

Закр́тый клуб

# Читаем вместе по-английски

---

**'The Monk Who Sold His Ferrari'** by Robin Sharma



Автор – Диана Семёнычева  
© Эффективный английский с экспертом

[www.EngExpert.ru](http://www.EngExpert.ru)

# **Lesson 15**

---

**The Monk Who Sold His Ferrari**

*Chapter 9, Part 3*

# Chapter 9, Part 3

---

## The Ancient Art of Self-Leadership



# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- "Exactly how does one **go about** building courage?"
- "It's the same as the story: once you **get yourself together**, your world will be okay. Once you master your mind, body and character, happiness and abundance will flow into your life almost magically. But you must spend some time daily working on yourself, even if for only ten or fifteen minutes."

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- "And what does the nine-foot-tall, nine-hundred-pound Japanese sumo wrestler symbolize in Yogi Raman's fable?"
- "Our **hefty** friend will be your constant reminder of the power of kaizen, the Japanese word for constant **self-expansion** and progress."

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- In just a few hours, Julian had revealed the most powerful – and the most astonishing – information that I had ever heard **in my lifetime**. I had learned of the magic in my own mind and its **treasure trove** of potential. I had learned highly practical techniques **to still** the mind and focus its power on my desires and dreams.

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- I had learned the importance of having a definite purpose in life and of setting clear goals in every aspect of my personal, professional and spiritual world. Now I **had been exposed to** the ageless principle of self-mastery: kaizen.
- "How can I practice the art of kaizen?"
- "I will give you ten ancient yet **supremely** effective rituals that will lead you far along the path of personal mastery.

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- If you apply them **on a daily basis**, with faith in their **utility**, you will observe remarkable results **in** just one month from today. If you continue to apply them, **incorporating** the techniques **into** your routine such that they become habits, you **are bound to** reach a state of perfect health, limitless energy, lasting happiness and peace of mind.



# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- Ultimately, you will reach your divine destiny – **for** this is your **birthright.**"
- "Yogi Raman offered the ten rituals to me **with great faith** in what he **termed** their '**exquisiteness**' and I think you will agree that I am **living proof** of their power. I simply ask that you listen to what I **have to say** and judge the results for yourself."

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- "**Life-changing results** in only thirty days?" I asked **in disbelief**.
- "Yes. The **quid pro quo** is that you must **set aside at least one hour a day for thirty consecutive days** to practice the strategies I **am about to** offer to you. This investment in yourself is **all it takes**. And please don't tell me that you don't have the time."

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- "But I don't," I said honestly. "My practice is really **booming**. I don't have ten minutes to myself, **let alone** a full hour, Julian."
- "As I told you, saying that you do not have the time to improve yourself, whether this means improving your mind or nourishing your spirit, **is much like** saying you do not have time to **stop for gas** because you **are too busy driving**. Eventually it **will catch up with you**."

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- "Really?"
- "Really."
- **"How so?"**
- **"Let me put it this way.** You are very much like a **high-performance race car** worth millions of dollars; a **well-oiled,** highly sophisticated machine."
- "Why thank you Julian."

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- "Your mind is the greatest wonder of the universe and your body has the capacity to perform feats that might astonish you."
- "Agreed."
- "Knowing the value of this high performance multi-million dollar machine, would it be wise to run it **full out** every minute of every day without taking a **pit stop** to **let the motor cool down?**"

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- "Of course not."
- "Well then, why are you not taking some time every day for your personal pit stop or **rest break**? Why are you not taking the time to cool down the high performance **engine** of your mind? **Do you see my point?** Taking the time to **renew yourself** is the most important thing you can do.

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- **Ironically**, taking time out from your **hectic schedule** for self-improvement and personal enrichment will **dramatically** improve your effectiveness **once you get back into it.**"
- "One hour a day for thirty days is all it takes?"
- "It's the magic formula I **was always searching for. I would probably have paid** a couple of million dollars for it in my old glory days, **if I had understood** its importance.

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- **Little did I know** that it was free, as is all **priceless** knowledge. **Having said this**, you must be disciplined and apply the strategies which **make up** the formula daily, with utter conviction in their value."
- "This is not a **quick-fix type deal**. Once you are in, you are in it for the long term.»
- "What do you mean?"



# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- "Spending one hour a day tending to yourself will surely give you dramatic results in thirty days – **provided** you do the right things. **It takes about one month to fully install** a new habit. After this period, the strategies and techniques you will learn will **fit like a second skin**. The key is that you must **keep on practicing** them every day if you **want to keep on seeing** the results."

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- **"Fair enough,"** I agreed. Julian clearly had unlocked a **wellspring** of personal vitality and inner **serenity** in his own life. Actually, his transformation from a **sickly** old litigator to a radiant, energetic philosopher was nothing less than miraculous. At that moment I resolved to dedicate one hour a day to **implementing** the techniques and principles I **was about to** hear.

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- I decided to **work on improving myself** before working to change others, as had been my habit. Maybe I too could **undergo** a "Mantle-like" **transformation. It was surely worth a try.**
- That night, sitting on the floor of my **cluttered** living room, I learned what Julian called "The Ten Rituals of Radiant Living." Some of them required a little concentrated effort **on my part.**

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- Others could be performed **effortlessly**. All were intriguing and rich with the promise of extraordinary things to come.
- "The first strategy was known to the sages as the Ritual of **Solitude**. This involves **nothing more than** ensuring that your **daily schedule** includes a **mandatory** period of peace."
- "Just what is a period of peace?"

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- "It is a period of time, **as little as** fifteen minutes or **as much as** fifty, **wherein** you explore the healing power of silence and **come to know** who you really are," Julian explained.
- "Sort of a rest break for that **overheated** engine of mine?" I suggested with a **slight smile**.
- "That's a **pretty accurate** way of looking at it. Have you ever been on a long road trip with your family?"

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- "Sure. Every summer we drive down to the islands to spend a couple of weeks with Jenny's parents."
- "Okay. Do you ever make pit-stops along the way?"
- "Yes. For food, or if I'm **feeling a little sleepy I'll take a quick nap after** having listened to my kids fight in the back seat for six hours."

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- "**Well**, think of the Ritual of Solitude as a pit-stop for the soul. Its purpose is **self-renewal** and this **is accomplished by** spending time alone, **immersed in** the beautiful **blanket** of silence."
- "What is so special about silence?"

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- Good question. Solitude and **quiet** connects you to your creative source and releases the limitless intelligence of the Universe. You see, John, the mind **is like** a lake. In our chaotic world, most people's minds are not **still**. We are full of **inner turbulence**. However, by simply taking the time to be still and quiet every day, the lake of the mind becomes **as smooth as a plate of glass**.



# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- This inner quietness brings with it a wealth of benefits **including** a deep sense of well-being, inner peace and boundless energy. You will even sleep better and enjoy a renewed feeling of balance in your **day-to-day activities.**"
- "Where should I go for this period of peace?"
- "Theoretically, you could do it anywhere, from your bedroom to your office. The key is to find a place of true quiet – and beauty."

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- "How does beauty **fit into the equation?**"
- "Beautiful images **soothe** a **ruffled** soul," Julian observed with **a deep sigh**. "A bouquet of roses or a simple, **solitary daffodil** will have a highly **salutary effect** on your senses and relax you **no end**. Ideally, you should **savor** such beauty in a space that will serve as a Sanctuary of the Self."
- "What's that?"

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- Ideally, it is a place that will become your secret **forum** for mental and spiritual expansion. This might be a **spare** room in your house or simply a peaceful corner of a small apartment. **The point is to reserve a spot** for your renewal activities, a place that sits there quietly awaiting your arrival."
- "I love the sound of that. I think having a silent place to go to when I come home from work would **make a world of difference.**

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- I could **decompress** for a while and **let go of** the stresses of the day. It would probably make me a much nicer person **to be around.**"
- "That **brings up** another important point. The Ritual of Solitude **works best** when you practice it at the same time every day."
- "Why?"

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- "Because then it **becomes integrated** into your routine as a ritual. By practicing it at the same time every day, a daily dose of silence will soon become a habit that you will never neglect. And positive life habits **inevitably** guide you to your destiny."
- "Anything else?"
- "Yes. **If at all possible, commune** with nature daily."

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- A quick walk through the woods or even a few minutes spent cultivating your tomato garden in the backyard will reconnect you to the wellspring of calm that may now be **dormant** within you. Being with nature also allows you to **tune in to** the infinite wisdom of your highest self. This self-knowledge will move you into the **uncharted dimensions** of your personal power.

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- Never forget this," advised Julian, his voice rising with passion.
- "**Has** this ritual **worked well for** you, Julian?"
- "Absolutely. I **rise with the sun** and the first thing I do is **head off to** my secret sanctuary. There I explore the Heart of the Rose for as long as need be. Some days I spend hours **in quiet contemplation**. On other days I spend only ten minutes.

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- The result is **more or less the same**: a deep sense of inner harmony and an abundance of physical energy. Which brings me to the second ritual. This is the Ritual of **Physicality.**"
- "Sounds interesting. What's it about?"
- "It's about the power of physical care."
- "Huh?"



# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- "It's simple. The Ritual of Physicality is based on the principle that says as you care for the body so you care for the mind. As you prepare your body, so you prepare your mind. As you train your body, so you train your mind. Take some time **every single day** to nourish the **temple** of your body through **vigorous exercise**. Get your **blood circulating** and your body moving. Did you know that there are 168 hours in a week?"

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- "No, not really."
- "It's true. **At least** five of those hours should be invested in some form of physical activity. The Sages of Sivana practiced the ancient discipline of yoga to awaken their physical potential and live a strong, dynamic existence. It was an extraordinary sight to see these **marvellous** physical **specimens** who **had managed to age-proof** their lives standing on their heads in the center of their village!"

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- "Have you tried yoga, Julian? Jenny started practicing it last summer and says it has added five years to her life."
- "There is no one strategy that will magically transform your life, John, let me be the first to say this. Lasting and **profound** change comes through the continued application of a number of the methods I have shared with you."

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- But yoga is an extremely effective way to unlock your reserves of vitality. I do my yoga every morning and it is one of the best things that I do for myself. It not only **rejuvenates** my body, it completely focuses my mind. It has even unblocked my creativity. It is a **terrific** discipline."
- "Did the sages do anything else to care for their bodies?"

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- "Yogi Raman and his brothers and sisters also believed that **vigorous** walking in **natural surroundings**, whether high on the mountain paths or deep in the **lush** forests, **worked wonders** for **relieving fatigue** and **restoring** the body to its natural state of vibrancy. When the weather was too **harsh** to walk, they would exercise within the security of their **huts**. They might **miss** a meal but they would never miss their daily round of exercise."

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- "What did they have in their huts? NordicTrack machines?" I **quipped**.
- "Not quite. Sometimes they would practice yoga postures. **Other times** I would catch a glimpse of them doing a set or two of **one-handed push-ups**. I really think it didn't matter too much to them what they did, so long as they moved their bodies and got the fresh air of their **brehtaking** surroundings flowing through their lungs."

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- **"What does breathing fresh air have to do** with anything?"
- "I'll answer your question with one of Yogi Raman's **favorite sayings**, 'To breathe **properly** is to live properly.'"
- "Breathing is that important?" I asked in surprise.
- **"Quite early on** in Sivana, the sages taught me that the fastest way to double or even triple the amount of energy I had was to learn the art of effective breathing."

# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- "But don't we all know how to breathe, even a **newborn baby?**"
- "Not really, John. While most of us know how to breathe to survive, we have never learned how to breathe to **thrive**. Most of us breathe **far too shallowly** and **in so doing**, we **fail to take in enough oxygen** to run the body at an optimal level."



# The Monk Who Sold His Ferrari

## Chapter 9 – The Ancient Art of Self-Leadership

---

- "Sounds like proper breathing involves a lot of science."
- "It does. And the sages **treated** it that way. Their philosophy was simple: take in more oxygen through efficient breathing and you liberate your energy reserves along with your natural state of vitality."

Закрытый клуб

# Читаем вместе по-английски

---

**'The Monk Who Sold His Ferrari'** by Robin Sharma



Автор – Диана Семёнычева  
© Эффективный английский с экспертом

[www.EngExpert.ru](http://www.EngExpert.ru)