

THE MONK WHO SOLD HIS FERRARI. (by Robin S. Sharma) SOME EXCERPTS

1.- It was by Winston Churchill and it spoke volumes about the man that Julian was:

Sure I am that this day we are masters of our fate, that the task which has been set before us is not above our strength ;that its pangs and toils are not beyond my endurance. As long as we have faith in our own cause and an unconquerable will to win, victory will not be denied us.

2.- Albert Camus once said that 'Real generosity toward the future consists in giving all to what is present.

3.- "Every event has a purpose and every setback its lesson. I have realized that failure, whether of the personal, professional or even spiritual kind, is essential to personal expansion. It brings inner growth and a whole host of psychic rewards. Never regret your past. Rather, embrace it as the teacher that it is."

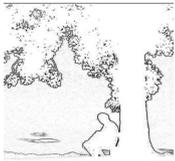
4.- "I've realized something very important, John. The world, and that includes my inner world, is a very special place. I've also come to see that success on the outside means nothing unless you also have success within. There is a huge difference between well-being and being well-off When I was a hotshot lawyer, I used to snicker at all those people who worked at improving their inner and outer lives. 'Get a life!' I thought. But I have learned that self-mastery and the consistent care of one's mind, body and soul are essential to finding one's highest self and living the life of one's dreams. How can you care for others if you cannot even care for yourself? How can you do good if you don't even feel good? I can't love you if I cannot love myself

5.- "Yogi Raman put it this way: "There are no mistakes in life, only lessons. There is no such thing as a negative experience, only opportunities to grow, learn and advance along the road of selfmastery. From struggle comes strength. Even pain can be a wonderful teacher.' "

- "Pain?" I protested.

"Absolutely. To transcend pain, you must first experience it. Or to put it another way, how can you really know the joy of being on the summit of the mountain unless you have first visited the lowest valley. Get my point?"

"To savor the good one must know the bad?"



"Yes. But I suggest that you stop judging events as either positive or negative. Rather, simply experience them, celebrate them and learn from them. Every event offers you lessons. These little lessons fuel your inner and outer growth. Without them, you would be stuck on a plateau. Just think about it in your own life. Most people have grown the most from their most challenging experiences. And if you meet with an outcome you did not expect and feel a little disappointed, remember that the laws of nature always ensure that when one door closes another opens."

6.- Perhaps Yogi Bhan articulated the formula best when he stated: '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.'

7.- "Failure is not having the courage to try, nothing more and nothing less. The only thing standing between most people and their dreams is the fear of failure. Yet failure is essential to success in any endeavor. Failure tests us and allows us to grow. It offers us lessons and guides us along the path of enlightenment.

....The teachers of the East say that every arrow that hits the bull's eye is the result of one hundred misses.

8.- You see, I learned that **time** slips through our hands like grains of sand, never to return. Those who use time wisely from an early age are rewarded with rich, productive and satisfying lives. Those who have never been exposed to the principle that 'time mastery is life mastery' will never realize their enormous human potential. Time is the great leveller. Whether we are privileged or disadvantaged, whether we live in Texas or Tokyo, we all have been allotted days with only twenty-four hours. What separates those who build exceptional lives from the 'also rans' is the way they use this time."

....."I agree. Busy, productive people are highly efficient with their time — they must be in order to survive. Being an excellent time manager doesn't mean that you must become a workaholic. On the contrary, time mastery allows you more time to do the things you love to do, the things that are truly meaningful to you. Time mastery leads to life mastery. Guard time well. Remember, it's a non-renewable resource.

..... And remember, failing to plan is planning to fail.

.....So life is like a fat strip of bacon," I chimed in. "You have to separate the meat from the fat in order to be the master of your time."

.....Don't let others steal your time. Be wary of time thieves

..... "You must be ruthless with your time

..... A hurried, frenzied pace is not what nature intended.