

Spiritual Strategies to Improve Athletic Performance

By Tristan Barnett

The whole purpose of an athlete is to become 'in the flow'. The word yoga means to connect - the individual soul with the Supersoul. This produces spiritual consciousness. Obtain enough spiritual consciousness and you obtain 'in the flow' as a 'high' state of consciousness. This is largely obtained by abstaining from material sense gratification e.g. vegetarian diet, no egg, no alcohol, 6 hours sleep per night etc. The soul has become contaminated with material elements.

There are three modes of material nature – ignorance, passion and goodness. The mode of ignorance is taking drugs, smoking and becoming intoxicated. The mode of passion is the accumulation of wealth and the attraction between man and woman. The mode of goodness is giving your money away to charities or setting up say a foundation. Beyond the modes of material nature is transcendental state of consciousness. The mode of goodness has glimpses of obtaining 'in the flow' but in a transcendental state of consciousness you are constantly 'in the flow'.

The mind controls our 5 gross senses (touch, hear, smell, sight, taste). The senses interact with consciousness (energy emitted from the Supersoul). There is material and well as spiritual consciousness. Ideally you want spiritual consciousness and become 'in the flow'. Yoga means to connect - the individual soul with the Supersoul (plenary expansion of God located in the heart). This gives spiritual consciousness. The following products affect the mind in a negative way and should be avoided by athletes:

[Why No Garlic or Onions? | Food Krishna.com](#)

- Meat
- Egg
- Onion
- Garlic
- Chives
- Shallots
- Leek
- Alcohol
- Smoking
- Caffeine.
- Gambling
- Illicit drugs

Note that even though caffeine can improve an athletes' performance, you are better off with no caffeine and increase your level of consciousness. Also note that milk products are necessary as you need your animal fats.

Other strategies could be devised such as

- Weekly gardening
- Weekly wrestling
- Weekly swimming in the "summer"
- Yoga in the gym (5 times a week)

- Daily chanting the Hare Krsna mantra through kirtan, arati or japa.
Hare Krsna, Hare Krsna, Krsna, Krsna, Hare Hare
Hare Rama, Hare Rama, Rama Rama, Hare Hare
- Reading and understanding the Bhagavad Gita As It Is (and I have the knowledge to teach this text to athletes)

[Bhagavad-gītā As It Is \(vedabase.io\)](http://vedabase.io)

- Don't accumulate wealth
- Only 6 hours of sleep per night
- No illicit sex
- Eat prasadam (spiritualized vegetarian food)

[Prasadam -- What is it and why we should not eat anything else. | Krishna.org](http://Krishna.org)

God appears in different forms.

- 1) The Supreme Personality of Godhead - Lord Krishna
- 2) Incarnations of God - Father, Yahweh, Allah
- 3) Supersoul - plenary expansion of God located in the heart
- 4) Impersonal Brahman. From Krishna.com

[Brahman | Krishna.com](http://Krishna.com)

Brahman is also called the brahma-jyoti, or "spiritual light." It fills the spiritual world and, when transformed by God, becomes the primordial elements of the material world. Thus it is said to pervade everything.

I believe the Impersonal Brahman concept of God is to do with rays of light from the sun. Light is spiritual. Therefore, God could influence a close line call in tennis for example. This would occur by abstaining from material sense gratification (karma yoga) or understanding the Bhagavad Gita As It Is (jnana yoga) or worshipping God through a religion (bhakti yoga) or doing yoga in a gym (hatha yoga). The above is also used for obtaining 'in the flow'.