

# Can Performance Enhancing Drugs Achieve the Best Results in Sport

By  
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There have been many instances in sport where athletes have been stripped of a medal and banned for participating for a period of time based on taking a performance enhancing drug. For example Ben Johnson is a Jamaican-born Canadian former sprinter, who was disqualified for taking stanozolol, a banned anabolic steroid after finishing third in two Olympic races and two consecutive 100 metres finishes under the world record time at the 1987 World Championships in Athletics and the 1988 Summer Olympics. Studies have shown that performance enhancing drugs do improve performance. Anabolic steroids have been typically known to enhance performance in short distance sprints by losing weight and increasing muscularly capacity at a faster rate whilst weight building within a gym. Even caffeine has complications with sport due to the fact that it has potential to enhance sport performance.

<https://nationalcoffee.blog/2018/02/12/can-olympic-athletes-have-caffeine/>

The underlying question is can one achieve better results (such as through spiritual advancement) than they would otherwise by taking performance enhancing drugs. Usain Bolt is widely considered to be the greatest sprinter of all time. An eight-time Olympic gold medallist, Bolt won the 100 m, 200 m and 4 × 100 m relay at three consecutive Olympic Games, although he lost the 2008 relay gold medal due to a teammate's doping disqualification. Bolt improved upon his second 100m world record of 9.69 with 9.58 seconds in 2009 – the biggest improvement since the start of electronic timing. He has twice broken the 200 metres world record, setting 19.30 in 2008 and 19.19 in 2009. Bolt was highly religious and never took any performance enhancing drugs.

According to Verywell Mind – ‘Flow’ Can Help You Achieve Goals “If you ever felt completely immersed in an activity, you might have been experiencing a mental state that psychologists refer to as flow. What exactly is flow? Imagine for a moment that you are running a race. Your attention is focused on the movements of your body, the power of your muscles, the force of your lungs, and the feel of the street beneath your feet. You are living in the moment, utterly absorbed in the present activity. Time seems to fall away. You are tired, but you barely notice. According to positive psychologist Mihály Csíkszentmihályi, what you are experiencing in that moment is known as flow, a state of complete immersion in an activity. He describes the mental state of flow as "being completely involved in an activity for its own sake. The ego falls away. Time flies. Every action, movement, and thought follows inevitably from the previous one, like playing jazz. Your whole being is involved, and you're using your skills to the utmost. Flow experiences can occur in different ways for different people. Some might experience flow while engaging in a sport such as skiing, tennis, soccer, dancing, or running. Others might have such an experience while engaged in an activity such as painting, drawing, or writing. These moments of flow often occur when you are engaged in an activity that you enjoy and in which you are quite skilled."

<https://www.verywellmind.com/what-is-flow-2794768>

Flow is essentially a 'high' state of consciousness where the individual soul connects with the Supersoul (this is the very definition of yoga – to connect). There are 400,000 species of humans defined by their level of consciousness. There is material as well as spiritual consciousness. This is evidence to suggest that being in the 'flow' is having spiritual consciousness and working directly with the Supersoul (as a plenary expansion of God). Anyone can increase their level of consciousness by following a yoga (or religious) process.

The most effective yoga process to increase your level of consciousness (and progress spiritually) is Bhakti Yoga (also known as Krishna Consciousness). This amounts to abstaining from material sense gratification (such as eating meat, caffeine and alcohol), chanting of the Hare Krishna mantra (glorifying the Supreme Personality of Godhead Lord Krishna) and understanding the Bhagavad Gita As It Is (the highest authoritative text to explain the universe with commentary given in disciplic succession from Lord Krishna).

<http://www.krishna.com/info/krishna-consciousness-bhakti-yoga>

Essentially this amounts to adopting a vegetarian diet (milk, cheese and yogurt are acceptable), no egg (also could be considered to be killing life), onion and garlic (known to affect the mind), caffeine, alcohol, gambling, smoking, drugs and illicit sex. Also, daily chanting of the Hare Krishna mantra, attending Hare Krishna Temples and participating in Arati and Kirtan. And most importantly reading and understanding the Bhagavad Gita As It Is. This requires speaking with bona fide spiritual masters (in disciplic succession from Lord Krishna) and Bhakti Yoga monks, and the author also has the knowledge to teach this information directly to athletes (based on reading this text 3 times and advancing spiritually). Also 6 hours of sleep maximum is recommended otherwise you tend to dream (and can lead to nightmares).

This process will be more effective than any performance enhancing drug due to the fact that God is more powerful than anything that man/woman can produce materially. Although caffeine and performance enhancing drugs may improve performance, a further improved performance can occur by actually not taking these drugs/stimulants and increase your level of consciousness by progressing spiritually. Based on the above, Usain Bolt could have potentially produced a better result in athletics by following the Bhakti Yoga process.