**TRATAKA MEDITATION**

*To gaze steadily / to tear*

Trataka meditation is simple yet profound. It involves fixing the gaze at one single point (or object such as a candle flame) for a certain length of time. This technique enhances memory and focus, benefiting those who are tasked with reading, studying or professional sports. This is an easy technique, and ideal for beginners.

**INSTRUCTION**

- Sit with a long spine approximately 3 feet from a candle
- Have the candle at least chest high or higher – even with or slightly lower than your eyes
- Set your timer for 5 minutes to begin (you may increase in increments of 5 minutes every two weeks)
- Softly stare directly into the heart of the flame
- At some point your eyes may become irritated or begin to tear up; when that happens you may softly close your eyes and, without breaking your stillness and concentration, open them and continue until your time is up
- When time is up; gently close your eyes and draw your attention to the space between the brows and slightly above (ajna chakra, third eye); you may find the image of the flame and when/if you do, stay with the image until it disappears completely. This may take a few minutes.

**BENEFITS**

- Improves concentration, intelligence, memory
- Enhances self-confidence, patience, willpower
- Develops greater work efficiency and productivity
- Calms the mind and brings clarity to the mind
- Improves eyesight
- Helps to overcome mental, behavioral and emotional ailments
- Provides stress relief and deep relaxation serving to deepen sleep and reducing sleep related disorders such as insomnia and nightmares

**NOTES**

It is of most benefit to set a specific time of day to do your meditation and stick with it each day; this will ensure the best results. Trataka is accessible to all ages, improving concentration in the young and memory in the elders.