



Robin Sharma's *The Monk Who Sold His Ferrari* - A Review

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Abstract

It is an admitted fact that the modern man has become a busy bee engulfed with his daily chores and duties. He had forgotten to appreciate the bliss of life and experience the real happiness by allowing himself to participate in the rat race of earning money. An attempt has been made to review the book – *The Monk Who Sold His Ferrari* written by Robin Sharma which helps us to identify and experience the real delight of life.

Key words: enlightenment, virtue, fulfill, dreams, control

Robin Sharma's *The Monk who Sold his Ferrari* is a fable about fulfilling the dreams and reaching the destiny. It's an interesting book and as the subtitle suggests this will not only give us a thought to our life, to our dreams and to our goals but also helps us to reach those dreams. The book forms a fable about Julian Mantle a high profile attorney with a crazy schedule that centered on money, power and prestige.

He told me that the hyper-competitive legal world had taken its toll on him, not only physically and emotionally but spiritually. The fast pace and endless demands had worn him out and run him down.
(12)

Julian Mantle represents the core values of our society. After Julian Mantle suffered a severe heart attack at the age of fifty three, he is dropped out of the game; he has sold his mansion, his plane, his private island and even his Ferrari; and goes to India to seek more meaningful existence of life. He has learned and has practiced the mystical way of life and acquired the true enlightenment from the Himalayan gurus.





Julian Mantle shares with his former associate John and the readers the system of enlightened living that the sages has passed on to him. Julian strongly feels that others need to know the kind of spiritual awakening to the powers of the universe which is experienced by him. The core of this book is the seven virtues of enlighten learning that ‘embodied the keys to self-leadership, personal responsibility and spiritual enlightenment.’

Julian Mantle explains in detail the seven virtues – Master your Mind, Follow your Purpose, Practice Kaizen, Live with Discipline, Respect your Time, Selflessly serve others and Embrace the Present. These seven virtues are indeed an inspiring and thought provoking techniques for the true enlightenment of the mind and soul.

Out of the seven virtues that Julian Mantle has discussed, I would like to discuss the two virtues which made a lasting impression on my mind and soul. The first virtue that caught the attention is mastering the mind. Mantle believes that the garden is the symbol for the mind. If we cultivate it and if we nurture it with good care, it will blossom far beyond our expectations, like a rich fertile garden. On the other hand if we allow the weeds to take root, we will lose our peace of mind and inner harmony will elude from us and escape. So we have to stand guard at the gate of our mind and see that always the best information enters. Truly, we cannot afford the luxury of the negative thoughts not even one. If we observe the lives of the healthiest, wealthiest and contented people of this world they are not different from you and me. They are also flesh and bones like us. They all come from the same universal source. What is separating is they take the best information by controlling their mind. To control our mind the technique of heart of the rose is suggested by Mantle.

Rose is very much like life..... Keep staring at the rose. Notice its color, texture and design. Savor its fragrance and think only about this wonderful object in front of you. At first, other thoughts will start entering your mind, distracting you from the heart of the rose. Simply return your attention to the object of your focus. Soon your mind will grow strong and disciplined. (60)

In accordance with Julian Mantle, the rose is like our life, we will meet the thorns along the way, if we have faith and if we believe in those dreams eventually we will move beyond the thorns and we will see the glory of the flower. At first a few thoughts enter our mind distracting our concentration. This is the mark of untrained mind but quickly we will gain the consciousness and attain the concentration. Mind will grow strong and disciplined. If we practice this technique for ‘twenty one days in a row’, we will observe the difference in our concentration. Thus, Mantle proves that mind management is the essence of life management.





The second virtue which inspired me in the book is “the purpose of life is a life of purpose.” The quality of mind is determined by the quality of our thinking. The only thing that is separating the most productive and contended people of this world from others who are constantly miserable is adopting the positive paradigm of life. They will find positivity in every circumstance. The negative thought is replaced with the positive slide. Mantle says we can achieve this by opposition thinking. By appreciating ourselves once and for all, that we are thinking uninspiring thoughts and to get off the thoughts think opposite to that gloom and come out of the negative thoughts. Imagining our self-enthusiastic, energetic and say to our self that we are cheerful and joyful will bring the remarkable difference. Positive always overcomes negative.

Awaken your mind to the abundance of possibility around you. Start to live with more zest. The human mind is the world’s largest filtering device. When used properly it filters out what you perceive as unimportant and gives you only the information you are looking for at that time. (82)

We must see the setbacks as opportunities and admit that even pain is a great teacher. We should stop judging the events as negative or positive, rather than enjoy the event, celebrate the event and learn from the event. So if we learn from every event of our life, we will fulfil our inner and outer growth.

The simple language that Robin Sharma has used in the book makes it reader friendly and his narrative style attracts the readers. Through his book he has gifted to the reader not only the techniques and strategies of being a successful leader but also made the reader to realize the essential cores of a blissful life by making him to experience the joyous ride in the world of ecstasy.

Reading *The Monk who Sold his Ferrari* reminds me of *The Secret of Work* by Swami Vivekananda and *The Secret* by Rhonda Byrne. While Robin Sharma talks about the mind as a garden, Swami Vivekananda compares life with a river. The ultimate point that these authors try to convey to the readers is that one mustn’t allow oneself to be carried away by one’s thoughts, as the sum total of the thoughts decides the character of a person.

On the other hand, if we take Rhonda Byrne’s *The Secret* – it emphasizes that all the power is within us, and it is we who should fill the blackboard of our life with whatever we want. Robin Sharma also stresses on the same point by saying that it doesn’t matter what lies behind you and in front of you, but what matters is what lies within you.





The bottom line, in my view, of all the three works is that all power lies within us and it is we who should decide what we want.

In this present world of advancement of technology and science, man has already lost himself in the chaotic world. He literally doesn't have time to stop and stare what exactly is going around him. Neither can he spare valid time for his relationships. All that matters for him is the materialistic pleasures and comforts and while in vain and meaningless search of these comforts he has forgot to appreciate and experience the real glory and happiness. *The Monk Who Sold His Ferrari* will be an eye opener for all such people who are in rat race. It gives us a chance of realizing what exactly we are missing.

This book has brought a remarkable change in my life style after I embraced it and I certainly believe the same will happen with the others.

Reference:

Sharma, Robin. *The Monk Who Sold His Ferrari*

