

## ***Book Review***

### **THINK LIKE A MONK**

#### **TRAIN YOUR MIND FOR PEACE AND PURPOSE EVERY DAY**

**Jay Shetty, Harper Collins Publisher, 195 Broadway, New York, (2019)  
ISBN 978-0-06-283863-6, Pages 272, Price \$ 20.49.**

Jay Shetty is an award-winning speaker, viral content producer, author, and former monk who makes wisdom go viral. He created a YouTube channel in 2016 to express his core values and ideas. About four billion YouTube views were received four years later and there are over 20 million global followers. In addition, in Forbes 30 Under 30, Jay was awarded for his contribution. In his latest novel, the author distills timeless experience that he has gained as a monk into practical action that every day will lead to a life that is less anxious and meaningful.

Shetty draws upon his time as a monk in this inspiring and encouraging book to show us how we can clear our potential and strength. Thinking Like a Monk blends ancient wisdom with his own rich experience in the Ashram, showing how to resolve negative thinking and behaviors and access the tranquilly and meaning that are within us all. It turns abstract lessons into guidance and exercises that we can all apply to stress alleviation, relationships and worldwide gifts. Shetty shows that everybody can think – and should – like a monk.”

By splitting the book into 3 sections and 11 chapters, Jay explains how you can begin thinking like a monk. Each of these chapters are concluded with a supporting exercise for reader. The three parts of the book was referred as “Let Go”, “Grow”, and “Give” respectively. The first part consisted of chapters from one to four, second part consist of chapter number five to eight, while the third part comprised of chapters from nine to eleven.

The author describes in the first chapter that our identity is linked to what people believe about us. He said that the ethical GPS we use to travel through life is beliefs or values. He also adds that he discovered early on as a monk that whatever occupies our mind affects our beliefs. In order to curate our belief system, the author also suggested a few exercises.

In the second chapter, the author clarified that we all have three core emotional needs: peace, love, and understanding, and negativity sometimes arises from one of the three needs as a threat. In addition, the author stressed that we all have a tendency and an instinct to agree with others. He also proposed the “25:75 Principle,” which means that there are three uplifting individuals for each negative one. The author also recommended exercises in this chapter to control negative emotions.

In the third chapter, the author indicated that learning to recognize our pattern of reaction to fear is an important step in reprogramming fear. He further clarified that attachment is the root cause of fear, and the remedy for fear is detachment. A 4-second breathing technique concluded this chapter.

In the fourth chapter, the author indicated that the underlying root of motives is fear, desire, duty and love. He also said that, as long as we continue to bind our satisfaction to the externally shifting events

*Simran Kaur*

of our lives, we will always be waiting for them. He clarified that intent and importance, not performance, lead to real satisfaction. The author also proposed different methods of mediation, along with exercises to educate and identify writers.

The author talked in chapter five about the meaning of life. He said he was conditioned to see society as organs inside a body in earlier days. He also said, “Dharma lives for you.” In him, Varna means zeal and ability and Seva means to realise the necessities of the world and to serve others selflessly. The four quadrants, where skill and passion on the top right, no skill or passion on the bottom left, were also clarified by him. The chapter concluded with a training to define your future quadrants.

The author described the most significant take-up in this book in the sixth chapter. He indicated a significance of the word “T.I.M.E.”

- “T = Thankfulness (Express gratitude for someone, someplace, or something every day)
- I = Insight (Gain insight through reading the paper, a book, or podcast)
- M = Meditation (Spend 15 minutes alone breathing, visualizing, or with sound)
- E = Exercise (Yoga, basic stretches, or a workout)”

The author suggests an exercise for writers to imagine tomorrow in this chapter. Shape your life with a sound that will make you feel better and choosing ringtones, pubs and songs. It also adds that every day we recall doing something concurrently.

In the eight chapter, the author refers to the fact that “the brain isn’t really “on” all the time. He’s anticipating what’s going to happen next and continuously guessing what’s going to happen. It helps us reflect on our relationship with the mind to think of it as a single entity. The essence of our interaction with our minds is based on our history. The five horses that pull the cart are the five senses that you need to relax and improve. He also emphasised that “the mind of the monkey is reactive; the mind of the monk is proactive.”

In the next chapter, the author clarified that your brain doesn’t respond much of the time to world events. It forecasts what will happen next and continuously guesses what. It helps us focus on our relationship with the mind to imagine it as a single entity. The essence of our relationship with the mind is based on our history. The five horses that pull the cart are the five senses that you have to relax and strengthen. He also stressed that “the mind of the monkey is reactive; the mind of the monk is proactive.”

Gratitude is the prominent subject of ninth chapter. He proposed that we be open to opportunities, not challenges, when we start our day with appreciation. He stressed that gratitude is becoming a habit and you’re going to start looking for more things to be grateful for. He also recommended that an experiment be carried out to keep a record of appreciation.

The tenth chapter highlights the 4 characteristics/types of trust that we are looking for in individuals that allow individuals into our lives, namely:

- “Competent – has the right skills and/or experience to be listened to
- Care – people who care and think about what’s best for you, not them
- Character – strong moral compass and uncompromising values
- Consistency – reliable, present, and available when you need them”

He further mentioned that we should be open to the broader world for family friends and see a wider link to humanity, especially if your family cannot meet your needs. The exercise reflecting confidence closed this chapter.

The author claimed in the last chapter that “the most important lesson learned as a monk is to live in service.” He said that we were born to serve, but our task is overlooked by the distractions in the outside world. The author has said that the freer we are, the simpler our time and money is to be let go. We must reconnect to such an impulse in life in order to find sense. He also suggested a workout to expand our care range.

Think Like a Monk requires ancient wisdom, and Jay Shetty’s personal experiences. Think Like a Monk’s purpose is to help people apply the mentality of a monk to their lives. Think Like a Monk shows you how to confront negative emotions, access silence, and create true intent. Imitating monks is demanding. Jay gives advice about life in the modern world and helps relieve stress, work harder, and keep relationships alive.

“Think Like a Monk” provides both traditional as well as unconventional wisdom in an effort to make our lives healthier, happier, calmer, and purposeful. It is a book that we will definitely recommend to readers, and more specifically to non-readers because of its importance in the current times.

– *Jasreen Arorah, Mukta Katyal, and Avinash Pal*