

Закр́тый клуб

Читаем вместе по-английски

'The Monk Who Sold His Ferrari' by Robin Sharma



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Lesson 16

The Monk Who Sold His Ferrari

Chapter 9, Part 4

Chapter 9, Part 4

The Ancient Art of Self-Leadership



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- "Okay so where do I start?"
- "It's actually pretty easy. **Two or three times a day** take a minute or two to think about breathing more deeply and effectively."
- "How do I know if I'm breathing effectively?"

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- "Well, your **belly** should **move out** slightly. This indicates that you are breathing from the **abdomen**, which is good. A **trick** that Yogi Raman taught me was to cup my hands over my **stomach**. If they moved out as I **inhaled**, my breathing technique was proper."
- "Very interesting."

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- "If you like that, then you will love the Third Ritual of Radiant Living," said Julian.
- "Which is?"
- "The Ritual of Live Nourishment. In my days as a litigator, I **lived off** of a **steady** diet of steaks, **fries** and other types of **junk food**. Sure I ate at the finest restaurants in the country, but I still filled my body with junk. I didn't know it at the time, but this was one of the main sources of my **discontent**."

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- "Really?"
- "Yes. A poor diet has a **pronounced effect** on your life. It **drains** your mental and physical energy. It **affects** your moods and it **hampers** the **clarity** of your mind. Yogi Raman **put it this way**: 'As you nourish your body, so you nourish your mind.'"
- "I **assume** then that you changed your diet?"

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- **"Radically.** And it made an amazing difference in the way I felt and looked. I always thought that I **was so run down** because of the stresses and **strains** of my work and because the **wrinkled fingers of old age were reaching out for** me. In Sivana, I learned that much of my **lethargy was due to** the **low-octane fuel I was pumping into my body."**

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- "What did the Sages of Sivana eat to stay so youthful and **bright?**"
- "Live foods," came the efficient reply.
- "Huh?"
- "Live foods are the answer. Live foods are foods that are not dead."
- "C'mon, Julian. What are live foods?" I asked impatiently.

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- "**Basically**, live foods are those which are created through the natural interaction of the sun, air, **soil** and water. What I'm talking about here is a vegetarian diet. Fill your plate with fresh vegetables, fruits and **grains** and you might just live forever."
- "Is that possible?"

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- "Most of the sages **were well over** one hundred and they showed no signs of slowing down, and just last week I read in the paper about a group of people living on the tiny island of Okinawa in the **East China Sea**. Researchers **are flocking to** the island because they **are fascinated by the fact** that it holds the largest concentration of **centenarians** in the world."

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- "What have they learned?"
- "That a vegetarian diet is one of their main **longevity** secrets."
- "But is this type of diet healthy? You wouldn't think that it would give you much strength. Remember, I'm still a busy litigator, Julian."

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- "This is the diet that nature intended. It is **alive**, vital and **supremely** healthy. The sages have lived by this diet for many thousands of years. They call it a sattvic, or pure diet. And **as to your concern about strength**, the most powerful animals on the planet, **ranging from** gorillas **to** elephants, wear the **badge** of proud vegetarians. Did you know that a gorilla has **about thirty times** the strength of a man?"

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- "Thanks for that important **tidbit** of information."
- "**Look**, the sages are not **extreme** people. All of their wisdom **was based on** the ageless principle that 'one must live a life of **moderation** and **do nothing to extremes.**' So if you like meat, you can certainly **keep eating** it. Just remember that you **are ingesting dead food.**

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- If you can, **cut back on** the amount of red meat that you eat. It is really hard to **digest** and since your **digestive system** is one of the most **energy-consuming** processes of your entire body, **valuable** energy reserves **are needlessly depleted by** this **foodstuff. Do you see what I'm getting at?** Just compare how you feel after eating a steak with your energy levels after eating a salad.

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- If you don't want to become a **strict** vegetarian, **at least** start having a salad with every meal and fruit **for dessert**. Even this will make a huge difference in the quality of your physical life."
- "**That doesn't seem like** it would be **too hard** to do," I replied. "I've been hearing a lot about the power of a **largely** vegetarian diet.

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- Just last week, Jenny told me about a study in Finland where it was found that thirty-eight percent of new vegetarians studied reported that they felt far less tired and much more **alert** after only seven months of this **new way of life**. I should try eating a salad with every meal. Looking at you, Julian, I might even make the salad the meal."

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- **"Try it for about a month** and judge the results for yourself. You will feel phenomenal."
- "Okay. If it's **good enough** for the sages, it's good enough for me. I promise you **I will give it a shot**. It doesn't sound like too much of a **stretch**, and anyway **I'm getting pretty tired of firing up** the barbeque every night."

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- "If I **have sold you on** the Ritual of Live Nourishment, I think you will love the fourth one."
- "Your student **is still holding his empty cup.**"
- "The fourth ritual is known as the Ritual of **Abundant Knowledge**. It **centers around** the whole **notion** of **lifelong learning** and expanding your **knowledge base for the good of** yourself and all those around you."

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- "The old 'knowledge is power' idea?"
- "It involves **far more** than that, John. Knowledge is only potential power. **For** the power to **be manifested**, it must be applied. Most people know what they should do in **any given** situation, or in their lives **for that matter**."

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- The problem is that they don't take daily, **consistent** action to apply the knowledge and realize their dreams. The Ritual of Abundant Knowledge **is all about** becoming a student of life. Even more importantly, it requires that you use what you have learned in the classroom of your existence."

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- "What did Yogi Raman and the other sages do to live this ritual?"
- "They had many sub-rituals which they performed **on a daily basis** as a **tribute** to the Ritual of Abundant Knowledge. One of the most important strategies is also one of the easiest. You can even start doing it today."

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- **"It won't take up too much time, will it?"**
- Julian smiled. "These techniques, tools and **tips** I am sharing with you will make you more productive and effective than you have ever been. Don't be **penny wise, pound foolish.**"
- **"Say what?"**

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- "**Consider** those who say that they do not have the time to **back up** their computers because they are too busy working on them. Yet, when those machines **crash** and months of important work is lost, they regret not investing a few moments a day in saving it. **Do you see my point?**"
- "**Get my priorities straight?**"
- "Exactly. Try not to live your life **bound by the shackles of** your schedule.

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

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- **"Point well taken.** So what was that simple sub-ritual you **were about to** teach me?" I asked.
- "Read regularly. Reading for thirty minutes a day **will do wonders** for you. But I must **caution** you. Do not read just anything. You must be very **selective** about what you **put into the lush garden** of your mind. It must be **immensely nourishing**. Make it something that will improve both you and the quality of your life."

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- "What did the sages read?"
- "They spent many of their **waking** moments reading and rereading the ancient teachings of their **ancestors**. They **devoured** this philosophical literature. I **still remember seeing** these wonderful looking people seated on little **bamboo** chairs reading their strangely **bound books** with the **subtle** smiles of enlightenment **unfolding** across their lips."

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- It was in Sivana that I really learned the power of the book and the principle that a book is the best friend of the wise."
- "So I should start reading every good book I can **get my hands on?**"
- "Yes and no," came the reply. "I would never tell you not to read as many books as you can."

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- But remember, some books **are meant to be tasted**, some books are meant to **be chewed** and, finally, some books are meant to **be swallowed** whole. Which brings me to another point."
- "You're feeling hungry?"
- "No, John," Julian laughed. "I simply want to tell you that to truly **get the best out of** a great book, you must study it, not just read it.

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- **Go through** it as you do when you read those contracts your big clients bring to you for your **legal opinion**. Really consider it, work with it, become one with it. The sages would read many of the books of wisdom in their **vast** library ten or fifteen times. They **treated** great books as **scriptures, holy documents of divine origin.**"

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- "Wow. Reading is really that important?"
- "Thirty minutes a day will make a **delightful** difference in your life because you will quickly start to see the vast reserves of knowledge **available** for your use. Every answer to **every problem you have ever faced** is **in print**. If you want to be a better lawyer, father, friend or lover, there are books **out there** that will **rocket** you to those goals.

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- All the mistakes you will ever make in your life have already been made by those that have walked before you. Do you really think that the **challenges you are facing** are unique to you?"
- "I've never thought about it, Julian. But I see what you are saying, and I know you are right."

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- "All the problems anyone has ever, and will ever face **over the course of their lifetime** have already been made," Julian **asserted**. "More importantly, the answers and **solutions** are all recorded on the pages of books. Read the right books. Learn how those who **have preceded** you **have handled the challenges** you are currently facing. Apply their strategies for success and you **will be astonished by** the **improvements** you will **note** in your life."

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- "What exactly are 'the right books?'" I asked, quickly realizing that Julian's point was an excellent one.
- **"I'll leave that to your good judgment** my friend. Personally, since I have returned from the East, I spend the better part of my days reading biographies of the men and women I **have come to admire** and **a great deal of** the wisdom of literature."

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- "Any **titles** you could recommend to an **eager young beaver?**" I said, **flashing a broad grin.**
- "Sure. You **will thrive on** the biography of the great American, Benjamin Franklin. I think you will also find much growth **impetus** from Mahatma Gandhi's autobiography **entitled** The Story of My Experiments with Truth.

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- I also suggest that you read Siddhartha by Hermann Hesse, the highly practical philosophy of Marcus Aurelius and some of the work of Seneca. You might even read Think and Grow Rich by Napoleon Hill. I read it last week and thought it was very **profound.**"

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- "Think and Grow Rich!" I **exclaimed**. "But I thought you **left all of that behind** you after your heart attack. I'm **really sick and tired of** all the '**make-money-fast manuals**' that are being **peddled out** there by **snake-oil** salesmen **preying on** the weak."

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- "Easy, big **fella! I couldn't agree with you more,**" offered Julian with all the warmth and patience of a wise, loving grandfather. "I **too want** to restore the character ethic to our society. That little book is not about making a lot of money, it is about making a lot of life. I will be the first to tell you that there is a huge difference between **well-being** and **being well off**. I've lived it and know the pain of a **money-driven** life."

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- Think and Grow Rich is about abundance, including spiritual abundance, and how to attract all that is good into your life. You might **do well** to read it. But I will not **press the point.**"
- "Sorry Julian, I didn't mean to sound like an aggressive litigator," I offered **apologetically.** "I guess my **temper gets the better of** me sometimes. One more thing I need to improve. I really am grateful for all that you are sharing with me."

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- **"No problem, water under the bridge.** My point simply is read and **keep reading.** Do you want to know something else interesting?"
- "What?"
- "It's not what you will get out of the books that is so **enriching** – it is what the books will get out of you that will ultimately change your life. You see, John, books do not actually teach you anything new."

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- "Really?"
- "Really. Books simply **help you to see** what is already within your self. That's what **enlightenment** is all about. After all my journeying and exploring I found that **I have actually come full circle back to the point** from which I started as a young boy. But now I know myself and all that I am and can be.

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- "So the Ritual of Abundant Knowledge is all about reading and exploring the wealth of information out there?"
- "Partly. **For now,** read thirty minutes a day. The rest will come naturally," Julian said **with a hint of mystery.**

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