

A Cognition of Positivity in Robin Sharma's *Who will Cry When you Die***Dr.G.Anuradha**Assistant Professor and Head, Department of English
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shreeanuramesh@gmail.com**Dr. R. Vijayalakshmi**Assistant Professor, Department of English
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vijiluxme345@gmail.com**Abstract**

Modern man, amidst advanced scientific and technological developments, is destined to find himself in a tragic mess. The most assailing problems that man face today are the problems of isolation, sense of void and the resultant angst. The contemporary man fails to understand the very purpose behind life and the relevance of his existence in a hostile world. Robin Sharma, a globally esteemed humanitarian radiates positive energy through his books and guides the angst ridden man towards enlightenment.

The paper attempts to analyze the gold mine of wisdom and knowledge in Robin Sharma's *Who will Cry When you Die*. The life lessons in the book, guide the readers to a brilliant new way of living. It offers insightful messages on key concepts to bring greater balance, control and effectiveness in one's life. The paper concludes asserting that Sharma sheds light on life's big questions and enriches the life of every individual. The motivational writer's elegant and powerful formula taps the latent potential in the readers to make them more successful in their daily endeavors. The simple solutions to life's most complex problems offered by Sharma serve as a beacon light to the modern man to enjoy the event called life.

Keywords: Alienation, angst, enlightenment, wisdom, knowledge.

“The Quality of your life is determined by the quality of your thoughts”.

- Robin Sharma

Robin Sharma, one of the personal optimization advisors, in his easy to read and wisdom rich manual *Who will Cry When you Die*, inspires the readers to lead a brilliant new way of living by improving the quality of one’s thinking. According to him, the purpose of life is life of purpose. The life lessons offered by Sharma shed light on how the contemporary man can handle the tensions of the fast changing high-tech world.

In modern materialistic society with all scientific developments and achievements, men experience some void in their lives. The words of Mansa Rao Sarloos, the author of *Love was Just a Word*, “I am somewhere in the middle of a village with all modern amenities. There’s something missing. Life? I reckon...”, clearly depicts the pathetic state of the contemporary man. The most assailing problems that man face today are the problems of isolation, sense of void and the resultant angst.

Angst is an intense feeling of apprehension, anxiety or inner turmoil. The notion of existential angst was first explored by the Danish philosopher Soren Kierkegaard. The term is related to the philosophy of existentialism. Existentialism is the credence that life has no meaning other than what people bring to it by living. People are free to choose any action and shoulder the responsibility of accepting the consequences of that action. The freedom and responsibility together cause existential angst. According to Kierkegaard, existential angst is not always a cause for despair but a means for people to set boundaries and make moral boundaries. This hope beyond the feelings of frustrations is the best method for beating the stress and worry to a powerful way to enjoy life.

Sharma paves way for the angst ridden man through his books to live life with meaning, happiness and joy. He offers more than hundred simple solutions to life’s varied complexities. He clearly asserts that the potential for change lies only in hope and constructive action, as no one can climb a mountain by just gazing at it. One’s life would change when one realize that life has no meaning of its own but the individual has to give meaning to life by living. Realization of the noble objective, that all are here for a unique purpose, will allow to understand the highest human potential and will add meaning to one’s life, and value to the lives around.

Sharma radiates a kind of positive energy to gain wisdom to live happier and fulfilling lives. He stresses to develop an honest philosophy of keeping up words and fulfilling promises. “Be a person of your word rather than being “all talk and no action” (Sharma15). This attitude develops a bond of trust, and maintains a healthy relationship with everyone and ensures a harmonious life. One of Sharma’s success mantras, “honor your past”(Sharma16) instill courage in the minds of readers that life’s greatest setbacks reveal life’s biggest opportunities. Every minute focused on past steals away minutes from future and minimize the possibilities of finding solutions to the problem.

According to Sharma, the most effective people concentrate on their areas of excellence and do their best to outshine in their personal and business. It is an art to prioritize a rich and inspiring vision for future by learning to say no to the non-essentials to beautify life. To exemplify his view, Sharma says, “Michael Jordan, the best basketball player in the game’s history, did not negotiate his contracts, design his uniforms or prepare his travel schedules. He focused his time and energies on what he did best: playing basketball, and delegated everything else to his handlers” (23).

The optimization advisor shares wonderful story lessons that can enrich one’s life. A lawyer by profession, he had the material trappings of success but lacked inner peace. He enjoyed solace and wisdom in self help literature. As Hazrat Inayat Khan said, “The words that enlighten the soul are more precious than jewels” (Sharma 29). The book written by James Allen *As a Man Thinketh* fascinated Sharma, as it conferred the massive power of human mind to shape the reality and attract great happiness and prosperity into individual’s lives. Sharma encourages the readers to read books as ideas are considered to be the commodity of success in these times of rapid change. Further he stresses that deep reading will connect one to the world’s creative, intelligent and inspiring people, anywhere and at anytime.

The profound influence of the words and language one uses on a daily basis creates a more enlightened pathway of thought. Sharma quotes the words of Roman Philosopher Seneca, “So long as you live, keep learning how to live” (68) and insists the readers to focus on words and thoughts to design the life of dreams. He affirms that the law of attraction to be followed to find peace, prosperity and purpose in life.

William Wordsworth in his poem, *My Heart Leaps Up*, said “Child is the father of man”. He briefed about the influence of childhood, its traits and characters in the life of a man and the way they too get reflected in youthful, adolescence and in later phases. Treading the path of the nature poet, Sharma stresses to take time to study the positive qualities of children and model their ability to stay energized, imaginative and live the moment. He wishes his readers to reconnect to the playful side and enjoy the wonders of deep belly laugh like children. The writer further emphasizes that one need to celebrate children and learn from them as they are small miracles of life and they are the best gifts to each and everyone.

Sharma guides his readers toward enlightenment by preaching the importance of silence. Pythagoras opines, “A fool is known by his speech, and a wise man by silence”. To be a wise man one need to experience solitude to restore, refocus and revitalize the mind, body and spirit. Further, the author stresses to develop the habit of getting up with the sun after six hours of quality sleep. He affirms, “In doing so, you will join the ranks of many of the most influential people of our time ranging from Mahatma Gandhi, Thomas Edison and Nelson Mandela to Ted Turner and Mary Kay Ash”(Sharma 45).The writer prophecies that organizing one’s life to do more of things that one loves to do is the first step to improve life.

Sharma counsels the people not to get lost in the challenges of life and fail to laugh, love and share joy with family members. The author quotes Woodrow Wilson, “You are not here to merely make a living. You are here in order to enable the world to live with more amply, with greater vision, with a finer spirit of hope and achievement” (36). One can raise the quality of life by healthy dose of inspiration, and spending time with people who are passionate about their life and work and dedicate to make best out of life. The writer advises his readers to travel out of comfort zones to take risks and do things that one fear to do. But while doing so one must make wiser choices as life is all about choices. The writer stresses to feel the pain and relish the happiness to live a life. Emerson’s words, “Nothing great was ever achieved without enthusiasm” (Sharma59) motivates to actively participate in endless possibilities of life. The faith that the writer induces triggers the angst ridden man to steer away from turbulent waters to calmer ones.

Sharma’s words appeal to a wide range of people, right from students to MDs, and film stars to directors and executives. A captivating incident in the life of CEO of FedEx organization

gives a wakeup call for all to realize that time is the most precious commodity and hence prioritizing worthy activities will advance one's mission and legacy in life. In climbing the ladder of success, business men forget to focus on worthy and fundamentals of life. The CEO enumerates that he had considered himself to be a strong person but sobbed and shed floods of tears on reading Sharma's words. In the web of business activities, he had forgotten to connect with a part of himself and people around him. The writer's words, 'Focus on the Worthy', made him to realize that he had to eliminate the multitude of distractions and concentrate on fundamentals which will change the way he worked and lived. In his letter to Sharma, the CEO points out as, "I cannot tell you how much better my life has become since I began to live by this simple philosophy" (Sharma 64). So to lead a tranquil life, one has to prioritize the high-leverage activities in life as life's greatest pleasures are often the life's simplest ones. Sharma avows that happiness is not a place one reaches but a state one attains with a right attitude.

Sharma advocates developing a sense of gratitude and having a love account to lead a peaceful and content life. According to Sharma, knowledge is potential power and one has to transform into real power by decisively acting on it. Developing an action habit, a listening habit, a reading habit, and being aware and mastering time are the ways and means to enjoy the path of living. The writer further stresses that pain is a teacher and failure is the highway to success. The positive energy radiates from quality of work, sleep and thoughts rather than the quantity. Sharma elaborates that knowledge is only potential power and it transforms itself into actual energy when one decisively act on it. Henry Wadsworth Longfellow in his poem *A Psalm of Life*, advocates,

Let us, then, be up and doing,
 With a heart for any fate;
 Still achieving, still pursuing,
 Learn to labour and to wait. (33)

The optimistic way for living one's life is to keep one's faith, self-confidence and hope young, as years wrinkle only the skin but lack of enthusiasm wrinkles the soul. Sharma emphasizes that the golden thread of a highly meaningful life is self-discipline and the tougher one on himself/herself, the easier life will be on him/her. At the end of the day, the only thing one can take with them is the memory of all those great life experiences that add meaning to their

lives. Sharma concludes stating that life is a sort of splendid torch and one has to make it burn as brightly as possible. Abdul Kalam states that one's birth may be an incident but the death should be a history. When one is born, the world around rejoices. One has to live a life in such a way that when he/ she dies, the world cry while the individual rejoice. The simple mantra, Sharma suggests is to rejoice life for its own sake.

The paper concludes asserting that Sharma sheds light on life's big questions and enriches the life of every individual. The positive words of the writer instigates the contemporary man to live a life of abundance; an abundance of life experiences and legacy achievements. Life is meant to be lived with excellence and a sense of purpose. The motivational writer's elegant and powerful formula taps the latent potential in the readers to make them more successful in their daily endeavors. The simple solutions to life's most complex problems offered by Sharma serve as a beacon light to the modern man to enjoy the event called life.

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