



# Motivation vs Discipline

Finding the right energy source

Taught by Andy B Allen

# Motivation

Motivation refers to the psychological processes that initiate, direct, and sustain behavior aimed at achieving a specific goal. It is a key driver of human behavior, and understanding motivation is essential for personal development, achievement, and success.

Motivation can be influenced by a variety of internal and external factors, including biological, emotional, cognitive, and social factors. Some of the primary factors that contribute to motivation include:

- Needs: Such as hunger, thirst, safety, social belonging, self-esteem.
- Goals: Clear and meaningful goals can help increase motivation by providing a clear direction and sense of purpose.
- Incentives: Positive incentives such as rewards or recognition can help motivate individuals to work harder or achieve more.
- Feedback: Regular feedback can help gauge progress towards goals and provide a sense of accomplishment.
- Personal values: Motivation can also be driven by an individual's personal values and beliefs.

# The flow theory

**by Mihaly Csikszentmihalyi**

It describes a state of optimal experience that occurs when an individual is fully immersed in an activity that is challenging, enjoyable, and requires a high level of skill. In this state of flow, individuals are fully focused on the task at hand and lose track of time and other distractions.

Csikszentmihalyi identified several key characteristics of the flow state, including:

- Intense and focused concentration on the present moment
- A merging of action and awareness
- A loss of self-consciousness
- A sense of control over the task at hand
- A distortion of time, with hours feeling like minutes
- A sense of intrinsic motivation and enjoyment of the task
- A feeling of fulfillment and accomplishment upon completion of the task



According to Csikszentmihalyi, the experience of flow is highly rewarding and can lead to increased satisfaction, creativity, and personal growth. To achieve a state of flow, individuals must engage in activities that are challenging but still within their range of skill. Too much challenge can lead to anxiety, while too little challenge can lead to boredom.

The flow theory has been applied to a wide range of activities, including sports, music, art, and work. Csikszentmihalyi argues that individuals can increase their experience of flow by identifying their personal strengths and interests, setting clear goals, and seeking out activities that provide opportunities for growth and challenge.

Discipline is of great importance in Hindu philosophical schools, as it is viewed as a means of cultivating self-control and promoting spiritual growth. In Hinduism, discipline is often referred to as "tapas," which can be translated as austerity or discipline.

One of the key reasons that discipline is emphasized in Hindu philosophical schools is because it is seen as a means of overcoming the influence of the ego and the senses. According to Hindu philosophy, the ego and the senses can lead individuals astray and prevent them from recognizing their true nature as spiritual beings. By practicing discipline and cultivating self-control, individuals can overcome these obstacles and connect more deeply with their inner selves and with the divine.

In addition to promoting spiritual growth, discipline is also seen as a means of achieving worldly success and fulfilling one's duties and obligations. The Bhagavad Gita, a sacred text in Hinduism, emphasizes the importance of discipline in achieving success and fulfilling one's role in society. The text teaches that by practicing self-discipline and following the path of dharma, individuals can achieve both material and spiritual success.

In yoga philosophy, motivation arises from within, and is rooted in a deep sense of purpose and connection to the world around us. When we are in touch with our true nature and purpose, we are naturally motivated to pursue actions that are in alignment with our values and goals and with the natural order of things or Rta.

It is important to emphasize the kind of discipline Yoga encourages the most is self discipline, the one that comes from within and that is motivated by the need to fulfil one's duties or Dharma. self discipline works closely and in a symbiotic way with our Sadhana or spiritual practices or routines that are aligned with our beliefs, values, Dharma and Rta. By having a clear and structured Sadhana we will naturally increase our self discipline and by increasing our self discipline it will be naturally easier to stick to our Sadhana. For all of that to work we must always have clear our goal and purpose.

Every practice that Yoga has to offer will help develop self discipline. From Asana to Pranayama, meditation, Saucha and svadyaya but what is more important than focusing on one specific practice is to develop a balanced and steady Sadhana or spiritual routine.

Here is when some of the teachings from previous classes become relevant. In order to develop discipline, among other things, we have to have a plan, a daily routine sadhana, and we have to join thoughts, words and actions.

Every practice that Yoga has to offer will help develop self discipline. from Asana to Pranayama. to meditation. to Saucha and svadyaya. but what is more important than focusing on one specific practice is to develop a balanced and steady Sadhana or spiritual routine.

# Practice

- Set short term (micro) goals that can be achieved in every day life.
- Choose a few habits (positive or negative) and set a plan to develop moderation
- Practice mauna
- Fasting



# Notes

To practice micro goals you have to make sure your goals are achievable. Break down big goals into as many small chunks as necessary and never give up once you have started. If you think it might be too much, then break it down even more. Don't ever start if you're not willing to make it until the end and slowly increase the difficulty to make it more challenging.

The same applies to moderation, mauna and fasting. Use the same concept of micro goals and set yourself up for success. It doesn't have to be easy all the time, but at first you want to build moral and confidence as well as training your mind to be discipline.

Proper mauna means, not only to stop talking, but to reduce to a minimum the stimuli of the senses, so plan you mauna time properly to get the most out of it.

Proper spiritual fasting also means reducing stimuli to a minimum if possible.

Combining Mauna and Fasting can be very beneficial.

