

THREE SEASONS AYURVEDA



Ghee Lamp Meditation

Trāṭaka त्राटक (to look, or to gaze)

During our waking hours, our minds are usually filled with many thoughts, good and bad. The mind has a tendency to stay in a state of disturbance and distraction leaving us scattered and unable to be present. The practice of Tratak can bring an end to the mind's distractions, enhances our ability to concentrate, increases the power of memory and brings the mind into a state of supreme awareness, attention and focus.

Gazing into the flame generates energy. The lens of the eye concentrates the light and heat energy of the flame onto the retina, and conducts the light and energy through the optical nerves to the lobes at the rear of the brain. This energy that has entered through the eyes now increases energy in the pineal gland and increases and improves its function. The pineal gland is located at the back of the head and feeds on light and heat energy. The pineal gland is known as the "Third Eye" and converts light into the electromagnetic energy responsible for the entire body's glandular system. Flooding the pineal gland with light stimulates its development and functioning. This allows the opening of the "Third Eye" and the ensuing feeling of bliss.



Lighting a ghee lamp in front of one's altar is a very spiritual practice. A ghee lamp is simply made of pure cotton rolled into a wick, and immersed in ghee, creating a candle when lit. Ghee is made out of cow's milk, which draws in *sattvic* frequencies to calm our mind. The light emanating from the ghee lamp removes darkness, ignorance and evil and guides us through our problems, fears and tensions. This type of meditation allows us to reflect on our inner radiance and clears our vision.

Light a ghee lamp and place it about 2-3 feet away from you. Sit in an upright position in a chair, or on the floor cross-legged, but ensure that the spine stays erect and that inner energy can flow easily through the subtle channels of the body.

Begin by taking a few deep breaths, focus your eyes on the flame. As thoughts arise, simply acknowledge them and let them go. If the eyes close let your inner self look at the flame, focus on the flame's "image" and notice how it may be changing. It may glow very brightly and then grow dim, only to glow brightly again. It may change colors and size. Bring your attention to the space between and just above your eyebrows, the Ajna Chakra and third eye-pineal gland connection



The practice of Tratak will bring greater awareness, a relaxed state of mind, enhanced brain wave function, and a deeper knowledge of the Self all leading to the path to enlightenment.