



MEDITATION

tratak

KEY INTENTION

TO GAIN INSIGHT AND CREATIVITY

The candle-gazing meditation

- ☞ strengthens your eyesight
- ☞ generates radiant health and vibrant energy
- ☞ improves concentration
- ☞ develops your powers of insight and creativity.



ADOPT A MEDITATION POSTURE THAT IS COMFORTABLE FOR YOU ☞ and...

- ☞ Tilt the pelvis forward slightly.
- ☞ Lift through the spine from the hips to the crown.
- ☞ Raise the ribcage and sternum
- ☞ Relax your shoulders back.
- ☞ Tuck in your chin and lengthen the back of your neck.
- ☞ Adopt a hand gesture >> see boxes below.

CANDLE-GAZING MEDITATION

- 1 Sit comfortably with a candle flame about 2 feet in front of you and just below eye level. Gaze gently at the flame for a few minutes, or for as long as you can without losing concentration or straining your eyes.
- 2 Move your focus to the tip of your nose and slowly raise your gaze until it rests between the eyebrows, then close your eyes.

HAND POWER



GESTURE OF KNOWLEDGE

This is an expansive gesture that opens you to new insights. Rest your hands on your knees (or thighs), palms facing up and the tips of the index finger and thumb lightly touching.



ON A CHAIR – place your soles flat on the floor. Use cushions to support them if necessary.



KNEELING ON THE FLOOR – use a meditation stool or place cushions between your calves and thighs for support if needed.



SITTING ON THE FLOOR – place the corner of a cushion under the tailbone to help tilt the pelvis forward

- 3** Concentrate on the image of the flame in your mind's eye until your mind wanders.
- 4** Return your gaze to the flame and repeat the process a few times.

- 5** Close your eyes and visualise the flame in the centre of your heart. Feel its warmth. Hold this image for as long as you feel comfortable.

To come out of the meditation, rub your hands until they are warm and place them over your eyes. Open your eyes and slowly move your hands away to let in the light.

SILENTLY AFFIRM
MY IMAGINATION
CREATES MY TOMORROW



GESTURE OF CONTAINMENT

This gesture helps you contain your energy if you feel 'scattered'. Interlace your fingers and rest your hands in your lap in a relaxed way.