

The Monk Who Sold His Ferrari

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Story

1. Garden
2. Lighthouse
3. Sumo Wrestler
4. Pink Wire Cable
5. Stopwatch
6. Roses
7. Path of Diamonds

Format

- General
- Symbol
- Virtue
- Wisdom
- Techniques
- Quote

Garden

■ General

- Garden is the Mind
- Looking outwards is dreaming, looking inward is awakening
- 60,000 thoughts in a day – 90% are from yesterday
 - Failed relationships
 - Financial trouble
 - Less than acceptable childhood
- Mind management is the essence of life management
- Your Mind is the only thing you have control over
- Self awareness is the stepping stone to mind mastery
- Fatigue is a creation of the mind
 - When passionate about something, you can do it anytime
- There is nothing noble about being superior to someone else. Be superior to your former self

Garden

■ General

- There is no:
 - Absolute
 - Objective reality
 - Real world
- A tragedy could be an opportunity
 - Burnt down house could mean a better house
- When you lose, do not lose the lesson
 - Strength out of struggle
 - Pain can be a good teacher
- To know positives you need to know negatives – duality of things
- Don't judge; just experience
- Law of Nature says when one door closes another opens

Garden

■ General

- All things are created twice
- Start thinking about the dreams you had as a child
- There is a mind & body connection
- Mind is a wonderful servant but a terrible master
 - Like a muscle, use it or loose it
- Quick fixes do not work
- Concentration is at the root of mental mastery
- Find our what you truly love & direct all you energy to it = eternal happiness
 - It must be worthy & improve or serve the lives of others
- Take time every day to reflect on your purpose & living
 - If you don't stop for gas it will catch up with you

Garden

- Symbol
 - Magnificent Garden is your Mind
- Virtue
 - Master Your Mind
- Wisdom
 - Cultivate your mind; it will blossom beyond your expectations
 - The quality of your life is determined by the quality of your thoughts
 - There are no mistakes – only lessons. See setbacks as opportunities for personal expansion & spiritual growth

Garden

- Techniques

- Heart of the Rose

- Concentration & control

- Opposition Thinking

- Not even 1 negative thought

- Secret of the Lake

- Put mental images of what you want to be

Garden

- Quote

- The Secret of Happiness is simple: find out what you truly love to do & then direct all your energy towards doing it. Once you do this, abundance flows into your life & all your desires are filled with ease & grace.

Lighthouse

■ General

- He who serves the most reaps the most
 - Emotionally, materially, physically & spiritually
- It is wise to study others, but enlightening to study oneself
- 3 mirrors of a person – see yourself, others see you, truth
- Goals - if you don't know where you are going you will never get there (blindfold archer)
- Happiness is in achievement
- Achievement & Inner Peace
 - Strength of character
 - Mental toughness
 - Living with courage

Lighthouse

■ General

- Goals make all your thoughts & actions move in that direction – every started a hobby & then see it everywhere?
- Stop majoring in the minor things in life
- Have fun while advancing along the path of goals & purpose
- There is no chaos in the universe – purpose for everything
- Every second you spend thinking of someone else's dreams, you take away from yours
- Life favours the prepared mind
- Never measure your self worth against other people's net worth

Lighthouse

- Symbol
 - Tall Lighthouse is Purpose
- Virtue
 - Follow Your Purpose
- Wisdom
 - The purpose of life is a life of purpose
 - Discovering & then realising your lifework brings lasting fulfillment
 - Set clearly defined personal, professional & spiritual goals, & then have the courage to act on it

Lighthouse

- Techniques

- The Power of Self Examination

- Find your purpose & live it

- The 5 Step Method of attaining Goals

- Clear mental image
 - Positive pressure – public pledge
 - Attach a timeline
 - Write it down
 - Do it for 21 days

Lighthouse

- Quote

- Never forget the importance of living with unbridled exhilaration. Never neglect to see the exquisite beauty in all living things. Today, & this very moment, is a gift. Stay focused on your purpose. The universe will take care of everything else.

Sumo Wrestler

■ General

- Kaizen – constant & never ending improvement
- Change is a powerful force
- Beginner's mind – questions
- Trilogy of Human Endowments
 - Mind, Body & Soul
- The only limits are those you set (push ups)
 - Push yourself daily
- Get out of your circle of comfort
 - Fear is a mental monster - your own creation
 - Conquer your fear is conquer your life
 - Nothing is inherently painful or pleasant
- Put off short term pleasure for long term fulfillment
- Change yourself before you change your life

Sumo Wrestler

- Symbol
 - Large Sumo Wrestler is Kaizen
- Virtue
 - Practice Kaizen
- Wisdom
 - Self Mastery is the DNA of life mastery
 - Success on the outside begins within
 - Enlightenment comes through consistent cultivation of your mind, body & soul

Sumo Wrestler

■ Techniques

- Do the Things You Fear
 - Make a list & do them
- The 10 Ancient Rituals for Radiant Living
 1. Solitude – same quiet place, nature
 2. Physicality – yoga, breathe to thrive not just survive
 3. Live Nourishment – vegetarian
 4. Abundant Knowledge – study (not read) 30 min daily
 5. Personal Reflection – review your day
 6. Early Awakening – unbroken sleep, first & last minutes, laugh
 7. Music – uplifting sounds
 8. Spoken Word – mantras, changeable self image
 9. Congruent Character – integrity, principles, daily building
 10. Simplicity – less is more, rid material

Sumo Wrestler

- Quote

- The Universe favours the brave. When you resolve to lift your life to it's highest level, the strength of your soul will guide you to a magical place with magnificent treasures.

Pink Wire Cable

■ General

- Strong wire cable is made up of many weaker wires
- Lack of will power is a mental disease
- Will is the king of mental power
- Do what you say, when you say
- Build it up bit by bit
- Will power is not being stubborn
- Gives freedom vs. slave to impulses
- Do things that you do not like
- Will can erase the worry habit
- Positive always overcomes negative

Pink Wire Cable

- Symbol
 - Strong Pink Wire Cable is Discipline
- Virtue
 - Live with Discipline
- Wisdom
 - Discipline is built by consistently performing small acts of courage
 - The more you nurture the embryo of self discipline, the more it will mature
 - Willpower is the essential virtue of a fully actualised life

Pink Wire Cable

- Techniques

- Mantras / Creative Envisioning

- I am more than I appear to be, all the world's strength & power rests inside me

- The Vow of Silence

- Silent for a day unless others ask you something

Pink Wire Cable

- Quote

- Wage war against weaker thoughts that have crept into the palace of your mind. They will see that they are unwanted & leave like unwelcome visitors.

Stopwatch

■ General

- Time mastery leads to life mastery
- Plan your day the night before, your week on Sunday
- Enlightened people are priority driven
- Holistic – covers all areas of life
- Procrastination kills time
- The best time to plant a tree was 40 years ago; the second best time is today

Stopwatch

- Symbol
 - Golden Stopwatch is Time
- Virtue
 - Respect your time
- Wisdom
 - Time is your most precious commodity & it is non-renewable
 - Focus on your priorities & maintain balance
 - Simplify your life

Stopwatch

- Techniques
 - The Ancient Rule of 20
 - Do only the 20
 - Have the Courage to say No
 - Beware of people who steal your time
 - The Deathbed Mentality
 - Live every day as your last

Stopwatch

- Quote

- Time slips through our hands like grains of sand, never to return again. Those who use time wisely from an early age are rewarded with rich, productive & satisfying lives.

Roses

- General

- Fragrance sticks to the hand that gives roses
- You come with nothing & leave with nothing
- See yourself as a collective not individual

Roses

- Symbol
 - Sweet Yellow Roses is Service
- Virtue
 - Selflessly Serve Others
- Wisdom
 - The quality of your life ultimately comes down to the quality of your contribution
 - To cultivate the sacredness of each day, live to give
 - By elevating the lives of others, your life reaches its highest dimensions

Roses

- Techniques
 - Practice Daily Acts of Kindness
 - Don't go to bed till you do
 - Give to Those Who Ask
 - Those who need
 - Cultivate Richer Relationships
 - Build & repair

Roses

- Quote

- The most noble thing you can do is to give to others. Start focusing on your higher purpose.

Path of Diamonds

■ General

- Do it all now – every step on your path is a right one
- Slow things down & enjoy what is all around you
- Don't kid yourself that one day when...
- Difference between making a lot of money & making a lot of life
- Life may not give you what you ask for, but it will give you what you need
- Act as if failure cannot happen & you will always succeed
- We are spiritual beings having a human experience, not vice versa

Path of Diamonds

- Symbol
 - Path of Diamonds is living in the present
- Virtue
 - Embrace the Present
- Wisdom
 - Live in the “now”. Savor the gift of the present
 - Never sacrifice happiness for achievement
 - Savour the journey & live each day as your last

Path of Diamonds

- Techniques

- Live your Children's childhood

- Be there

- Practice Gratitude

- Always be thankful for what you got

- Grow Your Destiny

- Architect of your future

Path of Diamonds

- Quote

- We are all here for some special reason. Stop being a prisoner of your past. Become the architect of your future.

Story Meaning

1. Master your Mind - Garden
2. Follow your Purpose - Lighthouse
3. Practice Kaizen - Sumo Wrestler
4. Live with Discipline - Pink Wire Cable
5. Respect your Time - Stopwatch
6. Selflessly Serve Others - Roses
7. Embrace the Present - Path of Diamonds