

Sister Jayanti conducted the first of three Morning Meditation sessions from 8-8.30am in the Atelier space of the Congress Centre at the World Economic Forum (WEF) in Davos, Switzerland this morning. Around 40 people attended and there was a beautiful atmosphere of peace in what was a perfect setting, with a backdrop of the snow outside, kindly provided by nature. Further sessions will take place at the same time Thursday and Friday.

It is not insignificant that the WEF chooses to include meditation in its core programme. What's also interesting is the emphasis on creativity and craftwork. Artisans from around the world – Afghanistan, Myanmar, USA and elsewhere are making and displaying their work and talks and discussions are being held in the space place.

On Tuesday, Sister Jayanti spoke, along with two artisans, on the subject of Finding Focus. They shared of the need to create space for oneself amidst the busyness of every day activity and the demands of the outside world – relationships, job, politics or whatever - and also the need to keep practising. Sister Jayanti spoke of how, when we learn to focus more on our inner qualities and strengths, we are less influenced by external events or challenges. She was asked to lead a short meditation then and there and the whole group joined in, fully focussed.

Sister Jayanti was then asked by a journalist from Deutsche Welle to give her for a feature that's being made on the question: what was the one thing that would reduce the gender gap? Sister Jayanti's answer was that, when we see each one as a spiritual being and not the body – whatever gender, colour, race or creed – then the barriers are no longer there and it becomes natural to see each one, including the self, for who they really are inside – and not the external packaging.

Today, Wednesday 24th January at 12 noon, Sister Jayanti will be a panellist at a side-session on The Golden Rule as a Game Changer Principle, a side-session organised by Reboot the Future and The Female Quotient.