

hellomyoga



THE MOST IMPORTANT INVESTMENT YOU WILL EVER MAKE.

07 Nov, 2017 / By Shefa

What does your investment portfolio look like? Maybe you'll tell me you have stocks and shares or maybe even an apartment, but did you ever consider that your greatest asset— is yourself. Nothing drives higher returns than higher asset base and the only way to ensure that is to invest in your human capital. The most important investment you will ever make is the time you invest in yourself.

Investing in yourself may sound like some fluffy kind of thing that only those “spiritual junkies” with lots of time on their hands do. But trust me when I say, it is an absolute necessity for each and every one of us in the times we are living, even if you believe you don't have time.

That could mean pushing yourself to learn new things in your job, developing spiritually, becoming more creative, anything that cultivates your growth as an individual. Sooner or later, the payoffs on the inner growth will show up in the material world.

A couple of years ago I decided to invest in myself by committing to yoga and meditation, and I now I invite you to do the same. Even if it's just 20 minutes a day, where you don't check your Instagram feed, you don't add anything to your Snap Chat story, you don't know what your friends are doing and you don't have your to do list controlling your day.

I give myself at least 20 minutes a day where I can simply experience being who I am. I dedicated a space, in my house, I made it comfortable, and calming, it's a place I look forward to sit, its somewhere I feel safe. At first when I used to sit there, nothing happened. It was hard to quieten down my over active mind. Then one day I got really clear and calm and focused.

I encourage you to make a sacred place in your room or home and use it often to mediate, practice yoga or simply to be still. I guarantee you something will eventually happen.

If you invest let's say even 20 minutes a day in meditation and yoga your body will be more relaxed and your mind will be calm, your sleep quota will come down, so in the long run you actually save time. The practice will allow your body and mind to become more organized and in turn your performance and productivity increases.

We tell ourselves we are busy and we don't have time for these "extras" but we are mostly just pre-occupied with unimportant things. Our minds are simply pre-occupied with wasteful things and too much entertainment. 24 hours is a lot if you are focused and organized; there is a lot you can achieve in 24 hours. 8 hours of sleep a day is a third of your life wasted.

It's kind of like the "oxygen mask" theory on the plane. They tell you that as soon as the masks drop down in an emergency situation you have to wear one yourself before you give one to anyone else.

Investing in yourself doesn't stop with meditation and yoga, its every area of your life. When you have a choice, feed yourself the healthiest option, sleep when you need to sleep and make time to play doing things that you love doing.

When we neglect ourselves, its takes a toll on the mind and body; then we start searching for a quick fix to help ourselves feel a little fuller on the inside. We need to be mindful that that voice that's driving it is actually asking for something fulfilling and whole, and instead of investing in a short term solution, maybe take the time to invest in yourself. Feed your inner child, not your propaganda/social media fueled mind.

Here are some of the payoffs I have received since investing in myself.

- I get to do something I love everyday
- I found a source of joy
- I have reassessed the fundamentals of my life
- I get to enhance my mood all by myself

If you care about yourself and the people in your life, creating a joyful, loving atmosphere on a daily basis is extremely important. I guarantee that if you invest just 20 minutes a day, the quality of your life will improve significantly.

#happiness #health #meditation #yogainindia



0 Comments

[Log in](#) or [register](#) to post comments

A B O U T M E





Shefa

Shefa graduated from her YTT 300 in 2016, in her graduation ceremony she made a promise to her teacher Seema Sondhi that she would carry the flame of Yoga with her wherever she goes and she took that promise very seriously. Her goal is to spread the message of the yogic way of life in Qatar, where she lives and works.

T H E M U S T R E A D L I S



Finding my Space in Rishikesh

25 MAR, 2018 / BY DAMINI DWIVEDI



Abhyasa & its 3 Allies

22 MAR, 2018 / BY SHIVANI GUPTA



God & Me

16 MAR, 2018 / BY RAINISH CHOUBEY



Food to heal Irritable Bowel Syndrome/Disorder

15 MAR, 2018 / BY CHAT ON THE MAT



Come Home to Eternal Satisfaction-Santosh Puri Ashram

12 MAR, 2018 / BY DAMINI DWIVEDI

F O L L O W U S



FACEBOOK



TWITTER



INSTAGRAM



YOUTUBE

Spiritual & Yoga journey in India is enchanting. Subscribe to discover 'how'.

Enter your email

Subscribe

- About Us
- Fuel Us
- Work for Us
- Our Story
- Legal Information
- Privacy Policy
- Yogi Support Centre
- Hellomyoga Blog
- Content Integrity Policy
- Terms & Conditions

- [Site Map](#)
- [Cookie Policy](#)



Copyright © 2017 hellomyoga.com