



Forget the Mall. Shop Online.

30GB Video iPod

Nokia Camera Phones

Register today



Dec 23, 2006 Sat
Parthiba - Margazhi

- [Cricket](#)
- [Education](#)
- [Forum](#)
- [Friendship](#)
- [Health](#)
- [Hotels](#)
- [Jobs](#)
- [Matrimonial](#)
- [Movies](#)
- [Music](#)
- [Property Bazaar](#)
- [Panorama](#)
- [Tamil Songs](#)



- [News](#)
- [Events](#)
- [Search for Doctors](#)
- [Health - Management](#)
- [Heart](#)
- [Yoga](#)
- [Emergency](#)
- [ENT Corner](#)
- [Hospitals](#)
- [What You Eat](#)
- [Insurance](#)
- [Homeopathy](#)

[Deep Web Medical Search](#)

Yoga

• Playing the game of life

As 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 practise 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 practise of yoga, bringing sufficient control over their mind and body, they can learn to act without prior thinking.

[krishcricket.com](#)

[egames](#)

[RSS / XML](#)

[COL Instant Messenger](#)

[Finance](#)

[Get Marriage Proposal by Email for FREE!](#)

[Horoscope with 10 Year's Prediction](#)

[Donate to Sri Lakshmikubera Trust](#)

[Wedding Planner](#)

[www.raza.com](#)

[www.razacomm.com](#)





**Heart Attack-
Knowledge is
Protection**

**Consult online our
Homeopath,
Dr S
Chidambaranathan**

► **Astro Services** **NEW!**

Ask Specific Questions

► **Film Songs Downloads**(MP3) **NEW!**

Download Film Malayalam MP 3 Songs

► **COL Classifieds** **NEW!**

Post your ads @ Chennaionline

**Chennai Yellow
Pages**

**India in South
Africa**

**Over 2,00,000
Jobs!
Register FREE @
naukri.com**

**Exclusive
Tamil
Matrimonials**

**Exclusive profiles
match.**

Fropper

Meditation means going back to one's original nature. When one is simply with this breath, all identifications dissolve. It is impossible to meditate as a champion. Similarly, 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 burdensome.

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

How is a cricketing legend born? Surely not because the team he played against was not competent. 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 for the 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. When fools are playing cricket, cricket will be a foolish game. When intelligent people play cricket, it will be an intelligent game. It all depends upon who is playing the game.

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.

Acceptance is important to connect to a situation and to respond to the situation intelligently. 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.

Sadhguru Jaggi Vasudev

Isha Yoga Centre

New No.55, Moosa Street

T Nagar

Chennai - 600 017

Ph: 91-44- 24333185, 24348732



Sadhguru Jaggi Vasudev is a realised master, Yogi and a profound mystic of our times. Sadhguru developed Isha Yoga - Yoga of the Divine, a scientifically structured programme, as the vehicle to transmit a deep experience of the Self that changed his life completely about two decades ago.

Belonging to no particular tradition, Sadhguru incorporates what is most valid for the modern seeker. Isha Yoga flourishes today as a spiritual science for hundreds of thousands of initiates around the world.

An accomplished poet and an author of several books, his latest book - [Mystic's Musings](#) - is one of the most candid unveiling of the mystical dimensions of life.

Isha Foundation, founded by the Sadhguru, also administers the Dhyanalinga multi-religious temple and meditation shrine, an ashram, and a yogic hospital at the Isha Yoga Centre, located on 50 acres at the foothills of the Velliangiri Mountains, 30 km from Coimbatore.

For More details, contact:

Isha Yoga Center,

Velliangiri Foothills, Semmedu (PO)
Coimbatore - 641 114, India
Phone: 91-422-2615345
Email: yogacentre@ishafoundation.org
Website: www.ishafoundation.org

[More Articles](#)

Published on Oct 17th, 2006

[Recommend this page](#)

[Mail us your feedback](#)

[Post your Comment](#)

[View Comments](#)

[Over 2,00,000 Jobs! Register FREE @ naukri.com](#)

Copyright © 2006, Chennai Interactive Business Services (P) Ltd. All rights reserved. cibs@chennaionline.com - [Copyright and Disclaimer](#) - [Privacy Policy](#)
2, North Crescent Road, T.Nagar, Chennai-600017. [Click here for more](#)