Chapter-II

JOURNEY TOWARDS SELF REALIZATION
CHAPTER II

JOURNEY TOWARDS SELF-REALIZATION

Whoever enters The Way without a guide will take a hundred
years to travel a two day journey. (Discover, 2009:41)

The concept journey towards self-realization is all about
human life’s journey, towards spiritual life in the context of Robin
Sharma’s writing. His writing is full of inspirational, motivational
for a reader. To explain in simple manner, suppose a person wants
to go anywhere, he has to make a start somewhere. ‘A’ is the
starting point whereas ‘B’ is destination point then he has to search
for ‘A’ to start his journey. The point ‘A’ is very meaningful in
spiritual life, the point itself is a realization of self. When a man
realizes oneself as well as the purpose of his life, he could not stop
himself from discovering his purpose of life. Once a person is
aware with the reality of life, he goes on to searching the supreme
reality of human life.

So take the time to think. Discover your real reason for being
here and then have the courage to act on it.
(The Monk, 2009:58)

Any journey has a destination, a spiritual journey has
supreme destination. Life itself is a journey from birth to death;
meanwhile people merely live their life from birth to death. It is not called as spiritual journey of life, it’s never journey towards self-realization. The basic questions that strikes ones mind why are we here? What is the goal of life? Who am I? Where do I have to go? when such questions are solved by human mind at the same time they start their journey towards self-realization. In the book *Modern Indian Mysticism* Kamakhya Prasad talks about the self-enquiry. The self-enquiry is the first step towards self-realization. Self-enquiry is not a mental effect to understand the nature of the mind. It is an inward process; for it is an urge from the soul. As he states:

*Self-enquiry is certainly not an empty formula; it is more than the repetition of any mantra. If the enquiry, Who am I? is a mere mental question, it is not valuable. The very purpose of self-enquiry is to direct the entire mind to its sources.*

(*Modern Indian, 1981:159*)

Realization of anything is like finding a glittering diamond in a coal mine. It is the same, like any other shining stone but the actual quality of diamond makes its unique quality from others. Toughness, glittering and shining quality makes a diamond different from other stones. In the same manner, a man who has a quality of life but is in a darkness of material world, unless and until
he proves his quality of life he can be considered as just shiny stone. Realization of one’s own quality and aim of life starts one’s spiritual journey. ‘Enlightenment’ of human being is only through self-understanding. It is the Hindu understanding that, once you know the truth, are enlightened unto it, there can be no desire to do other than keep faith with it.

*If a person is patently not being true to what’s real, it’s clear he doesn’t really know it: he hasn’t discrimination (buddhi).* (Eastern Spirituality, 1976:06)

The concept of self-realization can stir up divine visions and a highly balanced outlook of life, a sober approach to every event and factor in life, a policy of impersonality in regard to any kind of encounter in the world. Indian concept of the liberation of the spirit calls it self-realization, or God-realization. The word ‘self-realization’ is commonly used in spiritual circles.

Robin Sharma’s protagonists are the good examples for the spiritual journey. From his first book to last book, he shows a character from material world which is struggling for peace of mind and satisfaction. In his very famous book *The Monk Who Sold His Ferrari* and other sequel books, protagonist Julian Mantle a famous lawyer is brought face to face with a spiritual crisis. Julian’s spark of life begins to flicker. He embarks on a life-changing odyssey and
discovers the ancient culture of India. During this journey he learns to value time as the most important commodity and how to cherish relationships, develop joyful thoughts and live fully. One day at a time. When Julian realizes his own ‘self’, a self that was buried in the materialistic possession by him, a three years journey to India made enormous changes in Julian Mantle’s life. The eleven chapters are carefully planned and flow flawlessly from one to the next.

Julian Mantle, a very successful lawyer was the epitome of success. He had achieved everything most of us could ever want: professional success with a seven figure income, a grand mansion in a neighborhood inhabited by celebrities, a private jet, a summer home on a tropical island and his prized possession a shiny red Ferrari parked in the center of his driveway. Suddenly he has to come terms with the unexpected effects of his unbalanced lifestyle. John, who is a friend as well as a co-worker of Julian, narrates the story. He begins by describing Julian’s flamboyant lifestyle, his exaggerated courtroom theatrics, which regularly made the front pages of newspapers and his late night visits to the city’s finest restaurants with sexy young models.
Julian's outrageous courtroom theatrics regularly made the front pages of the newspapers. The rich and famous flocked to his side whenever they needed a superb legal tactician with an aggressive edge. His extra-curricular activities were probably as well known. Late-night visits to the city's finest restaurants with sexy young fashion models, or reckless drinking escapades with the rowdy band of brokers he called his "demolition team" became the stuff of legend at the firm. (The Monk, 2009:02)

Julian Mantle, the great lawyer collapses in the courtroom, sweating and shivering. His obsession with work has caused this heart attack. The last few years Julian had worked day and night without caring about his mental and physical health, which helped him to become rich and successful lawyer but took a toll on his health and mental state. At fifty-three he looks seventy and had lost his sense of humor. Almost every day Julian use to tell John that he felt no passion for what he was doing and feeling emptiness in life. Julian refused to meet any of his friends and colleagues at the hospital. One fine day he quit his law firm and took off without saying where he was headed.

Three years passed without any news from Julian. One day he paid a visit to his friend and former colleague John, who was now a cynical older lawyer. But Julian, in the past three years, had
been miraculously transformed into a healthy man with physical vitality and spiritual strength.

*I was dazzled by his incredible transformation. Gone was the ghost-like complexion, the sickly cough and the lifeless eyes of my former colleague. Gone was the elderly appearance and the morbid expression that had become his personal trademark. Instead, the man in front of me appeared to be in peak health, his lineless face glowing radiantly. His eyes were bright, offering a window into his extraordinary vitality. Perhaps even more astounding was 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)

Following his heart attack Julian Mantle realizes the real purpose of life; and he sold all the material possession, big mansion, island, private jet and shiny red Ferrari. When he was struck by the basic questions of life, to get the answers, he left for India on a spiritual odyssey.

The author tells us about Julian’s Indian odyssey, how he met the sages of Sivana who had a life changing effect on him. Julian Mantle shares his story of transformation, his secrets of a happy and fulfilling life with his friend John. Julian describes Sivana a small place located in the Himalayas, the land of rose covered huts, placid
blue waters with white lotuses floating, youth and vitality, beautiful glowing faces, fresh and exotic fruits. The Protagonist past dealt with modern life whereas, the present life in Sivana makes him spiritual. Robin Sharma gives a beautiful realization of the spiritual place Sivana:

*At the center of the village was a tiny temple, the kind Julian had seen on his trips to Thailand and Nepal, but this temple was made of red, white and pink flowers, held together with long strands of multi-colored string and twigs. The little huts which dotted the remaining space appeared to be the austere homes of the sages. These were also made of roses.*

*The Monk, 2009:25*

Julian tells John about the sages of Sivana, who knew all secrets of how to live life happily and how to fulfill one’s dreams and reach one’s destiny. Julian relates his experiences with Yogi Raman the leader of the sages of Sivana and the person who taught Julian his secrets of a happy and fulfilling life. He begins noticing the beauty in the most ordinary of things. Whether, it is the marvel of a starry night or the enchantment of a spider’s web after heavy rains. Within a month of applying the principles and techniques of the sages, he begins to cultivate the deep sense of peace and inner serenity that has eluded him in all the years he lives in the west. A
first step towards self-realization is in the Sivana which is cultivated by Yogi Raman.

In *The Monk Who Sold His Ferrari* Robin Sharma finely clears the idea about the gradual progress of self-realization. He talks about inner and outer world in the context of spiritual growth towards self-realization:

> 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. (*The Monk*, 2009:29)

When Julian comes back, John is surprised by great change in Julian. The person who looked like older three years ago is now transformed into a young. The drastic changes make Julian better than his previous self. As he promised to the sages of Sivana, that he will spread the same message of spiritual life which he learned in Sivana. When he visits John he wishes to share the transforming ideas to him. And he suggests John to make his mind empty. In Hinduism when a person has to search for inner reality or supreme reality of life he has to clear his mirror. Mirror is nothing but the human mind which has to be clear like a mirror. Hinduism relates improvement necessarily to self-understanding; and self-understanding it relates to inner-clarity; and inner-clarity it
relates to *cleansing the mirror* (*Eastern Spirituality, 1976:87*). It is very clear, if you wish to start your journey your mind should be calm, quite, and empty. There should not be any false ideas within your mind.

*Julian, what are you doing? My cup is overflowing. No matter how hard you try, no more will go in!* I yelled impatiently. "Please don't take this the wrong way. I really respect you, John. I always have. However, just like this cup, you seem to be full of your own ideas. And how can any more go in... until you first empty your cup? (*The Monk, 2009:34*)

He narrates to John the fable that contained the seven virtues for a life abundant with inner peace, joy and a wealth of spiritual gifts. He tells John the techniques life *the heart of rose technique* (*The Monk, 2009:60*) and *the secret of lake technique* (*The Monk, 2009:67*). He tells John how to cultivate the mind and how to use setbacks for expanding knowledge of the self. Here in this Sivana system Robin Sharma psychologically catches the reader.

He narrates the story of Sivana system and progress towards peace of mind and self-realization in a fascinating manner. You are sitting in the middle of a magnificent, lush, green garden. This garden is filled with the most spectacular flowers you have ever seen. The environment is supremely tranquil and silent. Savor the
sensual delights of this garden and feel as if you have all the time in the world to enjoy this natural oasis. As you look around you see that in the center of this magical garden stands a towering, red lighthouse, six stories high. Suddenly, the silence of the garden is disturbed by a loud creaking as the door at the base of the lighthouse opens. Out stumbles a nine-foot-tall, nine-hundred-pound Japanese sumo wrestler who casually wanders into the center of the garden…..As this sumo wrestler starts to move around the garden, he finds a shiny gold stopwatch which someone had left behind many years earlier. He slips it on, and falls to the ground with an enormous thud. The sumo wrestler is rendered unconscious and lies there, silent and still. Just when you think he has taken his last breath, the wrestler awakens, perhaps stirred by the fragrance of some fresh yellow roses blooming nearby. Energized, the wrestler jumps swiftly to his feet and intuitively looks to his left. He is startled at what he sees. Through the bushes at the very edge of the garden he observes a long winding path covered by millions of sparkling diamonds. Something seems to instruct the wrestler to take the path, and to his credit, he does. This path leads him down the road of everlasting joy and eternal bliss.
He talks about setting and following our own purpose and teaches John the ancient art of self-leadership with techniques such as *do the things you fear* and the five steps method for attaining goals”. He waxes eloquent about the value of self-discipline and respect for time. He describes techniques such as *the ancient rule of 20* and *the vow of silence*. He teaches how to focus on the priorities and thereby maintain a balance and simplified life. He gives examples that prove that willpower is the essential virtue of a fully actualized life.

Here the Chinese character for ‘crisis’ is comprised of two sub-characters: one that spells ‘danger’ and another that spells ‘opportunity.’ Therefore, every bright side has a dark side. In a life everyone has two characters; within their self there is danger and apart from danger there are opportunities. Mistakes in a life make good experiences.

*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 self-mastery. From struggle comes strength. Even pain can be a wonderful teacher.* (The Monk, 2009:46)

Julian teaches John the virtue of selflessness in serving others. He asks John to embrace the present and live in the
present- “Now”, never to sacrifice happiness for achievements and to savor the journey of life and live each day as his last one. At the end he asks John to spread these secrets for the benefit of other people. Embracing John like the brother he never had, Julian leaves. For the reader who might be in the rat race for material success and money, this book might be food for thought. But the message is a trifle too clichéd and the lectures too pedantic for the reader who is more or less conversant with the principles and insights garnered by Julian Mantle form the sages of Sivana.

Robin Sharma gave ample examples to realize ‘self’, he says ten minutes of focused reflection a day will have a profound impact on the quality of your life. As he suggested ‘The Heart of the Rose’ technique learns silence and stillness in life. Each day, no matter how busy you get and how many challenges you might face, return to the Heart of the Rose. It is your oasis. It is your silent retreat. It is your island of peace. Never forget that there is power in silence and stillness. *Stillness is the stepping stone to connecting with the universal source of intelligence that throbs through every living thing. (The Monk, 2009:61)*

The presentation in the form of a story redeems the book to some extent. The book might perhaps be more satisfactory for
readers who are unfamiliar with and hungry for oriental wisdom. This book is highlights the issues in the journey of self-realization. The mind plays a very vital role in self-realization. According to Robin Sharma’s point of view the mind is a garden which should be kept clean and should be sowed with pure seeds which will give good results in future. Similarly the way a human mind thinks depends upon his mind garden, if his mind garden with good thoughts, the output will be good. If the garden contains garbage, one cannot expect good thoughts. Robin Sharma keenly observes in the journey of self-realization:

> the garden is a symbol for the mind ,” said Julian. “If you care for your mind, if you nurture it and if you cultivate it just like a fertile, rich garden, it will blossom far beyond your expectations. But if you let the weeds take root, lasting peace of mind and deep inner harmony will always elude you. (The Monk, 2009:41)

Robin Sharma gives importance to mind; only a transforming mind can do such unimaginable things. ‘Mind is a garden’ is a marvelous concept, he says daily many people use to throw toxic waste in their fertile garden. The toxic wastes are fear, dissatisfaction, agony, anger, frustration, anxieties, worries etc. If a person really needs to go for self –realization, they need to make their garden beautiful and non-toxic.
Once a person starts to change by all mean there should be persistence, because ‘persistence is the mother of personal change’ (The Monk, 2009:52) To make drastic change there should be perfect concentration of mind, as it has been said by Robin Sharma, concentration is at the root of mental mastery (The Monk, 2009:53) meditation is purely based on concentration, to acquire silence and stillness for mind, one has to return to the Heart of the Rose. It is the place of peace of mind. Stillness is the stepping stone to connecting with the universal source of intelligence that throbs through every living thing.

Opposing thoughts are also important part of journey towards self-realization. Self-knowledge is the stepping stone to self mastery. Negative thoughts and its impact on person make him fail in life, but opposite thinking towards negative make it positive. Self-knowledge is the stepping stone to self-mastery. Step two is to appreciate once and for all that just as easily as you allowed those gloomy thoughts to enter, you can replace them with cheerful ones. So think of the opposite of gloom. Concentrate on being cheerful and energetic. Feel that you are happy. Perhaps you might even start to smile. Move your body as you do when you are joyful and full of enthusiasm. Sit up straight, breathe deeply and train the power of
your mind on positive thoughts. You will notice a remarkable difference in the way you feel within minutes. Even more importantly, if you keep up your practice of Opposition Thinking, applying it to every negative thought that habitually visits your mind, within weeks you will see that they no longer hold any power.

Self-image is also vital past in the journey of self-realization, self-image of man can determine his perspective towards life. If a man considers his self-image in deprecating manner he will not be successful but instead if he considers self-image force to be better than the possessed one he can make successful, such system makes you happy. Lasting happiness comes from steady working to accomplish your goals and advancing confidently in the direction of human being’s purpose of life.

Self-enlightenment is only possible when a person has self-knowledge, as in the book The Monk Who Sold His Ferrari sages of Sivana have self-knowledge. They enlightened their lives living deep in the Himalayas and concentrating on meditation which leads their awareness towards their life. A self-knowledge person filters out unimportant things and tries to focus on important things. A trained mind can sort out good habits and try to remove bad
habits. *Self-knowledge is the DNA of self-enlightenment* (*The Monk*, 2009:77). In the book *The common Experience* J.M. Conen talks about mediation as beyond time and with new things:

*To meditate is to transcend time. Time is the distance that thought travels in its achievements. The travelling is always along the old path covered over with new coating, new sights, but always the same road, leading nowhere-except to pain and sorrow.* (*The Common*, 1979:183)

In positive thinking mind makes good progress where as negative thinking breaks the progress. In negative thinking fear act as barrier, fear is a hurdle in the journey of self-realization. Robin Sharma points out about fear:

*Fear is nothing more than a mental monster you have created, a negative stream of consciousness.* (*The Monk*, 2009:101)

Fear is a situational response towards any object or subject, fear cannot be reason of death but it can surely decrease the quality of life. To withdraw such fear from life, one has to do the very thing that a person mostly fears. A fearless life and a fearless mind gives good health and well life.

*When you erase fear from your mind, you start to look younger and your health becomes more vibrant.* (*The Monk*, 2009:102)
There are hundreds of motivational books published over the years, Robin Sharma’s *The Greatness Guide* is one of the better books. Short chapters and lucid language make the book easy to read. Robin Sharma is able to write in a manner that seems as if he is sitting and talking with reader. He shares stories that make his points easy to understand. The book demonstrates real life examples that we can all identify with at one time or another. To me, the book is like having your own personal coach discussing areas of personal and professional development. His strategies are not complicated, and anyone can apply them to assist them to reach success in both their personal and professional lives.

While reading this book the reader encounters his own challenge; one that discouraged them, after reading a few more chapters, the readers are motivated to look at the challenges which they were facing as an opportunity. This book has many motivational ideas that can change your life. Robin Sharma’s *The Greatness Guide* is a learning guide towards self-realization. In *The Greatness Guide* importance is given to hard work. When a person starts his journey towards self-realization he cannot simply acquire it. It needs devotion, dedication, and hard work, hard work opens doors to the genius. To be genius, it needs proper focus, daily
improvement and time. When people focus on their aim and make necessary daily improvement and manage their time is called genius. As we have seen in *The Monk Who Sold His Ferrari* Julian Mantle works hard to reach Sivana, he never had thought to be in safe zone, if he could, then will not be successful at all.

*Staying in the safety zone—and coasting through life—never made anyone bigger.* (The Greatness, 2009:43)

Robin Sharma invented many new terms in the context of self realization, among all the concept ‘deathbed’ is very important in the journey of self-realization. Death is the ultimate destiny of life and truth which makes every human being down to earth. Death is the reality of life, deathbed is a concept related to the last moment of life’s odyssey. In the last moment of life, people use to think about how they lived their life. Here Robin Sharma asks few questions which make everyone realize about life; there is something remaining and incomplete.

*Most people don’t discover how to live until it’s time today. Write your answers in your journal. Talk about them. Think about them. Imagine that today is the last day of your life and you are lying on your deathbed. Then ask yourself:*

*Did I dream richly?*

*Did I Live fully?*

*Did I learn to let go?*
Did I love well?

Did I tread lightly on the earth and leave it better than I found it? (The Greatness, 2009:52)

There are many people who live their life just sleeping. They never had thought about self-realization. Sleeping for them is like heaven, but such people will not realize that they are living in hell, and they are not aware of the supreme reality of life. Hence, here in this book The Greatness Guide Robin Sharma gave a good suggestion for them. There will be plenty of time to sleep when you are dead. (The Greatness, 2009:138)

When a human being walks in the search of self-realization, first he should know he is pretty special no one is more special than him in life. Time factor is very important part, what a person can do best today may not be happen in future. Therefore, Robin Sharma quotes in his book Greatness Guide 2:

There will never be a better time
to be the best you than today. (G Guide2, 2009:03)

In this book Robin put his ideology regarding invisible fences, it gives clear idea about limitation of human being. Human made limitations which stop their progress and make them limited. For better explanation Robin gave the example of trained dogs of training center. These dogs were force to learn, to know about the
fences, afterwards, when the fences were removed dogs could not go further because their mind could not allow them to go further due to imaginary fences. In the same manner human mind creates a lot of fences in life which can not realize human, what actually they are. For realization human being should come out from such mind made fences. The limitation of mind and body is explained in *The philosophy of Sri. Aurobindo*:

> Life here is bound by the limitations of mind and body and is not the free play of the consciousness-force (*The Philosophy*, 1991:40)

On the way of realization fear is the same factor like invisible fences, somewhere it stops you from your goal but in Robin Sharma’s success expansion principle, he advices to face the fear and overcome it. As per Robin’s philosophy *on the other side of every fear door lie gorgeous gifts* (*G Guide2*, 2009:11) Human being fears when they commit some mistake and treated to a simple mistake like a crime. Mistake is not crime or matter to fear. Mistakes in a life work as navigator, it navigates you towards proper way of life and it is necessity of life. Whatever happened in your life good or bad it would defiantly help to become the perfect man. Hence, mistake should not be treated as crime. When a human
mind understands his mistakes and overcome it he would defiantly succeed in his life.

Ideas are worthless if thinkers cannot put their idea infront of the world. On the earth there are many thinkers who had not put their ideas infront of the world as such their ideas become worthless for the world hence, every man should understand he is worthy for the world. For such a situation Robin says: The world of ours is full of great thinkers who never realized their greatness. (G Guide2, 2009:31)

People should learn from their mistakes otherwise there will be no change at all. If people are committing the same mistake again and again, it simply indicates that they are not listening to their life. Each day life sends you chances to learn, grow and step into your best. Don’t miss them, some opportunities never come again. Regret is only a choice.

Everybody runs from fear, mistakes and conflict. Conflict gives suffering and makes us feel bad so try to avoid it. But here is Robin Sharma in Greatness Guide 2 speaks of conflict like an opportunity which opens a door towards success therefore, one needs to cherish conflict. This is the better way to transform you through self-realization. It doesn’t matter what others think of you.
What is their opinion about you it is just waste of energy. Self-approval is human being real energy.

Robin Sharma leads people without title, when every possible door closes. Robin says don’t loose your hope instead realize yourself. There are various ways to overcome the problem and surely you will get correct beginning.

> If you’ve tried everything possible to realize an outcome and it just hasn’t worked out as planned, stop trying so hard. Relax what you wanted wasn’t in your best interests. Maybe while one door seems to be closing, another is actually opening. And often once you let go of what you thought was best, space is created for something even better to arrive. Because every ending ushers in a brand-new beginning. (G Guide2, 2009:88)

It has been said, if you want to be successful in your life then daily you should speak to the person whom you meet infront of mirror. Robin Sharma calls this ‘Mirror Test’. Speaks with the mirror and asks questions to the personality who is in the mirror and get appropriate answers to become great.

> What one thing could I do today that
> If I did it, my professional and personal Life would get to its NLG:
> Next Level of Greatness? (G Guide2, 2009:91)
The next level of greatness cannot be achieved unless and until he or she does hard practice. Great people who achieved everything in a life could not get easily. It becomes worthless, if you don’t practice about your dream, about your goal; how you can get better. Just hoping about your goal is a stupid thing it just thinking, which has no output. Thus, Robin Sharma, stated his opinion about practice. Brilliant results don’t just show up by chance. The finest things in life take patience, focus and sacrifice. (G Guide2, 2009:109)

To realize ‘self’ one has to think about excuses. Excuses acts like a hindrance in human self-realization journey. Excuses gives negative power to withdraw people desire towards self-realization to fight with own excuses the more they will own you. Therefore, Robin Sharma speaks in his books Greatness Guide 2 in the chapter no.58 Don’t Fight for Your Excuses:

No great life was ever built on a foundation of excuses. So stop making them. (G Guide2, 2009:116)

The quality of life makes you wise and happy forever. The quality of life never depended on material world. Two things are very important in quality of life; inner world and outer world. Outer
world is a reflection of the inner world. Therefore, the inner world
works like a mirror.

*The quality of your inner world eventually is reflected in the
quality of your outer world. Your external life can never grow
bigger than your internal one. Life really is a mirror—
reflecting who we are, rather than all we want. (G Guide2,
2009:126)*

Realization of one’s owns self is not an easy nut to crack. It
needs great planning, if someone dreamt about something, first he
has to set a goal, aim for his dream. To achieve the goal or aim he
has to plan. Planning is the only thing which gives you the estimate
of your time and success. It works like a journey meter, navigation
towards your goal. Planning gives you awareness about your status.
Therefore, when man sets his goal for self-realization he has to plan
to get a successful journey.

Realization cannot be depending on small or big things, it
depends on how people think. People should not compare with
other people. When people compare with others they suffer more. A
small insect can realize its existence through many ways. Thus, a
person who thinks that he cannot do because he is too small to do
work. It is totally wrong concept. A small lamp can enlighten
house, then a small lamp of spirituality can surely enlighten house
of your ‘self’. Therefore, the journey to know self is very important. Once a human life understand the ‘self’ they can reach the most beautiful place, that is spirituality; peace of mind and satisfaction. In the book *Seeds of Contemplation* Thomas Merton beautifully speaks about the humility, comparison and peace of heart.

*In humility is the greatest freedom. As long as you have to defend the imaginary self that you think is important, you lose your peace of heart. As soon as you compare that shadow of with the shadow of other people, you lose all joy, because you have begun to trade in unrealities, and there is no joy in things that do no exist.* (Seeds, 1949:43)

Robin Sharma is writer who writes about the present situation of human mind in the globalized world. Robin Sharma can be called a ‘spiritual guru’ though he is awarded with the title ‘leadership guru’ but the way he worked in the spiritual area and put the ideal concept in front of the reader he deserve the title spiritual guru. The quality of his writing is not merely to show the problem of the globalized world but to give apt solution in spiritual way. Self-transformation is only possible when you realize your ‘self’.

The title of the book is very apt in the context of spirituality. There are two important questions of life. If it is solved, then it will give meaning of life. Who will cry? and when you die? When a
person starts journey of life at the time he won’t have more relationship with other people except his family member, after gradual development he makes relationship with others in the journey of life. He shares emotion, love, anger, agony, suffering, joy, happiness with other. If he lived his life in a spiritual way, people will admire and realize his importance when he leaves.

Son, when your were born, you cried while the world rejoiced. Live your life in such a way that when you die the world cries while you rejoice. (Who Will, 2009:01)

Self-realization is discussed in detail and seen in many ways of learning but no one can understand a person’s gradual development unless and until it is observed. Journey of self-transformation and realization cannot be observed by others. Robin Sharma gave a good solution to overcome such problems. Writing a journal about life and daily activity, which we do every day the written format is able to give a clear picture of progress. Therefore, Robin Sharma suggests daily journal writing in the book Who Will Cry When You Die?

Maintaining a daily journal is one of the best personal growth initiatives you will ever take. Writing down your daily experiences along with the lessons you have drawn from them will make you wiser with each passing day. (Who Will, 2009:09)
It will give a person a secured private place where person can share their imagination and define their dreams. Journal one cannot only store their emotions and thoughts but also enhance their daily life.

While going towards goal, people may face lot of problems. The main problem of life is time, a major thing in the journey of self-realization which many people encountered. Other people need something from them where they lose their time, time is a thing which cannot be recovered or come back in life. Therefore, Robin Sharma gives importance to say ‘no’. To say ‘no’ is not abusing word nor rejection of people but it is a saving of time for fruitful purpose in life. Saying ‘no’ is not negative attitude, It is an attitude towards perfect life.

*Learning to say no the non-essentials will give you more time to devote to the things that have the power to truly improve the way you live and help you leave the legacy you know in your heart you are destined to leave.* (Who Will, 2009:18)

The better advisor and intellectual personality cannot be found on earth other than the person who visits you every day in the mirror. It is wisely said by Robin Sharma, talk to yourself to realize where you are? The best work to enlighten your soul is to talk with him. Robin Sharma used beautiful words of Hazrat Inayat Khan for
self talking is: *The words that enlighten the soul are more precious than jewels.* (Who Will, 2009:22)

A mental power is more important to realize self. To gain mental power, it needs to meditate in a proper manner. Without the ability to concentrate, a full and complete life is not possible. If there is a lack of mental focus to stay with one activity for any length of time, it will never be able to achieve goals. Without a disciplined mind, trivial thoughts and worries will nag at you and you will never have the capacity to immerse yourself in more meaningful pursuits. Without deep concentration, your mind will be your master rather than your servant.

*Meditation is a method to train your mind to function the way it was designed to function.* (Who Will, 2009:126)

Meditation is a part of concentration, which occur in tranquility atmosphere. To realize you’re self and to remove your stress, you need not find out a fancy place. An unused bedroom or a corner of an apartment with fresh flowers on the table will do nicely. This sanctuary is a place for your inner development. In book *Spiritualise* it has been said, mediation can be effective tool for stress, daily mediation keeps you fit and young forever.

*Meditation can be a very effective tool in stress management because it teaches us not only to relax but to focus away from*
stressful thoughts and feeling. Meditation practice brings balance to your body and peace to our mind. By meditation we can experience an inner peace and tranquility, by suing the power of our mind to eliminate the stress in the body. (Spiritualise, 1999:121)

In the last chapter of this book, the way Robin Sharma speaks about the selfless service for others are the way of living spiritual life. It’s really good to selflessly serve others. Robin Sharma quotes Mahatma Gandhi’s incident about his shoes. Once Mahatma Gandhi was traveling by train and one of his shoes fell to place on the track well beyond his reach. Rather than worrying about getting it back, he removed his other shoe and threw it to where the first one rested. This act was not to show to other passenger, that he may have other shoes but it was so that the poor person who will get it, will have a pair that he can wear. Therefore, Robin intends to give importance of selflessly service. 

a little fragrance always clings to the hand that gives you roses. (Who Will, 2009:195)

Robin Sharma’s book Daily Inspiration deals with the source of mental power, it is an energy booster. Inspiration is a thing which acts like power booster hence, Robin Sharma finds out daily inspirational things. Here in this book Robin talks about people’s own terms of life, there are many people who live their life in the same known place, they don’t have courage to visit foreign land,
even they are afraid to go in the crowd. They dress like everyone else, their thinking, behavior, feeling is like everyone else. They don’t want to leave the secured place, by doing such things it affects their shining souls which begin to darken. Therefore, Robin Sharma gave some more ideas to transform, here he said about fear which above people precisely feel beyond the fear people can discover fortune. Most people spend the best years of their lives in the place of the known. They lack the courage to venture out into foreign territory and are frightened to leave the crowd. They want to fit in and are afraid to stand out. They dress like everyone else, think like everyone else and behave like everyone else, even if doing so doesn’t feel right to them. They are reluctant to listen to the call of their hearts and try new things, refusing to leave that shore of safety. They do what everybody else does. In so doing, their once-shining souls begin to darken. Success lies in being true to yourself—and living life on your own terms.

In the process of self-realization a single negative thoughts may dangers for the journey. Negative thoughts are like a small hole in the big ship, first it does not seem dangerous but it is the hole that would be responsible for drowning the ship. Hence, negative thoughts should not be entertained.
You truly cannot afford the luxury of even one negative thought. A worrisome thought is like an embryo. It starts off small but grows and grows. Soon it takes on a life of its own. Stop feeding what doesn’t serve you. (Daily, 2009:12)

Going towards self-realization is a hard nut to crack but if a person clears all the basic steps then they definitely reach the goal. Among all steps self-examination is very important when a person examines himself and overcomes the drawback then he steps up for personal greatness. Self-examination is the first step to personal greatness. (Daily, 2009:23)

There are few basic questions that belong to human life, who am I? Why am I here? What is the goal of life? to solve such questions and get apt answers there are four dimensions of self, which have to be awaken. These four dimensions are: mind, body, heart and spirit. When people succeed to awaken all these dimensions, they could realize who truly they are. It is the journey towards self-realization.

There are four dimensions of your authentic self to awaken so you can become whole once again: your mind, your body, your heart and your spirit. When you awaken these four dimensions, you will remember who you truly are. (Daily, 2009:27)
When human being does some improvement for his needs, people say, the person is doing progress. But, when a man do nourishment for mind and own spirit, then they really feeding the soul of life. The darkness in the life does not indicate hopelessness but on the other hand it the medium which realizes the importance of light.

*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. Where there was once fear, there will be love. Remember what it means to be “en-light-ened”: on filled with light.* (Daily, 2009:62)

In the journey of self-realization past, present and future has their different meaning. Once a person starts his journey he thinks about present and future, but if a person is looking back to past and not thinking about future and wasting time in the present he may lose quality of life. Here Robin Sharma clearly indicates past as grave, don’t spend life in grave yard. Grave itself indicates ending. A human being cannot start journey if he is struck looking in the rearview mirror. Rearview mirror is past. Past has experiences, present has new beginning, and future has new scope.

*Never be a prisoner of your past. Become the architect of your future.* (Daily, 2009:107)
When people suffer in a life they find out some remedies. The best remedies they found in spirituality. If a human being do not find out such remedies in a life they make other to suffer, in other suffering they find out remedies of suffering which cannot be perfect solution.

*Only people in pain can do painful things. Only people who have been hurt can hurt others. Only people with closed hearts are able to act in less than loving ways.* (Daily, 2009:81)

Therefore, Robin Sharma speaks about gradual development of good life. It will not be possible to change world within one day. A miracle may not happen to change your life. Thus, he says a thousand miles journey begins by taking the first step. Small steps daily lead to stunning result over time. The book *Daily Inspiration* is in a dairy format, which tells good thoughts towards new change in life. Robin Sharma specifically mentioned date with month so, any new user can start his journey. Each day the process of realization will be changed. Step by step it teaches you about good life.

Family Wisdom is one of those books that really meets the tall claims made by such self-help books. Robin Sharma’ first bestseller *The Monk Who Sold His Ferrari* finds regular references
in Family Wisdom while retaining continuity throughout the book. The story starts with an introduction of the chaotic professional life led by Catherine, the sister of the main protagonist, Julian Mantel, and goes on in the form of a dialogue between the siblings to reveal a valuable collection of masteries. These masteries bring to light a different form of parenting, which when followed, not only bring and personal joy but also add value to one’s life.

Catherine encounters a near-death airplane crash, which forces her to re-think her priorities and clean up the mess in her life. While in the plane she thinks about her family: My heart sank as an image of Porter’s smiling face danced across the picture screen of my mind. I remembered his first words and this great little boy’s first steps. I saw him laughing in the treehouse Jon had built for him in our backyard, munching on a carrot dipped in peanut butter, a snack he told us would make him into a superhero when he grew older. I saw a giggling Sarita jumping up and down on her bed and singing nursery rhymes at the top of her lungs.

After a plane crash, Catherine was hospitalized for further treatment and was fortunately survived from a dangerous accident. Afterwards, her brother, Julian Mantle appears suddenly, supposedly from the Himalayas, where he himself had vanished
after losing his daughter in an accident. When he appeared in the hospital to teach Catherine the masteries of family wisdom, at time he introduced himself as new doctor for her, there his sister refuse for new doctor but to explain what kind of doctor he is:

\[
\text{Well, your doctor will help you get your physical health back. But I have come to do so much more for you. I have come here to help you get your life back together. (Family, 2009:28)}
\]

So here it can be understood, the physical health could be cured by doctor but the isolation from family and real pleasure of life won’t be cured by a doctor. It needs a spiritual guru who can realize the person who lost their self. Therefore, here Julian Mantle acts as spiritual guru for his sister to rejoice in her life.

After discharge from hospital Catherine learns new way of living life from Julian. Julian teaches her the best knowledge which was poured by Sages of Sivana. While he talks about the failures and suffering are the good friends in the human life. When the one door closes another opens, just need to have positive perspective towards the suffering.

\[
\text{When one door closes, another opens. But we often look so long and so regretfully upon the closed door that we fail to see the one that has opened for us. (Family, 2009:36)}
\]
It was very hard to change for Catherine from her daily routine of corporate life. In her day to day life she always felt to become the good wife and best mother but she could not do it. Change is very difficult due to her busy scheduled. Robin Sharma has correctly pointed out the blaming system, every one blaming on issues, problems, systems and on so many things. That’s why Julian says to Catherine about change: blaming other is merely a convenient way of excusing yourself.

Here in the book *Family Wisdom*, Robin Sharma planned five mastery to overcome the problem and to gain family wisdom, the main protagonist Julian Mantle teaches five mastery to his suffered sister. But to know about these masteries Julian Mantle beautifully makes Catherine realize her problem and to overcome her problem he goes gradually towards five masteries. The first mastery is *Leadership in Life begins with leadership at Home.* (Family, 2009:58)

The first mastery teaches the real leadership does not lie in the out side world or in the corporate world but the true leadership lies at home. Robin Sharma is strictly against stuffy corporate life. Therefore the views he put in this book are clearly talk about in general about corporate people and their day scheduled.
By the end of the day, they drive home in their grief containers, crawl into their homes, grunt at their families and drift off to sleep in their Laz-E-Boys. (Family, 2009:62)

In such condition how can a man love their family, because the people put themselves in very different mood of corporate life. Here Robin talks about the family which should be considered as personal community and true place for personal satisfaction, a place where a person can get peace of mind and relaxation. Leadership should start from family ground to corporate world. When a person starts leadership at home for good deeds, he certainly achieves peace of mind and satisfaction.

You must bring leadership into your family and inspire everyone to make a contribution to the culture. You must create a gorgeous future vision of the way you desire things to be for your family and share that Compelling Cause with Jon and the kids. This must be done in a way that excites them and engages their hearts. Only then will your family life reach its highest potential. (Family, 2009:67)

The second mastery of the family leader is all about trust building and opening the lines of humanity. Here Robin Sharma talks about the humanity towards other especially family members. People don’t tell them how they love their family, this failure could not make strong bond between each other. To develop family culture one has to be very good leader: Shift from Scolding the Child
In the family trust is very important thing which has to keep in mind. Promise and trust are the two vital factors in human life.

When you break these promises, you slowly lose trust in yourself. You weaken self-trust. The more promises you break, the more self-trust you human being. And when you’ve lost that, you’ve lost everything. (Family, 2009:114)

The second mastery learns here, the humanity towards family members should be clean, bias less, trustworthy, and with molding features.

The third mastery of the family leader is on focus your child on greatness, not weakness. The third mastery is very helpful in the development of child. And it is also helpful to the parents to make their child great. Precisely it has seen many parents only look at their child’s weakness and scolding them instead of molding their future. Robin Sharma explains four way of being a happy family. The first: The family life should be their primary priority. The second, families should be openly affectionate with each other. The third: families should be shared healthy respect for the importance of positive communication. And the last fourth: Families spent lots of time together are found happy.
The fourth mastery of the family leader is to be an excellent parent, become an excellent person. In this mastery, Robin Sharma points out on very crucial issue which helps every one in his life. As we know when a seed is good and sowed properly, will get good fruits. As like, good knowledge, meaning of life, and real purpose of life poured in child, he/she will be excellent person in his/her life.

*Be a light where there is darkness. Be a guide when others are lost. And never forget that a loving heart and rich spirit will improve the planet in ways you cannot even begin to imagine.* (Family, 2009:180)

The last mastery of the family leader is giving your child immortality through the gift of legacy. Robin Sharma in the concluding chapter beautifully explains the good inheritance for the child. Here he talks about small documentary of Oseola McCarty who collected money from very hard work and at last when she came to know the amount she distributed to their family members and most important thing, she donated the amount to the University for Poor Students Scholarship. So, through this documentary, Robin talks about the most important mastery which shape the child’s life.

*It’s the one that requires you to teach Porter and Sarita that at the end of the day, their destiny as people is to live for something more important than themselves. And if they*
accept this challenge, as I know they will, they will achieve immortality in the sense that they will live on in the hearts of those whose lives they have touched. (Family, 2009:190)

To summarize the context of the book, he says that in order to lead a ‘valuable’ life, we need to put family first, savor the simple things in life, highlight a child’s greatness by encouraging him/her to specialize in his talents, take weekly vacations to renew oneself and finally, leave a legacy behind one that keeps us alive even after our death.

In Robin Sharma’s writing is a simple instructive way, Julian counsels us about life, reading it certainly adds value to the reader’s life by improving the quality of their mind, and enriching them with a generous use of quotes and famous words of great authors. It also emphasizes the value of time, family and spiritual contentment. On the downside, there are moments in the book which test the patience of the reader because of the dragging narration. All in all, this a worthy book for every parent who want to nurture a great person within their child.

There are many organizations that struggle with ‘Growing Pains’ and this book Leadership Wisdom has really helped them and coached them through some of those pains. Robin Sharma has a great way of telling a story that has meaning to all of us that work
in the corporate world. He doesn’t make it too fluffy but puts real meat on the bones and teaches us through Julian Mantle a much better way of getting the best from our greatest assets “people”.

He covers subjects like link Paycheck to Purpose: which we know is a very simple thing to do as not everyone goes to work for the money or is motivated by money. He establishes very early on in the book that he does understand all the trappings that go on in corporate life and had broken away from it successfully but now feels that the time is right for him to give something back.

Robin Sharma makes the book very easy to read and certainly something that doesn’t wear you out just reading the title, as so many of these personal development books do. He has hit the nail on the head here as he describes one of my favorite values in life “manage by mind, lead by heart”. A medical man can define human life in biological process moreover, he may talk about human body and its function which would determine either man is alive or dead. But in spiritual sense human being has some meaning to be here on this planet.

Clinically, a man is said to be alive if his hear is functioning, if he is respiring and if his blood is pulsating through his body.” So, if there is circulation, respiration and the other metabolic processes going on in the body, they declare a
person to be alive. And if these processes have come to an end, they say, ‘He is dead’ (Apostle, 1976:285)

In a common man’s concept of life and purpose of life is “it is sentiment, emotion, fulfillment of the desires and enjoying things around you, sensations”. You would add all these to your definition of life. We are more than plant, more than insect or animal. We are human. We must enjoy life in a higher way (Apostle, 1976:285)

Breathing, living are such biological process but human being is more than psychological function and activities of feeling, sentiment, emotion, thought, reason, memory, imagination, willing, resolving, determine and purposeful fulfillment of the desires of the psychological personality. More than this there is something in a human being something higher, something beyond, which is their vision they saw to be superior. A self-awareness which can liberates human mind from all bondage, liberation from each and every thing makes human mind free and prepares it for self-realization.

Your mission in life is to rise into this experience of a self-awareness which by itself liberates you from all the bondage you have at present come into, which by itself liberates you from this finite existence, liberates your from all limitations, liberates you from the bonds of desire, liberate you from the shackles of sense-cravings and urges, and restore you once again to your native state, pristine state of a totally free consciousness, fearlessness, freedom and an
awareness of wholeness. “I lack nothing. I am complete in myself. I rejoice in myself. I am sufficient in myself. I am joy. I am Bliss. I am Peace”. This is Self-realization or an experience of Self-awareness of your own higher being, your eternal inalienable spiritual nature, which is perfect. (Apostle, 1976:287)

In the book Leadership Wisdom, the character Peter Franklin, a very successful personality and CEO of GlobalView Software Solution. Mr. Franklin has abilities and great ambition from his work. The early period of GlobalView Software Solution was good for development, in a short span the company achieved more than expectation. Every employee was working with full energy and responsibilities towards their work. Gradual development and constant work made GlobalView Software Solution one of the top most software companies.

Ups and downs are the cycle of life, Mr. Franklin could not maintain the progress ratio of his company. His company was going from bad to worse condition. Mr. Franklin became untrustworthy to his employees, he could not do anything for them. One day after a stressful meeting with company employees. He encountered a man who disturbs him by throwing a rock on his office window. When this man is caught by security guards and put infront of Mr. Franklin at that time Mr. Franklin asked some questions but the
unknown personality remains silent. Afterwards he directly spoke with him by uttering Franklin’s name. Franklin got shocked by unknown person’s knowledge about him. Afterwards he introduces him by showing golden golf ball, which was gifted to his best friend and lawyer Mr. Julian Mantle. After a long discussion with him Franklin realizes the unknown person is his former friend Julian Mantle. Julian Mantle changed himself like a monk, he transformed completely.

*It was a striking young man who appeared to wearing a hooded red robe, the kind I’d seen the Tibetan monks wear on a trip that I had made to that exotic land more than a decade earlier. (Leadership, 2009:14)*

A transformed monk Julian Mantle, then explain how he transformed after visiting India. He talked about Sages of Sivana and Sivana rituals system. Julian came towards Franklin for help, to recover the bad condition of Franklin’s GlobalView. As per Julian Mantle’s view and knowledge failure in business or in personal life comes from lack of leadership quality. The Sages of Sivana Yogi Raman taught to Julian about the real leadership of life. Therefore, he says:

*Companies don’t perform at their peak when their leaders are unskilled and unwise. People don’t perform at their best*
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 puts 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 gave 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 followership 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 Manage 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 cherished and understood. Therefore, let your humanity shine at worked and treat people with courtesy and kindness. Julian Mantle gives 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 tried 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.

The third ritual is 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 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 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. Ti does not hesitate before it yields. But it is also one of the most powerful forces on the earth. Study water and a 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 See What All See, Think What None Think, 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.

Robin Sharma always talks about the gist of life and to live the life according to the nature. His book Mega Living is also an inspirational material which change, human life in 30 days. Mega Living is the book divided into four parts; the first part deals with The Mega Living! Philosophy, which is also divided in four chapters. The second part deals with the 200 Powerful Master Secrets for Mega Living!, the third part deals with The Mega Living! 30 Day Program and last The Mega Living! Success Log.

Mega Living! is a complete program for the transformation of human mind, body and character. In this book reader can get chance to powerfully change in their life. This book will work as wake-up call. This book is designed in 30 days section where a person can realize his weakness and overcome throughout the period. But there are certain things which should be avoided. The
negative circumstances make way towards failure. When mistake is consider as crime then it won’t be possible for anyone who wants to change his life. Therefore, mistake should be considered on new lesson of life. Limitation about yourself also a cause towards failure:

*If you set limits on yourself such as “I am too young to be a multi-millionaire,” I not smart enough to be a world leader, “I am too lazy to start my own business or, “I don’t have enough money to do this.” Your spirit will slowly die and you will fulfill your negative prophecy. (Mega Living, 2009:04)*

The realization of self totally depends on human mind and spirit, it can perform miracles if properly used. To realize your self, a person should start his journey of thinking from limited to limitless thinking. Therefore, in self-realization work of mind is very vital. To master your mind is to master your life.

*If you master your thoughts, you master your mind. Once you master your mind, you master your life and when you master your life you master your destiny. (Mega Living, 2009:07)*

Mind is power factor of human life which has unlimited potential. Robin Sharma gives good examples of notable persons, who discovered the power of mind and did constant improvement towards their goals, among them Ben Franklin to Mahatma Gandhi,
from Martin Luther King Jr. to Ivan Lendl and from Nelson Mandela to Mother Teresa.

Excellence in personal mastery won’t happen unless and until it has strong mind and spirit. As it is said, mind is a terrible master but a wonderful servant. In a simple manner mind is driver of human body. If it is uncontrolled, your vehicle of human body will be uncontrolled. If the mind is not firm and soft towards the goal, the target will not be achieved. Robin Sharma here compared mind as muscles of human body. If it is not used and not given good workout, it becomes flabby.

*A flabby mind allows weak thoughts to enter. Weak thoughts drain your energy and limit your actions. Limited, unproductive actions prevent you from being the best and attaining all of your desires.* (Mega Living, 2009:15)

Therefore, to avoid such flabby mind, there are three things which have to be taken into consideration; Personal Development, Physical Fitness and Relaxation and Personal Renewal Time. The first personal development is all about the self-renewal and stress reduction. The power of positive thinking is the valuable habit in personal development. The second physical fitness is power booster for personal development. Daily exercise fit your health strong and strong health will give relaxed mind which improve concentration.
And the last factor relaxation and personal renewal time; it is the factor which also help to personal development. In the book *Spiritualise* it has been mentioned about the health of yogi and the real need for mediation.

*Even though all these exercises originated in India for spiritual purpose, spiritual aspirants are discouraged to pay more attention to the practice of these Hatha yoga exercises, because an excessive preoccupation with our physical appearance and well-being is obviously a distraction, causing us to forget our main purpose of attaining Self Realization, unity with the Godhead.*” (Spiritualise, 1999:95)

The body and mind has to be relaxed, Robin Sharma use beautiful word for mind and body. It is like a racing car, which need coolant to make engine cool. A stressful mind will not make a good decision; stress control is a strategy for relaxation. Robin Sharma gave beautiful example of a lady who was pushing a baby and saying “Don’t yell Jennifer, don’t scream Jennifer, be calm Jennifer.” When Robin Sharma told her that he is not impressed by her whatever she said to her child. She looked at Robin and smiled, “I am Jennifer.” So, by this example one can understand the stress management and how to calm stressful mind by giving positive approach.
Robin Sharma in his book *MegaLiving!* not only talks about the mental mastery but also talks about physical mastery. The power of youth lies in exercise. Doing exercise daily will give benefits like; it increases energy level and stamina, good for general health, gives trimmer physique, gives a relaxed and serene mental outlook, more enthusiasm, discipline in all areas of life, and more important increases circulation and oxygenation.

To get good physical mastery one has to be very careful about eating. The way human being eats, represents the way human being will live. As it has been seen while reading Robin Sharma’s writing the impact of Indian life and culture noticeably comes. The Indian diet and its good effect on their culture also adopted by Robin Sharma:

> *In ancient India, it was believed that mental clarity and mental toughness were directly related to the nature of one’s diet. Light, non-eat foods such as vegetables and fruits were favored by the yogis who felt that the flow of personal power and energy (called prana) was hampered by meat. (Mega Living, 2009:53)*

Therefore, the India system for diet lives beyond the age of 100 and more. Especially he speaks about the ancient yogis of Himalayas. The main reason for being a pure vegetarian among the religiously orthodox families of Hindus in India, more particularly among
people pursuing a spiritual life, is there abhorrence to causing pain by killing animals for the consumption of their food, which is against their religious tents. In addition to this, they believe that eating meat will induce animal passion in their minds standing in the way of developing Sathwic guna that is so essential for spiritual practices and to achieve tranquility of mind. Therefore, in the book Spiritualise, it has been explained in detail about Indian Sages food. It explains the nature of food a spiritual aspirant should consume which will help him in the pursuit of his efforts in this direction. Just as the three gunas, already described there are three type of food- Satwik, Rajasik and Tamasik, which affect the mind in three different ways corresponding the gunas.

According to the Gita, Rajasik and Tamasik foods cause aversions, attachments and delusions while Satwik food helps the aspirant to reduce these. (Spiritualise, 1999:81)

The three basic energy cycles which helps human body for better excellence which mentioned in the book MegaLiving.1) The Welcoming Cycle noon -8 p.m. (Megafoods such as fruits taken in and digested) 2) The Absorption Cycle noon – 8 p.m. -4 a.m. (the foods are used) 3) The Removal Cycle 4 a.m. – noon (foods are eliminated). These are the very important cycle for eating. The use
of such cycles may give vibrant health and tremendous energy level. Robin further talks about the water content foods to be used as food and use the three cycles intentionally.

The ancient secret of the Indians for longevity is in breathing, the exercise for perfect health in breathing. There are five breathing exercises; breathe and hold: mega breathing, Alternate nostril breathing, the pump, the early riser, and green fog breathing. Through these practices one can get perfect health.

_To breathe properly is to live properly, (Mega Living, 2009:57)_

Robin Sharma in his book MegaLiving! Presents top 200 secrets of success and the pillars of self-mastery in 35 pages, a very brief and much more important ideology about self-mastery. He gave suggestions about sleep less and be more productive. Sleep does not count in quantity, it only counts in quality. Here he also talks about the one hour investment for personal development to mediate, visualize day, to read inspiration books, to listen motivational tapes. In these 200 secrets he deals with many subjects. To transform negative energy into positive energy, Robin Sharma suggests ‘rubber band method’. Through this method when negative thoughts struck the mind, snap the rubber band. So,
through the power of conditioning mind will associate pain with negative thinking and you will soon possess a strongly positive mindset.

Mega Living in 30 days to a perfect life is divided in three main parts. Each day Robin Sharma categories your day in three improvement; the mind, the body, and the character. Sharma beautifully planned a 30 days program for each section. The development of mind towards concentration, and gradual development of body towards healthy body, and last the preeminent development in the character in these 30 days. Here this book is not merely a book, it’s a life changing book for each and every one. It contains the leading principles of personal mastery and successful living.

*Discover Your Destiny* is a book about a character that suffered in life, and lost his charm. A man was between to kill him by gun but something happened that forced him to drop the gun on floor and changed his life. Dar Sandersen, international hotel entrepreneur, of age 44 suffered from his domestic life, a domestic chaos which forced him to attempt for killing. When he was killing himself at that time, a light grew brighter and brighter in the hotel room. Dar felt something which he had not felt before. It was his
spiritual awakening. In the hotel room he listened to those power words which saved his life. *Your life is treasure and you are so much more than you know.* *(Discover, 2009:10)*

The magical words that changed life of Dar Sandersen, for the first time he realized his life. The way that unknown man spoke about the life was miraculous. From this situation Dar stand to realize his self. Suffering and causes are the ways towards the new possibility.

*Suffering comes to help us and causes us to know who we truly are. Suffering cracks us open, forcing us to let go and surrender all that we have known and clung to, like a little child on her first day of school, afraid to let go of her mother’s hand and walk alone into a classroom full of new friends where she will learn so many new and beautiful things.* *(Discover, 2009:14)*

Here in this book Robin Sharma planned his character’s journey towards self-realization with the help of his most famous protagonist Julian Mantle, who teaches them in seven stages process. It is journey from emptiness to self-realization. The character itself speaks about the gradual changes happened with him during the period. Before he could not love his life, was not having self-respect. And he totally ignored towards health. But it transform due to Julian Mantle’s spiritual tonic. The tonic, that
came from Sages of Sivana. The emptiness of mind is explained in *The philosophy of Sri. Aurobindo*:

*Emptiness is proved on the grounds that things do not have self-standing natures (Savbhava). The dependent nature of things is what is called ‘emptiness’, for a dependent nature is one which is not self-standing.* (Philosophy of Aurobindo, 1999:44)

When Dar’s friend gave him tickets of motivational program he was not in mood to attend, later on his friend forced him to attend. Before beginning he felt uneasy but later on the way speaker starts his speech towards life’s biggest questions, the audience’s rapt attention for nearly two hours. He makes them laugh, cry and sometime think about how they lived their life. After this seminar, he visits a man who knows him and talked about life changing element. He focused on very important areas of life. Here Robin Sharma puts his ideology about the inner and outer world and realization of inner world is realization of self.

*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 open inward.* (Discover, 2009:30)
After such kind of philosophy Dar was impatient to know about the person. When he came to know that the person is none another then Julian Mantle, one of the nations’ best trial lawyers and a man who was known far and wide not only for his abundant legal gifts but also for his high-flying, jet-set lifestyle. Who left his profession after massive heart attack and left for India for some answers. Now Julian Mantle is transformed as an Indian monk.

Here Robin Sharma with the help of such character the essence of self-realization put infront of reader. The gradual development of story towards to reenergize suffered character, to boost the character Robin used the Indian Yogic philosophy. No one is without problem and sadness, these things teach us lessions of life. To stick with the problem and sadness will not get glory of life. Robin beautifully said about such condition, we have to fight for such situation and learn new things from life.

One sage said it brilliantly when he recognized that life is like a river with two banks. On one bank we will find happiness and on the other we will see sorrow. As we move along the river, we will inevitably brush up against both banks. The real trick is not to stay stuck on either one too long. (Discover, 2009:80)

Happiness and sorrow are the two essential things of life. Through the character Robin Sharma talked about many issues to discover
the destiny. When Julian Mantle leaves the hotel ‘Q’ and places gift
for Dar, it was new copy of Plato’s Republic. He also leaves one
letter for Dar, that stating, to avoid a life of regret and sadness and
to walk on the path of your destiny and reach for your greatest life.
In that letter he talked about the five essential practices which he
called five daily devotions. First, wake up early in the morning at 5
A.M. for best life. Second, devote yourself for ‘Holy Hour’, in the
holy hour Julian suggests mediation, pray, and to read good
literature. Third, devote yourself for displaying a standard of care,
compassion and character. Fourth, devote yourself for excellence at
work far higher than anyone would ever expect from you, and the
last, devote yourself to being the most loving person you know and
thinking. It was high-quality self-realizing material which Robin
Sharma presented in the letter.

Julian Mantle afterwards talks about the stage three of the 7
stages of self-awakening. It is all about how we look at the world.
Many people look to the planet blindly. They have created their
own illusions. Therefore, the stage three is about ‘awareness of
wonder and possibility’.

*You must be willing to surrender all you have known and
walk into a new reality.* (Discover, 2009:138)
In the next stage Robin Sharma talks about ‘never quit attitude’. He said, many seekers do hard work for their goal, work more than their strength but quit the job when they are near to their goal. For better understanding he tells a story of miner who work for long time of his for gold and when he got to the golden rock at that time he quit his job whereas, on the second day a new young miner got the golden stone at his first day of job. Therefore, Robin Sharma says, never give up what you are doing, unless and until you achieve it.

Most people give up just before they reach their dreams most people quit only steps away from getting everything they wanted. (Discover, 2009:194)

The book is really an inspiration for the person who really needs to discover his destiny. The way Robin Sharma dealt with 7 stages of self-awakening; Living a Lie, The Choice point, Awareness of Wonder and Possibility, Instruction from Masters, Transformation and Rebirth, The Trail and the last The Great Awakening of Self. Through these 7 stages of self-awakening one can be successful in the journey of self-realization.
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