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Finding Your Swing

A classic yoga text, the Bhagavad Gita is dated back between 5th Century B.C.E. and 1st Century C.E. Taking place in the middle of the battlefield, the main character Arjuna faces a deep internal struggle. Overwhelmed with dread and pity, he feels he cannot continue and fulfill his destiny. This is the cue for his charioteer, Krishna to begin his teachings on life and deathlessness, duty, nonattachment, the Self, love, spiritual practice and the inconceivable depths of reality.

Those of us in North America or in the 21st Century may not as easily relate to the setting and background of the Bhagavad Gita but the teachings themselves are timeless. We all can relate to the feeling of deep internal struggle and the feeling of being overwhelmed with what lays before us and our sense of duty and why we are here in this world.

There are many adaptations of the Bhagavad Gita but my favourite is "The Legend of Bagger Vance". In this book and then Hollywood Movie (2000), the main character Juna (Matt Damon), faces his own internal struggle as he is asked to enter a golf tournament to save Savannah from the depression. He attempts to recover his game with the mystical help from his golf caddy Bagger Vance (Will Smith). This time of year many have pulled out our golf clubs and can relate to "finding our swing". This book/movie does a beautiful job of addressing duty, nonattachment, love, and life and draws amazing parallels to the Bhagavad Gita.

One of my favourite focuses in the movie is our swing (or our duty) and the concept of letting go of the outcome. "Inside each and every one of us is something we call our one true authentic swing. Something we were born with. Something that is ours and ours alone. Something we can't be taught. Something we have to remember. Over time, the world can rob us of our swing. Get buried inside of us with all those could ofs and should ofs. Some folk even forget what their swing was like. Don't worry about hitting the ball or putting it anywhere. Just swing the club. You can't make that ball go anywhere. You have to let it happen."

—Will Smith, the Legend of Bagger Vance

This month, reflect on YOUR swing. What is that defines you, motivates you, drives you, connects you to what is really important. What, when true, you find yourself content and feeling that everything is exactly as it should be. For many of us, our swing is buried deep inside. Start by exploring your swing on the mat in yoga. Move in and out of poses allowing the pose to unfold in you. Stop thinking about how far to put your feet or arm and instead feel what is occurring and evolving. Let go of objectives, goals and trying to control the outcome of the pose. There are so many factors involved in progress. Can you be with what is right now and just "feel what your swing is like"? Allow this concept to flow off the mat and into your life. Find the place of knowing and release attachment to what we "think" should happen.

"Play the game. The only game you was meant to play. The game you was given when you came into this world. Now is the time to remember your swing." With what is right now and just "feel what your swing is like"? Allow this concept to flow off the mat and into your life. Find the place of knowing and release attachment to what we "think" should happen. "Play the game. The only game you was meant to play. The game you was given when you came into this world. Now is the time to remember your swing."

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Namaste,

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