

Storyline

This is an imaginary story of Julian Mantle, that person who had achieved everything in life. Mantle was graduated from Harvard law school and one of the famous lawyer of US. His earning was in seven figures. A red colour Ferrari stayed all the time in front of his house. In short, he was living his dreams.

However, he was struggling between there somewhere. He was not able to handle his workload. Everyday Mantle had a new and important case and he completes preceding of each and every case carefully.

Eventually, his stress level had increased. One day he got a heart attack and felt in the courtroom. After that incident, he never came back to his firm for his law practice. He went to India for finding the answers to some questions and for a peaceful life. Before going, Mantle sold his house and his Ferrari.

Three years later, he came back to the office of his former colleague without any intimation. He was looking healthy and had a spreading smile on his face like Gautam Buddha.




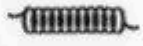



Mantle was travelling one village to another on India. During his journey, he listened about the great monks of sivana in Kashmir. Mantle got in the connection of those monks. And this was the same place where Mantle had a reawakening.

This fictional story teaches the seven principals of sivana system. In those Mountains Mantle found a group of monks who were known by the name sages of sivana.

One Monk, yogi Raman shared his knowledge with Mantle. And discussed how to make a meaningful life, be more creative and feeling fulfilled. He taught this to Mantle in one condition that he will go back to his place and spread this knowledge. And that was the reason he came back to his law practice to share the life-changing sivana system.

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According to sivana system, there are seven basic qualities and each quality is a part of the magnificent fable.

The 7 Timeless Virtues of Enlightened Living		
Virtue		Symbol
1 Master Your Mind		The Magnificent Garden
2 Follow Your Purpose		The Towering Lighthouse
3 Practice Kaizen		The Sumo Wrestler
4 Live with Discipline		The Pink Wire Cable
5 Respect Your Time		The Gold Stopwatch
6 Selflessly Serve Others		The Fragrant Roses
7 Embrace the Present		The Path of Diamonds

Fable starts in the middle of a magnificent, lush, green garden. This garden is filled with the most spectacular flowers. In the centre of this magical garden stands a towering, red lighthouse, six stories

high. Suddenly, the silence of the garden is disturbed by a loud creaking as the door at the base of the lighthouse opens.

Out stumbles a nine-foot-tall, nine hundred pound Japanese sumo wrestler who casually wanders into the centre of the garden, and he has a pink wire cable covering his private parts.

As this sumo wrestler starts to move around the garden, he finds a shiny gold stopwatch. He slips it on and falls to the ground.

The sumo wrestler is rendered unconscious and lies there, silent and still. The wrestler awakes, perhaps stirred by the fresh fragrance of some yellow roses blooming nearby.

He gets up and looks to his left side. There he saw a path of diamonds. He enters in that path and he gets everlasting bliss and joy there.

Some people will find this story funny, but every element of this story represent the quality of sivana system. You will get a better understanding of these principals through this book. let's start:

#1 QUALITY

Discovery of fulfilment is the process of mastering your mind. Yogi Raman's garden represents our mind.

Many people fill their mental garden with garbage. That garbage is negative thoughts and fear.

The first quality of sivana system is to control our mind. You have to take care of your mental garden.

One of the best method of caring this garden is to keep the stand in front of the gate.

Only allow pleasant and positive thoughts outside and put a ban on harmful thoughts.

The Symbol



The Virtue

Master Your Mind

The 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 and spiritual growth

The Techniques

- The Heart of the Rose
- Opposition Thinking
- The Secret of the Lake

Quotable Quote

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

But how can we focus our mind with fulfilling thoughts?

Well, we all have the ability to choose what we want to think. This all comes from exercising our mind like a muscle.

The first step is boosting our concentration. There is a technique which monks of sivana says The Heart of Rose to improve the ability of our focus.

To implement this technique you need a peaceful place and Rose. To start this technique, you have to do a sharp focus through your eyes in the centre of the rose.


Focus on its colour and texture. Fill your mind with the thought that his beautiful is that rose.

In the beginning, some random thoughts may enter the mind, but after practising for some days regularly you'll observe that your mind is becoming more disciplined.

#2 Quality

For living a fulfilling life you need a purpose which can guide you.

The second quality of sivana system is Purpose. In the story, this principle is represented by the lighthouse.

The Symbol	
The Virtue	Follow Your Purpose
The Wisdom	<ul style="list-style-type: none">• The purpose of life is a life of purpose• Discovering and then realizing your lifework brings lasting fulfillment• Set clearly defined personal, professional and spiritual goals, and then have the courage to act on them
The Techniques	<ul style="list-style-type: none">• The Power of Self-Examination• The 5 Step Method for Attaining Goals
Quotable Quote	<i>Never forget the importance of living with unbridled exhilaration. Never neglect to see the exquisite beauty in all living things. Today, and this very moment, is a gift. Stay focused on your purpose. The Universe will take care of everything else.</i>

While discussing their purpose monks used a Sanskrit word *Dharma* (which means the purpose of life).

Dharma comes from that ancient belief that we all have come to the earth for completing a mission. Through respecting *Dharma* we can obtain satisfaction and inner harmony.

The best way to realising the mission of our life is by setting clearly defined goals.

You can hit a target when you can see it clearly. For obtaining personal purpose monks developed five methods.

1. Firstly you have to create an image of result in your mind. For example, if you want to lose weight then you have to visualize yourself in a slim fitter version.
2. Second is to create pressure on yourself but in the right way. Pressure can be a wonderful source of inspiration because it pushes a person to realise him his full potential. The best way of creating pressure is to tell others about your plan. It will increase accountability and you can achieve your goals effectively.
3. The third stage is to readying a timeline. You have to make a deadline to achieve your goals.
4. The fourth stage is the Magic Rule of 21. It's an idea by which doing a new behaviour for 21 days becomes a habit. If you want to add a good habit in your lifestyle, then do it regularly for 21 days and it will become your habit.
5. The last step is to enjoy your process. And don't take the stress.

#3 QUALITY

The Symbol



The Virtue

Practice Kaizen

The Wisdom

- Self-Mastery is the DNA of life mastery
- Success on the outside begins within
- Enlightenment comes through the consistent cultivation of your mind, body and soul

The Techniques

- Do the Things You Fear
- The 10 Ancient Rituals for Radiant Living

Quotable Quote

The Universe favors the brave. When you resolve to lift your life to its highest level, the strength of your soul will guide you to a magical place with magnificent treasures.

For a bright life, we should continuously do self-improvement.

Do you remember sumo wrestler, it also represents the third quality of sivana system. This quality is caller *kaizen*. The meaning of this Japanese word is constant (everlasting improvement).

It's about unlocking your potential. For this quality, monks have created ten steps which are known by the name 10 Rituals of Radiant Living.

1. The first ritual is solitude. It takes the promise that you will insert some moment of silence in your daily routine. It's just

because in this duration you can make your mind peaceful and use your creativity.

2. The second ritual is of physicality. The aim of this stage is to move your body. By taking care of your body you can ultimately take care of your brain.
3. Next ritual is about live nourishment. You should only eat live food. Therefore it's good to follow a vegetarian diet.
4. The fourth ritual is of infinite knowledge. You should keep learning during your entire life.
5. The fifth ritual is of Personal Reflection. You should check your behaviour on a daily basis. Can you do more better today?
6. The sixth ritual is of waking up early. This can be tough for those people who enjoy sleeping. Because the idea of this ritual is we should take a quality sleep of around six hours and wake up during sunrise.
7. Next ritual is of music. Listen to good music as much as possible because it makes your mood positive.
8. The eighth ritual is of spoken words or Affirmations. Create a personal mantra for inspiring yourself and keep repeating it inside you on a regular basis. For example, your positive affirmation can be "I am the master of my work" etc.
9. Ninth rituals explain that we should assure our principals.
10. The last ritual is of simplicity. Opt for a simple life and focus on the priorities and meaningful activities of your life.

#4 Quality

Live a disciplined life and manage your time wisely.

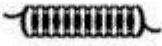
In this story for remembering about sumo wrestler, there is one more quality.

Remember he had covered his private part with a pink wire cable. Actually, this pink wire cable represents the fourth virtue of sivana system.

This principle is related to living a disciplined life. While discussing with monks Mantle learnt that wire is a symbol of strict self-discipline.

As your concentration, you can also increase the understanding of your self-discipline. Yogi Raman explained that for doing this his favourite exercise is not speaking for one day.

Monks assured Mantle that the pledge of silence is the magnificent method to condition our desires for the long term.

The Symbol	
The Virtue	Live with Discipline
The Wisdom	<ul style="list-style-type: none">• 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 actualized life
The Techniques	<ul style="list-style-type: none">• Mantras / Creative Envisioning• The Vow of Silence
Quotable Quote	<i>Wage war against the weaker thoughts that have crept into the palace of your mind. They will see that they are unwanted and leave like unwelcome visitors.</i>

#5 Quality

In this story, sumo wrestler finds a golden stopwatch. This represents the fifth virtue of sivana system which is about respect our time.

Monks taught Mantle that time mastery is life mastery. We should use our time efficiently.

And how can we make it efficient? It's important to do continuously planning for this.

Before going to sleep we should give 15 minutes for the planning of the next day. And we should give an hour for the planning of next week on Sunday.

Another teaching is that we have to be ruthless with our time and learn when to say no.

Live every day as it is your last day. So that you will not waste your time in those works in which you don't want to be involved.

The Symbol



The Virtue

Respect Your Time

The Wisdom

- Time is your most precious commodity and it is non-renewable
- Focus on your priorities and maintain balance
- Simplify your life

The Techniques

- The Ancient Rule of 20
- Have the Courage to Say "NO"
- The Deathbed Mentality

Quotable 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 and satisfying lives.

#6 Quality

Serve for others selflessly.

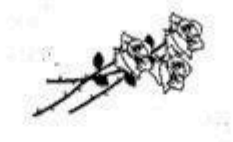
Due to the weight of responsibility Mantle had collapsed, in the fable sumo wrestler has also felt in the garden. But the fragrance of yellow roses woke him up.

One ancient Chinese saying is that "A bit of fragrance clings to the hand that give flowers".

Rose is the symbol of the sixth virtue of sivana system. It's is the concept of providing selfless service to others.

Monks said that you should always compassion for others because it improves your life.

Every morning take a moment for a thought that how can you do good for this universe and how can you make the life of others better?

The Symbol	
The Virtue	Selflessly Serve Others
The Wisdom	<ul style="list-style-type: none">• 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
The Techniques	<ul style="list-style-type: none">• Practice Daily Acts of Kindness• Give to Those Who Ask• Cultivate Richer Relationships
Quotable Quote	<i>The most noble thing you can do is to give to others. Start focusing on your higher purpose.</i>

#7 Quality

After getting revied by a roses sumo wrestler found the path covered with diamonds, which gave him everlasting bliss and joy.

For monks, seventh and last virtue is living in now. They had understood that happiness is not a destination but is a journey which we travel through our life.

Our path gets decorated through small surprises and these are called diamonds. For the appreciation of these diamonds, we have to practice gratitude and living in the present moment on a daily basis.

It means always appreciate your health, wealth and relationships and nothing more important than the present moment.

Epilogue

After coming back to his place, Mantle told the story of his meeting with the monks of sivana to his former colleague.

It's possible to live a joyful rewarding life.

By following these seven virtues of sivana system we can eradicate negativity, and we can focus on the ultimate goal of our life.

About the Author

Robin Sharma

Robin Sharma is considered to be one of the top 5 leadership experts in the world. His work is embraced by rock stars, royalty, billionaires and many celebrity CEOs. Robin didn't always feel fulfilled — so he studied people with extraordinary lives and developed a framework for greatness that can unleash the genius and legend in anyone. He then wrote the #1 International best-selling book, *The Monk Who Sold His Ferrari*, an instant global phenomenon. For 20 years Robin has refined and perfected his framework by coaching the leaders of some of the most impactful organizations on the planet such as NASA, Microsoft, Nike, GE, and Yale University. Today, Robin is on a mission to share his masterpiece framework to millions more people.

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