

## Yoga for Business People: Enhance your Business Acumen

There are many of us who feel we are not as bright as we would like to be; or that we lack the will power a friend or a colleague seems to have. What is not known widely - or taken with skepticism even when known - is that mental power can be enhanced by Yoga and meditation.

Don't worry if your allopathic doctors dismiss this claim, or worse, laugh at it in contempt. Allopathic doctors tend to downplay such claims because allopathy has been brainwashed into a sort of negativism.

While the neuro-surgeon himself swears by the mantra which he recites every morning, believing it is instrumental in making divine energy flow through him, he feels that the beneficial effects of yoga on all professionals, particularly businessmen, have hardly been talked about.

Yoga or meditation is very beneficial to business executives because it makes decision-making much easier and quicker. It takes away vacillation and helps the brain to grasp the pros and cons quickly.

A surgeon needs to take a decision quickly on the operating table. Similarly, a businessman may not have more than five minutes to decide. Supposing he has a dollar 1 million business deal where a decision has to be made in five minutes, he needs a brain which is stimulated and in a trim state. In this state, decision-making becomes easy and anxiety level goes down.

In such a state not only is the brain able to think clearly, but the other systems of the body which suffer due to stress or tensions, are also spared.