

**Life Skill Learning Through Symbols in Robin Sharma's  
*The Monk Who Sold His Ferrari***

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**Abstract**

Robin Sharma is a Canadian writer. He published many books on leadership and life management. "The monk who sold his Ferrari" is a very well-known book written by Robin Sharma. In this book, author Robin Sharma beautifully explains various techniques of improving life quality by using symbols. Each symbol represents one key aspect of a happy and successful life.

**Keywords:** Robin Sharma, *The Monk Who Sold His Ferrari*, Garden, Light house, Sumo wrestler, Pink wired cables, Stopwatch, Fresh yellow roses, Path of diamonds

Nowadays people are suffering from stress due to fast and hectic life. Even though technology is making life more and more comfortable, but people are struggling to find peace and happiness in life. In this book, author Robin Sharma explains techniques of living a happy and successful life through the story of a lawyer Julian mantle. Julian mantle was a successful lawyer and his life was full of all the amenities required for a comfortable life, but yet he finds difficult to live a happy life. One day he suffers from heart attack, this incident makes him aware about the significance of peace and happiness in life. After this incident, he decided to find an ideal way of living a happy and successful life. In order to learn how to live a happy and successful life, he sold all his amenities and came to India. In India, he finds a place known as shivana in the valley of Himalayas where he learns the techniques of living a happy and successful life from Yogi Raman. Yogi Raman teaches him how to live a happy and successful life through a fable (Leo, 2007). In order to make teaching interesting and easy yogi Raman uses seven symbols. Let's discuss about each symbol in detail.

**Garden**

The garden is a symbol of mind in this fable. A person needs to take care of his mind just like a gardener take care of the garden. In order to enrich mind, one should feed it with good positive thoughts. A Gardner always takes care to keep the garden clean in the same way a person also needs to keep his mind clean from bad memories and worries. Only allow to enter great thoughts and useful information in the mind. Never waste even a single moment in negative thinking. Peace of mind is also important for good health. A person can achieve great success by mastering his mind.

Introspection is very useful for making mind healthy and clean hence we must need to develop habit of introspection. Yogi Raman says that each and every day a person needs to think about how he is living his life and how he can make it much better.

If a person wants to change his life than first of all he needs to change his thoughts. Divine and positive thinking is very important for living a happy and successful life. Reading of good books, chanting mantra, conversation with holy people and satvik aahar can help in developing positive and divine thinking.

Imagination is very helpful in the creation of a healthy mind. Yogi Raman says that in order to make life happier a person need to imagine himself as a happy person.

Peace and silence have great influence on mind; hence we should spend more and more time in silent and peaceful environment. The productivity of a person increases when he works in a peaceful surrounding.

Hobby has great influence on the mind, therefore if we want to live a happier life than we should try to work in such profession which is in accordance with our hobby.

### **Lighthouse**

The lighthouse is a symbol of the purpose of life. Identification of the purpose of life is very important for gaining happiness and success. For the identification of the purpose of life, first we need to introspect our self so that we can know about our hobbies, strengths and weaknesses. After identification of the purpose of our life we need to set a goal to fulfill the purpose of our life.

It is not necessary to set physical goals such as earning lots of money or creating a business empire, but we can set some virtual goals such as achieving peace of mind or developing healthy relations with family and friends.

Once we are able to find the goal of our life, we should write it on a paper as a result of this, our mind will start to concentrate on achieving the decided goal. After deciding goal, one should start to imagine the probable benefits he will gain after achieving the goal, this process of imagination generates excitement. Excitement works as a driving force during the journey of achieving success. In order to evaluate progress, we need to set up a deadline for achieving goal. Yogi Raman says that once we start our journey towards our destination, we need to evaluate our progress on a regular basis.

When we achieve our desired goal, we feel immense pleasure. Our life seems filled with joy and our self-confidence reaches to a new height.

### **Sumo Wrestler**

Sumo wrestler is a symbol of ‘kaizen’ (kaizen means self improvement). In order to achieve success and happiness we need to take care of our body, mind and soul. In this book Robin Sharma explains ten rituals for strengthening body, mind and soul. These rituals along with their benefits can be summarized as below,

Ritual	Benefits
Spend time in silence	Silence increases inner peace and reduce stress.
Exercise regularly	Exercise keeps our body strong and healthy.
Eat vegetables and fruits	Eating green vegetables and fruits makes body healthy and increases mantle calmness.
Read a lot	Reading helps us to gain knowledge and application of knowledge leads us towards success.
Introspects our self	Introspection helps us to identify our strengths and weaknesses.
Wake up early	Early awakening increases productivity
Listen to music	Music nourishes mind and reduce stress
Chant mantras	Mantras increases concentration
Built character	Sound character increases inner strength
Live simple	Simplicity increases peace of mind

### **Pink Wired Cables**

Pink wired cable is a symbol of self-discipline. We need to control our mind if we want to live our life according to our wish. The mind can be controlled by gaining control over thoughts. The mind can be directed towards positivity by positive imaginations. By using autosuggestion, we can change thinking pattern according to our wish. Silence is also very useful for the development of self-discipline. Good habits can be developed, and bad habits can be removed by self-discipline as a result of this overall quality of life and self-confidence increases.

### **Stopwatch**

The stopwatch is a symbol of time. Time is a very precious asset of life, therefore each and every moment of life must be utilized wisely. Time management is a very important skill for gaining success. Proper planning is required for effective time management. For proper time management we need to prepare a tentative timetable of the upcoming week.

As we start to utilize our time for productive activities automatically, we will have no time for spending on non-productive activities. We should spend time with our family members so that we can enjoy a happy and healthy family life. In order to update our self, enough time should be spent in reading quality books. Spend time to rejuvenate our body, mind and soul.

For effective utilization of time we should keep our mobile switch off at the time of working, so that nobody can create unnecessary interference in our work. Never allow anybody to waste your time. Our productivity increases automatically as we start to utilize our time effectively.

## **Fresh Yellow Roses**

Fresh yellow roses are symbol of selfless service. A person feels a sense of fulfillment when he did regular acts of kindness. When a person sincerely tries to make this world a better place then he automatically moves towards self-betterment. We can start with small acts of kindness such as praising someone for his good work, giving a surprise gift to family members, etc. Regular acts of kindness increase self-respect and as a result of that a person feels happy.

## **Path of Diamonds**

Path of diamond is a symbol of little pleasures comes across in day to day life. In order to be happy we need to enjoy the present. Enjoy each and every occasion with family that came in day to day life. Never think that I will enjoy every event only when I will achieve my goal. Never sacrifice the small pleasures in the present just for achieving something bigger in the future. Never try to achieve anything at a cost of happiness. Focus on improving the quality of life in the present rather than earning money only. Remember that happiness is a journey, not destination.

Robin Sharma beautifully explains basic principles of successful life by using appropriate symbols in this book. These principles are keys to achieve success in every aspects of life.

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