanks to someone, always be specific what you are thanking them for. Giving thanks will give a boost to both giver and receiver.

**I = Inspiration and Insight**, read a paragraph of a favourite book, or listen to it. Your goal is to find the value or quality of kindness and empathy in it.

**M = Meditation**, simply being with "yourself", asking yourself how you feel today.

**E = Exercise**, movement boosts your mood, and your physical health.

Jay Shetty is quite clear that he is communicating with the internet generation (he also has appears on TV shows). Lots of people come across Jay Shetty or people like him by chance, while aimlessly surfing the internet, and are intrigued by his combination of common sense, thinking about others, and a sincere understanding that there is another world out there, which anyone can access.

**Question: If someone came to your Church, or coffee morning (in normal times!) for the first time, what would catch their attention?**

**Naomi Hancock - August 2020**