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# Читаем вместе по-английски

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



Автор – Диана Семёнычева  
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# **Lesson 25**

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**The Monk Who Sold His Ferrari**

*Chapter 13, Part 2*

# Chapter 13, Part 2

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## The Timeless Secret of Lifelong Happiness



# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

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- "Yogi Raman had quite a **vivid imagination**, I'll agree. But you have seen that his story has a purpose and that the principles it symbolizes are not only powerful – they are highly practical."
- "True," I agreed **without reservation**.
- "The path of diamonds, then, will serve to remind you of the final virtue for enlightened living."

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

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- By carrying this principle with you through your daily work, you will enrich your life **in a way** that is difficult for me to describe. You will begin to see the exquisite wonders in the simplest of things and live with the **ecstasy** you deserve. And by **carrying out your promise** to me and sharing it with others, you will also allow them to transform their world from the ordinary into the extraordinary."

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

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- **"Will this take me a while to learn?"**
- "The principle itself is **strikingly straightforward to grasp**. But learning how to apply it effectively in all your waking moments will take a couple of weeks of **steady** practice."
- "Okay, I'm dying to hear it."

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## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- "Funny you say that, because the seventh and final virtue is all about living. The Sages of Sivana believed that a truly joyful and rewarding life comes only through a process they called 'living in the now.' These yogis knew that the past **is water under the bridge** and the future is a **distant** sun on the horizon of your imagination. The most important moment is now. Learn to live in it and **savor** it fully."

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

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- "I understand exactly what you are saying, Julian. I **seem to spend most of my day fretting over** past events that I have no power to change or worrying about things **to come**, which never **do arrive**. My mind **is always flooded by** a million little thoughts pulling me in a million different directions. **It's really frustrating.**"
- "Why?"

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- **"It tires me out!** I guess I just don't have **peace of mind. Yet I have experienced times** when my mind **is fully occupied on only what was in front of me.** Often this happened when I **was under the gun to crank out a legal brief** and I didn't have time to think about anything **other than the task at hand.** I've also felt this kind of total focus when I was playing **soccer** with the boys and I really wanted to win.

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

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- Hours **seemed to pass by in minutes** and I felt centered. It was **as if the only thing that mattered to me** was what I was doing in that very moment. **Everything else**, the worries, the bills, the law practice, didn't count. **Come to think of it**, these were probably the times when I felt the most peaceful as well."

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

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- **"Being engaged in a pursuit** that truly challenges you is the **surest route** to personal satisfaction. But the **real key to remember** is that happiness is a journey, not a destination. **Live for today** – there will never be another one quite like it," stated Julian, his **smooth** hands **coming together as if to give a prayer of thanks for being privy to** what he had just said.

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- "Is that the principle that the path of diamonds in Yogi Raman's fable symbolizes?" I asked.
- "Yes," came the **succinct** reply. "Just as the sumo wrestler found lasting fulfillment and joy by walking the path of diamonds, you can have the life you deserve **the very moment** you start to understand that the path you are **currently** walking on is one rich with diamonds and other **priceless treasures**."

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- **Stop spending** so much time **chasing life's big pleasures** while you **neglect the little ones. Slow things down.** Enjoy the beauty and sacredness of all that is around you. You **owe this to yourself.**"
- **"Does that mean that I should stop setting big goals** for my future and concentrate on the present?"

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- "No," replied Julian **firmly**. "As I said earlier, goals and dreams for the future are essential elements in every truly successful life. Hope for what **will appear** in your future is **what gets you out of bed in the morning** and what keeps you inspired through your days. Goals energize your life. **My point is** simply this: never **put off** happiness **for the sake of achievement**."

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- Never put off the things that are important for your well-being and satisfaction to a later time. Today is the day to live fully, not **when you win the lottery or when you retire**. Never put off living!"
- Julian stood up and started **pacing back and forth** across the living room floor like a **seasoned** litigator releasing his final **kernels of reason** in an **impassioned closing argument**.

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

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- **"Don't fool yourself into thinking** that you will be a more loving and **giving** husband when your law firm **takes on** a few more junior lawyers to **ease the burden. Don't kid yourself into believing** that you will start to enrich your mind, **care for** your body and nourish your soul **when your bank account gets big enough** and you have the **luxury** of more free time.

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- Today is the day to enjoy the **fruits of your efforts**. Today is the day to **seize the moment** and live a life that **soars**. Today is the day to live from your imagination and **harvest your dreams**. And please **never, ever forget** the gift of family."
- "I'm not sure I know exactly what you mean Julian?"
- "Live your children's childhood," came the simple reply.
- "Huh?" I **muttered, perplexed at the apparent paradox**.

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- "**Few** things are as meaningful as being a part of your children's childhood. **What is the point of** climbing the steps of success if you have missed the first steps of your own kids? What good is owning the biggest house on your block if you have not taken the time to create a home? What is the use of being known across the country as a **red-hot trial lawyer** if your kids don't even know their father?" Julian offered, his voice now **quivering with** emotion. "I know **whereof** I speak."

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- This last comment **floored** me. All I knew of Julian was that he had been a **superstar** litigator who **hung out with** the rich and the beautiful. His romantic **trysts** with **nubile fashion models** were almost as legendary as his **courtroom skills**. What could this **former** millionaire playboy possibly know about being a father?

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- What could he possibly know about the daily struggles I faced in trying to **be all things to all people**, a great father and a successful lawyer? But Julian's sixth sense **caught me**.
- "I **do know** something of the **blessings** we call children," he said **softly**.
- "But I always thought you were the city's most **eligible bachelor** before you **threw in the towel** and **gave up** your practice."

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- "Before I **was caught up** in the illusion of that **fast and furious** lifestyle that I **was so well known for**, you know that I was married."
- "Yes."
- He then paused, as a child might before telling his best friend a **closely-guarded secret**. "What you do not know is that I also had a little daughter."

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- She was the **sweetest**, most **delicate creature** I have ever seen in my life. **Back then, I was a lot like** you were the first time we met: **cocky**, ambitious and full of hope. **I had everything anyone could ever want.** People told me I **had a brilliant future**, a **stunningly** beautiful wife and a wonderful daughter. Yet, when life **seemed to be perfect, it was all taken from me in an instant."**

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- **For the first time** since his return, Julian's **eternally joyful** face was enveloped in sadness. **A single tear** began to slide down one of his **bronzed** cheeks and **dripped onto** the **velvety fabric** of his **ruby red** robe. I **was speechless** and **gripped by the revelation** of my **long-time friend**.
- "You **don't have to continue** Julian," I offered **sympathetically, placing an arm** around his shoulder to **comfort** him.

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- "But I do, John. Of all those I knew in my former life, you **showed the most promise**. As I said, you reminded me a lot of myself when I was younger. **Even now** you still have so much going for you. But **if you keep on living the way you're living**, you **are headed for** disaster. I came back to this place to show you that there are so many wonders **waiting for** you to explore, so many moments left for you to savor."

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- "The **drunk driver** who killed my daughter **didn't take away only one precious life** on that **sun-soaked** October afternoon – he took two. After my daughter's **passing**, my life **unravelled**. I **started spending** every waking minute at the office, **foolishly hoping** that my legal career might be the **salve** for the pain of a broken heart.

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- **Somedays**, I even slept on a couch in my office, **dreading to** return to the home where so many **sweet memories had been laid to rest**. And while my career **did take off**, my inner world was a **mess**. My wife, who had been my **constant companion** since law school, left me, **citing my obsession with** my work as the **straw that broke the proverbial camel's back**.

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- My health **deteriorated** and I **spiralled into** the **infamous life** that I **was engaged in** when we first met. Sure I had everything money could possibly buy. But I **sold my soul for it**, I really did," Julian noted emotionally, his voice still **choked up**.
- "So when you say 'Live your children's childhood,' you are basically telling me to **take the time to watch them grow and flourish**. That's it, isn't it?"

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- "Even today, twenty-seven years after she left us while we were driving her to her best friend's birthday party, I would give anything just **to hear my daughter giggle** again or to **play hide-and-seek like we used to** in our back garden. I **would love to hold her in my arms** and **softly caress her golden hair**. She **took a piece of my heart** with her when she left.

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- And though my life has been inspired by new meaning since I found the way to enlightenment and self-leadership in Sivana, **a day doesn't pass without me seeing** the **rosy** face of my **sweet little girl** in the **silent theatre of my mind**. You have such great kids, John. Don't miss the forest for the trees. The best gift you could ever give your children is your love.

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- **Get to know them** again. Show them that they are **far more important** to you than the **fleeting rewards** of your professional career. **Pretty soon** they **will be off**, building lives and **families of their own**. Then it will be **too late, the time will be gone.**"

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- Julian **had struck a chord deep inside** of me. I guess I had known **for some time** that my **workaholic pace** was **slowly but steadily loosening** our family's ties. But it was like a **smoldering ember**, burning quietly, slowly gathering its energy before revealing the **full extent** of its destructive potential. I knew my kids needed me, even if they might not have told me so. I needed to hear this from Julian.

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- **Time was slipping by** and they **were growing up** so quickly. I couldn't remember the last time my son Andy and I **had stolen off early** on a **crisp** Saturday morning to spend the day at the fishing **hole** his grandfather loved so much. There was a time when we would go every weekend. Now, this **time-honored** ritual **seemed like** someone else's memory.

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- The more I thought about it, the harder it hit me. **Piano recitals, Christmas plays, little-league championships had all been traded for my professional advancement.**
- 'What was I doing?' I wondered. I really **was sliding down the slippery slope** that Julian described. **There and then, I resolved to change.**

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- "Happiness is a journey," Julian continued, his voice **rising once again** with the heat of passion. "It is also a choice that you make. You can **marvel at** the diamonds **along the way** or you can **keep running through all your days, chasing** that **elusive pot of gold at the end of the rainbow** that **ultimately** reveals itself to be **empty**. Enjoy the special moments that every day offers because today, this day is all you have."

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- "Can anyone learn to 'live in the now'?"
- "Absolutely. **No matter** what your **current circumstances** might be, you can train yourself to enjoy the gift of living and fill your existence with the **jewels** of everyday life."
- "But isn't that a little optimistic. How about someone who has just lost everything they own **due to a bad business deal.** **Let's say** that not only **are they financially bankrupt** but emotionally bankrupt as well?"

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- "The size of your bank account and the size of your house **have nothing to do with living life** with a sense of joy and wonder. This world **is full of unhappy** millionaires. Do you think the sages I met in Sivana were concerned with having a **well-balanced financial portfolio** and **acquiring** a **summer home** in the South of France?" Julian asked **mischievously**.
- "Okay. **I see your point.**"

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- "There is a huge difference between **making a lot of money** and **making a lot of life**. When you start spending even five minutes a day practicing the art of gratitude, you will cultivate the richness of living that you **are looking for**. Even the person you spoke of in your example can find an abundance of things to **be thankful for, notwithstanding** his **dire financial predicament**.

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- Ask him if he still has his health, his loving family and his good reputation in the community. Question him as to whether he is happy to have citizenship in this great country and whether he still **has a roof over his head**. Perhaps he might have **no assets other than** a masterful ability to **work hard** and the ability to dream big dreams. Yet these are **precious assets** for which he **ought to be grateful**.

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- We all have much to be thankful for. Even the birds singing outside your **windowsill** on what **looks like** another magnificent summer's day appear as a gift to the wise person. Remember, John, life doesn't always give you what you **ask for**, but it always gives you what you need."

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- "So by **giving daily thanks for all** of my assets, whether these are material or spiritual, I will develop the habit of living in the moment?"
- "Yes. This is an effective method for putting far more living into your life. When you savor the 'now,' you kindle the fire of life that allows you to grow your destiny."

# The Monk Who Sold His Ferrari

## Chapter 13 – The Timeless Secret of Lifelong Happiness

---

- "Grow my destiny?"
- "Yes. I told you earlier that we all have been given certain talents. Every single person on the planet is a genius."
- "You don't know some of the lawyers I work with," I **quipped**.

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