

Dharana - 5

Many of you might have observed that when you are playing a game like Shuttle cock, Tennikoit, Tennis etc., at times your eyes get dazzled by the speed of the movement of your eyeballs and sparks of light appears before your eyes. In a sunny day, when you are walking under the Sun, especially in a garden or mangrove; you can see before your eyes small sparks of light hover, dazzling. Catch hold of one such spark and concentrate on it you can become one with it. Sit in a mangrove on a sunny afternoon in a comfortable asana of your choice and start concentrating on the sparkling light, with time it grows into a flame of a candle light. Continue concentrating, you get merged into that light. The same thing can be done sitting in the comfort of your drawing room before a candle light. This is the technique of Laya Yoga, results assured.

Dhamanthahakshobhasambhoothasookshmagnithilakaakruthim
Bindhusikhanthehudhayelayanthedhyayatholayah.
VBT- sloka 37.

The same can be had from the teaching of VBT. When we rub our eyelids, we can see many sparks of light in the form of small flames. Fix your vision on the flame, keeping it on your heart; you get dissolved into it, become one with the flame.

When you strained your eyes
Light sparks emanate from within
Merge yourself in light
-Rama