
Yoga in Practice - More Yogic Tips For Time Management

Contributed by Webmaster

By Paul M. Jerard Jr.

Yoga teaches us to "live in the moment," but how can we apply this principle toward time management? We often hear people say, "I need more time," but how can we get more than 24 hours out of a day? Truthfully, we only have 24 hours, so there must be something to getting the most out of each day.

Yoga teaches us to be consciously aware, and this is a tool we can use to manage time more effectively. Time management starts with awareness. It is as simple as monitoring oneself. How often are we distracted from our prime tasks?

Television, radio, Internet, and idle chatter, contribute to a waste of time, but you cannot live the life of a machine either. You should allow "fun time" each day; but when you start the day, it is best to have a mission. It also helps if your mission was planned yesterday or early this morning.

Rising early helps us make the most of a day, which means you should go to bed at an earlier time in the evening. This is a simple formula and it only requires a moderate adjustment. For example: If you go to bed an hour earlier, you can wake up an hour earlier.

If you had one extra hour, in the morning, you could write a "to do list," practice pranayama, perform sun salutations, and have a little time for meditation. This routine creates a positive energy flow within your mind and body. As a result, you would "jump start" your entire day.

This early morning Yoga session increases your level of awareness for the entire day. When we are in a state of complete awareness, we can think clearly. This results in looking at tasks according to their importance. We will make sure that we do not spend too much time on trivial matters, but we will also be sure to double check complicated tasks, which arise during the day.

Yoga teaches us to have a "reality check." For example: What would you do during a crisis situation? It is always best to have a "back-up plan" for the worst case scenario. This does not mean to create something to worry about.

Look at a potential crisis and create the best possible solution for it. There is no need to force oneself to live in denial. It is true that living in denial will help to some degree.

There is a saying: "Ignorance is bliss," but it is best to be prepared for life's challenges. Practice Yoga often to develop inner strength and to balance your thinking. In this way, you will make the most of your time.

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Paul Jerard, E-RYT 500, is a co-owner and the director of Yoga teacher training at: Aura Wellness Center in, Attleboro, MA. To receive Free Yoga videos, Podcasts, e-Books, reports, and articles about Yoga, please visit: <http://www.yoga-teacher-training.org/member-offer.html>