

Today we are here to guide you, to show you how to find your focus.

The meditation we are going to introduce you today is called TRATAKA.

Light a candle in a dark and quiet room. Root and center yourself; fix the candle safely. Breathe deeply, feel the light of the candle that warms you. Let its sweet warmth fill you. When a thought comes to your mind, imagine it coming from the outside. Do not let the flame divide and become a double image, keep your eyes fixed. Continue for at least five or ten minutes, then relax.

This practice brings many benefits on a physical, mental and spiritual level.

At the physical level, if practiced for long periods, it could improve visual defects.

Mentally, it increases nerve stability, removes insomnia and relaxes the anxious mind. When your eyes are fixed, the mind behaves the same way. The thought process stops automatically and the concentration increases.

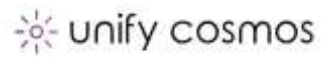
Now take your time to find a comfortable seated position and take a long beautiful deep breath and exhale out with a sigh...

1) Sit in a meditative position with the straight back and completely fixed body, in a dark room, comfortable. There should be no disturbance. Set one candle lit in front of you at a distance of about 70-80 cm.

2) Focus on your body. From now on you should keep the body absolutely fixed for the duration of the practice. When you are ready, open your eyes and fix them intensely on the brightest spot of the flame, right above the top of the wick. With practice, you should be able to fix them on a flame for a few minutes without blinking or moving your eyes.

3) Continue to fix the flame with a full concentration. Your conscience must focus entirely on a flame, to the point of losing the awareness of the rest of the body and room. The gaze should be fixed on one point. As soon as your eyes become tired or start to tear, close them and relax them. At this point, repeat the process for a few times.

4) Stay focused on the flame and when you realize that thought has captured your attention and you led away from the concentration away from flame, you need to



remove that thought and return to a flame. Repeat this for every thought that distracts you!

With the time you will realize that your power of concentration is improved and you will have fewer fears in general. You'll be more intuitive.

Feel yourself centered again, grounded, connected to yourself, to the earth and ready to spread your wings and soar towards the universe and the extraordinary gifts it has in store for you...

When you are centered and connected from the inside, you are ready to work on the outside, on your relationships and connections with the outside world...

Use this practice to focus and center on something in particular or to simply shift your attention on something valuable and worthy instead of something like an unnecessary worry or event that is quietly becoming a problem for you.