

# THE MONK WHO SOLD HIS FARARI

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As it could be guessed by the content of our course, most of the books were on value education and giving some thought to our life, where are we approaching and how? As I was going through the list of the books, this book "The monk who sold his Farari" caught my eye. The title immediately raised a questions in my mind about how is it possible for a monk to possess such an expensive thing or is the title a fable? So when I went through the review it said it's a book that will force you to give a thought to your dreams, goals , daily habits and much more. I found this description interesting and thought of reading this book. I read the whole book of about approximately 210 pages.

The book is story about a millionaire-lawyer turned monk Jullian who after getting a heart-attack came to India to fill the emptiness of his soul and to learn the techniques of enlightened living from Sages of Sivana (in Himalayas). Upon his return, he shares his knowledge with his best friend John who himself was an esteemed lawyer. He didn't want another jullian to have an heart attack in order to realize the true method of living life. He explained the seven virtues and their method to achieve them through a fable where there is a beautiful garden with fragrant roses all around and a lighthouse at the centre, when suddenly the silence is broken by loud-creaking of the door of the base of the lighthouse from where a sumo-wrestler, who is naked with pink cable wire covering his private parts. As he moves around he finds a gold stopwatch left by someone years ago, slips over it and faints. When he regains consciousness due to some yellow roses blooming around, he is startled to see a path of diamonds on his left. In this fable, the garden symbolises the mind, where we should want to have good thoughts( fragrant flowers) and guard from the growth of any kind of negative thought( weed). It's about mastering your mind as the outer world reflects just our inner state of mind. Our mind has capacity to blossom beyond expectations provided it is in healthy state, it's us who limit its capacity. To achieve this limitless capacity Jullian explains the the technique of opposition thinking and meditation. Nothing is absolute, even a tragedy might carry an unseen opportunity. There are nothing like a mistake, but only lessons to learn. nothing like a negative experience, but only opportunities to flourish. With struggle comes strength to endure, even pain can be a wonderful teacher. No matter what the situation is, it is totally in our control to choose our response.

We all have come on this earth for a purpose, the lighthouse in the fable represents that aim that we have to achieve. Life is meaningless without any aim, aim provides a meaning, a direction to our life. Our aim should be such that it should be in harmony with the nature. To find our aim, we should keep our cup empty i.e willingness to absorb new things and try out things that we want to no matter how pity they appear. We should never give up important things like spending time with family for the sake of less important things like work. It is important to clearly define objectives in our life and know precisely where we are going because it is not possible to achieve a target that we cannot see.

The sumo-wrestler symbolize the importance of "kaizen" - the power of will power. Kaizen is practice to self-mastery. How could someone lead a company if he cannot lead himself? Those

who have self-control often achieve great heights in their life. It is important to have strong character, mental toughness and courage. Why courage? Because courage allows a person to do whatever he wants because he knows that it is right. To achieve this, the first step is to overcome fear, fear is nothing but an illusion created by our mind. Fear prevents limits our capacity and thus it is necessary. Jullian explained ten techniques of radiant living to nourish mind, body and soul.

- **Ritual of Solitude and Personal Reflection:** Spending some time daily with yourself, to refill our energy and introspect what we really are. This is important because we should be aware of what we are doing and also to spend time with ourselves to know ourselves better. Often engrossed in worldly pleasures, we forget to introspect on the purpose of our life and lose direction.
- **Ritual of Physicality:** Along with soul, it is necessary to nourish body and mind. A noble soul could not reside in an unhealthy body. Practising yoga regularly help in this regard.
- **Ritual of Live Nourishment:** This ritual explains the significance of being a vegetarian. A poor diet affects our quality of life. It soaks our physical and mental energy, affects our moods and also lead to hormonal changes.
- **Ritual of Abundant Knowledge:** the importance of reading regularly. Reading for few minutes a day will help to expand our knowledge. Reading helps us to explore knowledge which we otherwise cannot experience like the teaching of our ancestors. Books help to look deep inside ourselves and I think that is what is enlightenment.
- **Ritual of Early Awakening:** This ritual emphasis on early rising early along with the sun. The secret is to have a qualitative sleep rather than quantitative.
- **Ritual of Congruent Character:** To achieve anything big we need a strong character. Strengthening character influences our self-confidence and the way we se our actions. As rightly said in the book “You sow a thought, you reap an action. Reap an action, you sow a habit. Sow a habit, you reap a character. Sow a character, you reap your destiny.”
- **Ritual of Simplicity:** Living a simple life helps to reduce our unnecessary needs and worries.

The pink wire on sumo-wrestler body’s symbolises will power. Willpower is like a cable, though it appears thin but can be more strong than iron and lack of will power leads to directionlessness which is symbolised by the naked body. To have iron like will power we need to take small steps of courage. Just the way, a cable is formed of various layers, similarly a strong will can be formed by firstly performing small acts of courage, whose success will provide us the momentum to take bigger steps to achieve our aim. The importance of willpower can been seen in the context that to achieve anything we surely going to face challenges, if we don’t have a strong will power we won’t be able to face those challenges and will eventually get stuck. It will be useful to perform acts that are beyond our comfort zone such as waking up early in the morning or “maun-vrat” maybe. The trick is to keep setting the mark higher and raising our standards continuously. Another method could be enchanting mantras, words have a deep effect on our mind, we think and act according to what to we hear. Words that we hear affect our subconscious mind and thus play a role in building a character.

Next the golden watch represents the value of time. Time is non-renewable resource, which could neither be bought or sold. So we should plan to utilize it effectively. All of us are granted with same amount of time. It depends on us how we use it. In fact it is that the busiest people that have time to spare, because they have marvelous time management. Those who wisely use their time are the ones with productive and satisfying lives. The time that we spend thinking about other's weakness is the time less spent on ourselves. One of the effective methods explained by Jullian for time management is "Death bed mentality" i.e. to think as if today would have been our last day how would have we lived it. Past is like a water under the bridge, future is like distant sun, it is only present that we have. So it is necessary to live it fully.

The fragrant yellow roses in the fable symbolize self-less service. Self-service doesn't mean we have to leave our profession and dedicate ourselves for the service of others, performing simple acts of kindness everyday would also work. It often happens that we do perform such acts of kindness we fail to realize them and put them in our buckets of life. I should stop seeing myself purely as an individual but as part of the collective. This implies that by improving on myself, I'm actually improving the lives around me. The size of house or the amount of money I own does not matter, it's the quality of contribute that affect my quality of my life.

Finally, the path of diamonds represent all about living. The joy of life comes through living in the moment. Happiness is not a destination but a journey, those whose realize this are the happiest.

There is a big difference between making a lot of money and making a lot of life. The materialist things cannot play a significant role in living a joyous life. Giving daily thanks to owned assets will help to live in the moment.

The virtues explained in the book through Jullian though appear very basic and trivial but when practised give unexpected results. These are the very basic building blocks over which our hard work will to develop a character to be able achieve anything in life. Most of us have same raw materials from the first breath we take, what differentiates those people who achieve more than others or those that are happier than others is the way that they use and refine these raw materials.

The book was a perfect summary of what we had concluded in the class beginning from the futile materialistic pleasures to the pyramid of Happiness. I felt after reading the book that though we have liberty but we lack freedom. We have chained ourselves with success race, money power that we have deprived ourselves the freedom to experience small happiness. The happiness to see the sky when sun rises, the happiness of playing with children, the happiness of painting. The book reminded me of the age-old principles of living which are even valid today.