



### **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.

**Time:** Continue for between 3 and 31 minutes.

**To End:** Inhale, exhale, and relax.

This exercise develops the pranic energy of the eyes, helps digestion and nerves, and gives you personality control. 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.



## **Guru Yoga**

In the yogic scriptures it says, "Even a glance from the eyes of a holy man can cure mental and physical imbalances." If you identify a new quality in an object of meditation, you have contacted and brought out that quality in yourself. For these reasons, pictures of saints and objects of inspiration have always been subjects of meditation. If you pick a saintly person and meditate to experience his qualities of humility, service, and healing, you learn to express these qualities in yourself. But there is a level beyond this. Not all pictures have the same effect, even if the pictures are of the same person. One picture may show happiness, another sadness, and another contemplation. Meditation on each will provoke those qualities. It is extremely rare for any master to give a photo that shows neutrality and a direct stare from the eyes, which is the only type of picture suitable for Tratakum. Yogi Bhajan says: "People will enjoy beaming who have meditated on that picture of mine. Not all pictures do something. However weird that particular picture is—sometimes you don't like it—that's the only picture that works. All other pictures can do nothing. That's the only one. What should I do? Some people complain to me, 'Yogiji, your other pictures are more beautiful.' But I say, 'I can't help it. Sometimes non-beautiful things are required, too.'" In such a photo it is impossible to get stuck on the level of personality. In fact, since it is neutral, the photo will be both impersonal and personal. It will reflect you better than a mirror. In a mirror you can fool yourself with your own face. In the Guru Yoga photo you cannot. In such a photo there must also be a light in the eyes of the teacher. A photo with the direct stare of neutrality can heal and give you the instant ability to contact your own higher guidance. Teachers are connected by the Golden Chain. You tune into a teacher, he connects with his teacher, who connects with his, and so on until you are linked directly to Infinity. Guru Yoga allows you to ascend the Golden Chain. It is an action done with humility.



We are fortunate to have such a picture of the Mahan Tantric. If it is meditated on properly and seriously, the karmas can be erased and individual destiny expanded. (A copy of the photo appears on the following page. However, a high quality, glossy 8.5 x 11 print of this photo can be ordered from Ancient Healing Ways.)

### **How To Do It:**

Set the photo about 3-6 feet (30-60 cm) away. (This meditation picture is best prepared with a colored background. Although there are specific colors which can be used on given days of the week and for their different effects, the color orange is recommended for regular use.) Set one or two candles in front of the picture so that it can be clearly seen. The rest of the room should be dark. Sit very straight in an easy meditative posture, and cover your head and body with a shawl or blanket. Sit on a sheepskin or wool blanket to insulate your auric field. Tune in with the Adi Mantra, humble yourself and tell your mind that the higher Self will guide you across the ocean of individuality, into the peace of the Cosmic Self. Know that you will receive guidance in all matters. Open the eyes wide, and look eye into eye at the picture. Draw up the lower eyelid slightly. You will feel like you do not need to blink anymore. Completely still the body. The breath will automatically become lighter and lighter. Look at the light in the eyes of the photo and travel mentally through the picture to the source of that light.



**Time:** Meditate from 15 minutes up to 4 hours. A good time is 31 minutes. You will feel like floating out of the body. Many body changes will occur. Just remember to keep your gaze on the light of guidance in the eyes.

**To End:** Close your eyes and picture that face at the Brow Point.

**Comments:**

Nothing else has the value of this meditation. It is a must for any student/teacher of Kundalini Yoga as taught by Yogi Bhajan to have an experience of this. The practice is called "mental beaming." It gives the mind the ability to project to Infinity through the creative power of the imagination. During the meditation, the picture may begin to move and look three dimensional. Mentally ask a question and listen to the answer. Try this practice for 40 days in the early morning before sunrise and see what effect it has on you. During this time, eat lightly, and see with new sight during the day. If you like, the panj shabd SA TA NA MA can be chanted mentally while doing the Tratakum.



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*"Kundalini Yoga is... a practice of experience of a person's own excellence  
which is dormant and which is awakened." – Yogi Bhajan 7/26/96*

