

*In Interview
with*

Miss Shefa

Life Coach | Motivational Speaker | Yoga Teacher

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We approached life coach Miss Shefa to add substance to moral discourse here. Having lived in London most of her life, she has obtained a degree here in communications and works internationally as a communication professional and yoga teacher, to empower people.

The more we talked about London and projects dear to her, the more it became clear that so many people from around the world visit London due to its inclusivity. It seems that individuals motivated to do something kind, like she does, end up making the city a cool place to live in.

Having lived in London most of your life, how do you experience today's London?

I have been in London since early June, and I am just loving the sense of inclusivity! I attended the Open Iftar 2018 Ramadan Tent Project, we had Iftar with so many different people from various communities. The Mayor of London, Sadiq Khan was there, too, his words were so inspiring and made me feel, like as a community, together we can achieve anything. I truly believe that.

Which projects are you excited about now in London?

Last weekend I volunteered with SWAT London. They are known as the Street Food Servants and their goal is to feed London's displaced people. I am planning to go this Sunday too. It is just beautiful to experience, witnessing Londoners coming together to support each other.

Since London has a long tradition of solidarity, how can we stay motivated to do something kind?



To do something kind is not hard; it's actually very easy; once someone shows you how you can get involved.

In my experience, nobody says 'no' to participating in acts of kindness, but often we don't know how to get started.



Miss Shefa participating in London with the Street Food Servants. ©

These days it's even possible to do volunteer work online. While I have been in London I joined an organization that provides counseling to people in crisis, I am about to finish my training, so soon I will be able to support people experiencing a crisis from my own home on my laptop. This trip to London has been beautiful in many ways.

What motivates you to join these projects in London?

I feel like it's my goal to spread kindness to each place I travel too. I heard about the 'Street Food Servants' on a documentary on the BBC. It was about the man who started this charity, it touched me so much, I was thinking about it all night. The next morning I managed to get the charity founder's number, I called him, we had a nice talk and he agreed to let me join in their next activity. When people are touched by seeing kind acts, naturally they want to be part of them. I have seen it many times when arranging my own projects. I always keep Mother Teresa's words in mind, "The problem with the world today, is that we draw the circle of our family too small." When we see the whole world as our family, to love and support each other is second nature.

*(*The Ramadan Tent Project (RTP) is a social enterprise dedicated to serving the youth and wider community through creating spaces of spirituality, dialogue, & empowerment.*

Founded in London, UK in 2013, RTP began as a community initiative inviting people of all faiths and none to break their fasts together during the month of Ramadan. | Left: Miss Shefa during RTP. ©