

# An application of insight meditation in sport exercise

## การประยุกต์วิปัสสนากรรมฐานในการเล่นกีฬา

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### Abstract

This study attempts to investigate the relationship between benefits of sport exercise and Insight meditation practice. While human being has limited time to practice meditation in the temple, sport exercising becomes a choice that could apply on Insight meditation practice in the daily life.

The findings show that the benefit of sport exercise and Insight meditation practice is compatible based on the study. The nature of all things is same that is arising and passing away. All things are impermanence through the observation of bodily sensations is the key of Vipassana meditation. Psychotherapy had been discussed discovering the result of treatment by using Vipassana meditation. The religious systems and scientific theories had been mixed to create the effective modern therapies. Vipassana becomes the alternative way of practice to prevent and cure a mental problem with right practice. As sport exercise is more comfortable in mind concentration on diversified activities, but Insight meditation could be applied by gaining benefit in various aspects. This technique is to observe mind and body with the impermanence of feeling and sensation, happiness or unhappiness, reducing tension and anxiety, violence and anger. Insight meditation increases tolerance and efficiency of decision in each situation of people.

**Keywords:** Insight meditation, sport exercise, health, treatment

### บทคัดย่อ

การศึกษานี้มุ่งวิเคราะห์สังเคราะห์ความสัมพันธ์ในแง่ความสอดคล้องระหว่างประโยชน์ของการออกกำลังกายเล่นกีฬากับการปฏิบัติวิปัสสนากรรมฐาน ในขณะที่คนปกติทั่วไปที่มีภารกิจมากมายในชีวิตไม่สามารถหาเวลาที่จะเข้าฝึกปฏิบัติวิปัสสนากรรมฐานในวัดได้นั้น การประยุกต์การปฏิบัติวิปัสสนากรรมฐานและการเล่นกีฬา นับเป็นอีกหนึ่งทางเลือกที่สามารถทำได้ในชีวิตประจำวัน

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จากการศึกษาพบว่า ประโยชน์จากการออกกำลังกายด้วยการเล่นกีฬาและการปฏิบัติวิปัสสนากรรมฐานมีแนวโน้มสอดคล้องกัน ซึ่งกฎธรรมชาติของสรรพสิ่งนั้นมีลักษณะเดียวกันคือ เกิดขึ้น ตั้งอยู่และดับไป ทุกอย่างไม่มีเที่ยงเสมอ การหมั่นสังเกตดูความรู้สึกทางกายเป็นปัจจัยหลักของการปฏิบัติวิปัสสนากรรมฐาน ทั้งนี้ทั้งนั้นหลักการดังกล่าวได้ผลดีกับวิธีการรักษาผู้ป่วยด้านจิตบำบัดเช่นกัน การผสมผสานหลักศาสนาและทฤษฎีทางด้านวิทยาศาสตร์ที่ใช้ประโยชน์ในการพัฒนาวิธีการบำบัดสภาพทางจิตทางเลือกสมัยใหม่เพื่อใช้ในการป้องกันและรักษาผู้ป่วยที่มีอาการทางจิตและง่ายต่อการปฏิบัติ นั้นส่งผลให้การออกกำลังกายเป็นตัวเชื่อมในการการปฏิบัติธรรมไปในตัว ผลการฝึกปฏิบัติวิปัสสนากรรมฐานในขณะที่ออกกำลังกายนั้นมีผลดีมากมาย การฝึกดูความรู้สึกทางจิตและกายที่เปลี่ยนแปลงตลอดเวลาไม่ว่าจะเป็นความรู้สึกสุขหรือทุกข์ที่เกิดขึ้นระหว่างนั้น ส่งผลให้ความตึงเครียดลดลง ความโกรธ ความเกลียดชังและความกังวลได้ถดถอยลงไป ทั้งนี้ได้เพิ่มความอดทนและประสิทธิผลในการตัดสินใจได้มากยิ่งขึ้น ขึ้นไปอีกด้วย

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## Introduction

Nowadays, people always lose focus on task especially in the rush hours. Every movements in daily life are uncontrollable situation. An expectation might not match with the happening reality. Routine job could create pattern in life living. People have little chance in mind consciousness development by practicing in particular temple.

Of course, human beings must work for living life as primary task but individual is different. Some addicted to work but some are seeking for relaxation. Mind and body management is actually very important to live longer with happiness. Varieties of people prefer different kinds of hobbies like going out for spa and massage. Some might love to read the book and another person preferred for shipping activities. Personal enjoyment is different based on individual preference. Some would like to go travelling and someone would love to sitting and control breathing. Most of people prefer seeking for adventure as well as going out for drinking and hanging out with friends.

Human beings consisted of mind and body. There are many examples in the hospital that the patients have very strong mind but could not survived fighting with cancer. On the other hand, there are a lot of patients who have very strong body but too weak in mind consciousness, they usually called 'psycho person'. Therefore, it is necessary to certain human life for sustaining physical body and mind by exercising consecutively.

Usually, human life is complexes, busy, and confuse. During working day, it is very hard to control and practice mind consciousness. Instead of going out to the temple for meditation, some activity can be stay calm and consciousness mind such as sport exercise.

The nature of sport exercise has been classified in groups called team player and another one called individual. In order to play as a team, the communication is very

important among members to accomplish the goal. Team means a group of people that work together consisted of coach, assistance coaches, manager, psychologist, physical and mental doctors and the most important called player.

The concentration of player connected in a team is normally hard to focus on while comparing to individual sport such as yoga, running, swimming, biking, fitness, boxing, weight training, golfing, and those sports performed perfectly on concentration. While concentration on sport is manipulating, mind development is taking place unconsciously.

For many reasons, people claim that there is no time to do anything else except working. But there is another choice to develop mindfulness by combining all activities together with concentration. Whenever mind have particular point to focus, contemplation is processing automatically. Even though it will be hardly concentrate at the first start, later the task will be done smoothly. For example, while someone starts reading the book, they do not feel easy to catch up the idea at first sight because mind is still wondering along the other places. When the time goes by, depending on individual's capability, there is some specific point which the reader could focus on and smoothly read throughout the book as well as understanding content very easy. At this moment will called mind concentration stability. If there is no intervening variable disturbing the focus, the concentration will be very powerful to perform any actions efficiently.

As a natural law, every action has some movement on thought and the body. While people are sleep, there is automatically blood flowing over the body and inhale-exhale breathing which sustains life. The consciousness never stops working, they have no holiday. Sport performance always use meditation in training and aim for good result in competition. Students could train their concentration in listening to what teacher taught, reading the book, and practicing exercises. Those are the secret of successes. Meditation generate the most powerful gift toward human kind.

The ultimate goal of Buddhist disciple recalled back 2500 years ago, the Buddha introduced insight meditation for human liberation. Any stuffs, which are going on in life, is temporary rather mind development lead to ultimate goal. Even though meditation is truly not necessary practice in the temple, mind consciousness could apply to everyone daily life.

Body exercise means people have to work out through the body. They must be some part of body is moving and some remain staying but totally practitioners could select particular spot to concentrate. The way of contemplation is not specified. Which sport is suitable for which types of insight meditation practice, this article will be described.

### **Insight Meditation Research and Vipassana Derivation**

Insight meditation, also called Vipassana-meditation, applied mindfulness of breathing as a tool in order to combine the contemplation of impermanence to gain insight into the true nature of reality. The investigation had been used throughout every part of body. The characteristic of painful would be emphasized without self-view that always changing and impermanent nature. While the breath is long, just notice this is long

breathing. At the same time, if the breath is short, just notice that the breath is short. In order to observe the breath, person must aware of everlasting changes is involved in breathing. Individual have to consider the characteristic of arising and passing away of mind. It is very important to notice the nature of arising and passing away that is impermanence through the observation of bodily sensations.

The meaning of Vipassana is to see things as that really are<sup>3</sup>. The way of practice had been conducted from the most ancient meditation techniques. There have already existed in the nature of universe. Fortunately, the Buddha rediscovered the way of practice for more than 2500 years ago. The master taught this technique to become as a relieved medicine for universal ills. Insight meditation aims for the total eradication of mental impurities and full liberation. The way of self-observation focused on the interconnection between mind and body. People could experience directly by disciplined attention to the physical sensations that form the life of the body. This observation of selfness explored to the common root of mind and body that cure mental impurity. The benefit of this meditation technique is to balance mindfulness resulting in full of love and compassion toward human being.

The arrangement of thought had been manipulated in life resulting by increased awareness, self-control, and peace. While practicing the insight meditation, the mind will operate as the scientific laws which operate thoughts, feelings, judgments and sensations through direct experience. The clear visibility of the nature on minds grows or regresses and producing suffering or frees from suffering.

For 2,500 years ago at the time of Gotama Buddha, Vipassana has been practiced and taught until the present day. There is no broken chain of teacher. The master continuously taught started from India to Burma. Vipassana teacher, Sayagyi U Ba Khin, who was high government official at that time. The master taught Vipassana to Mr. S.N. Goenka who was born and raised in Burma and become the great master of insight meditation throughout the world after receiving training from his teacher for fourteen years. Since the year 1969, Mr. Goenka settled in India and began teaching Vipassana. All races and religions from East and West came to study and practice for more than a thousand people. Thirteen year later, the master established teachers' assistant to support the nonstop growth demand of practitioners. Vipassana technique encouraged participants following a serious discipline. Meditator must know the basics of the method and practice sufficiently to experience its beneficial results. In order to practice and aim for high profitability of the yield, abstained from killing, stealing, sexual activity, speaking falsely, and intoxicants had to be conducted pragmatically. The moral conduct influence on the mind calming otherwise would be disquieted<sup>4</sup>.

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<sup>3</sup>Studer UM, **Vipassana, Professional Therapy and Science**, (Taipei: Torch of Wisdom; 1977).

<sup>4</sup>Khantipalo, Bikkhu, **Calm and Insight. A buddhist Manual for Meditators**, (London and Dublin: Curzon Press Ltd, 1984).

The mind development must be investigated by the task of self-observation. The more meditated, the more mind is calmer. The practitioner task is to observe sensations throughout the body, understanding their nature, and developing equanimity by learning not to react to them. The meditation of loving kindness generated good will towards all kinds of creature. Mind purity developed is shared with all beings. Insight meditation had the purpose to train human mind. People use physical exercises to improve bodily health. Vipassana could implement to develop a healthy mind. Mind development gradually through continued practice and the expectation of problems solving could not be done in short period. The essentials of Vipassana can be applied in daily life. The more practiced, the greater free from misery. The more meditated, the closer reach to the ultimate goal of full liberation. These are the accumulative practicing that could provide results obviously beneficial in everyday living life.

### **Vipassana Meditation Applied to Sport Exercise**

Human beings had to know the nature of themselves in order to solve their problems. There are collections of research that manifested the available data illustrating the various mental and physical utilities escalating from the practice of Vipassana meditation. The ultimate goal of insight meditation is not for disease extenuation. Vipassana is a practical way investigating the reality of body and mind. Wise persons have advised to develop the light of wisdom within self<sup>5</sup>.

Claire Petersky, start cycling since the age of six, writing about bicycle meditation with 20 years meditation practiced experiences<sup>6</sup>. Personal experience established the new way of meditations which performs on cycling by breath awaken. Observing the breath flows in and out naturally regardless of temptation become the key method. Concentration on pedaling and focus on the feeling on feet each stroke. When the feet and the legs are joining perfectly moving along with little effort, automatic shifting attention to the other parts of the body while pedaling. Biking meditation practice emphasize on insight meditation by moving along the breath, body, and pedaling. The feeling throughout the body is the key factor for meditation as a universal law.

Chemical addiction became the most dangerous problem toward human. Whenever, people have worst situation in their mind, the addiction would create sensations in the body. Individual may start taking chemicals many reasons for example of financial situation and unstable relationship. Finally, they became real addicted in craving for the pleasant body sensations. The aversion towards the unpleasant body sensations presenting because of the withdrawal from the chemicals that makes an addict continuously using chemicals. In this state, addicted person is caught in the web of craving and aversion. Therefore, Vipassana help individual to develop equanimity towards sensations. The way of practice is to maintain the capacity observing sensations without

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<sup>5</sup>Srinivasan S, **Understanding the process of Vipassana meditation**, Int J Psychol, 1992.

<sup>6</sup>Claire Petersky, **Bicycle Meditation**, (bicycle meditation.org), 2006.

reaction. The benefit of result enables the addict to escape using chemical as well as abscond the web of craving and aversion. The various body sensations concomitant arising with specific biochemical flow. As soon as all creature are human, this would be happened for everybody. By the way, the secret of nature is amazing. Even the recently modern science also tried to develop labyrinthine instruments for discovering biochemical specifically associated with certain emotional and behavioral phenomena.

Susan Alexander mentions in *The Insider's guide to Zen on your bike* about the different process with tangible outcome in meditation<sup>7</sup>. The recommendation encouraged a new foundation on the bike that impacts life off the bike. Zen meditation practice intended to bring the practitioner to nothingness and restore true nature. The experiential result show suspended thought, acceptance of things the way they are, a self not questioning or seeking to gain something. Zen on the bike is the personal phenomenon that does replace any other activity. The practitioner suggests to put all attention to the wind without trying to make anything happen. Whatever happened just aware it as a true nature.

Vipassana meditation referred to the art of living as a human potential development method which enables one to live a happy and harmonious life free from all addictions. Whoever practice the meditation, they became free from addicted and living for higher values, richer goals, full of loving-kindness and sympathetic joy, full of compassion and equanimity. Moreover, it is a tool that lead to develop an awareness of the body sensations at a state of consciousness.

The body observation must remain equanimity in mind without emotion of please or dislike. As though, the man is standing on a mountain viewing the drama of these life processes. Looking and observing aimlessly to the mind moving from there to there. Human being without meditation training normally is being conscious of anything. Individual preserve thing attachment with liking or disliking, love or hate, greed or jealousy or anger<sup>8</sup>. Therefore, the accumulated action in mind occurred again and again. Then, the impression is manipulated behind the subconscious mind and formed like big tons of mountain. Unfortunately, people never notice of deep impression because individual are unconsciousness. Possibly, one life collected infinite impression. As soon as past life is existed, the impressions will be countless. Nevertheless, the conscious mind is limited and the unconscious is beyond our awareness. No one could comprehend the story of human life.

There are some emotional sensations occurred during the operating at the superficial conscious level is taking placed such as an anger, violence, laughing or crying. Sometime, the moments of ashamed and guilty would came out from the instinct which is unconscious. While individual is out of mind, this situation implied that some of the infinite impressions from the unconscious mind have surfaced before the concentration

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<sup>7</sup>Susan Alexander, **The Insider's guide to Zen on your bike**, (Bicycle Lab), 2012.

<sup>8</sup>Glickman, Marshall, **Beyond the Breath: Extraordinary Mindfulness Through Whole-Body Vipassana Meditation**, (Tuttle Publishing, 1998).

catch the emotion. Actually, the impressions are surfacing and producing various sensations all the time on human body. In the part of conscious mind could not notice the emotion due to many things is occupied and unable to notice them. Therefore, Vipassana meditation is practiced for training mind concentration in order to notice body sensation with alert and silent, pleasant and unpleasant. In the face, if individual continue to focus the part of body with equanimity of mind and scanning the body, more and more impressions will surface and various sensations on different parts of the body will be occurred. As well as the practice is followed diligently, the impressions would surface on the body and eliminating process would be applied automatically. At this point, there will be nothing unconscious rather pure consciousness.

Leo Babauta recommended the tactic of running meditation on *The Zen of Running, and 10 Ways to Make It Work for You*<sup>9</sup>. Ten techniques of concentration start from breathing, forming time to encourage regular running by practice meditation. Contemplating mind in order to go forward on interval practice by reducing stress. Generating the idea and settle themselves in the present moment. Running became as a form of meditation, being remain present with purpose of concentration and contemplations. The writer focus on breathing, feet strike the ground, body feeling, sights and sounds, smells of nature, and thoughts focusing on present rather the past and the future. Contemplation use running as a tool to think about life. Human being feels the temporary peace while specific desire had been fulfilled. Happiness moment will not stable and could not be last long until it is disturbed by another desire. The short temporary peace will obtain that particular desired object. Therefore, people struggle to the satisfactory only the short happiness. This seem to be normal that human being life is nothing but struggle for temporary happiness and a feel moment later the sensation will be replaced by no peace and unhappiness, frustration and misery.

During Vipassana meditation, mind had been developed staying equanimity that free from craving and aversion. While observing body sensations, pleasant or unpleasant always happened but could not be disturbed. The concentration of mind stay longer period on silent and peaceful. If practitioner meditated more often in observing the body sensation with equanimity, the mental problems will be getting better. This way of practice leads to better health and blissful mind. Mental tension and confusion would be eradicated rather clear and calm mind.

Gretchen Reynolds write the topic of *Meditation and Running: A Treatment for Depression* from New York time. Elaborating research which combine mindfulness meditation and running into a mental health program in order to reduce depression<sup>10</sup>.

The previous studies have found that aerobic exercise and meditation can impact mental health. "Scientists have known for a while that both of these activities alone can

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<sup>9</sup>Leo Babauta, **The tactic of running meditation on The Zen of Running, and 10 Ways to Make It Work for You**, Zen habits, 2007.

<sup>10</sup>Gretchen Reynolds, **Meditation and Running: A Treatment for Depression**, (New York time, 2016).

help with depression,” says Tracey Shors<sup>11</sup>. The study contained for eight weeks implementation, consisted of 52 participants with 22 diagnosed with depression. The sample group meditated for 30 minutes and completed 30 minutes of aerobic exercise twice a week. Researchers tested ability to concentrate and mood with result of 40 % reduction in their symptoms depression and other reported a decrease in cogitative thoughts, anxiety as well as increasing overall improvement in motivation. Brandon Alderman, lead author of the study, hypothesizes that meditation and running together might strengthen neural mechanisms in the brain<sup>12</sup>.

### **Reasons and Consequences Related to Sport Exercise and Insight Meditation**

Religious systems and scientific theories had been mixed to create the effective modern therapies. The therapies emphasized cognitive and emotional processes includes rational emotive feeling therapy, activity and behavioral processes using transcendental meditation, implosive therapy, behavioral modification, assertiveness training, and biological processes. The behavioral therapists have a specific goal to elimination the fear. Pure mind by nature is full of love and compassion therefore the objective of Vipassana is to purify the mind.

The practice of Vipassana meditation would transform of the human personality and could be delineated as a technique of self-administered psychoanalysis that sets in motion the process of tension release. Individual is able to operate on mind and observe developing an attitude of equanimity. The result is releasing of tension, mental peace and purification of the mind from craving and aversion. Insight meditation become a valuable technique of reducing tension, broadening awareness, making life more meaningful, pleasurable, and fulfilling the goals of all therapies. Vipassana meditation technique offers an alternative, not necessarily to replace the former method. Vipassana meditation could provide systematically relief of anxiety and conflict without sensations verbalized. The detachment of feelings and sensations could be observed, which are impermanent in nature, rather received interpretation from therapist. Vipassana meditation could get rid of old fears by understanding from insight rather than gain intellectual insight into the sources of stress<sup>13</sup>.

Cinnamon Janzer writes story about The Connection between Meditation and Running. There are different types such as morning jogging, track running, road running and marathons. Runner have the motivation in group runs or some prefer solo. Repetitive characteristics of running lead to a lack of attention and awareness, lost in a random thought, unable to recall anything along the way. The repetitive nature of running allows the mind to wander and lose attention to proper running technique and breathing, making

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<sup>11</sup>Shors TJ. **The adult brain makes new neurons and effortful learning keeps them alive**, Curr Dir Psychol Sci, 2014.

<sup>12</sup>Brandon Alderman, **MAP training: combining meditation and aerobic exercise reduces depression and rumination while enhancing synchronized brain activity**, Translational Psychiatry, 2016.

<sup>13</sup>Anderson ND, Lau MA, Segal ZV, Bishop SR, **Mindfulness-based stress reduction and attentional control**, Clinical Psychology and Psychotherapy, 2007.

it difficult to notice poor running form<sup>14</sup>. This lead to lose the opportunity seeing a beautiful scenery as well as losing the quality and awareness of human run.

The principle treatment for anxiety cureless which concerned in time consuming and very expensive. Nowadays, the increasing of mental patients in modern world are suffering and there is no enough supplement for mental decease. Nevertheless, Vipassana become the alternative way of practice to prevent and cure such a mental problem with easily practice and no need for continuous professional attention, especially inexpensive. Vipassana also become the antidote to future shock from the mental health and running meditation is another way of choice to implement in daily life.

Alvin Toffler, the well-known futurist, was discussing the modern technologies, including the digital and the communication revolution with emphasis on effects of cultures worldwide<sup>15</sup>. The book called “future shock” had been described the effect of the modern world on human life which is too fast growing. The increasing rate of change is producing stress in individuals.

There is a positive relationship between world changing and mental changing. The fast changing in world revolution that causes a problem in emotional and mental well-being<sup>16</sup>. The root of mental disorder normally determined by an anxiety and worries manipulate in mind.

The majority of people who love to play sport for exercising mostly are not professional athlete. They usually concerned with healthiness by developing mind and body. If the people use to practice the meditation and know the fundamental of mind development, they would know that meditation tools is human body.

Human body represents the miracle thing on earth. People can apply the meditation practice at the same time while doing the hobby like playing sport. Especially on individual sport is more comfortable in mind concentration on diversified activities. The body movement like running, hand swings and leg strokes, would catch the point of emotion in mind concentrating on each part of the body. Also, the body movement in swimming, the concentration focuses on breathing that must not be intervened rather be consistence. Otherwise, the cause of action is really danger to death. During swimming, the hand stroke must concentrate on streamline pointing otherwise the swimmer could not go forward as fast as it should be. The leg must point to the back and kick separately on the whole leg rather only knee movement. Body part movement has to combine smoothly together and could not miss any point in order to be effective swimmer. Biking is also popular in term of concentration. There are many points to play an attention on such as cadence on leg, breathing on nose, eye focus, and muscle tension<sup>17</sup>.

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<sup>14</sup>Cinnamon Janzer, **The Connection Between Meditation and Running**, Stanford Social Innovation Reviews, 2017.

<sup>15</sup>Toffler, Alvin, "**The Future as a Way of Life**", Horizon magazine, summer, 1965.

<sup>16</sup>Eisenhart, Mary, "**Alvin and Heidi Toffler: Surfing the Third Wave: On Life and Work in the Information Age**", Micro Times, 1994.

<sup>17</sup>Dinas PC, Koutedakis Y, Flouris AD, "**Effects of exercise and physical activity on depression**", Ir J Med Sci, 2011.

Obviously in any kinds of sport, the main focus is on breathing. Concentration help people to stay focus with calmness for a long distance and time on playing sport. The way of practice called Insight meditation. Mind contemplate on movement and feeling though out the body. It depended on the discourse of meditation master to recommend which part of the body should be focused on. Some teachers emphasized on the movement of stomach. Some has been teaching to focus on hand movement. However, the main concentration must be at some particular place at the first point, then move to another spot consecutively<sup>18</sup>. Actually, there are choices of meditation practice that people prefer to perform lead to individual preference including mindfulness meditation, heart rhythm meditation, and transcendental meditation. Mindfulness meditation or Vipassana is the most popular types of meditation used and it is about being present in the moment, allowing thoughts to simply flow, observing them without following or getting attached.

Athlete does not necessary to sit for long period rather personally do mindfulness meditation each morning for a couple minutes. In daily life, there are a lot activity based meditations as such engaging in a mindfulness walk or yoga could all be meditative. The meditation concept is to be present and fully engaged in specific activity.

Another technique in order to apply the meditation to exercise is to train athlete switching focus. Being a sport player always face many stresses and have to learn quickly to play attention to specific focus helping them compete and recover. Consequently, insight meditation provided a method of practice which could help the player create personal technique to calm themselves<sup>19</sup>. Jon Kabat Zinn, the professor and founder of mindfulness center in medicine, who created the concept base on the teachings of Thich Nhat Hanh, the Zen Masters<sup>20</sup>. Jon integrate mindfulness meditation with modern-day scientific concept that is effective at helping patients cope with illness, stress, anxiety, and pain. Jon focused on examining the body and mind interactions connecting to healing. The investigating on mindfulness meditation training had been applied clinically to prove the effects on the brain, emotional expression and the immune system<sup>21</sup>.

Mindfulness based stress reduction is a concept that Jon Kabat Zinn have established in the purpose of create complementary medicine aimed at helping people better cope with a plethora of psychological and health problems<sup>22</sup>. Mindfulness-based exercise are scientifically proven having contributed to a reduction in pain related drug use as well as increasing in activity levels, self-esteem, and positive feelings for the athletes.

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<sup>18</sup>Josefsson T, Lindwall M, Archer T, "Physical exercise intervention in depressive disorders: meta-analysis and systematic review", Scand J Med Sci Sports, 2014.

<sup>19</sup>Carmody J, **Evolving conceptions of mindfulness in clinical settings**, Journal of Cognitive Psychotherapy: An International Quarterly. 2009.

<sup>20</sup>Ford, James Ishmael, **Zen Master Who? A Guide to the People and Stories of Zen**, Wisdom Publications. p. 90, 2006.

<sup>21</sup>Gillani NB, Smith JC, **Zen meditation and ABC relaxation theory: An exploration of relaxation states, beliefs, dispositions, and motivations**, J Clin Psychol, 2001.

<sup>22</sup>Kabat-Zinn J, **Wherever you go there you are: Mindfulness meditation in everyday life**, New York, NY: Hyperion, 1994.

Mindfulness training and exercises are based on meditation and yoga therefore people can enjoy of both practices. The concept is to cultivate greater awareness to the unity of mind and the body becoming aware of own thoughts, behaviors and feelings and how they affect our overall state of being<sup>23</sup>.

Mind is an essential factor in the appearance of stress-disorders. Unconscious feelings and thoughts contribute to a weakened emotional, physical and spiritual health. Practicing mindfulness meditation will contribute to normal autonomic processes resulting in blood pressure reduction, overall arousal reduction, and emotional reactivity reduction. Mindfulness Based Stress Reduction is a tool to manage stress and mindfulness with benefit adjusting hormonal imbalances become easier to manage, control body and breath sensations, and brain processes pain. The program aims on both aspects of the equation and cultivate awareness as well as calm the mind. Athlete can develop the ability to modulate and control thoughts of pain and emotions that give a competitive edge and improve performance outcome.

Especially on the critical moment that athlete could recognize unproductive thoughts, automatically transfer the thought through mindfulness training. The result of anxiety and body tension will decline due to enhance performance<sup>24</sup>. Mindfulness meditators develop sensitive controlling pain and emotions on the brain that gaining rhythms control through breath awareness. The result of practice could enhance sensory focusing on a particular body area and helping athlete to overcome persistent competing stimuli such as negative thoughts or pain. The argument of thinking that athlete recognize could be managed and free up valuable energy refocusing the task at hand.

While professional golfer misses a best shot, negative internal dialogue had begun. Bad thought would be coming up to mind which the today rhythm was not belong to them. A mental tool on mindfulness mediation practice, golfer recognized the pattern of negative thought and taking mindfulness action towards thought control leading to switch mental direction and getting back on a game. Three steps of attitude changing toward mindfulness practice that acceptance on negative thinking by just acknowledge and ending the brain argument, increasing awareness by taking a moment to take a deep breath and refocus, finally taking action by switch thoughts from negative to neutral. If player can control the brain to assist rather than resist, the increasing of efficiency performance would be applied.

## Conclusion

This article defined sport as a system of activities which based on physical athleticism. Olympic is defined as a largest major competition in the world consist of many sport types. Non-physical attachment in the sport also referred as mind competition. Mind game as well as psychology action plays an important role to the competition

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<sup>23</sup>Kabat-Zinn J, **Full catastrophe living: How to cope with stress, pain and illness using mindfulness meditation**, New York: NY: Bantam Dell, 1990.

<sup>24</sup>Kabat-Zinn J, **Mindfulness-based interventions in context: Past, present, and future**. Clinical Psychology: Science and Practice, 2003.

especially influence the result. If players have same abilities level in particular sport competition, the result would be judged in the critical moment by decision making. Whoever made the decision in the wrong way, they will lose at the end. This statement showed the significant issues to focus on mind concentration in order to accomplish the goal.

The benefit of Vipassana generated in many aspects. This technique teaches individual to observe mind with the impermanence of feeling and sensation, happiness or unhappiness reducing tension and anxiety, violence and anger.

The insight meditation increases tolerance and understanding of difficult situations and helping people to take appropriate decisions and action by increasing constructive activity and work efficiency. The result is to improve interpersonal relationships by increasing receptive, perceptive and cognitive abilities and developing the habit of appropriate introspection. Moreover, it could help people regain composure through facing and solving problems restoring equilibrium by reducing stress and maximizing life enjoyment.

Base on the medical curing for psychology's patient, Vipassana might safely treat to all forms of drug abuse by improving communication and encourages the resolution of emotional conflicts. Finally, Vipassana enables one to feel fresh and alert giving human being feel the inner happiness and lightness.

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