

## **THE MONK WHO SOLD HIS FERRARI(ROBIN SHARMA)**

### **ABSTRACT**

**This book abstract is intended to provide just a glimpse of this wonderful book with the hope that you may like to read the original book at leisure and enjoy its real beauty. First six chapters have been omitted because these build up a story.**

#### CHAPTER 7

1. Mind management: Essence of Life management
2. When you are inspired by some great purpose all your thoughts break their bounds: your mind transcends limitations, your consciousness expands in every direction and you find yourself in a new, great and wonderful world. Dormant forces, facilities and talents become alive and you discover yourself to be a greater person than you ever dreamed yourself to be.
3. **Success, like happiness, can't be pursued.** It must ensue. And it only does so as a side effect of one's personal dedication to a cause greater than oneself.
4. **True nobility lies in being superior to your former self, not others. Run your own race.**
5. **There are no mistakes-only lessons. See setbacks/failures as opportunities for personal expansion and spiritual growth.**
6. **The secret of happiness is to find out what you truly love to do and direct all energies towards doing it. Once you do it, abundance flows into your life and your desires are fulfilled with ease and grace.**

The Techniques:

- i) The heart of the rose- concentration technique
- ii) Opposition thinking-substitute negative thought with a positive one the moment you detect it.
- iii) The secret of lake- using positive images to influence the mind.

#### CHAPTER 8

1. Decide and follow your purpose-The purpose of life is a life of purpose.
2. Set clearly defined personal, professional and spiritual goals- and have courage to act on them.
3. Clear mental image of the outcome-Step 1.
4. Put pressure on yourself by declaring your goals to friends/family-Step 2 .
5. Train your mind to associate pleasure with good habits and punishment with bad habits, your weaknesses will quickly vanish.
6. Never set a goal without a TIMELINE- Step 3.
7. A goal not committed to paper is not a goal at all. Get a journal/notepad. Call this your DREAM BOOK and fill it with all your desires, objectives and dreams. Know yourself. Divide the book into separate sections for goals in different areas of your life. Eg. Physical fitness, financial, personal empowerment, relationship/social, and MIMP-Spiritual goals.
8. Be more playful and childlike, and enjoy all of life's gifts, howsoever small.
9. The Magic Rule of 21- Perform a new activity for 21 days for that to become a habit- Step 4.

10. Enjoy the process- Step 5. A day w/o a laughter/love is a day w/o life. Live life with unbridled exhilaration. Remain spirited, joyful and curious. Focus on lifework and selfless service to others. Universe takes care of everything else.
11. For reaching goals and dreams- “ GO FOR IT ”.
12. Decide once and for all, to be master of your fate. Discover your calling and start to experience the ecstasy of an inspired life. What lies behind you and what lies in front of you is nothing compared to what lies within you.

## CHAPTER 9: THE ANCIENT ART OF SELF LEADERSHIP

Good people strengthen themselves ceaselessly-Confucious

### THE KAIZAN PHILOSOPHY:

1. Constant and never ending improvement.
2. Success on the outside begins with success on the inside
3. Always keep your mind open to new ideas- keep cup empty. Ask even the most basic questions w/o reluctance.
4. No man is free who is not master of himself.
5. Those who master themselves have an abundance of courage.
6. One must improve the trilogy of human endowments: Mind, Body, and Soul.
7. **Pain is a great teacher.**
8. People grow the most when they enter the Zone of the Unknown. Challenge yourself to do more than that in your comfort zone and you draw upon tremendous reserves.
9. The only limits on your life are those which you set yourself.
10. Life favours the prepared mind.
11. **Make an inventory of weaknesses.**
12. **Fear is nothing but a monster created by a negative stream of consciousness. Erasing fear from the mind makes you feel younger and health becomes more vibrant.**
13. What sets apart actualized people from those who lead uninspired lives is that they do things that less developed people don't like doing-even though they might not like doing them either.

### Ten Rituals of Radiant Living;

1. The ritual of solitude- Mandatory 15 mts of peace/silence everyday. Pit stop for the soul and the purpose is self renewal, like cooling a car after a long drive. A place of quiet and beauty imp.
2. The ritual of physicality- vigorous exercise in natural surrounding. Miss a meal but not this. Do breathing exercises.
3. The ritual of live nourishment(veg).
4. The ritual of abundant knowledge-lifelong learning. Read nourishing books at least 30 mts a day. Study and not just read a book of wisdom- 10-15 times. **It is not what you get out of the books that is so enriching-it is what the books will get out of you that will ultimately change your life.**

5. The ritual of self reflection. **Most people think just enough to survive. Wise think enough to THRIVE.** Take inventory of the day-deeds, thoughts. Figure out what went right and what went wrong and take steps to correct the same immediately.
6. Ritual of early awakening. **Don't dread pain, embrace it. The period of ten mts before sleep and after we wake up are profoundly influential for our subconscious mind. Only the most serene and inspiring thoughts should enter your mind at these times. The sages would actually make themselves laugh whether they felt like it or not, just to get the 'happiness juice flowing' early in the morning. Laughter is medicine for the soul. Even if you don't feel like it, look into the mirror and laugh a couple of mts. You will feel fantastic.**
7. **Ritual of music. When you feel down and weary, play some music. It is one of the finest motivators.**
8. **The ritual of the Mantras. Spoken affirmations are far more effective than written ones. These have wonderful effect on the spirit. When you want motivation repeat 'I am inspired, disciplined and energised' 30 times. For supreme self confidence repeat 'I am strong, able and calm'. Your self image is a governor of sorts, and you can change it for the better. It allows you to do things only consistent with that.**
9. Ritual of Congruent Character. Take incremental steps to build character. You sow a thought and reap an action, sow a habit, reap a character, sow a character, reap destiny. Industry, compassion, humility, patience, honesty and courage are imp.
10. Ritual of simplicity. Focus on your priorities. **Every arrow that hits the bulls eye is the result of a hundred misses. It is fundamental law of nature- to profit from loss. Never fear failure. It is your friend.**

**The universe favours the brave. When you resolve to lift your life to the highest level , the strength of your soul will guide you to a magical place with magnificent treasures.**

## CHAPTER 10: THE POWER OF DISCIPLINE

1. Live life of discipline
2. **Discipline is built by consistently performing small acts of courage.**
3. The more you nurture the embryo of self discipline, the more it will mature.
4. Will power is the essential virtue of a fully actualized life.
5. Mantra: I am more than I appear to be, all the world's strength and power rests in me. Repeat 30 times a day. Visualize yourself acting in a challenging situation as Gandhi or Mother Teresa would.
6. Practice the vow of silence.

## CHAPTER 11: YOUR MOST PRECIOUS COMMODITY-TIME

1. **Time management is extremely imp.**
2. **Failing to plan is planning to fail.**
3. **Enlightened people are priority driven.**

4. Don't let others steal your time. Be wary of time thieves.
5. Live simple life.
6. Allows being productive and still spiritually fulfilling.
7. Don't dream of a magical garden on the horizon, neglecting one in the back yard.
- 8. To stay calm, have a quick nap in the afternoon. Keeps you energetic, refreshed and youthful.**
- 9. Power of laughter. Like music it is a great stress buster. It opens your heart and soothes your soul.**
10. Stop acting like you have 500 years to go. Best time to plant a tree was 40 years ago. Second best time is now. Don't waste a single minute. Develop a Death-bed mentality. This question alone can transform your life.
11. Start expanding your dreams. Don't accept the life of mediocrity when you hold such infinite potential within the fortress of your mind. Dare to tap into your greatness. It is your birth-right.
- 12. Act as if failure is impossible, and your success will be assured.**
- 13. Be brave. Don't be a prisoner of your past, be architect of your future.**
14. Ultimate purpose of life is to serve others. The quality of your life is the quality of your contribution. A little fragrance will cling to the hand which gives the roses.
15. Your life moves to a more magical dimension when you start striving to make the world a better place.
- 16. Friends are very imp. Continuously Nurture/repair friendships. They add fascination, beauty and humour to life.**
17. Practise daily acts of kindness. Give to those who ask.

## CHAPTER 13

## LIVING in THE NOW

1. Truly joyful and rewarding life comes only through the process called Living in the Now.
2. Live your children's childhood.
- 3. Happiness is a journey not a destination. It is also a choice you make.**
- 4. Stop putting off your happiness for the sake of achievement. Enjoy the process. Life does not give what you want, but it always gives what you need.**
5. Every single person on the planet is a genius.
6. We will never get a second chance to live life to the fullest.
- 7. Practice gratitude.**