

Tennis – A Spiritual Experience

Tennis is not just a Outdoor Racquet Sport where two players hit a ball over the net across the length and breadth of the court with his/her racquet. It is much more than it. Infact playing a tennis match is a truly Spiritual Experience.

The very act of forgetting ourselves and the world around us and just concentrating on the incoming ball –its pace, its spin, its direction, its depth and synchronizing one's response with a set of muscle mechanics of our body starting from correct footwork, Racquet Preparation, Unit turn of core, Back Swing and the uncoiling forward motion which creates the natural wrist snap and its subsequent release during the contact of the ball has itself a great spiritual element in it. Like all **spiritual awakening**, only when one experience it, one can realize it. Knowing through hearsay or vicariously knowing through someone's experience cannot attribute much in the regard though.

All religion in this world advocates Living in the present as the main goal of its followers. If one is present fully and profoundly at a given a moment, then higher possibilities are available to him. Tennis gives a taste of the same in the most of engaging way. It helps one to find his way through out of the comfort zone and to learn to live through unfavourable conditions without self pity and frustrations and accustom oneself to live with pain and uncertainties in life. The point one played when it is over, it is to be transcended and the focus has to be on the very next point with a open earnest mind. As **Swami Vivekananda's** famous exhilarating quote “ **Let the Dead Past bury its Dead. The infinite future is before you** “,in the game of Tennis the next point to be played represents itself a great opportunity to make amends of our past mistakes and missed opportunities and to live through the moments you want to live and express yourself to the fullest and achieve Glory.Tennis makes its players learn to take things in their stride and come in terms with harsh realities of life which come rather suddenly. It encourages the player to not to be bogged down by his past mistakes but instead take clue from them and look forwards to the future with hope and faith in our mind.

True to those eternal words, the true exponent of this great sport will be a yogi or spirutally aware person to say the least. Because only through **passion, hardwork** and **strong character** one becomes a Consistent Good Tennis player. **The process of learning is never ending**. If a person turns commercial or greedy sooner or later he will lose motivation to play the sport for a plethora of reasons. Only the humble ones are privileged to play the sport for long time. Neither Money can make one a tennis player nor he can inherit it from his parents. Neither can one steal that skills,passion and temperament nor borrow them from someone.

So Let us all find our passion in Tennis and pursue it earnestly so that we all become **MEN** to stand of on our feet and to think for ourselves instead of being a **CRYBABY** all through the life.