LOSE YOURSELF
to become a winner

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

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

SADHGURU
JAGGI VASUDEV

AS CHILDREN,
we played a
game simply
because we
enjoyed it. Slowly, sport has evolved into an invest-
ment opportunity. Take the Cricket World Cup for
e.g. 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 expecta-
tions, their minds are
stressed and their physical
activity also becomes limited.

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

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

When the players prac-
tice 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 with-
out prior thinking intelli-
gently.

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

some. Once he becomes
100 per cent free of identi-
yty, 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 ener-
gies, 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, men-
tally, emotionally and spiri-
tually. Then whatever
game he plays, he will
play very well.

When the players
practice intensely,
everything they do
on the field becomes
their second nature.
Action can simply
flow out of them.

What the player makes
of himself is more im-
portant 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 accep-
tance 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
victim record will no
more be a problem.

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

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