

Enhance capabilities with yoga

Most of us are not busy, we are just re-occupied. If daily we give 30 minutes to yoga we will enhance our capabilities as well as gain extra time, says Sadhguru Jaggi Vasudev

I have no time: this is the common complaint whenever we think of doing yoga or any other exercise. We find ourselves busy with various activities with little time left for us, our body. All our time we feel is taken up by others, our partners, our children etc. However, do we ever stop and think what we are actually giving our children. It is our agitations, irritations and anxieties. If we were truly concerned about our children we would want to give them an atmosphere of joy and happiness. Yet, rather than spending time with them, we try to give them joy with all kinds of materialistic things. We think that these things are the source of joy, but they actually become the source of our anxiety and misery. If we were to re-examine the fundamentals of our life we'll find that our education, job, everything we did in life is supposed to be a source of happiness for us. Yet are we happy? We have to either scale down or scale up our lives as per our capabilities. If we were to invest even thirty minutes a day in doing yoga we will enhance our capabilities and even gain extra time. We may feel worried about our loss of

sleep, but by sleeping eight hours a day, we don't realize that we are sleeping away one third of our life. However, when our mind and body are energized our sleep quota will naturally come down. That apart, yoga makes our body and mind more organized and within six to eight weeks there will be an increase in our performance level such

Ana Flavia



that we'll be able to complete in three to four hours what we used to do in eight hours. If our mind becomes more organized, the unnecessary words and movements will disappear and we will begin to feel more energetic. In the twenty-four hours that we have we'll be able to achieve much more as we'll become more organized and focused. Most of us are not busy we are just re-occupied.

**(Send in your feedback to
timesfoundation@
timesgroup.com)**