

Practical 30



Trataka Kriya

Trataka kriya is by gazing at a fixed point or object without blinking the eyes. This should be an effortless process without strain.

Aim

To perform the Trataka Kriya.

After completion of this practical you will be able to perform and demonstrate the practice of Trataka Kriya.

Requirements

- Yoga mat – 1
- Candle stand (21/2 height) – 1
- Object like candles, ghee lamp, Yantra, Bindu etc.

Preparation of Yoga classroom

- The room should be calm, clean and dark & wind free.

Preparation of practitioner

- Wear comfortable loose, light cotton clothes (Not too tight)
- Remove accessories like spectacles, contact lens etc before practice.

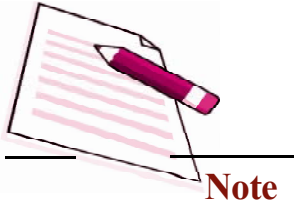
Method

1. Light the candle and keep it in front of the eye level at about 4 feet.
2. Sit in Padmasan or Sukhasan, keeping the back straight. Relax the whole body and be calm and quiet.
3. Now open your eyes and gaze the flame of the lamp without blinking.
4. Gaze for as long as possible without strain.
5. When the eyes begin to tire, burn or shed tear then gently close your eyes.
6. Again open the eyes and start with the same procedure.
7. Slowly increase the practice. With practice, one can go from few seconds to few minutes without blinking, Do not extend it beyond 20 minutes.



Note





Contraindications

Depression in epileptic persons expert consultation is needed.

Effects and observations

- Perform this practice as mentioned above daily for 8 weeks and observe the effects.

Physical effects	1W	2W	3W	4W	5W	6W	7W	8W
Quality of sleep								
Increase in concentration								
Headache								
Inner awareness								
Relax emotionally								
Lightness in forehead								

- ✓ or × under physical effect and submit the record.

Observation

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Remarks

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(Signature of the Instructor)

