



Tratakum Meditation

Gazing at a Candle

The use of Tratakum to increase concentration ability is well known. One of the traditional practices for this is to gaze at a candle. To do this properly, select a quiet environment. Sit like a perfect yogi, and cover yourself with a meditation shawl or blanket so your spine does not get cold during the energy changes.

Position a candle about 7 feet away. The flame should be at the height of the root of the nose. Focus your eyes on the flame and see the corona of light around the flame. See the area just under the hottest tip of the flame where there is a dark spot; light and dark coexist at this point.

Meditate at the Brow Point with fixed concentration. This will stimulate the frontal lobes of the brain. When looking at the flame, you should see the flame and its light without hallucination. Some people start this practice and try to use the tricks of the eye to see movies in the flame. You should have the capacity to simply see what is and the radiance of what is.

Time: Meditate on that radiance for at least 31 minutes with as little blinking as possible.

To End: Inhale deeply, close the eyelids, and put the image of the radiant light at the Third Eye Point.

Panther Pose

Sit on the heels with the spine straight. Fix the eyes at a point on the horizon (indoors or out), and open them as wide as possible. Raise the arms so the elbows are at a 90° angle. Spread the fingers of the hands wide and arch them like claws. Begin long deep powerful breaths concentrating on the breath and pranic flow through the eyes.

Time: Continue for 3 minutes.

To End: Inhale deep, close the eyes, and meditate on the flow of energy for 20 to 30 seconds.

Fixate on the Horizon

Sit on the heels with the spine straight. Lean back to a 60° angle from the ground. Raise the arms parallel to the ground, palms facing down. Fix the eyes open at a distant point on the horizon. Let the breath be slow, long, and deep. This exercise develops the pranic energy of the eyes, helps digestion and nerves, and gives you personality control.

Time: Continue for between 3 and 31 minutes.

To End: Inhale, exhale, and relax.

Leaning Back & Gazing up

Sit with the legs extending straight. Lean back to 60°. Place the palms on the ground in back as a support, let the head drop back, and pick a point on which to fix the gaze. Begin Breath of Fire.

Time: Continue for 3 minutes.

To End: Inhale, straighten the neck, exhale, and relax.

This is particularly good for cataracts and cloudy vision.