

Visualize "Success" for Success

-by Swami Shivalingam Saraswati

As you prepare to take part in the American Birkebeiner or Kortelopet, are you thinking of winning the race? Of course, yes! Who does not want success in one's undertaking? If you really wish to succeed, that means you are thinking of the success in your undertaking! Well, that is the basic principle of Tan-Tra Yoga which states:



"As you think, so it becomes."

Just thinking of success superficially is not going to help at all. People generally comment that they have been thinking of it so long, but it has been of no use! Well, the thinking has to be well grounded and incorporated with suitable regular practice. Then there are some people who, in spite of raking regular medicines, keep on stating "I am not well, I am sick, etc." Such negative statements and negative frames of the mind are very excellent means to aggravate the illnesses!

Five factors to consider with regard to success thinking are:

1. The statement that you think has to be affirmative,
2. The statement has to be in the present tense,
3. The statement preferably has to be in the first person,
4. The statement has to be clear, concise and precise, and
5. Vivid visualization of the final goal defined by the statement.

For an example, if a sick person thinks, "I am not sick," this means that he/she is thinking of the sickness always. Mathematically speaking, two negatives make one positive. Negative statement keeps us reminding of the very thing that we wish to avoid. The statement that "I am not sick" keeps us reminding of the sickness that we are suffering from! Hence, it is evident that the negative statement is not going to help us at all. The statement has to be affirmative. If one is to be healthy, say then "healthy" instead of saying "not sick."

Secondly, the statement should be in the present tense. For example, if a sick person thinks, "I am taking medicine, and I will soon recover." This is a futuristic statement. The future never comes. Every moment is the present only! Such statement generates doubts. And any speck of doubt will be a poison. "I will soon recover" but when?

The statement made in the first person should be concise and precise. It cannot be too long. It must define clearly, definitely, concisely and precisely the final goal that we are looking for. If the health is our final goal, the concise, precise and affirmative statement in the present tense and in the first person will be like "I am healthy." Such a statement, in Tan-Tra Yoga, is known as Sankalpa Man-Tra. Such resolution must be in coordination with the vivid visualization of what it represents.

If you are going to take part in the Birkebeiner or Kortelopet, and if your goal is to receive the finisher's medal, then visualize the medal actually being received in your mind while making the suitable resolution to that effect. Visualize in your mind clearly and vividly the grand success being already achieved while stating several times the suitable resolution like "I am successful in the 51K (or 23K) race." You can frame your own Resolution Man-Tra while following the five-point formula for constructing such a success-oriented Man-Tra.

Practice for Success:

1. Please be seated erect or lie down on *your* back with feet 5 to 18 inches apart from each other and palms facing up little bit away from the body and find yourself in most comfortable position.
2. Be aware of your normal breath through the nostrils for few moments.
3. Let go and relax completely by moving your awareness from right leg to left leg, abdomen, chest, right arm, left arm, neck

and finally to head, and sweep your awareness from the toes to the head during normal inhalation and from the head to the toes during normal exhalation, three times up and down, while saying mentally the whole body.

4. Repeat your Resolution Man-Tra as given above three to 20 times mentally visualizing vividly the grand success being already achieved.

5. Then rotate your consciousness throughout various parts of the body starting from the thumb of the right hand to the toes, similarly throughout the left part and from top of the head to the toes, and sweeping your awareness as above throughout the whole body three times up and down. This is one round. Repeat at least three times. More can be repeated depending upon *your* time availability. But 30 to 40 minutes of daily practice will be sufficient.

6. Again repeat your Resolution Man-Tra as explained in the Step #4 above.

7. Be aware of the whole body and the breath.

8. Be aware of the external sounds and the surroundings around you.

9. Please sit up eyes remaining closed, radiate joy and peace to all the living beings, do palming three times (rub palms together and cover eyes with palms), and open your eyes feeling yourself always in harmony with the world.

This whole process from the Step #1 to Step #9 is called Yoga Nidraa, Yogic Relaxation. It is the special technique of Tan-Tra Yoga to consciously relax oneself physically, emotionally and mentally. Yoga Nidraa literally means Yogic sleep without falling asleep. It stands for relaxing totally with full awareness. It removes physical, emotional and mental tensions.

May you be blessed with the grand success in your undertaking!

May Loving Peace and Joy prevail everywhere!

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