

“Mindfulness Meditation and The Zen Of Cricket”- An Awareness Teaching Master Class Programme For Young Aspirant Cricketers



“MINDFULNESS MEDITATION & THE ZEN OF CRICKET” for the 1st Time in India

Programme: “Mindfulness Meditation and Zen of Cricket” for young aspiring cricket players

Duration: 2/3 Guided-Learning Hours to be conducted by Joy Roy Choudhury

Delivery: Lecture type with a series of Audio-Visual Presentation and Training by Experts

What will you learn in this programme?

- What is Mindfulness Meditation and Zen
- Detox Session with Meditation Music
- How mindfulness can improve your Cricketing Skills
- How to have balance between cricket and life
- How to handle stress and difficult situations with ease
- ‘Prajna’ and ‘Karuna’: Ethical practice and realisation
- How to monitor progress and improve brain performance
- How to participate and engage in a team situation and nurture compassion for others
- How you choose what you eat mindfully: Mindful Eating
- Mindful Walking
- How meditation is the only way to know your being: Leadership Development and Team Bonding
- Mindfulness moments in cricket and life

“Technical knowledge is not enough. One must transcend techniques so that the art becomes an artless art, growing out of the unconscious”. – D.T. Suzuki

“When you are silent it speaks;

When you speak, it is silent

The great gate is wide open to bestow alms,

And no crowd is blocking the way.” –Hakuin’s Satori

Cricket as a game is evolving and in the last decade we have witnessed it’s momentum with the introduction of T-20 leagues. When we say that the game is evolving we mean that the consciousness about the game is changing requiring a different mindset albeit a growth mindset as opposed to a fixed mindset that would need different skills set to propagate between the 22 yards. At the same time, we also find that there is much enthusiasm around test cricket and one day cricket as well with players trying to excel in all the three formats on a consistent basis. Each format requires a different mantra to prosper, though the basic technicalities remain the same but there has to be up gradation in receptivity of the mind to tackle each evolving situation in a harmonious way thereby helping a holistic development of the individual playing the game. This is exactly where the importance of Mindfulness Training lies in cricket- the Zen of Cricket is an insight wisdom that encourages the natural spontaneity of the players and helps them to recalibrate themselves to turn their potentiality into actuality. This involves the transformation of the individual as per the requirements of the game, making his efforts more sustainable by raising his awareness beyond the gambits of success and failure or winning and losing. Of course, every cricketer plays to win for his team, that is the basic inspiration or motivation behind him, but, at the same time, the great game of cricket is always played with the spirit of fair play that introduced the notions of human-heartedness, friendship and compassion moulded in an ethical practice based on transparency and commitment which are the matured fruits that cricket bestows on all its lovers, fans and cricketers alike.

The Zen of Cricket looks at cricket as a natural order of things where the individual feels the dew in the grass touches the soil and feels the pitch with a sense of awareness that connects him more towards the original nature of his being (swabhava) which is the source of his existence and consciousness. This brings about ‘prajna’ or natural wisdom and he has a somatic experiencing of it, helping to naturally configure his self with the totality of the universal experience, and the natural compassion (‘karuna’) or loving kindness that springs from such mindfulness or awareness. Mindfulness helps him to understand that cricket is not only a game where there are winners and losers or just a spectacle for entertainment but is life itself in all its beautiful complexities, glorious uncertainties, its ups and downs and mysteries that he has to confront with grace and composure. There is not much of a difference between personal life and the intricate complexities that one comprehends while playing the game, if he is always in the present moment of awareness, not thinking about the past or the future, he is ‘in the zone’ or in the ‘now moment’ to confront whatever comes his way with a skill set equipped with intelligence and kind attention which is the way of the Zen of Cricket – the “original realisation is the marvellous practice”.

- Joy Roy Choudhury, Head of Communications Strategy with UK Skills and AT, UK and Author of ‘The Zen Twilight’, ‘The Zen Gate of Time’ and ‘The Subtropics of Zen’