



TRATAKA

AN ANCIENT YOGIC MEDITATION PRACTICE.
“TO GAZE STEADILY AT A FIXED POINT”

A candle flame is traditionally used to imbue our inner landscape with more light, warmth, illumination, and as a result our inner light gets stoked.

Gazing at the flame, or the SUN (even with eyes closed), for extended periods activates the **Pineal Gland**. The Pineal gland attracts and is nourished by Light. It is a key player in enhancing your Intuition; Psychic Senses, Creative Visioning, and higher Consciousness.

When awareness is focused upon one unchanging stimulus (object, sound, touch), the mind is “turned off” and the "inner seer" turned on.

Complete absorption in a single perception induces withdrawal of contact with the external world. When brain function is isolated from other sense experiences, and mental processes, a window opens and spiritual consciousness emerges.

This window allows for higher consciousness to emerge and expand.

This practice nurtures your connection to the related qualities of the object of focus, within your own consciousness. **E.g. Strength** of stone; **Movement** of the ocean.



**THE OBJECT OF FOCUS MUST BE
CHOSEN CAREFULLY, AS IT
REPRESENTS QUALITIES YOU ARE
THEN BRINGING IN TO YOU INNER
BEING. E.G. TREE; STONE; SUN; MOON;
OCEAN; ANIMAL; FLAME.**



TRATAKA – HOW TO...

- **Light a candle**, and sit 3 to 4 feet (1 metre plus) away from it. The flame should be at the level of the eyes. Gaze straight ahead without being uncomfortable, or neck flexed downwards.
- **Sit with long spine** in Siddhasana, or Sukhasana (simple cross legged), with support under hips as needed. Or seated in a chair.
- Hands in a mudra (yogic hand gesture) or palms down on thighs.
- **Close your eyes for a few slow deep breaths. Nostril breathing.**
- Open your eyes. **Gaze at the mid-point of the flame, or tip of the wick.** **NOT** at the flickering tip of flame,
- **Slow deep breathing.** While breathing in this manner, steadily gaze at the midpoint of the flame, or tip of the wick.
- **Be a silent witness to your thoughts.** Observe all thoughts and feelings that arise, Do not struggle to remove them. Notice and let them pass through.
- **Gaze for as long as you can without blinking and without strain**, or until the eyes begin to water or tire. Then close your eyes. Time varies from seconds to minutes, based on experience. *Gradually increase your time.*
- **When you close your eyes** connect with the "after image of the flame" at the centre of your closed vision. *Continue until it disappears. X 4-6 breaths.*
- **Practice again. Repeat. Up to 5 minutes.**



SEVEN *feathers*
HEALING ARTS with AMANDA RING