

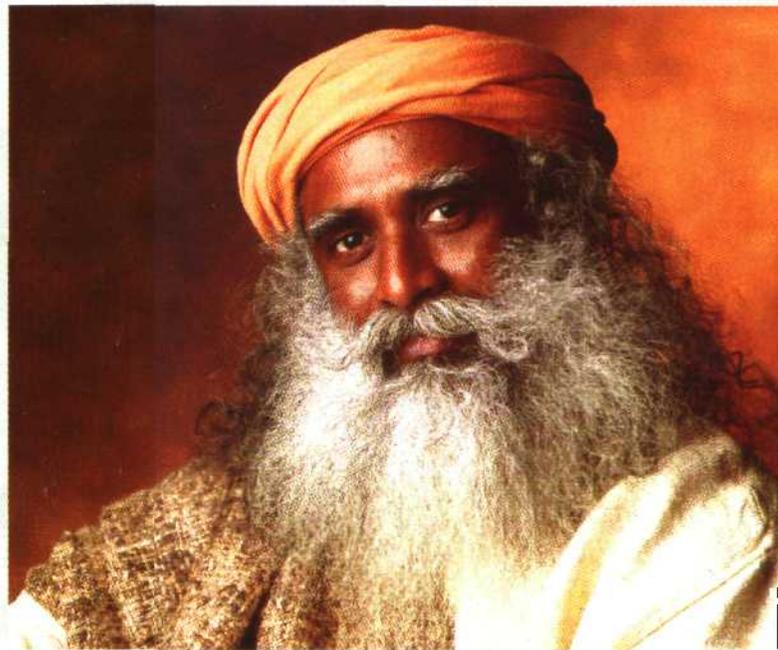
Sport sets the *rhythm* to become a leader

In this issue Sadhguru speaks about how sports can be used as an effective tool to help build leadership qualities in people.

The very nature of sports is such that if one wants to play any game, the first and foremost necessity that arises is the understanding of two basic conditions. We must understand that one can work without putting his heart and soul into it, one can exist or do any task without commitment and focus, but sports is the only arena where a halfhearted approach will not work. Unless you plunge yourself into it, there is no game. This is true of anybody. The moment they get into a game, consciously or subconsciously, they end up giving their best to the game. This is also an absolute requirement for a leader. He must learn to participate and should not hold himself back in any manner. In other words, he should learn to give himself absolutely.

Sport sets the rhythm for every human being to become a leader in his own right. Another aspect which is most important for a

leader, which is naturally inculcated by playing a game, is to understand that you cannot play a game unless you develop a strong desire to win. If one says he does not want to win, or if he has no desire to achieve, there is no sport. At the same time, sports also inherently set the condition that even though you really want to win, you must also be willing to lose. If you lose, it is alright. A similar approach and attitude are most essential for a leader. He goes out to achieve things; at the same time when things do not happen, he will not become a bundle of frustrations. Whenever you set big goals in your life, many things don't happen. People who do not set big goals may believe that many things are happening in their lives. But it is because they are not aspiring for more.



So the very fundamentals of leadership is that you aspire to achieve certain things, to take people with you towards that goal, and when it doesn't happen, for whatever reason, you are only seeing how to make it happen, but never will you become a bundle of frustration. These two conditions and these two requirements, which are essential for leadership, are naturally inculcated in the very

nature of the sport. So sport can become a tremendous tool in building leaders, as we have seen with the rural sports that we organize as a part of our social project titled, Action for Rural Rejuvenation. We have definitely built many leaders just through sports. Through the various programs that we have conducted, we have seen how people are able to come out of their limitations and take on the mantle of leadership that arises out of the momentary need for someone to guide the team. They handle that particular situation, just because they are involved in a game, which sets them up as a leader.

So leadership and sport are directly connected. All the qualities or the fundamental qualities that are necessary for a leader are naturally brought forth

when one learns to play a game.

Yogi, mystic and visionary, Sadhguru Jaggi Vasudev is a spiritual master with a difference. An arresting blend of profundity and pragmatism, his life and work serve as a reminder that yoga is not an esoteric discipline from an outdated past, but a contemporary science, vitally relevant to our times. Probing, passionate and provocative, deeply insightful, devastatingly logical and unflinchingly witty, Sadhguru's talks have earned him the reputation of a speaker and opinion-maker of international renown.

Sadhguru is a Realised Master, Yogi and profound Mystic of our times. A visionary, Sadhguru asserts that peace and happiness are not the ultimate goals of life, but the most basic needs in every human being. He developed Isha Yoga as a powerful method for individual transformation leading to human emancipation. A glimpse of his life and work can be found in the books of *Encounter the Enlightened and Mystic's Musings*. For more details visit www.ishafoundation.org