Yoga organises body, mind...

Many people ask the question: “Where is the time for yoga in our hectic lives?” You get up at six in the morning, go to the office, work, come back home, take care of children, eat and till whatever time you go to bed, you have a busy day. Where is the time for yoga? You have time to eat, to gossip, to work, you have the time to take care of everything but you have no time to take care of yourself?

This attitude comes about because you try to act like a martyr all the time. I have no time for myself. I am giving myself totally to everybody. What is it that you are giving? Your agitations, irritations and anxieties are being passed on to your children. If you are truly concerned about your children, creating a joyful and loving atmosphere for their growth on a daily basis, moment to moment, is more important.

If you invest, let us say, even 30 minutes a day into yoga, you will enhance your capabilities and you will gain immensely, even in terms of time. The first thing that will happen is, your sleep quota will come down. Right now if you are sleeping eight hours a day, that means you are just sleeping off one third of your life. If your body and mind are more energised and active, your sleep quota will naturally come down. So if you gain three, four hours a day, just in terms of wakefulness, that is a huge benefit.

Apart from that, with a simple process of yoga, your body and mind get more organised. You would see that your level of performance becomes such that whatever you are doing in eight hours, you will very easily be able to do it in three to four hours. This is simply because, if you observe yourself through the day, suppose we take a video of your whole day without you being aware of it, you will notice how much unnecessary movement and unnecessary words and unnecessary activities are happening in your life.

If your mind becomes more organised, these unnecessary words and movements will disappear. Once they go away, you feel more energetic and will also have a lot of time. You have 24 hours to live. You don’t have to make this into 26 hours; 24 hours are enough. We can do a lot in 24 hours. If we are organised and focused human beings, we can do plenty in 24 hours’ time. If you are disorganised and unfocused, you think there is no time. Most people are not busy; they are just preoccupied. It is just too much preoccupation in the mind.

So if one makes time and brings yoga into their lives, suddenly the quality of their life will be very different.

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