Spirituality commonly refers to anything that relates to the life of the spirit, which is sometimes called “inner life”. The extreme vagueness of such a characterization clearly leaves room for all kinds of associations and generalizations. Spirituality today refers to a vast array of beliefs and practices—from monastic life to yoga workshops, alchemy, Taoism, tarot-reading or astral travel, to name only a few.

While such concepts as redemption, salvation and deliverance may no longer characterize the transformation that is sought, the urge for a radical reshaping of the personality persists as strong as ever, appearing in guises that are compatible with the secular worldview. Where previously this urge sought fulfillment in the temple, ashram and monastery, it now resorts to new venues: the office of the psychoanalyst, the weekend workshop, the panoply of newly spawned therapies and cults. However, despite the change of scene and conceptual framework, the basic pattern remains the same. Disgruntled with the ruts of our ingrained habits, we long
exchange all that is dense and constrictive in our personalities for a new, lighter, freer mode of being.

To understand, what spirituality is? It is not just this body. It is not just this mind. It is the spirit. Just as the body and mind have their own food, the spirit has its own, too. The food of spirituality is love, joy, compassion and beauty. Spirit is made up of Satyam, Shivam, Sundaram, that is, truth, love and beauty. Spirituality is honoring this truth.

*Spirituality gives you love, joy and beauty. Spirituality gives you strength; that inner strength to manage difficult situations and to keep you ever smiling.* (Spirituality, 2008:49)

Spiritual self transformation divided into three areas mind, spirit and the body. The first area of development is the mind; the concept of intellectual enlightenment, it includes academic training, business training, and much more. Second area of development is the spirit; the concept is called vertical enlightenment; it includes yoga, meditation, spa, Reiki and much more. There are seven main Chakra’s. It is emotional and energetic centers of the human body. In the personal mediation technique mostly human being develops two upper Chakra’s. The third area of development is the body; gyms, plastic surgery, organic food, diets, athletics medicine and
much more. These develop the physical body to be healthier and better muscles. Some physical mediation technique such as Yoga can develop both the spirit and the body at the same time. The concept of emotional intelligence and human connecting with their emotion, this is what makes spirituality more human.

The true connection between spirituality and personality in human beings is explained by T.N. Dhar in his book *On the path of Spirituality*. He says, spirituality is not something out of this world. It is the part of our nature that shapes our personality. Obviously, therefore, it has its efficacy both in our worldly affairs as also in our spiritual uplift. Once we imbibe spirituality our aptitude undergoes change and our behavior and attitude towards our fellow beings and our day-to-day affairs gets transformed. Our thoughts are pious, our actions are noble and our intentions are sacred. All the time we are concerned about peace, prosperity, harmony and well being of every living thing of the world. We begin to take care that our thoughts, words and deeds do not harm anyone. We take care that we are useful to the society and the mankind at large.

*We are sincere in our actions and conscious in carrying out our bounden duties. In short we become true and worthy citizens. This shows that the spirituality has an important role*
to play in transforming an individual even in his mundane capacity. (On the path, 2006:98)

Jean Sulzberger in his book Search speaks about the importance of spirituality and what could be spirituality in Jean perspective. Jean says, with what question shall we be, then? What do we want to find out, or to find? If we listen only a little, we are aware of some dissatisfaction;

something is certainly lacking, something needs to be found-and it doesn’t seem to be anything completely new or unknown, but something we have lost, something that belonged to us but that disappeared so long ago we have forgotten it was ever ours. (search, 1979:57)

In the book The Monk Who Sold His Ferrari Robin Sharma talks about the self-transformation. The main character Julian Mantel who sold his all wealth for real purpose of life and went towards India on spiritual Odyssey. When he came back from the India, he was absolutely transformed. The first visit to his old friend John was miraculous. The door to my office opened slowly. At last it swung fully open, revealing a smiling man in his mid-thirties. He was tall, lean and muscular, radiating an abundance of vitality and energy. He reminded me of those perfect kids I went to law school with, from perfect families, with perfect houses, perfect cars and perfect skin. (The Monk, 2009:10) The way he changed himself through the
spirituality was unbelievable. The first visit itself explains how the transformation takes place. What Julian had? And now what actually he posses was different that shock anyone who knows Julian Mantle. The loud laugh of the visitor confirmed Julian friend’s suspicions. The young man standing before him is none other than that long-lost yogi of India: Julian Mantle. I was dazzled by his incredible trans-formation. The ghost-like complexion, the sickly cough and the lifeless eyes of his former colleague have gone. The elderly appearance and the morbid expression that had become his personal trademark have gone. Instead, the man in front of his friend appeared to be in peak health, his lineless face glowing radiantly. His eyes are bright, offering a window into his extraordinary vitality. Perhaps even more astounding is the serenity that Julian exuded.

*I felt entirely peaceful just sitting there, staring at him. He was no longer an anxious, "type-A" senior partner of a leading law firm. Instead, the man before me was a youthful, vital — and smiling— model of change. (The Monk, 2009:11)*

These marvelous changes happened with the help of sages of Sivana. When Julian Mantle explains to John about the sages, who have quality to transform a simple man into a spiritual one. He describes the sages of Sivana. His eyes were catlike and so
penetrating that Julian was forced to look away. His olive-complexioned skin was supple and smooth. His body looked strong and powerful. And though the man's hands gave away the fact that he is not young, he radiated such an abundance of youthfulness and vitality that Julian felt hypnotized by what appeared before him, much like a child watching the magician at his first magic show.

The self-transformation only happens when people realize their ‘self’, and the spirituality is the tool to decode the human ‘self’. It is the three stage process, realization, spirituality and then self-transformation. In the book *The Monk Who Sold His Ferrari* Robin Sharma beautifully navigate the story towards self-transformation. The main protagonist is Julian who at the initial stage has shown unaware with the realities of life, afterwards he realizes his ‘self’ and went on a spiritual journey. The way he goes through the process of spirituality to achieve the ultimate goal of life and appear with drastic changes.

*The men, who appeared to number only about ten, wore the same red-robed uniform as Yogi Raman and smiled serenely at Julian as he entered their village. Each of them looked calm, healthy and deeply contented. It was as if the tensions which plague so many of us in our modern world had sensed*
that they were not welcome at this summit of serenity and moved on to more inviting prospect. (The Monk, 2009:25)

Robin Sharma in his writings explains the effect of self-transformation. The way Robin introduces the place Sivana and talk about the sages who completely transform themselves. Sages are clearly mature adults, each one of them radiated a childlike quality, their eyes twinkling with the vitality of youth. None of them have wrinkles. None of them have gray hair. None of them looking old. Their living style is different than common man. Spiritually they are sound and perfect in life discipline. Yoga, meditation and self-knowledge made them wonderful. Julian Mantle the main protagonist changed his life within a month of applying the principles and techniques of the sages, where he learns to cultivate the deep sense of peace and inner serenity. He becomes more energetic and spontaneous, growing more joyful and innovative.

In the book The Monk Who Sold His Ferrari Robin Sharma attempt to know the once own self as well as to examine it, through the character Julian Mantle he convey the message of it. Robin says, love yourself, understand yourself, be good to yourself. Because if you are not good to yourself then how one can understand others and transform them.
How can you care for others if you cannot even care for yourself? How can you do better if you don't even feel good? I can't love you if I cannot love myself.” (The Monk, 2009:30)

In this book Robin Sharma introduces the Sivana System of seven basic virtues, seven fundamental principles which embodied the keys to self-leadership, personal responsibility and spiritual enlightenment. These things mostly help to self-transformation and they are described by the seven symbols which definitely help to enlighten.

The garden, the lighthouse, the sumo wrestler, the pink wire cable, the stopwatch, the roses and the winding path of diamonds are symbols of the seven timeless virtues of an enlightened life. (The Monk, 2009:40)

Spirituality teaches human beings to be good for each and every thing. Spirituality sometime described as discipline of life. The way Robin Sharma portrayed mind in the form of garden and made a discipline fence to secure mind is the spirituality. The main intention behind the fence is not to make it limited but to create a disciplined mind which should not accept any toxic waste thoughts that may lose fertility of mind.

In the process of self-transformation mind acts as prominent role. The mind is the mediator between inner and outer world. When human being expand one’s imagination and do some innovation at
that time a particular thing made twice; in the workshop of mind and at the time when it comes into reality. Therefore, Robin Sharma called such process as blueprinting of imaginative thoughts. Moreover, talking about the mind Robin says, mind is a wonderful servant but a terrible master. It can do good things for you as well as bad too. To make wonderful servant, one has to walk on the spiritual path to acquire the peace of mind. Human being made boundaries to mind that what to do? and what to not?

_The boundaries of your life are merely creations of the self._

_(The Monk, 2009:52)_

Robin Sharma here tries to explain the utilization of mind. The way it is used, gives feedback in the same way. When a human being enlighten the power of mind then he/she concentrate its tremendous power on definite, meaningful objectives, and it will quickly ignite the flames of personal potential. This gives a good impact on human life. To be successful in life one has to find out to whom actually he/she loves to do, and direct all the energy towards it. The true happiness lies in the reality of life, the real purpose of life. Robin Sharma gives a very good example to explain mind:

*Have you ever seen the inner tube of a bicycle tire?*

*Of course.*
When it is fully inflated, it can easily take you to your destination. But if there are leaks in it, the tube eventually deflates, and your journey comes to an abrupt end. This is also how the mind works. Worry causes your precious mental energy and potential to leak, just like air leaking out of an inner tube. Soon, you have no energy left. All of your creativity, optimism and motivation have been drained, leaving you exhausted. (The Monk, 2009:57)

Therefore, in the journey of life one has lived his life without worry and with positive thinking. To live a rich life with new possibilities one has to open the doors of mind to show its energy for transformation. In the book *The Monk Who Sold His Ferrari* the character Julian teaches techniques of self-transformation to his friend John. The transformation came about as a result of using a number of highly effective strategies in concert. They are all just as simple as the exercise and equally as powerful. The key concept is to open the human mind to their potential for living a life rich with new possibilities.

As in this book the seven virtues are depicted through symbols, and among them garden is the symbol of the mind. To have great garden of mind and to cultivate good thoughts Robin Sharma suggests to flourish your garden as well as let the pure thoughts enter into the garden. Then and then only human being can transform spiritually.
You have now learned that the mind is like a fertile garden and for it to flourish, you must nurture it daily. Never let the weeds of impure thought and action take the garden of your mind. Stand guard at the gateway of your mind. Keep it healthy and strong — it will work miracles in your life if you will only let it. (The Monk, 2009:74)

The truly transformed life knows what their requirements for life. The spiritual enlightenment knows what they want out of life emotionally, materially, physically and spiritually. In their perspective matter and spirit have the same value. In the book *Spirituality* Sri Sri Ravi Shankarji explain the difference between the matter and spirit.

As their views, Food and water are both made up of atoms, but you need both food and water. You can’t say that since everything is made up only of atoms, I will have only food or water. (Spirituality, 2008:49)

They do not take the bias of anything either matter of spirit but on the contrary they give the same value to both.

On the subject of religion, Robin Sharma talks about the *Dharma* collect inner harmony and deep satisfaction. *Dharma* is based upon the ancient principle that says every one of us has a heroic mission whilst we walk on this Earth. Religion has its own importance, as Sri Sri Ravi Shankarji intellectually describes the correlation between spirituality and religion:
Spirituality is the flesh of the banana and religion is the banana peel. Don’t hold on to the peel and throw away the real stuff. Religion has its symbols, and their significance is the essence of spirituality. (Spirituality, 2008:47)

Robin Sharma is an intellectual writer who respects all religion and culture, as a result of this he acquitted with every religion. To explain the self image of the human being he uses the Chinese theory of mirrors:

*The Chinese define image in these terms: there are three mirrors that form a person's reflection; the first is how you see yourself, the second is how others see you and the third mirror reflects the truth. (The Monk, 2009:86)*

In a simple sentence this theory can be explained that is inner world, outer world and spirituality. An inner world of human being force to see him what actually he wants to see us. Whereas, outer world portrays the image, how they think about the people. And to judge the correct spirituality evokes the truth.

Robin Sharma afterwards talks about the passion of life. Reclaim the joy of waking up every morning, full of energy and exhilaration. Do the things with full of energy and with joy. This gives material as well as spiritual rewards. The joy of simple things and love of life is the spirituality.

*Spirit, spirituality is the major factor to transform a human being. Spirit is love, joy, bliss, compassion, beauty and*
enthusiasm are all made up of the spirit. Enlivening these is spirituality. To grow in unconditional love and in beauty is spirituality. Freedom is the nature of our spirit (Atma) Being centered and being calm is meditation, Samadhi. (Spirituality, 2008:47)

Robin Sharma gives importance to mind, body and soul. For improvement, elevating, and to unlock the energies of mind, it needs trilogy of human endowments. Limits in life are totally made by the human mind, which set for their self. As per his views, there is no chaos in this Universe. There is a purpose for everything that has ever happened to you, and everything that will happen to you.

While reading the book *The Monk Who Sold His Ferrari* on each and every steps reader can get the powerful material for self-transformation. The motivational words are really impactful on human mind and the passion for life gives new way towards sparkling life.

> What I am talking about is a passion for life. Reclaim the joy of waking up every morning, full of energy and exhilaration. Breathe the fire of passion into all that you do. You will quickly reap great material, as well as spiritual, rewards. (The Monk, 2009: 91)

Spirituality is the style of life, manner of life. Robin does not only talk about the motivation but also gives importance to health. As per his opinion, breathing is a science, is a technique. Breathing
properly is to live life properly. To give suggestion for perfect breathing he says, a man belly should move out slightly. This indicates that he is breathing from the abdomen, which is good. As in the chapter Julian Mantle teaches trick which he had learned in the Sages of Sivana. A trick that Yogi Raman taught him was to cup his hands over his stomach. If they moved out as he inhaled, his breathing technique was proper. Robin even talks about the live foods. Live foods are those which are created through the natural interaction of the sun, air, soil and water. He talks about here is a vegetarian diet, to eat fresh vegetables, fruits and grains and to live forever.

The process of self-transformation is somewhere depends on health. Health is a major factor to transform moreover, Robin Sharma perfectly projected the ideology of Indian culture and their Sattvic foods. Sattvic foods are those foods that come from nature and good for health. Precisely in Hinduism importance has given to the vegetarian foods. Therefore, Robin Sharma puts such ideology for self-transformation. Spirituality needs pure soul, body and character. When one has attained such pure things within can transform their self.
In the book *The Sadhus and Indian Civilization* talks about the food habits. The monk uses only vegetarian foods. The Ramanujites are not only strict vegetarians, but also observe purity. Nothing must be eaten by a Ramanujee which has not been prepared in a strict privacy and by themselves. No one else is allowed to enter into the kitchen and he himself enters only after talking bath and putting woolen or silken garment on the body. They always use Arwa rice. Pulses like Masoor and Urad are discarded. They neither use spices nor they take tea/coffee and also never use sugar in their meal. In place of it they use jeggery.

*They also keep themselves away from taking meal at a Grihastha’s house. Before taking meal they offer Bhog to Lord Vishnu and put leaves of Tulsi Plant for purification. They discard intoxicants like Ganja, Bhang etc.* (The Sadhus, 1998:78)

Robin Sharma also somewhere inspired by the *Sattvic food*. In the book *The Monk Who Sold His Ferrari* he says, the sages are not extreme people. All of their wisdom was based on the ageless principle that one must live a life of moderation and do nothing to extremes. So if you like meat, you can certainly keep eating it. Just remember that you are ingesting dead food. If you can, cut back on the amount of red meat that you eat. It is really hard to digest and
since your digestive system is one of the most energy-consuming processes of your entire body, valuable energy reserves are needlessly depleted by this foodstuff. How one feel after eating a steak with your energy levels after eating a salad. If anyone don't want to become a strict vegetarian, at least start having a salad with every meal and fruit for dessert. Even this will make a huge difference in the quality of one’s physical life. The healthy physical life can only achieve spiritual life.

Good investment can enhance the quality of life, but the investment is not in the form of wealth but in the form of purity of thoughts, good food which give good health. Robin Sharma thinks about mind, body and character which should reach at the highest level, when it reaches, it motivates to do good things. Robin here uses very beautiful word for motivation to do things that is personal navigation. A proper navigation on unknown road makes any journey successful. The same way, in the journey of self-realization it works as navigator and navigates towards proper path.

*When you invest in yourself and start to devote yourself to raising your mind, body and character to their highest levels, you will almost feel as if you have a personal navigator inside you, telling you which things you must do to see the greatest and most rewarding results. You will stop worrying about your clock and start living your life. (The Monk, 2009:116)*
In the Hinduism, importance given to the Sun, Moon, and to others stars, because they are stimulator for spiritual practices. Robin Sharma even talks about the Sun and its good impact on human beings. In the ancient culture of the East, the sun was thought to be a connection to the soul. People worshipped it as it allowed their crops to flourish along with their spirits. Sunlight will release human vitality and restore human emotional and physical vibrancy. Moreover, talking about the tools of self-transformation Robin also gives importance to the music. As per his view music is a power to awaken our soul, it has a close connection with spirituality. Spiritual music has the capacity to enlighten our minds and inspires us to dive deep within. The most profound spirituality involves peace and silence. But to enter this realm of peace and silence, it is quite practical to take the benefit of spiritual, soulful music.

Music that helps us spiritually is music that elevates and uplifts our consciousness. It is music that makes rather than breaks. Some music embodies a restless, aggressive quality. Spiritual music energies our inner being, but it does this without creating restlessness and vital excitement. Spiritual music can be a great aid to meditation. If we listen to music with our heart it awakens the
inner aspiration to dwell in the higher realms of consciousness. The great composer Beethoven said of music.

*The sages loved their music. It gave them the same spiritual boost as the sun did. Music made them laugh, it made them dance and it made them sing. It will do the same for you. Never forget the power of music.* (The Monk, 2009:130)

It is proved that Robin Sharma absolutely connected with Hinduism, as the way he describes the mantra in his book *The Monk Who Sold His Ferrari*. A mantra is nothing more than a collection of words strung together to create a positive effect. To decode the word *mantra* Robin explains the true meaning of *mantra* in Sanskrit, 'man' means 'mind' and 'tara' means 'freeing.' So a mantra is a phrase which is designed to free the mind. Therefore, to free the mind one should sing the mantra. Music is that can create energy in a body, self-transformation will not happen if there is no free mind.

Today’s world is techno savvy, everybody has had mobile phone, internet and social networking account. Everyone is spending hours and hours to chat about meaningless things. Therefore, Robin says, don’t pick up the phone every time it rings, stop wasting time reading junk mail, stop eating out three times a week, give up your golf-club membership and spend more time with your kids, spend a day a week without your watch, watch the sun rise every few days,
sell your cellular phone and dump the pager. Little pleasures of life can transform your way of thinking.

M.K. Gandhi’s opinion about the use of words is very strict, he says, words are weapon and it should be used carefully. Robin is also influenced by the Gandhi’s life. If one can control words and use it properly then he/she could win the world. It is called as control of thoughts, once a person is habitual to control his thoughts then he can control his mind. The frightful effect would be seen in the controlled life.

_When you control your thoughts, you control your mind. When you control your mind, you control your life. And once you reach the stage of being in total control of your life, you become the master of your destiny._ (The Monk, 2009:151)

Words are great influencers and are the verbal embodiment of power. By filling human mind with words of hope, they become hopeful. By filling human mind with words of kindness, they become kind. By filling human mind with thoughts of courage, they become courageous. Words have power; such power can transform human life.

Time is also the main principle of spirituality, without consideration of time one cannot do anything. Therefore, Robin says, he 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.* (The Monk, 2009:161)

Spirituality is a discipline of life and self-transformation is the crucial change of life for spirituality. Robin Sharma discusses about the utilization of time and its perfect planning. But while transforming, one does not give time for everything, because it will not make a successful person. There should be courage to say ‘NO’. As per Sharma’s view saying ‘no’ is not arrogant behavior but one must be ruthless with his time. Learn to say no. Having the courage to say no to the little things in life will give people the power to say yes to the big things. Shut the door to your office when you need a few hours to work on that big case. As Robin suggested do not pick up the phone every time it rings. It is there for your convenience, not the convenience of others. Therefore, saying ‘no’ is none other than saving time in your life account.

In today’s world, there is much awareness about the health, as a result of this a group of people established the health clubs. Among the health clubs precisely found a club of ‘Laughter Club’. Science proved that laughter is the best medicine for health.
Whereas, Robin explains the term laughter in his own words:

*Laughter opens your heart and soothes your soul. No one should ever take life so seriously that they forget to laugh at themselves.* (The Monk, 2009:168)

Moreover, to give the spiritual touch Robin Sharma says,

*We are not human beings having a spiritual experience. We are spiritual beings having a human experience.* (The Monk, 2009:170)

In the book *The Monk Who Sold His Ferrari*, Robin’s conclusion leave an enthusiastic idea for the reader. These last lines give path towards self-transformation with spirituality. It is the day to enjoy the fruits of your efforts. It is the day to seize the moment and live a life that soars. It is the day to live from your imagination and harvest your dreams. And never, ever forget the gift of family. Every human being on this planet is a wonder of this world. Every one of us is a hero in some way or another. Every human being of them have the potential for extraordinary achievement, happiness and lasting fulfillment. All it takes are small steps in the direction of our dreams.

*Like the Taj Mahal, a life overflowing with wonders is built day by day, block by block. Small victories lead to larger victories. Tiny, incremental changes and improvements such as those I have suggested will create positive habits.* (The Monk, 2009:196)
The connection between spirituality and laughter therapy is very comprehensive for self-transformation. Robin Sharma in his book *Who Will Cry When You Die?* Explain the vital role of laughter in self-transformation. As per Rabbi Sydney Mintz feeling towards laughter and spirituality:

> When you laugh, aside from the endorphin rush, there’s also a spiritual opening. You’re not so tight inside yourself. That opening I’ve found to be a real gift, in people being able to absorb spirituality. (*Thecenterofjoy*)

Moreover, Robin explains this term from a psychologist's point of view and he quote the William James perspective; *We don’t laugh because we are happy. We are happy because we laugh.* (*Who Will, 2009:41*) Transformational Psychology as practiced on

*The Insight Project’ to the point where it has become one of the world’s most effective and far reaching systems of mind/brain/ consciousness enhancement. (*Transforming, 2001:07*)

Today’s modern psychology has changed towards the life. Everyone is searching for the security of life. Whereas, people should search for new opportunity. Life is all about choices. Robin says, deeply fulfilled and highly actualized people simply make wiser choices than others. You can choose to spend the rest of your days sitting on the shore of life in complete safety or you can take
some chances, dive deep into the water and discover the pearls that lie waiting for the person of true courage. Therefore, the real secret to a life of abundance is to stop spending your days searching for security and to start spending your time pursuing opportunity.

The important role of mind in self-transformation is to remove the unwanted thoughts, feeling and emotions. The mind is itself is a good friend as well as worst enemies. As per Robin’s observation, common man could not remove the unwanted thoughts from their minds. Therefore, to remove one needs a powerful mind and the powerful mind can only achieved by spirituality. Enlightenment of spirit within mind and removing the toxic thoughts is the process of self-transformation. Otherwise, as Robin observes mind:

*The mind is a strange creature in this regard: the things you want it to forget, it remembers.* (Who Will, 2009:64)

In the book *Who Will Cry When You Die?* Robin talks about the ultimate truth of life. The death is the ultimate truth of life, people are afraid about their death and worried about it. But Robin Sharma explains this truth as part of the journey and once human being understand it, it really transforms life. *Once you learn to die, you learn how to live.* (Who Will, 2009:75) Words are the most important thing in life, it can give you love, joy, and happiness as well as sorrow, agony and grief. The proper utilization of words is
more important in life to achieve spiritual life. Spiritual life deals with disciplined life. Therefore, words should be used in a strict disciplined manner. Robin Sharma explains the utilization of words by sages were different, the ancient sages would only speak if the words they were about to utter passed from three gates. At the first gate, they asked themselves, are these words truthful? If so, the words could then pass on to the second gate. At the second gate, the sages asked, are these words necessary? If so, they would then pass on to the third gate, where they would ask, are these words king? If so, then only would they leave their lips and be sent out into the world. Therefore, words are more valuable in life.

Robin Sharma speaks about the perfect result which will not happen in first attempts. Successful achievement of target does not mean luck but it is the hard work to achieve the success. To realize the spirit and to walk on the spiritual path is not easy work to do. And even more it won’t be possible in a day. It needs lots of dedication towards life. Self-transformation comes from the hard meditation. Therefore, Robin says, *Every arrows that hit the bull’s eye is the result of one hundred misses.* (Who Will, 2009:84) Robin Sharma in his writing talks teaches about self-transformation with the help of many examples. He also agrees to have difficulty while learning
new things, but he says, if new habits do daily won’t give that much
tougher.

*New habits are much like a new pair of shoes: for the first few
days, they will feel uncomfortable. But if you break them in for
about three weeks, they will fit like a second skin.* (Who Will,
2009:102)

Therefore good habits makes a perfect human being. Robin even
speaks about the new habits technique; like if a person do the same
thing for 21 days then it becomes a habit and daily spiritual things
and exercise makes life more beautiful.

The other part of spirituality and self-transformation lies in
the forgiveness. Forgiveness is a vital part of spiritual life. To
forgive someone is act of spirit and personal courage. There are
three kinds of forgiveness, all interrelated. There is self-forgiveness,
which enables us to release our guilt and perfectionism. There is the
forgiveness we extend to others and receive from them, intimates
and enemies alike. and forgiveness by God that assures us of our
worth and strengthens us for this practice.

All the spiritual traditions raise up the value of forgiveness,
but many people still find it to be a nearly impossible ideal. Just start
somewhere. Look truthfully at one hurt you have not been able to
forgive. Identify any associated feelings you might have, such as
anger, denial, guilt, shame, or embarrassment. Imagine what it would be like to live without feeling this offense.

*Other steps may be necessary for healing — a confession of your contribution to the conflict, making amends, changing behavior, a commitment to the community — but giving up your claims for, and sometimes against, yourself is where you have to begin.* (Spirituality and Practices)

The life has had ups and downs, but the people blame their luck, though the matter and spirit are the two sides of one coin. The sufferable things people most remind rather than good things. The tendency to look for ‘have not’ is more than ‘have’. The lack of one’s life always remembered than what actually one possess. To explain this subject Robin beautifully says:

*I wept because I had no shoes until I saw a man who had no feet.* (Who Will, 2009:114)

Through this heart touching quote one can understand the meaning of life. It is always said; if a man wants to make progress he should look forwarded and if he wants to satisfy himself the he should look backwards. Self-transformation is also about the satisfaction of life. If once the self is not satisfied and attempting to transform their self then it would not be possible.

Self-discovery is nothing but a self-realization, to discover once self. Robin’s perspective towards the spirit of life is different.
Unlocking your creative spirit will fuel your upward path of self-discovery and make every single one of your days far more fulfilling. While doing self-discovery one should do the meditation for the perfect and controlled mind. Because, meditation is a method to train your mind to function the way it was designed to function.

Robin Sharma connects the ‘down to earth’ attitude with the spirituality which transform the self. As per Robin’s perspective, there are so many notable and intellectual people who lived and living on this earth with down to earth attitude. They have never shown the world their knowledge level and their status to the world. They lived their life simply; just Robin mentioned the life of M K Gandhi who lived his life in a simple way just with the essential needs of life.

_The tree that has the most fruit is the tree that bends to the ground,“_ (Who Will, 2009:155)

Robin Sharma evokes the reality of life through his books _The Greatness Guide_ and it also provides the new opportunity for better tomorrow. The process of self-transformation does not possible unless and until one possess a great vision for life. In day-to-day life, everyone come across the new opportunity for better life, but it’s up to the person who realizes it. Therefore, Robin says:
Each day, life will send you little windows of opportunity. Your destiny will ultimately be defined by how you respond to these windows of opportunity. (The Greatness, 2009:04)

Spirituality does not mean a religious thing or even it does not a ritual, rather than it is an act of living life with the spirit is made up of enthusiasms, joy, love, and beauty. One needs food for the stomach, taste for the tongue, beauty for the eyes, and fun and celebration.

All these are a part of one’s life, and spirituality is something that encompasses all these avenues: human values, compassion, caring. (Spirituality, 2008:19).

To enhance the spirit, one has to understand another. Listen carefully before responding to people. Listening is one of the best ways to honor the people and it will create a deep human connection.

Think about your relationships with friends, family and others you are close to in your life and how people feel when they interact with some of these folks and a single person dominates the conversation. People don't let anyone else participate - to "get one word in edgewise!" It's not a good feeling. Contrast that with the positive experiences people have had when they talk with someone who truly listened to them, who respectfully heard them and sought
to understand what they were saying - who seemed to really care about what they had to say. We all find this refreshing, engaging and attractive in that other person. The world of work is no different. People operate in the business environment much the same as they do with the personal environment and what they find attractive and engaging personality will be similar in a business setting. Doesn't this make logical sense? And if people are attracted to anyone and want to engage with them in the business environment, this will help them drive their success in the working world - this is irrefutable. Some people have developed strong listening skills naturally or maybe it's an innate ability they have been blessed with…

*It's a skill one has to develop – one has to commit to becoming a better listener and then work at it. Robin, you were given two ears and one mouth for a reason: to listen twice as much as you speak.* (The Greatness, 2009:36)

When a person acquires the stage of self-mastery then it is his duty to spread the message in the community. As in the works of Robin Sharma, his entire suffered protagonist after transformation spreads the message to their near one. The starting of such noble work should start from the family itself. Robin is very possessive about the family life and it also reflected in his works. Precisely
parents teach their children about the fear of the outer world. It may be about the ghost, evil and failure. Children create their psychology towards such fear and try to keep away themselves from it. Robin here explains, if a parent attempt to teach their child about the new possibilities and the way to achieve it, then it would be beneficial for them.

*Try not to teach your fears to your kids. Introduce your children to what’s possible.* (The Greatness, 2009:67)

In this physical world attachment with the material world is more important than spiritual world, but to take the experience of spirituality one has to live attachment with material things. Robin gives a good idea to solve this problem in his book *The Greatness Guide*. When a man thinks about the last day of his life on this earth, he would defiantly think about better deeds, rather than doing bad one. Therefore, Robin’s suggestion is more apt to transform the human mind for such activity. *How would I show up today if this day was my last?* (The Greatness, 2009:94) Robin says on this earth no one wants to die, even people who want to go to heaven don’t want to die to get there. And yet death is the destination we all share. No one has ever escaped it. And that is as it should be, because death is
very likely the single best invention of life. Therefore, it is the ultimate truth of life which makes harder into softer.

In physical world people may get many chances for acquiring wealth and other material things but they cannot get even one more chance after death to live in this world. Thus, Robin’s beautiful statement changes perspective towards life.

*Live like tomorrow will not come. (The Greatness, 2009:95)*

If a person surrender himself for the fear then life is full of fears and problems, but if he faces the fear and overcome it then outside the fear he will get beautiful life. The fears you don’t own will own you. But behind every fear wall lives a precious treasure. The fear and failure are different, fear force you to fail and failure force you to win. Failure is just an essential part of realizing success. There can be no success without failure.

When a person achieves the success through the failure, it has a different taste. Pleasure comes from something on the outside. Happiness comes from within. The true happiness lies in the inside and gives peace of mind. Therefore, Robin in *The Greatness Guide* teaches about the important elements of life. The priorities of life are defined in this book. Robin says, delete what needs to be eliminated from your life and you will feel lighter, happier and your mind will
experience more peace. *Every one of us will die. But so few of us really live.* (The Greatness, 2009:219)

What Buddha called *nirvana*, is simply sitting and being in your space, imagining that you are nobody and nothing. When clarity comes, the mind becomes as sharp and powerful as laser beam… and in that mind an intention fructifies very fast. *This mind also has the capacity to heal and elevate itself. It is full of joy, ease and love.* (Spirituality, 2008:07) In subconscious mind power is something like an anticipating smile towards a person when you meet him. It is like improving your odds of receiving what you were anticipating from that person.

It also can be a way of unconsciously moving towards a problem to solve it. Basically, it is the power which comes from the good programming of your mind. How do you program your mind for the sake of obtaining a subconscious mind power? Consciously, take one step at a time, first learn the new method and then try to use it consciously until it becomes an unconscious habit. Thus, Robin Sharma talks about the mind is very apt, *The mind is a wonderful servant but a terrible master.* (Daily, 2009:09) Spiritual awareness is a method by which one begins to discover his own being in order to become complete and bring back together their spirits with their
physical body in the cohesion of purpose. No matter whether he is just starting his research on the spiritual awareness path, the solutions he seeks are always with him. Becoming complete is easy and exceptional for him yet others have a compressed similar path.

Frequently by taking part in a spiritual awareness retreat, a person can remove himself from the routine and assign a time for himself in which he may really be still. In the still environment, he is at liberty to come across at his signposts and perhaps take a look in angle at the road maps to awareness others have developed. Put aside all the seductions of mind and the glamour of these options, and then listen to yourself. You will know the essence of the reality when you let your spirit free. Physicality and mind will not easily surrender to a person's spirit just because he has chosen to increase his spiritual awareness.

Clearer the perceptual processes the better is the indication of the spirituality therein. Less adjustments and thoughts in mind make it more pure. Impatience of mind and the workload have a straight relation. Consequently, one has to control and reduce his own requirements, but this may generate emptiness, and for this reason it is better to desire for dispassion and discrimination. In short, to gear up the subconscious mind one should practice yoga and meditation
and promote devotion and selfless work. Therefore, Robin’s perspective towards self-enhancement is apt in the context of self-transformation. Here he says:

_The most effective way to do this is thought the practice of continuous self-improvement. Self-mastery is the DNA of life mastery. Greatness is an inside game._ (Daily, 2009:14)

Personal transformation is not a race. Actually, sometimes the harder you try to change, the longer it takes. So many people treat self-discovery like an extreme sport—rushing to get all their healing at a frenetic pace. They read book after book. They visit guide after guide and attend seminar after seminar. They want to know the answers to the big questions they are struggling with. But someone who cannot sit in the mystery of their lives and enjoy the process of personal growth is person standing in fear.

_You are what you think about all day long. You are also what you say to yourself all day long. If you say that you are old and tired, this mantra will be manifested in your external reality. If you say you are weak and lack enthusiasm, this too will be the nature of your world. But if you say that you are healthy, dynamic and fully alive, your life will be transformed. Words have remarkable power._ (Daily, 2009:17)

Meditation is not some contrarian practice reserved for monks sitting atop mountains. No, meditation is an age-old technique that
was developed by some of the world’s wisest people to gain full control of the mind and, in doing so, to manifest its enormous potential for worthy pursuits. Meditation is a method to train your mind to function the way it was designed to function. And here’s the key benefit: the peace and tranquility you will feel after twenty minutes of daily meditation will infuse very remaining minute of your day.

Robin Sharma talks about the realities of life. Most people believe that it takes months and years to transform their lives. Actually, people can literally change their life in an instant by making a single decision never to go back to the way where they have been living—no matter what. What takes months, years and sometimes decades are the maintenance required to live with that decision.

Patience is required on this path to truth and self-awakening. One’s timing may not be life’s timing. It may not be appropriate as per one’s life timing then wait for good and appropriate timing. Good times only come when one nourish his/her own mind and his/her own spirit, that time one is really feeding the soul of life. Robin’s concept of default and design is awesome. Where he says,
about to stop living your life by default and start living your life by design.

Darkness is nothing more than an absence of light: once you pour the light of human awareness and understanding into the darkest recesses of your being, you will become a being filled with light. (Daily, 2009:62)

Robin Sharma first began writing about suffering with his characters, which come out of the pain and struggling for life. The character is struggling with their grief. Robin says, in day to day life he met so many people struggling with pain and difficulty in their lives. Where he also met people who had really been transformed through struggles and suffering, people who had come through it and found new meaning. Robin began to see that suffering is part of that life cycle, part of what Robin Sharma call the transformation cycle. Just as the earth goes through the autumn, the winter, and the springtime, so too human being have to go through autumn, winter, spring before our summertime. So much depends on our attitude toward suffering. Robin can see it as a possible teacher, it can be more patient with peoples’ growth and they can help their self to be more compassionate with other people's difficulties. But if people don't deal with their suffering, then their pain and anger, they become very bitter and closed, and all their energy goes in that
direction. Some people who get so caught up in negativity that it takes away all their energy. But if people move through suffering, then people can take our energy to new life. A lot of good can come from suffering. Human being can gain freedom, clarity, meaning, kinship, and hope. *Suffering has always been a vehicle for deep spiritual growth. (Daily, 2009:70)*

Therefore, Robin says, to have spiritual transformation one should not bind himself and never be a prisoner of your past. Become the architect of your future. What was past is never more important than what will be the future is more important.

Family spirituality is the spiritual dimension of everything that the family does to be a family. Its most important ingredient is the love flowing between family members. Where ever genuine love is, we always find God because God is love. Family spirituality is best thought of as family life itself. It encompasses everything alive in the family. It thrives in the caring relationships between family members. God is particularly attuned to family living because, in a sense, God lives in a family, the Holy Trinity.

A singular loving gesture of God ignited the very existence of the Universe. From God’s deep love streams all created reality, past, present and future. The artistic masterpiece of God’s creation is, of
course, the human person. God did not intend that the human person lives alone, but as one immersed in the nourishing moments of communal experience. Life itself begins with a sexual expression of love and develops out of the continuing love within the family as well as the love pulsing through the wider community. Into each heart God places a profound hunger for the experience of being loved and loving others. This hunger can only be satisfied by God’s total and all-encompassing love, but snippets of God’s love are mirrored or experienced within the daily moments of human respect, care, consideration and concern.

The family can awaken itself to God’s loving presence through prayer, both individual and communal, through shared activities, both religious and human, and through the countless efforts given to the care and support of each other. The family is like a cell in a larger living body. In the Church the family is rightly described as a domestic church, a church of the home, a household of faith. No family acts are too small, no words are too brief, for them all to be sacred or holy. From the stirring of the first family member with the sun rising to light a new day until the last light or candle is extinguished, the spiritual life of the family unfolds.
The Kingdom of God it comes to be in families whenever two or three loving people connect and live together in a family. While on the surface most of what happens in the family may appear utterly worldly and temporal, know that every simple gesture of love in the family receives both an *amen* and an *Alleluia* in heaven. For those near God know all too well that what alone lasts is love. Only love conquers death, only love can give birth to and energize all that is most sacred in creation, life itself.

> We are reminded that Jesus came that we may have life. He was born into a family and his final gesture of the cross was to ensure that his mother was cared for. (Bethnayfamily, 01)

In Robin Sharma’s *Family Wisdom*, he talks about the family life and the priorities of life. Whereas, how the main member of family spiritually transforms and learn about the happy and prosperous life. *Family Wisdom* is a story about the life of Catherine who just trapped blindly in the burden of physical world and could not be able to give time for her family life. The way story described by Robin Sharma it somewhere indicate about the vital role of head of the family and its most important role to live happy family life.

> At the end of your life you will find that the things you thought were the big things were actually the little things, and that all those things you thought were the little, unimportant things were actually the big, important ones. (Family, 2009:12)
Robin Sharma has developed a spiritual perspective towards life. In above quotation the way he talks about the important things and unwanted things and their priorities. As per human tendency every one more loves to money and status but do not look towards the small pleasure of life which lies in family life, nature and in the most ordinary things. At the last moment of life when a man calculates his life than he could easily understand to whom he gave top priorities and neglected things. In Robin’s writing itself is said, at that low moment of his life, staring death in the face, he did not think about the money he made or the car he drove or the title inscribed on his business card. His thoughts did not drift to the profit of his company had made or the magazine covers He had been featured on. All he could think about was his family. And how much he loved them, how much he would miss them and how deeply he regretted not devoting more time to them.

In *Family Wisdom* when Catherine saved from a dangerous plane crash and spend more than one month in a hospital, at that time she realized that the importance of her family members than corporate life. To realize such things her brother Julian Mantle who went on ‘a search for life deepest meaning’ and amazingly came from his spiritual odyssey to teach his sister about life real aim.
Julian learns five mysteries of life towards the spiritual life. Where he says, Julian have also learned that failures and suffering in life are actually our best friends. Alexander Graham Bell made the point well when he remarked:

*When one door closes, another opens. But we often look so long and so regretfully upon the closed door that we fail to see the one that has opened for us.”*... our wounds ultimately give us wisdom. Our stumbling blocks inevitably become our stepping stones. And our setbacks lead us to our strengths. *(Family, 2009:36)*

There are small things in life that just seem so nice! Though we often take them for granted, you know they're there, and make you feel good. These are things that we just... need, things that make your day a little bit better. We all have basic needs to survive; food, clothing, shelter... etc. But we also need other things to make us happy, a mental vitamin if you will. Things that cheer up your day, these are other than those that make you psychologically healthy and sane, those which list below the basic needs. The small pleasures, those are to see sunset, sunrise, to feel the breeze and to enjoy the nature etc.

crackling fire. A great meal. A glorious sunset. Hot soup. Cold beer. Don’t fret about getting life’s grand awards. Enjoy its tiny delights. There are plenty for all of us. (Family, 2009:41)

Mandukya Upanishad says “Highest Bliss is located in one’s own Self.”. Material life may be fulfilled to a certain extent, but it often leaves us with a feeling of emptiness, an indefinable lack of something, even if we do not know what. Most of us want joy, happiness and peace. Spirituality teaches us that real joy, happiness and peace come from within. Spirituality brings lasting and meaningful change in our lives through inner transformation.

As we change, the universe changes around us. With this change, there is a nurturing of the inner qualities of the heart, such as courage, hope, faith, wonder, compassion, tolerance, and most of all, love. (Sahajmarg)

Robin Sharma in Discover Your Destiny talks about the fundamental issues of life. This book also provides self-awakening power as well as source of inspiration to transform human life. A life changing story of Dar Sandersen, international hotel entrepreneur, who earned wealth and status but lost his family and personal life. The way story developed and realize the issues of modern man’s is truth of today’s society. Robin Sharma’s favorite character even comes here to help Dar Sandersen from his sufferable
life. Julian Mantle, a spiritually transformed monk who gradually transforms Dar Sandersen through seven stages of spirituality. A man who was between to kill him but spirituality survives him. Even in the book *Spirituality* it is explained, suicide is not a solution but a new problem. Life is a frying pan, don’t jump into the fire from the frying pan! Face life. Don’t escape from it. Escaping from life is life jumping into the fire because there is no escape from life.

*People commit suicide, thinking they will be able to escape life, but they are 'jumping into the fire'... and this is more horrible. It’s not the solution. It is ignorance.* (Spirituality, 2008:11)

Every one of us has questions or is seeking guidance in one form or another. Be it for love, support, or healing, etc. We often begin by seeking outside ourselves to find these life's answers, when they have been ‘inside’ of us all along. This is the meaning of going "within." Over many lifetimes one has forgotten how to look ‘Within’ because human being spent so much time trapped in a downward spiral in search of money, power, lust, that people lost their ability to "see" and our ability to tap into the divine spark of light that each of us carries. This is also known as the universal Energy or by whatever you wish to call its name, depending upon your belief system. Once a human being begins to realize that they
carry a piece of god "within" them, people will realize that they have access this divine energy and they will find ‘all’ that they have been seeking.

It is also shown in different ways, human journey "within" by using his mind's eye. On this "inner journey" people will have access to their inner space and universe. It is also focused on Robin Sharma’s work, where he gives importance to the inner journey.

So many of us have shifted our focus form a quest for the external to a voyage into the internal. For many, the human journey has become an inner journey. We have realized that the gateway to lasting success does not swing outward, it opens inward. The greatest treasures are the treasures that lie within. (Discover, 2009:30)

According to Babuji Maharaj, “Spirituality really begins where religion ends.” Spirituality is easily identifiable with mysticism. The mystic or spiritual journey is an inner journey of the heart. One of the great tenets or principles of all religions has been that God resides in the heart of the human being. Spirituality focuses attention on the divine effulgence created by the presence of divinity in the heart. Spirituality is the need for an inner existence. Spirituality invokes no names, confers no attributes, demands no subservience to any artificially created gods of the human mind, and
focuses our attention on the infinite, the ultimate source of all beings, which is nameless, formless and attribute-less.

This approach to the ultimate can bring together people of all cultures and all religions. If widely practiced, spirituality is perhaps the most potent force for bringing about human integration. (Sahajmarg) Therefore, Robin Sharma involves the approach of inner spirit for self-transformation.

*No one discovers their destiny, Dar. Your destiny will discover you-it will find you, provided you have done that preparation and inner work required to seize the opportunity when it presents itself.* (Discover, 2009:47)

Suffering is the good lessons of life which teaches human being the importance of life. Moreover, it learns the true meaning of living life with ups and downs. Since suffering comes from the meaning we give to our pain, it is possible to have pain without suffering. Secondly, suffering is borne best by those who use it as a means of ‘being with’ others who suffer; of recognizing their own pain as part of human suffering in all its forms. Thirdly, this realization represents a shift in subjectivity amounting to the creation of a new self.

The self-transformation, however, it is important to be aware of the process that leads to the changes. *In the case of physical pain,*
the process must obviously include a changed relation to one’s own embodiment, as well as to one’s relations with others. (Transcendental Meditation, 2001:338) However, Robin Sharma talks about the suffering in his book Discover Your Destiny:

So, if suffering comes to teach us lesions that, we need to learn, such as ‘be a better person’ or ‘stop playing small with your life,’ if we understand these truths or ‘laws’ as you call them, there is no need for us to learn them in painful ways. We’ll experience less suffering in our lives, because suffering only happens when we are out of alignment with the laws that run the world. So we can have a dramatic influence on the way our lives unfold. (Discover, 2009:81)

While doing transformation Julian Mantle realized to his friend Dar about his gradual development. A journey towards self-enlightenment would not possible if a person could not realize where he is going? Therefore, Robin Sharma talks about the fake life. It is all about going through a metamorphosis. One can take experience of a deep transformation. Human being lived their entire life as one big lie. They betrayed their self and lived in authentically, simply to fit into the crowd. Human being choices and conduct are based on an illusion.

True happiness is a rare commodity which does not depend on external things. Real lasting happiness is a state of mind. It is
attained only by accepting things as they are. One way of achieving happiness is to accept that whatever happens in your life is for your good. For this we have to realize that adversities are as important and beneficial as successes. (Ascension, 1999:142) At last in the book Robin gives very spiritual message to the reader to transform.

"It’s always darkest before dawn. A time comes in everyone’s life when they have to play at the edges and take some big chances. A time comes for every seeker where he or she knows, deep down in the heart, that refusing to take the risk will resign them to a life of mediocrity. But making the leap, though it involves great fear along with great courage, will allow them to travel to whole new land. A land of potential, happiness and freedom. Go deep and listen to the inner voice within you. Then trust in its guidance. Life shrinks or expands in proportion to ones’ courage. (Discover, 2009:181)

Robin’s writing about the self-transformation is somehow miraculous. In The Greatness Guide 2 the way he described the new techniques and ideas are power boosting. The first book The Greatness Guide is the first level of reaching greatness whereas, the second book The Greatness Guide is the next level to reach greatness. Here, greatness is nothing but essential changes in human beings. If a person makes indispensable changes itself, self-transformation of the person. Robin Sharma in 101 ways serves new philosophy of life in different taste.
Robin talks about the goodness towards life and its impact on human being. As his opinion in the book reveal, human being should love what they do, as well as being so good, the world cannot ignore them. The more people give to life, more life sends back. Sometimes, people try hard, stay faithful to their dreams and pursue their ideals. Yet nothing happens. Robin suggests, life runs according to its own agenda, not peoples. Therefore, be patient. Be like the stone-cutter, steadily chipping away, day after day. Eventually, a single blow will crack the stone and reveal the diamond. In the process of self-transformation, human beings have to be more patient. *Life is always fair in the end. Trust it.* (G Guide2, 2009:9)

Spirituality has two aspects: one is the personal evolution and growth; second is the human elevation. Spirituality trains us to be capable of higher responsibility, a higher life, a higher purpose and a higher fulfillment.

The right way of acquiring a spiritual status is to go to a spiritual guide, who is capable enough to give you that state, and obey him. The first teaching, as far as the spiritual system of knowledge and experience are concerned, is obedience. There can be no teaching without this condition of obedience being met. It is
not only the student who obeys; it is the teacher, also, who obeys. The teacher obeys his sense of duty, his need to pass on the knowledge and his achievements, to somebody else.

The purpose of the life of a spiritual seeker is to attract his guide and when that is done, all his work becomes divine and perfect. The teacher too cannot hold anything from such a disciple. He pours his entire spiritual wealth into the disciple. *It is like a vast ocean merging into a glass of water. It is indeed a miracle!* (Sahajmarg)

Robin Sharma even speaks about the mistakes of life which should be treated as a good guide of life. A true navigator, that navigates on proper way and keeps away from mistakes.

*Everything that has happened to you in your life—the good and the difficult—was necessary to help you become the person you are now.* (G Greatness2, 2009:23)

When Robin explains the leadership in the context of spiritual transformation and talks about the essential awareness. He says, leadership is about being aware. Aware of thoughts, aware of the actions, aware of the mission, aware of priorities, aware of the talents, aware of fears, aware of the passions, aware of the time and aware of the brilliance presented to the people by the life they get to lead. The way Robin gave importance to this awareness is somehow speaking about the spiritual material. These are the spirits of life.
Powerful question would get appropriate answer. If the human being asks an apt question they would defiantly get powerful answer. Robin Sharma describes the use of powerful question and its impact on human life. When a man asks himself a powerful question will allow him to step into a whole new set of possibilities that he may have missed while he is locked into an old way of seeing things. When powerful spiritual questions arise in the human mind and attempt to solve it. It would defiantly power boosting for self-transformation. The initial stage of behind self-transformation starts with the powerful questing to the ‘self’.

Robin Sharma talks about the importance of time in human life, because time passes very fast. Time is the most important resource. It is a gift of nature to humanity. Time is capital and not renewable income. It is the most valuable gift, which can be offered by one to another. If we have time for our children, they acknowledge us as good parents. Similarly if we have time our subordinates to listen to their problems, they acknowledge us as good superiors. We have only 24 hours in a day and this cannot be stretched beyond 24 hours. Thus we cannot make time but surely we can find time. Therefore, Robin suggests live life truthfully because one day time will slip out.
Go the extra mile in all you do.

Speak truthfully. Live with honor.

And have some fun. Because one day,

you time will run out. (G Greatness, 2009:123)

Self-transformation is also called self-mastery. Self-mastery is nothing but to have all the spiritual qualities which would transform human life. Personal mastery is about approaching life from a different perspective. Sometimes people would refer to it as a journey towards continuous improvement. Personal mastery is guided by key principles like vision, personal purpose, creative tension, commitment to truth and understanding the subconscious mind.

One of the most important fundamental aspects of personal mastery is personal vision. Personal mastery when combined with personal vision can create a framework or guiding philosophy on how you can operate and live your life. Some people would say that personal vision serves as a guide that would keep you on track. Followers of personal mastery see that there are great opportunities to improve their growth. Followers recognize that there are many avenues for growth and opportunities like books, tapes, lectures and school courses. People also benefit from organizations during their quest for personal mastery.
Personal mastery is about loving yourself and expressing your gift to its fullest. Some would think that personal mastery is controlling and limiting one self, but actually it is about understanding your personality. To control or overcome some habits, it would be important to identify how and why those habits arise. \textit{The more you suppress things, the more you would have difficulty in conquering and overcoming them.} (Sqiodoo) Therefore, Robin in his book \textit{The Greatness Guide 2} talks about the personal mastery.

\textit{Life offers you daily opportunities to shine.}
\textit{To polish your gifts. To release your chains.}
\textit{To achieve personal mastery.} (G Greatness 2, 2009:145)

Spirituality is the finest flower of life and its highest fruits are vouchsafed to those who are ready to sacrifice a limited or partial reward for the blessed promise of fullness. Brave indeed it's the soul that can welcome it and choose it. \textit{The struggle indeed is keen, the fight stern, but the fruit compensates for the struggle. Patience is bitter, its fruit is sweet.} (Hindu, 1974:08)

Robin knows the reality of self-enlightenment. Therefore, the self-enlightenment would not be possible without any master, any guide. A guide works as proper navigator. It is also said by Robin, to walk two days journey without guide it may take two hundred years. In this book \textit{Leadership Wisdom}, to transform Peter’s life and
enlighten his life spiritual monk comes and gives powerful lessons. Sri Sir Ravishankarji also explains the reality behind the guide. All the saints in India have said the same thing:

*If you want to reach the Divine, there is no other way than going through the Master, the Guru. (Spirituality, 2008:12)*

The right way of acquiring a spiritual status is to go to a spiritual guide, who is capable enough to give you that state, and obey him. The first teaching, as far as the spiritual system of knowledge and experience are concerned, is obedience. There can be no teaching without this condition of obedience being met. It is not only the student who obeys; it is the teacher, also, who obeys. The teacher obeys his sense of duty, his need to pass on the knowledge and his achievements, to somebody else.

The purpose of the life of a spiritual seeker is to attract his guide and when that is done, all his work becomes divine and perfect. The teacher too cannot hold anything from such a disciple. He pours his entire spiritual wealth into the disciple. It is like a vast ocean merging into a glass of water. It is indeed a miracle!

*This wise leader of the Great Sages of Sivana believed that all failure, whether in the business world or in one’s personal life, could ultimately be traced back to a failure in leadership. Companies don’t perform at their peak when their leaders are unskilled and unwise. People don’t perform at their best when*
Robin Sharma says, while doing work in the corporate sector, there should be spiritual atmosphere. Spirited workplace gives stress less living and make more productive. By the Jean-Claude in his article *Workplace Spirituality and Organizational Performance* he explained how the spirituality works at the workplace. How does spirituality affect the goal of every business, which is to make a profit? A Harvard Business School study examined 10 companies with strong corporate cultures ‘spirited workplaces’ and 10 with weak corporate cultures, drawn from a list of 207 leading corporations. In an 11-year period, the researchers found a dramatic correlation between the strength of an organization’s corporate culture and its profitability. In some cases, the more spirited companies outperformed the others by 400 percent-500 percent in terms of net earnings, return on investment, and shareholder value. A Vanderbilt University Business School Study resulted in similar findings, using the *Fortune* listing of “The 100 best companies to work For”. Chief executive officers, now and in the future, must realize they need to focus on the individual.
Corporations also need to establish themselves as worthy organizations—that is, organizations with a higher sense of business purpose. (Workplace, 2003:361)

The most important character is Julian Mantle who himself suffered and transformed through the techniques of the Sages of Sivana in Himalaya. Earlier he was wealthier but less happy. But after transformation, he just walks on the path for sharing valuable knowledge.

You’re not looking for a new Ferrari? I joked, fully aware of the reply I would elicit.

No, Peter. My Ferrari days are over. I’ve become a simple man bearing the simple truths that our world needs to hear. I promised Yogi Raman and the other sages I would spend the rest of my life sharing their leadership wisdom with those who need to hear it. (Leadership, 2009:76)

When Julian teaches him about the success of life comes through spirituality. It does not mean just achieving the prosperous life but to bear a beautiful smile which cannot take away. The same philosophy of life explains by Sri Sri Ranvishankarji in his book Spirituality...

Spirituality. What do you call success? I say that success the smile on your face that nobody can take away, and such a smile can only come through spirituality. (Spirituality, 2008:52)
Robin Sharma in *Leadership Wisdom* talks about the spirited workplace or spiritual culture in the business. The story is about Mr. Peter Franklin, who was vice-president of the fastest-growing software company and one day he was fired without any prior intimation. Robin Sharma uses new techniques to be visionary leaders through eight rituals. Julian Mantle explains about eight rituals which he had learned in the company of sages. He thought eight rituals of visionary leaders would change Franklin’s life and his company too. Link Paycheck to Purpose is the first ritual, The ritual of a Compelling Future Focus.

Robin Sharma considerately deals with these eight rituals. He put the ideological material in eight ways. In the first ritual he tries to explain the connect the people who work for you and through the link paycheck to purpose people feel good about what they are doing. Directly or indirectly it touches their lives. Robin Sharma gives importance to each and everyone who involved in it. Purpose is the most powerful motivator in the world Robin here explains, the primary task of the leader is to get his people excited about a compelling cause that contributes to the lives of others. Great leadership precedes great fellowship and to show employees you have their best interests in mind. Visionary leaders focus on
liberation human talent and manifesting the potential of people. Lead with integrity, character and courage.

Because when you link paycheck to purpose, you connect people to a cause higher than themselves. Your people will start to feel good about what they are doing. And when your people feel good about the work they do, they will begin to feel good about themselves as people. That’s when real breakthrough starts to happen. (Leadership, 2009:63)

The second ritual is managed by mind lead by heart, The Ritual of Human Relations. Every visionary leader deeply connects with his followers and one of the deepest all human hungers is that need to cherish and understood. Therefore, let your humanity shine at work and treat people with courtesy and kindness. Julian Mantle gives a very ingenious example to understand the second ritual of mind and heart.

You see, Peter, anyone can go into a company and drive up profits by relentlessly driving down his or her people. But soon, the people will grow tired and the equipment will break, because neither has been properly cared for. Remember, the chickens always come home to roost. You just can’t avoid the natural laws of life. (Leadership, 2009:96)

The third ritual is the reward routinely, recognize relentlessly, the ritual of team unity. Here in the third ritual Robin Sharma finely talked about the great leaders are great teachers and
great coaches. Due to them any organization, company or a family can surely get the success. While in the corporate world a good leader should reward and recognize employees regularly. So they can feel good towards the organization where they work. A good leader’s genuine appreciation can change worse condition into worth condition. By this ritual you always get more of what you reward.

When you are inspired by some great purpose, some extraordinary project, all of your thoughts break their bonds: your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be. (Leadership, 2009:131)

Surrender to change is the fourth ritual, the ritual of adaptability and change management. To master change, develop the discipline of managing the unexpected. In this ritual the only learning culture grows amid change. There is joy in change. Change is necessary for our survival, change is humanity’s best friend. Change is itself is a new beginning. Change is the ultimate truth of life, which has to be accepted.

The nature of water is to flow,” Julian observed as he dipped his youthful hand into the bubbling brook. “It goes with the current. It does not resist. It does not hesitate before it yields.
But it is also one of the most powerful forces on the earth. Study water and manage the changing currents of modern business like water manages the currents of nature. Rather than viewing change as an adversary, welcome it as a friend. And then surrender to it. That’s what adaptability is all about. (Leadership, 2009:152)

The fifth ritual is Focus on the worthy, the ritual of personal effectiveness. The secret of personal effectiveness is concentration of purpose. The art of getting things done lies in knowing what things need to remain undone. If you do not lead your time, it will lead you. If your priorities do not get scheduled into your planner, other peoples’ priorities will get scheduled into your planner. Therefore, plan your worthy priorities in your life planner to do well.

Leader lead thyself is the sixth ritual, the ritual of self-leadership. All leadership begins within. We see the world not as it is but as we are. Anything less than a conscious commitment to peak personal performance is an unconscious commitment to weak personal performance. Never settle for mediocrity when you can attain mastery.

The seventh ritual is seen what all see, think what none thinks, the ritual of creativity and innovation. Every human being is creative. The task of the visionary leader is to create a workplace that liberates this natural endowment. Shed the shackles of outdated
way of thinking and discover smarter ways of doing what you do. Allow people to take risks and fail freely.

*Never forget that when you ensure that your employees laugh while they work, they will ensure that your clients laugh while they buy.* (Leadership, 2009:236)

The last ritual from the *Leadership Wisdom* is Link Leadership to Legacy, the ritual of contribution and significance. The purpose of life is a life of purpose. Focus on leaving a footprint and making a difference. Leadership greatness comes by beginning something that does not end with you. Thus, by this way Robin Sharma explains the eight powerful rituals in his best book *leadership wisdom*. Through the eight rituals Robin Sharma gave new way of self-enhancement. It is a step by step progress towards self-transformation for a better life.

Robin Sharma’s among all his book *Mega Living* is a book that deals with life changing exercises, a course of 30 days towards a perfect life. In the process of self-transformation mind, body and character play a vital role. It is not merely a process of spiritual transformation of mind but also to transform body and character. Mind, body and character are co-related to each other. Each one needs to develop properly. Therefore, here in his book Robin
Sharma works on mind, body and character. In the course of 30 days reader can transform towards Mega Living.

While going towards mega living Robin instructs to reader about the mega thinking. Positive thinking brings inner peace, success, improved relationships, better health, happiness and satisfaction. It also helps the daily affairs of life move more smoothly, and makes life look bright and promising. Positive thinking is contagious. People around you pick your mental moods and are affected accordingly. Think about happiness, good health and success and one will cause people to like one and desire to help you, because they enjoy the vibrations that a positive mind emits.

_In order to make positive thinking yield results, you need to develop a positive attitude toward life, expect a successful outcome of whatever you do, but also take any necessary actions to ensure your success._ (Positivethinking)

Mega thinking open doors of positivity, as Norman Vincent Peale spoke about mega thinking and its impact is unbelievable.

_Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy._ (MegaLiving, 2009:31)

Thinking is the process of the mind, and what one thinks he/she will become the same. Robin approves the sentence by saying that, mind is the universe’s most powerful computer and a human
being is the programmer. What you enter into it is all that will come out. Moreover, the quality of life is a direct result of what people put into their minds. As Robin Sharma in his first popular book talks about the mind as a garden and it should be clean for mega thinking because it helps people to make what actually they posses. In Satyajyoti Chakravarty’s book *The Philosophy of Sri Aurobindo* talks about the mind and body.

“life here is bound by the limitations of mind and body and is not the free play of the consciousness-force” (Philosophy, 1991:40)

The second important thing to transform is body. Exercise, proper diets are essential for the development of the body. Robin Sharma put forth about the various tips regarding to good health. Moreover, he talks about the magic of diet. As Robin Sharma states about the personal mastery, now here he asserts about the physical mastery. Even he discusses about the secret of the east for longevity; proper breathing, early rising, proper chewing, the benefits of Yoga. Yoga is the important part for physical mastery.

One of the important benefits of yoga is that it will help you with your spiritual life. The practice of yoga is performed by individuals from all religions, and it is nondenominational. It gives you direction on the right way to live and also take care of yourself
and your dealings with others. While you practice a challenging posture you will learn patience, the value of gentleness, and forgiveness. Yoga is also useful in advocating the right way of eating, and it is not necessary for you to be a vegetarian for yoga to be practiced.

There have been a few medical studies on how yoga can affect you in a positive way. Due to the positive effects many doctors have started to use yoga as part of the patient recovery program. Therefore,

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yoga \text{ is useful in benefiting all aspects of your life by making you physically healthy with the various poses and mentally fit with the different breathing exercises. (Yogawiz)}
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There are a lot of benefits that you can get from yoga. The practice of yoga not only helps in improving the body’s physical aspects, but also helps with the spiritual and mental aspects. Performing yoga on a regular basis is a great way to bring relief from stress and achieve a sense of well-being. This is because the practice of yoga helps in encouraging relaxation and in bringing down the cortisone levels in the body. Yoga also helps in easing aches and pains in the body, and individuals with serious diseases have claimed to have less pain after practicing breathing exercises and yoga postures. Even the styles of yoga that are gentle help in
bringing down the heart rate and increasing overall endurance. This is a very useful benefit of yoga, and it helps to increase the intake of oxygen during the exercises. One can also benefit to improved concentration, greater reaction time, and enhanced memory skills and coordination. However, one of the main reasons why people practice yoga is for inner peace. This is one of yoga’s most important benefits and also one that can be easily attained. However, for you to achieve these benefits, it is essential that you maintain regular practice and follow a proper diet.

The third and last important thing to be transformed is character. To develop good character and attaining public excellence and private victory it needs to be developed by various angles.

*When you invest in yourself and start to devote yourself to raising your mind, body and character to their highest levels, you will almost feel as if you have a personal navigator inside you, telling you which things you must do to see the greatest and most rewarding results. You will stop worrying about your clock and start living your life.*

*The Monk, 2009:116*

It is the remembrance of our original home, from which we have come. We have become so focused on material life that we no longer remember that divine home. The soul is the traveler on
its way back home. The journey is the life we adopt on the way home, it is life itself. The body is the vehicle in which the soul travels through life. Our spiritual goal is to achieve that original condition and the spiritual path is the way we travel to reach that goal.
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