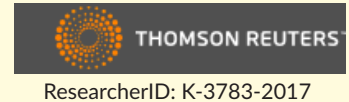




# THE CONTEXT

International, Peer Reviewed & Indexed Journal of Arts & Humanities  
UGC Approved Journal: S. No. 42344 | Volume 4 Issue 3, January 2018



*Chief Editor*  
Wamankumar Wani

ISSN 2349-4948



9 772349 494000



**MAGNUS**  
Publishing & Distributors  
Parbhani 431 401. MS India.



## THE CONTEXT

Quarterly journal of Arts & Humanities

UGC Approved Journal: S. No. 42344

Publication details and instructions for authors:

<http://www.magnuspublishing.com>

This is an Open Access Journal distributed under the terms of the Creative Commons Attribution License:

[CC BY-NC-ND 4.0](http://creativecommons.org/licenses/by-nc-nd/4.0/)

### The Pursuit of Happiness through Spirituality in Robin Sharma's 'The Monk Who Sold His Ferrari'

Dr. Sheila Vijay

Assistant Professor English, Dr. KCB Govt. PG College Bhilai 3, C.G.

Published online: 10 January 2018

Article Number: TCissn.2349-4948/4.3a153

© 2018 Author(s); licensee Magnus Publishing.

The Electronic Archived Version (EAV) and permanent URL of this article is:

<http://www.magnuspublishing.com/thecontext/2349-4948-153.pdf>

#### Abstract

The research paper is an attempt to study the pursuit of happiness through spirituality in Robin Sharma's 'The Monk who sold his Ferrari'. Robin Sharma was a litigation lawyer who left his promising career and profession due to dissatisfactions in life and it is from here that he metamorphosed into a character named Julian Mantle in the novel. Julian Mantle is a lawyer who has attained much in life which many would aspire for. He has a spectacular mansion, a private jet, a summer home in a tropical land and a shiny red Ferrari. He is forced to face the spiritual crisis of his out of balance life due to the humdrum of busy life. Following a heart attack, he left his home, sold his property and moves to India, and it is here that he goes through a life-changing odyssey which brings him back, close to his own self. These basic principles transform him to a monk and make Julian realize that he is important for himself and there's nothing else in this materialistic world. After attaining the spiritual light about the secrets of a happy and fulfilling life, he sells his Ferrari which was a symbol of his materialistic powers. The fiction is fine example which shows that how people in the mad rat race forget the basic principles of happiness and devoid themselves of spirituality

**Keywords:** *materialism, happiness, spirituality, basic principles*

## The Pursuit of Happiness through Spirituality in Robin Sharma's 'The Monk Who Sold His Ferrari'

Dr. Sheila Vijay

Robin Sharma shared his own life experiences through the character Julian Mantle. Julian Mantle, a man in his early fifties, is a successful and prosperous lawyer. He has everything that a man in his age can imagine, a big mansion, a private jet and a Ferrari. He even works for eighteen hours a day and has never lost a case in many years. His clients are rich and popular names of the country. He is so devoted to his work that he had no time for his family and eventually gets a divorce too.

Julian lives his life in midst of materialistic pleasure and never realizes what he was actually missing till his massive cardiac arrest. On a casual court day, Julian suffers from chest pain and immediately falls down, doctors diagnosed him with a massive heart attack. He is suggested to rest and not to burden himself with too much work. While reading some article online, he comes across the stories of various monks who live in caves of Himalayas. The life of serenity and least provisions excites him and he starts his journey to the remote village of Himalaya in India.

Julian though was fifty-three only, looked as if he is in his eighties. On meeting an old monk he is startled by the peace and glow on the face of the monk living in a cave. He asks for the secret of happiness, the monk asks him to follow simple principles of life. Julian is then made to sleep early and also to wake-up early in the morning. After many days of practice of the simple principles, the monk one day narrates a beautiful story to Julian. The story is a beautiful garden with many tall trees, birds chirping, fragrant flowers, a lighthouse, a golden watch, a sumo wrestler and the path of diamonds. Julian is made to ponder on the story but he feels that it is not a story at all. The monk reveals the secrets to him that it is a story and is a story of the life where the beautiful garden symbolizes the human mind. The garden is actually human brain and if one regularly waters his garden with positive thoughts like kindness, love, and empathy the garden will remain fresh and green. The positive thoughts and motivated actions lead to positive thinking and the positive thinking is like a fresh breeze of the garden. But if a human mind is never cultured with positive thinking it will soon turn into garbage. Moreover, after a long practice of negative thinking, the human brain would become barren and would yield nothing.

The second principle is the light-house. The lighthouse is the symbol of targets of life. It is important to have some good target in life. Like the light-house, the target also helps human-beings to keep moving in their path towards their destination. The light-house shows path to the ships on the ocean in the dark, similarly if one who is motivated towards his goal and is continuously striving for the target he will never go off roads and will reach his destination one day. The target also helps a person to

remain aloof from less important works and also helps to manage the time. With a proper target, one can achieve his success in a long run of his life.

The third principle is related to the Sumo wrestler. The Sumo wrestlers have to continuously take care of their diet for their greater physique. They work hard daily and maintain a good diet for the strength, this symbolizes the habit of continuous learning and improvement. The habit of continuous learning from books inculcate good habits in return. Books are the storehouse of knowledge and while reading them one not only gains knowledge but also his experiences get enhanced which are also stored in the book. An author too after reading a lot of books writes something and which helps them to write better day-after-day, i.e.; the principle of continuous growth or improvement. The habit of continuous learning adds many good vibes in the long run of life. The monk describes this principle as 'Kaizen', kaizen is a Japanese word which means continuous learning and improvement.

The next principle is related to the 'self-control and discipline' which has been represented by the thin wire in the clothes of the wrestler. The thin wire is made-up of many small wires which are so thin that can get broken when twisted alone but when many thin wires together can form a strong wire which cannot be broken easily. Similarly, the daily habits, self-control and discipline actually make the whole personality of a person. The discipline makes a person strong from inside and it helps in self-controlling too. The fifth principle is related to the 'golden watch'. The golden watch actually symbolizes the twenty-four hours. No matter how rich or poor a person is he has only 24 hours at his disposal. It is common for all of us and how one utilizes the time makes them sad or happy and successful or unsuccessful. Time has the most important role in the life of a person. One is not supposed to work all the time but is supposed to utilize his time in the best possible manner. How to manage the time is the principle all about?

The next principle speaks about the fragrant flowers in the garden. It is based on a Chinese saying which says that there is always little fragrance remains in the hands of the person who offers them. The saying is actually related to the social cause and help. One should always help others and if he is fortunate enough, must donate in social cause and should always help the needy. It is through this help and causes that a person gets inner peace and happiness. Wealth, position and power are much less in comparison to the satisfaction that a person gets from helping others. One must find time to help others and support their cause. Helping others also increases confidence in the person; the more a person help others the more he will be satisfied. This is the sixth principle of the spirituality which can give the happiness for a lifetime.

The last principle is related to the path of diamonds. In the path of success, one must also keep looking for the small happiness which the present offers. Human brains have been designed in such a way that it always remains thinking of the past and worrying about the future. People tend to forget the very essence of life which is in present. No one enjoys the present rather remain in a rat race for tomorrow. What tomorrow actually holds for is a matter of question but people still worry about it most. Often people forget to spend time with their family and kids; a quality time with the spouse

---

and an hour with kids in a nearby garden or movie are enough to avoid the worries of the future. It is these diamonds of personal life which are necessary to decorate one's path of success.

After narrating the seven principles and their meaning to Julien, the monk asked him to narrate same to his near and dear ones so that people can learn to live their life and not waste it. Robin Sharma has simply described the basic principles of life which people have forgotten in the cut-throat competition of the time. It is important to strive for more and keep trying for the better but it is equally important to be content with the basic gifts of the life: the healthy body, healthy mind, family, spouse, kids, and friends. Things which really matters hardly sold in the market, they are all real and gifted by God and procure through nice behavior and basic management. Real happiness and spirituality are inter-related and one has to remain satisfied with the life and be thankful to God.

#### Work Cited

Sharma, Robin. *The Monk Who Sold His Ferrari*. Jaico Books India 1999.

ISSN 2349-4948



9 772349 494000



### UGC Approved List of Journals

You searched for **The Context**

|| Home ||

Total Journals : 1

Show 25 entries

Search:

View	Sl.No.	Journal No	Title	Publisher	ISSN	E-ISSN
<a href="#">View</a>	1	42344	The Context		23494948	

Showing 1 to 1 of 1 entries

Previous 1 Next

#### For Students

About NET UGC NET Online  
Ragging Related Circulars  
Fake Universities Educational Loan  
Supreme Court Judgments  
Edu Abroad for Indian Students  
Scholarships & Fellowships  
E-Content URL

#### For Faculty

Honours and Awards UGC Regulations  
Pay Related Orders M R P  
Faculty Recharge Faculty Development  
List of faculty engaged in teaching and learning Sanskrit  
Model Curriculum  
University Technology Database

#### More

Notices Circulars Tenders Jobs  
UGC ROs Right to Information Act  
Other Higher Education Links  
Contact

### UGC Journal Details

Name of the Journal : The Context

ISSN Number : 23494948

e-ISSN Number :

Source: UGC

Subject:

Publisher:

Country of Publication: India

Broad Subject Category: Arts & Humanities

Print