

Practicing Tratak using Shri Yantra

Tratak is a very simple and common exercise used to train the mind to remain absolutely still and without thoughts.

Instructions:

- On a white paper take a print of the Shriyantra. (preferably a line diagram) This is the energy geometry of your own self, use this for any mediation etc where you need a focus point.
- While choosing an image to print remember that the central triangle is perfectly equilateral and the central dot/Bindu is in its exact center. Mark the central dot with a pen to make it clearly visible (If you use this image below, shade in the central dot completely in dark black.)
- Decide where you will sit, be comfortable. Paste this paper on the wall a few feet away from your seat at the eye level.
- Now steadily gaze at the central dot/Bindu without blinking your eyes, till your eyes start tearing up.
- When it becomes too much, close your eyes, you will see the after image of the dot and the geometry in your closed eyes.
- Then again open your eyes and stare at the dot without blinking. Repeat this exercise till you can stare for longer and longer times.
- The after-image in your closed eyes will become stronger and stronger and eventually the entire Yantra will remain imprinted in your closed eyes as an after image.

Start just with a minute or two daily and gradually build up to 10 minutes.

I have attached an image that you can print ~ be sure to colour in the central dot, as stated in earlier handouts, alternatively you can use simply a black dot on a white piece of paper or a candle flame