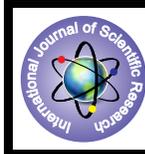


Illuminating the Life by the Ways of Mega living



Literature

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Dr. Shalini Sharma

Assistant Professor English & Foreign Languages SRM University NCR Campus, Ghaziabad

ABSTRACT

Life is glorious, full of excitement, thrills and happiness but it's we people who convert it into disappointment, dissatisfaction and sorrows. It depends on the deeds of human beings that in which direction, they are leading their life.

Life is boon to human being so at first try to feel its inward divine glory himself and then scatter the element of happiness everywhere in society and then in world . It's not magic; it can be possible by following the suggestions of Robin Sharma.

Robin Sharma, widely recognized author and speaker, is one of the brightest new stars in the field of life-improvement and betterment of whole humanity. He is the globally celebrated author of fifteen international bestselling books on leadership and life- enlightenment. His work has been published in over 62 countries and nearly seventy-five languages, making him one of the most widely read authors in the world. He shot to fame with *'The Monk Who Sold His Ferrari,'* which has topped international bestseller lists and sold over 4000000 copies. Besides this book, other books like, *'Who Will Cry When I'll Dye,' 'Mega living'* have made the special corner in the heart of his appreciators. It has been rightly remarked for Robin Sharma by Elaine St. James, "Robin Sharma has created an enchanting tale that incorporates the classic tools of transformation into a simple philosophy of living. A delightful book, *'The Monk Who Sold His Ferrari'* that will change your life. (Simplify Your Life Inner Spirituality, Page-57)

In this particular book, he has touched the nerve of every human being. He is well aware of the fact that now everyone is disturbed, every second person is suffering from stress, frustration, mentally disturbance due to which he has become the pray of many harmful illness. Everyone is clay morning for mental peace, harmony with circumstances and self-satisfaction. But none knows the ways how he can overcome his sufferings and disturbances by which he can enjoy the blessings of purification and enlightenment.

At first, it would be far better to know about the real causes of agony and disturbance of human beings. The foremost reason is that people want to receive more and more materialistic comforts and for getting it, they are engaging in hyper-competitive deeds, taking more and more stress. Their minds are always busy in making strategies, plans and policies to gain victory but due to it, they are just helpless to recognize the destruction and loss of their inner powers, positive energies. Robin Sharma presents the same sense by the words of Julian Mantle:

He told me that the hyper- competitive legal world had taken its toll on him, not only physically and emotionally but spiritually. The fast pace and endless demands had worn him out and run him down. He admitted that his body had fallen apart and that his mind had lost its luster. His heart attack was only one symptom of a deeper problem. The constant pressure and exhausting schedule of a world- class trial lawyer had also broken his most important and perhaps most human- endowment: his spirit. (*The Monk Who Sold His Ferrari,* 12)

Besides it, it is the destiny of human being that he always dwells in his past, he does not want to live, to appreciate his present rather he himself wants to keep himself busy in the moments of past and it is the main reason of his agony and concern. Sharma writes: "Stop being a prisoner of your past becomes the architect of your future. Every event happens for a special purpose." (Page no. 4) Studies have proved that the human mind thinks for

those things that are uncultivated, that will increase his agony but still, he wants to live in the realm of past. It has been rightly written: "On an average day, the average person thinks about 60000 thoughts. Even more startling is the fact that 95% of those thoughts are the same as the ones you thought the day before." (Page no. 4) He always weeps for his failure and mistakes. He always complains for those things which he cannot achieve.

The main root of man's problems is no doubt his unbalanced life-style. There is no proper time for sleeping, awakening, taking meal, enjoying, communicating and working. This materialistic person has given the main priority to his work, doing jobs, making planning and for it he alone is not the responsible, and sometime the nature of his job and circumstances also compel him to live unscheduled life. Every time his mind is engaging in policies either on mobile phone or on any web-side. Really there is no proper time for having proper hygienic meal; man prefers doing such kind of useless works like doing prayers or even taking meal also while engaging in communicating with others, watching T.V. or at the time of travelling also. He sleeps only when he is quite helpless to open his eyes. In such pathetic condition, man is just wasting and ignoring the colorful part of his life.

After analyzing the root causes of human sufferings, Robin Sharma with the help of his books , *'The Monk Who Sold His Ferrari,'* and *'Mega living'* suggests a lot of ways by which anyone can try to reduce his stress and can enjoy the bliss of life and for it, first of all love yourself. Everyone should give the importance to himself first, he should take care his diet first because a healthy mind lives in a healthy body so whatever he is taking, and it should be good for his health. Sharma writes:

You are what you eat. By transforming your diet, you can dramatically reshape your body, moods, energy levels and overall vitality...By adjusting your diet to include more high water content food, your energy levels and mental agility will improve profoundly. You will be able to have the fun you always wanted to have and, ultimately, live the life you have always wanted to live! (*Mega living! 30 Days to a perfect life,* 56-57).

Then the next step is to know what you want, what is your inner desire, what and in which your real happiness is, what is the aim of life. According to Hugh Prather, "A clear purpose gives meaning to life and increases energy because it provides direction. It helps to give your life shape and makes you feel more motivated and less discontented."(*How to live in the world & still be happy,* 278) Everyone should know about the goal of his life, about his ambitions, about the sources by which he can feel relaxed then he should develop a proper strategy to achieve his mission within a particular deadline and he should convert all his thoughts towards that goal and should try his best to follow that proper strategy according to time and the best way of it is that the person should declare his mission in front of his friends and he should tell them that he will achieve that particular goal within

this time period and he should work for it then before going to bed, he should analysis how much he has got and how much he will have to achieve. In such manner, without wasting time, he can use all his energy in a particular direction. Robin Sharma expresses his views in such manner:

Once you set yourself firmly on the wonderful path of your goals, your life will change very dramatically. You will wake up with a fire in your belly and a passion for the day. You will feel productive, confident and deeply happy. You will feel fulfilled as if your life has true meaning. Remember, the purpose of life is a life of purpose. (Mega living,37)

Man will have to make the cup of his life free from all the tensions or problems only then he can feel the blessings of inner satisfaction and glory as Julian makes his friend understood it by an experiment:

He poured until the cup was full but then he kept on pouring! Tea started to trickle down the sides of the cup and into the saucer, then onto my wife's prized Persian rug..... However just like this cut, you seem to be full of your own ideas. And how can any more go in...until you first empty your cup? (The Monk Who Sold His Ferrari, 35)

Robin has compared worries with funeral pyre and no doubt these are the worries which are making a deep hole in the body of human being. These worries are directly connected to heart and mind. Mind generates worries and heart cultivates them, protests them and then these worries make a permanent home in the body. So it is the foremost responsibility of human being to protect at first his mind. He should play the part of a guard and he should not allow any dirt to enter in his mind. Robin writes:

To live life to the fullest, you must stand guard at the gate of your garden and let only the very best information center. You truly cannot afford the luxury of a negative thought not even one. The most joyful, dynamic and contented people of this world are no different from you or me in terms of their makeup. We are all flesh and bones. We all come from the same universal source. However, the ones who do more than just exist, the ones who fan the flames of their human potential and truly savor the magical dance of life do different things than those whose lives are ordinary. Foremost amongst the things that they do is adopt a positive paradigm about their world and all that is in it. (42)

Thus man should learn the concept of personal mastery by which he can illuminate his life by removing all the tensions from his life and no doubt it is not the work of a single day rather it is a slow process that can be continued by self exercise and proactive as the writer thinks:

Personal mastery is like a bank account; call it the Personal Excellence Account. By improving daily, whether it is by spending some time exercising, reading, visualizing or forging better relationship, you are making regular deposits into your account. After only one month, for example, you will have improved by more than 365% (factoring in the power of compound interest). But when you sleep too much, worry too much, watch television too much or eat too much, you make withdrawals in your Personal Excellence Account. (Magaliving ,57)

We all want sublimity in our life. We should have optimistic and humanitarian approach towards each and every deed. We should develop the sense of gratitude towards the things we are receiving. This type of attitude can make people happy and establish peace everywhere. Thus it can be concluded with the words of Rhonda Byrne, "Your life is in your hands. No matter where you now, no matter what have happened in your life, you can begin to consciously choose your thoughts, and you can change your life." (Secret, 19)

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