

# TRATAK

It is a Sanskrut word that means '**to look or to gaze**' so it can be defined as the processes that involves gazing at a fix point.

Without winking, one should gaze a minute object until tears began to fall from the eyes. Trataka is regarded as the last of the Shatkarma and act as the stepping stone between the physically oriented practices and mental practices that lead to higher awareness,.

## **Choice of Object:**

It can be almost anything like any symbol, a flower, and black dot on white sheet, moon, star, nose tip, or flame of burning candle.

## **Technique:**

- Sit in a comfortable and steady posture.
- Even by sitting on chair it can be practiced.
- Lit the candle and make rest of the room completely dark.
- Sit at a distance of about 1-2 feet away from the candle.
- Position of candle should be at the same horizontal level to the eyes.
- Close eyes for a while and try to relax
- Now open eyes and start gazing at the flame of the candle or on the top of the wick.
- Avoid any kind of movements of eyes and also avoid over strain of eyes.
- Gaze the light with complete concentration, so that awareness of the rest of the body is lost.
- When eyes get tired or if they began to water, close them and relax.
- Do not move the body rather try to be aware of after image of the spot in front of the closed eye.
- As soon as it begins to fade, open the eyes and repeat it.

- Blow the candle after repeating process 3-4 times.

**Benefits:**

- It develops the power of **concentration** by focusing the mental energy toward one point by continuous practice of it
- Provides **steadiness** to wondering mind.
- As this process requires deep concentration and in deep concentration the **emotional level is low**, so the problems related to emotions get controlled.
- Physically this practice stimulates the **optic nerve** thus correcting the weak eye sight by providing strength to eyes muscles