

# Trataka (Fixed Point Gazing)

Trataka, or fixed point gazing, is a powerful technique to build concentration and one-pointedness of the mind. It also has a shuddhi or cleansing effect on the ajna or third eye chakra. In this practice, I'll explain the basics of fixed point gazing.

## References and further reading

- Tin, S. S., & Wiwanitkit, V. (2015). Trataka and cognitive function. *International journal of yoga*, 8(1), 82.