

## INCREASE CONCENTRATION BY MEDITATION----TRATAK

Meditation is generally understood as deep concentration on any object. In a sense, everyone meditates, because concentration is indispensable not only for survival but also for success in any walk of life. It is through the power of concentration that we can do, see, hear, or understand anything. Whether we are scientists or artists, office workers or laborers, corporate presidents or parents, we must concentrate our minds in order to accomplish our goals. An archer must concentrate on the target; a fisherman on the bobber; a speaker on the central theme of the talk, a musician on the keynote, and a dancer on the movements of the dance.



*Tratak not only brings an end to the mind's distractions but also enhances the ability to concentrate. It increases the power of memory and brings the mind in a state of awareness, attention and focus. Tratak is an ideal meditation technique for people of all age groups, especially for students who need to concentrate on studies. Older people who often tend to forget every now and then can greatly benefit from this technique. As a result of its continuous practice, you will witness an immense rise in your confidence level, stability in your thoughts, and an ability to focus on whatever task you undertake.*

**TRATAK IS A GUIDED MEDITATION TECHNIQUE WHICH CAN HELP YOU IMPROVE YOUR CONCENTRATION, MEMORY AND INTELLIGENCE. STUDIES HAVE SHOWN THAT TRATAK MEDITATION CAN SIGNIFICANTLY BENEFIT IN THE FOLLOWING WAYS:**

- Increases concentration, memory, and mental power.
- Develops the confidence, intelligence, and patience.
- Increases work efficiency.
- Improves motivational power and foresight.
- Strengthens the will power and decision making ability.
- Helps in getting rid of many mental, emotional, and physical ailments and diseases.
- Reduces stress and tension.
- Leads to Healthy and Balanced living.
- It is only when we learn to meditate that we learn to live life meaningfully.

**MEDITATION IS AN EXPERIENCE IN ITSELF WHICH ENHANCES THE QUALITY OF LIFE AND HELPS ONE DISCOVER THE EXUBERANT INNER BLISS.**

