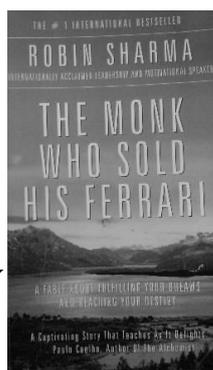


A Gateway to the Mind, body & soul temple



The international bestseller tells the story of the transformation of Julian Mantle from a star trial lawyer in USA who fell down one day in court room shocking everyone, to an enlightened monk from Himalayas who preached Ten Rituals of Radiant Living to his former associate John.

Here is the synopsis of the Rituals:

- (i) Observe silence to 15-50 minutes a day. Allow inner quietness bring a sense of well-being. Commune with nature daily: Walk in woods/ gardening-Allow to tune in self-knowledge.
- (ii) Do yoga, Brisk walking in nature – 5 hours in a week. Learn the art of effective breathing: Breathe from the abdomen. To check cup the hands over stomach-they should move out as you inhale.
- (iii) Sattvic (pure) diet of vegetables, fruits and grains strengthens us. If you can't be a vegetarian, start a meal with salad and have a fruit as dessert.
- (iv) Read regularly for 30 minutes select titles viz.

Biography of Benjamin Franklin, The Story of My Experiments with Truth by Mahatma Gandhi, Siddhartha by Hermann Hesse, Think and Grow Rich by Napoleon Hill.

- (v) Introspection of your day before sleeping leads to self-correction.
- (vi) Get up at 5 am: Pray – Listen to great music-Watch sunrise- Sunbathe-Laugh heartily. [6 hours of sleep is adequate for health. A four year old laughs 300 times a day. An adult hardly 15 times.]
- (vii) Spend a little time every day to listen to music; it is motivating.
- (viii) Recite mantras to reinforce to you your objectives.
- (ix) Live in a manner congruent to the principles- industry, compassion, humility, honesty and courage.
- (x) Reduce needs. Focus on priorities even in choice of clothes/ food. Simplicity matters.

Julian further advises John to 'Be ruthless with time'-not to entertain 'Time stealers'-unwanted phone calls and intruding visitors. He advises to have a quick nap in the in the afternoon as 'beauty sleep'. Locate the vocation in life, focus on it; Happiness fills you-*Nirvana* is attained.

The book which has sold 5 million copies, has the subtitle –'A fable about fulfilling your dreams and reaching your destiny'-unravels the way to a meaningful life through the description of lessons learnt by the monk from the Himalayas and Yogi Raman. The beautiful symbols especially of the roses which leave its fragrance like noble deeds, and the hourglass which reminds the value of time- reinforces the virtues.

A devoted family man, the author has dedicated the book to his son, who is his 'daily reminder of all that is good in this world', perhaps practising the technique he preaches in the last chapter: 'Live your children's childhood'. The language is unpretentious; the reader completes a pilgrimage when the reading is finished.

ROBIN SHARMA who has an LLB degree from Dalhousie University and worked as a litigation attorney with the Canadian Government is leadership Guru to Corporate giants and is the author of 15 books including Who Will Cry When You Die. His profile on the cover of his book doesn't feature much personal details; perhaps prefers them to be confidential. He was born in India or Nepal in 1964. A Canadian national, he has Mauritian citizenship too. Anyway Robin's wisdom has no boundaries; his books have been published in over 40 countries.
