

You are here - [Home](#) | [Mind](#) | [Mind Power](#) | [Story](#)

MIND POWER

Make play a part of your life

Make playfulness a part of your life, by involving it in your daily activities, be it driving, cooking, talking or working

Sadhguru Jaggi Vasudev

Posted On Wednesday, December 31, 2008



It is very important to bring a certain element of playfulness into your life, which unfortunately many in this world have lost. Beyond thirty or thirty-five years of age, there are very few people who are playful with the little things they do in their life.

What you need to understand is that a play cannot happen without absolute involvement. Whether you like it or not is not the point. Once you are into the game, you are absolutely committed for the duration of the game.

Make playfulness a part of your life, by involving it in your daily activities, be it driving, cooking, talking or working. For this find a partner and enact how you'll bring playfulness into the activity. You must become playful without looking absurd. The partner should tell whether the enacting would pass or not.



How to be playful

Bringing playfulness into your daily activities is not very difficult. The simplest of things can be done in a playful manner. If you want to turn on the light, do so playfully. You can now adapt the same attitude whether you want to serve tea to somebody; or look for a key from a bunch of keys; or brush your teeth in the morning and even to put the brush back. Just bring a little liveliness and playfulness into the activities that you do, and you'll see it'll make a big difference.

- Choose five different simple activities of your life and make them playful.
- If you don't know how, first write it down, look at it and see whether it works without making you feel too obvious and too out of the way.
- When you make these activities playful they'll slowly grow into other areas of life.

Only if you are playful, you can take up big things in your life and attempt them. If you are dead serious, you will try to do only that which are safe and take up absolutely insignificant things in your life. By being playful you can take up bigger things and not die frustrated.

Photo: svilen mushkatov