



HEALTH & HARMONY



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A Newsletter from Embassy of India, Paramaribo

YOGIC CLEANSING PRACTICES - 6

In the series of Six purificatory processes (Shatkarmas), the last process is known as 'Trataka'. This practice involves concentrating on a single object like a candle flame or black dot.

TRATAKA

The word 'Trataka' means 'to gaze' or 'to look'. Its acts as a stepping stone between physically oriented practices and mental practices which leads to higher state of awareness.

Technique of Practicing TRATAKA

1. Light a candle and place it on a small table so that the flame is exactly at the eye level while sitting.
2. Sit on the floor and fold your legs, in any meditative posture like Padmasana, Ardhapadmasana, Vajrasana, Sukhasana & keep the spine straight.
3. Adjust the position of candle, so that it is at an arm's length away from the body.
4. Close the eyes and relax the body, especially the eyes. Be aware of body steadiness for a few minutes. Keep the body absolutely still throughout the practice.
5. Open the eyes and gaze steadily at the flame.
6. Try not to blink or move eye balls in anyway.
7. Do not strain as this will cause tension and eyes will flicker.
8. Awareness is centred on flame and that body awareness is lost.
9. If mind begins to wander, gently bring it back to the practice.
10. After a minute or so, when eyes become tired or begin to water, close them gently.
11. Gaze at the after- image of the flame in front of the closed eyes.
12. When the image is no longer retained, gently open the eye and repeat the practice.
13. Continue in this way 3 – 4 times.

Precautions for practicing Trataka

1. In case of eye problems like cataract, eye strain, and glaucoma one should avoid this practice.
2. Those with Myopia (short sightedness) should retain their glasses while practicing.
3. Epileptic patients should not practice Trataka on candle flame.
4. Avoid practicing Trataka on Sun.
5. Don't place candle either too close or too far from the eye level. It should be at an arm's length from the body.
6. Inform your Yoga teacher if you have any health problems before practising this.
7. ALWAYS practise or learn this technique under the supervision of Yoga Teacher.

Benefits of TRATAKA

1. It makes the eyes clear and bright.
2. It improves the memory, concentration & develops strong will power.
3. Trataka balances the nervous system, relieving the nervous tension.
4. It has therapeutic effects on depression, insomnia, anxiety and postural problems.
5. It is an excellent preparation for Meditation.



FUTURE EVENT

- **WORKSHOP – YOGA FOR THYROIDISM**
On 27th August 2015, 5:00 – 7:30 pm
at ICC Yoga Hall.
(Please Bring your Yoga Mat with You)

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