



Effect of Tratak Candle Flame Meditation on Concentration and Memory Level of the College Athletics Team

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ABSTRACT

The study was conducted to assess the "Effect of Tratak candle flame Meditation on Concentration and Memory level of the college Athletics team". The subjects for this study were 37 college students of B.A/B.SC from Seva Bharati Mahavidyalaya, Kaggari. The student went through yogic practice of Tratak Candle flame Meditation for twelve weeks training program of 20 minutes during morning session. Pre- test data was collected in the beginning of the training and after the completion of eight weeks training programme, Post-test was conducted. The score of the Pre-test and Post-test were statistically analyzed by employing-'test' at 0.05 level of significance. A significant improvement in the variable was found as the effect of Anzisar training.

KEYWORDS

Tratak, Concentration and Memory.

Introduction – During our waking hours, our minds are usually filled with thoughts good and bad. The mind has a tendency to stay in a state of disturbance and we have a propensity for being distracted easily. This leaves us feeling scattered and fragmented and unable to cope with situation that needs focus. We are constantly being bombarded by thoughts and may feel out of control. It comes as no surprise that, with all the thoughts that invade the mind, our minds drifts and wander and cannot stay still for longer than a few moments. As a result, we experience stress, memory loss and lack of concentration. We are unable to feel and experience the present moment.

Tratak is an Ideal Meditation technique. With continuous practice, you will witness an increase in your alertness, confidence level, stability in thoughts, and an ability to control situations that were previously difficult. You may also notice an improvement in your eyesight. Tratak is very improving mental clarity and capacity. People of all ages will benefit, especially students who need to concentrate on their studies. Children in India are started with this Meditation technique at an early age, but this method should not be practiced by children that are not supervised. Regular Meditation techniques may be difficult to master "Hello Giselle" if you are extremely stressed, worried or agitated. But Tratak is different in that you gaze at a focal point, usually a candle flame that captures your sight. The eyes control the thought process, and focusing on a candle flame that is steady has tremendous and powerful benefits. Changes in our consciousness level occur through gazing steadily at the glowing flame. To attain a deep state of meditation, the level of energy in the mind must be elevated and single- pointed. Concentration is the first stage of meditation. Tratak induces and magnifies this single pointedness.

The light emitted from a flame is taken in the eyes and 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 increase energy in the pineal gland and increase and improves its function. The pineal gland is located at the back of the head and feeds on light and heat energy. It is the only gland receptive to light even though it is encased in bone. 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 ensuring feeling of bliss.

When Pineal function is restored to its peak, the body begins to respond with new balance as nerve energy begins to

flow evenly through both halves of the brain, body and spinal cord. The upward rush of energy creates a feeling of bliss. The opening of the pineal gland takes times and does not happen overnight. Regular and persistent practice of Tratak will bring greater awareness of the visual realm, a relaxed state of mind, enhanced brain wave function, and a deeper knowledge of the self, all leading to the path to Enlightenment.

Hindu scriptures say that the practice of "Tratak develops the faculties of greater intuition and the past, Present and future all begin to appear with equal clarity. We can enhance our power of concentration and strengthen our memory by an ancient meditation technique called Tratak. Its benefits bring an end to the mind's distractions, enhance our ability to concentrate, increase the power of memory and bring the mind into a state of supreme awareness, attention and focus.

Objective of the Study:

To study the effect of Tratak candle flame Meditation on Concentration and Memory level of the college Athletics team.

Hypothesis of the study:

It was hypothesized that there will be significant changes in the Concentration and Memory level of the college Athletics team.

Procedure and Methodology:

To achieve the purpose thirty seven (Female-24 and male-13) students were selected randomly from B.A/B.Sc class from Seva Bharati Mahavidyalaya, Kaggari. There age ranged from 19 to 23. These students went through the Tratak Meditation program of 20 minutes daily in the morning session. Before starting the meditation programme the psychological based tests for measurement of concentration and memory level were conducted.

The test for the concentration and memory level were conducted before and after the Tratak Meditation for eight weeks. These tests can be describe as follows-

1. Test for Concentration – In this test the subject were asked to solve some multiplication (four digits by figure) in 5 minutes. After completing the assignment, the multiplications were corrected. Results were tabulated as total attempted, correct problems & wrong problems.
2. Memory Test- In this, the different 25 items were kept on the table. All subjects were asked to observe for one minute. After this observation, they were asked to write the names of items within 5 minutes. The observations were tabulated as the number of items written.

After pre-test an Eight weeks training schedule of Tratak Candle flame meditation practices were administered and after the completion of training a post-test were taken on concentration and memory level of the subjects. The score of the Pre-test and Post-test were statistically analyzed by employing t-test' at the 0.05 level of significance.

Result: In order to determine the significance difference after administrating the training treatment, the pre-test and post-test scores. The results of the study are represented in tabular form.

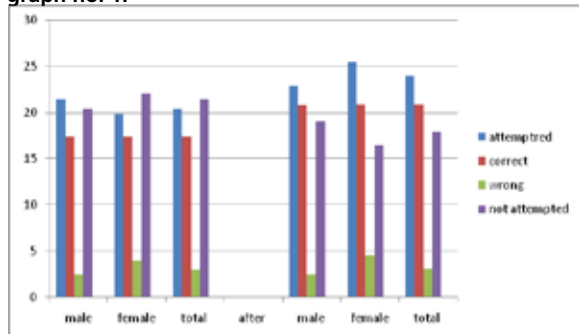
From the concentration test it was observed that the minimum number of problems solved before Tratak meditation were only three, out of which two were correct. But after the practices of meditation, the minimum number of problems solved was nine, out of which 8 were correct. While the maximum number of problem solved before meditation were 41, all were correct. But after the practice of meditation, the maximum number of problems solved was 42 and all were correct. The average number of problems solved before practice were 20, out of which 17 were correct. But the meditation practices, the average number of problems were 24, out of which 21 were correct.

The mean values for the problems attempted, correct problems solved wrong problems and not attempted problems are given in table-1.

Table-1

Effect of Tratak Candle Flame Meditation on concentration.				
Treatment	Attempted	Correct	Wrong	Not attempted
Before				
Males	21.5	17.5	2.5	20.5
Females	19.9	17.5	4.0	22.1
Total	20.5	17.5	3.0	21.5
After				
Males	22.9	20.8	2.5	19.1
Females	25.5	20.9	4.6	16.5
Total	24	20.9	3.1	18.0

The histogram obtained from these values is as shown in graph no. 1.



From the above histograms, it is observed that after Tratak meditation the score for the respective tests increased significantly.

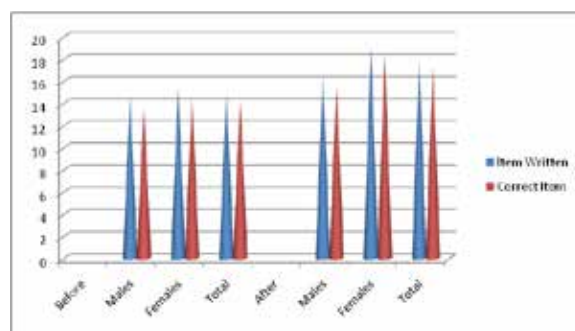
Before Tratak Meditation, the average minimum 5 problem were solved by subjects, but after the meditation the average minimum 10 problems were solved by subjects. Similarly before Meditation, the average maximum numbers of problem were 20 by 11 subjects but after meditation, this average maximum number of problems solved was 25 by 16 subjects.

The improvement in ability/ accuracy of solving problems after Tratak meditation indicates the increase in concentration. From the observation, it can be seen that the concentration of 70% subjects has increased significantly.

The mean value for items written and correct items for memory test and simply a score for cancellation test is given in table no. 2.

Effect of Tratak Candle Flame Meditation on Memory level.		
Treatment	Items written	Correct Items
Before		
Males	14.6	13.5
Females	15.4	14.6
Total	15.1	14.2
After		
Males	16.7	15.5
Females	19.1	18.5
Total	18.2	17.2

The histogram obtain from these values is as shown in Graph no. 2.



From the above histograms it is observed that after Tratak Meditation the score for the respective tests increase significantly.

From the memory test, it was observed that, before Tratak meditation, the average number of items remembered were 15, while after Tratak meditation, the number increased up to 19. The minimum number of items remembered before and after Tratak meditation were 8. But the maximum number of items remembered before Tratak meditation was 21. While after practice, this number has increased to 24. Before Tratak Meditation the maximum number of item 20 and 21 were remembered by only one subject each. But after Tratak Meditation, the maximum numbers of items (i.e.24) were remembered by 4 subjects. The 20 items were remembered by 11 subjects and 18 items were remembered by 8 subjects. Before Tratak Meditation only 4 subjects have remembered maximum number of items, but after Tratak meditation 17 subjects have remembered the maximum number of items. Here, we assume that the 4 subjects have remembered maximum number of items before Tratak Meditation practice, they are having good memory. So excluding these 4 subjects for remaining 23 subjects, the memory has increased significantly. This means, the ability to reproduce the known things i.e. memory has increased significantly. This means, the ability to reproduce the known thing i.e. memory has increased. It is concluded that, the memory has increased to 16% for 66% of subjects after the Tratak Meditation Practice.

The standard statistical test recommended, to test whether the Tratak Candle Flame Meditation practice changes the concentration and memory level in case of tribal subjects is a paired t- test. It was applied for concentration test and memory test. In this case, null hypothesis to be tested is that there is no difference before and after the Tratak Meditation. The results are as:

Test	n	Mean Difference	t-Test
Concentration	37	2.87	6.37**
Memory	37	2.91	5.68**

** : Highly Significant.

The differences are statistically significant. So the hypothesis, that the Tratak Candle Flame Meditation affects the concentration and memory level is accepted.

Conclusion:

On the basis of result obtained the following conclusions are drawn:

1. The Tratak Candle Flame Meditation had significant contributing change over the concentration.
2. The Tratak Candle Flame Meditation had significant contributing change over the Memory level of the subjects.

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