

# LOSE YOURSELF to become a winner



Sadhguru Jaggi Vasudev greets Sunil Gavaskar at an IPL match in South Africa as percussionist Sivamani looks on

**SADHGURU SAYS  
THAT PLAYERS  
NEED TO BE  
PHYSICALLY,  
MENTALLY,  
EMOTIONALLY  
AND SPIRITUALLY  
ATTACHED TO  
THEIR SPORT TO  
PERFORM WELL**

■ ■ ■ **SADHGURU  
JAGGI VASUDEV**

**A**S CHILDREN, we played a game simply because we enjoyed it. Slowly, sport has evolved into an investment opportunity. Take the Cricket World Cup for example. Sadly, as the players become more and more involved in the championship, they forget the play. In fact, play becomes work. Only when players enjoy playing, they can perform their best.

Playing for India means

fulfilling a billion people's expectations and that is not easy. When players start playing to satisfy other people's expectations, their minds are stressed and their physical activity also becomes limited.

When a man is truly happy and carefree, he can engage in incredible physical action.

This is the main aspect of yoga for sport, that action can be performed without prior thought. With thought, intentions can be visible. So one does not think, one simply acts, as is needed in this moment.

When the players practice intensely, everything that they have to do on the field becomes their second nature. Action can simply flow out of them — as the game demands.

This way, they can respond with agility to whatever the other team throws at them. With proper practice of yoga, bringing sufficient control over their mind and body, they can learn to act without prior thinking intelligently.

When playing a game, the cricketer should drop all identity. If the cricketer constantly thinks of himself as per his identity, it would be very burden-

some. Once he becomes 100 per cent free of identity, he doesn't have to play the game. It just happens.

That is how, a cricketing legend is born? For such a player, co-ordination is at its peak. He knows what he wants in his life. He is so committed to what he wants that it becomes a reality. If our cricketers can organise their energies, bodies and minds in such a way that they get more and more focused, everything happens at its best.

Cricket is just one form of activity the player has chosen. It is important that this person becomes truly aware — physically, mentally, emotionally and spiritually. Then whatever game he plays, he will play very well.

What the player makes of himself is more important than cricket. Without bringing a certain quality into themselves, they cannot bring quality into the game. If they cultivate humility, they can aspire to reach unimaginable heights of performance. Humility is just acceptance of what is. Out of this acceptance, they can use their intelligence and act.

Accepting the other team is most important. When acceptance is total, there is no more opposition. Only if the other eleven people are there can a game be played — only then is a match possible. With acceptance, there is no tension. The other team's capabilities and victory record will no more be a problem.

With total acceptance, their presence will diminish. This is a spiritual process also. When acceptance is total, the entire existence becomes a part of one. This is the way of nature.

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