

Yantra (Internal Trataka)

In this practice, we'll start to explore Internal Trataka, or the after image that is left in your mind after you close your eyes. To illustrate this phenomenon, we'll use a yantra, or tantric symbol of power. Remember that meditation works on several different levels – irrespective of the truth of any of the spiritual perspectives, the psychological and neuroscientific benefits of the practice are quite reliable. I include all of these perspectives for the sake of completeness, so that students can choose what to accept and what to discard.

References and further reading

- [Sri Yantra image used in this meditation](#)