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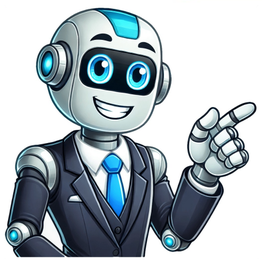

Trataka is a form of meditation also known as ‘concentrated gazing’. It is most commonly referred to as ‘candle gazing’. Trataka is originally one of the shatkarmas, or ‘six actions’ used to cleanse the internal organs. This meditation technique was first used to cleanse the mind of distractions and promote focussed concentration, as well as strengthening the muscles of the eyes. The six shatkarmas were undertaken in preparation for the practice of yoga, and the path to liberation or moksha. When it comes to practicing meditation, there are many ways to do it. Whether its Buddhist-influenced breath-focused meditation, Vedic meditation with a mantra, mindfully observing your bodily sensations, or visualisation; Each comes with its own benefits and unique approach. What are the benefits of Trataka? Tratak or trataka involves looking into the heart of a candle flame for as long as possible without blinking, and eventually holding the image of the flame in the mind’s eye when the eyes do close. When looking into the flame, practitioners’ eyes would start to water. This was said to clean and purify them, leaving the eyes clear and bright. In Eastern philosophy, it is also known that your eyes and breathing patterns can also directly influence both your mental and emotional state. As your vision is so tightly connected to your mind, (80% of all sensory data we process comes through our vision), practicing trataka has a direct impact on your mind and mental state – as stillness of the eyes can bring stillness to the mind, helping to instill a sense of calm. How many types of Trataka are there? Trataka practice dates back to at least the 15th century, and can be found in the Hatha Yoga Pradipika, which introduces two different types of tratak; Bahiranga Trataka or ‘external concentrated gazing’ and Antaranga Trataka or ‘internal concentrated gazing’. Bahiranga Trataka This form of ‘external concentrated gazing’ is the type of trataka that uses a candle flame. It should be “practiced in a dark room free from draughts and insects” according to Swami Svatmarama, who compiled the Hatha Yoga Pradipika. The idea of this type of meditative practice is to focus the mind upon one point (known as eka graha or ‘one-pointed focus), and therefore bring attention away from the mind’s chatter. At Yogamatters, our collection of yoga and meditation candles are each handpicked to help you ease into a bahiranga trataka practice. Infused with an array of invigorating essential oils, whether you want to infuse your trataka practice with an earthy aroma to help you stay grounded, such as the Yogamatters Free Spirit candle, or you prefer to channel the therapeutic natural benefits from an unscented Himalayan Salt candle, our collection of candles help to instill a greater sense of calm throughout a trataka practice. How do you practice Trataka? Light the candle and place it at eye level, ensuring it does not flicker Sit in a comfortable meditative posture with the hands on the knees in jnana or chin mudra. Set an intention or simply breathe slowly to relax the body and develop stillness. Our dedicated meditation cushions and props can help you achieve a greater sense of comfort throughout a trataka practice. Close the eyes, and eventually open them, gazing at the centre of the candle flame, just above the wick. Try to keep the eyes steady without blinking. Gaze for as long as possible without straining the eyes, and then close them when you need to With the eyes closed, turn the gaze up to the centre of the eyebrows. Try to keep the image of the flame in your awareness for as long as possible, focussing upon it and studying any colours that may appear When the image eventually disappears, repeat the process, continuing for 5-10 minutes If the mind wanders, focus upon the breath, imagining the breath flowing in and out of the eyebrow centre. When should I practice Trataka? Swami Svatmarama says the practice can be done at any time. Although it is “more effective on an empty stomach, between four and six a.m. after asana and pranayama practice.” For those who don’t fancy waking at four a.m. for a morning yoga practice however, he also advises that those who want to dive deeper into the mind should practice “late at night before going to bed and before meditation”. Trataka candles and accessories at Yogamatters. From soy wax candles made with a bespoke blend of natural oils to help you create your ideal trataka atmosphere, to beautiful natural meditation props and accessories to help you create a more relaxed, comfortable environment – we’ve got everything you need at Yogamatters to set the scene for your trataka practice at home. Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions — You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Here’s How To Do Tratak (The proper way!) – altinify.comNowadays, meditation continues to gain popularity. About 14.2% of Americans had tried meditation in 2017 to help them feel centered and relaxed during their day. Among the different types of meditation, a specific form of meditation called tratak provides many benefits. 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Make your Tratak practices consistent and regular.Practice mindfulness exercises or Yoga Nidra to get better at detaching yourself from your thoughts more frequently.Wear comfortable clothesChoose a yoga mat – see this article on the 9 best Yoga mats for bad knees and make your practice more Blissful.Trataka is a yogic purification and a tantric practice of meditation involving staring at a single point such as a candle flame, small object, or black dot.Once you learn how to do tratak, this practice can lead to tremendous health benefits, including reducing anxiety and depression, improving short-term memory, cognitive performance, working memory, and enhancing sleep quality. link to How Long To Hold Yoga Poses (This Long!)link to Is It Bad To Stop During a Run? (Let’s find out!) Here’s How To Do Tratak (The proper way!) – altinify.comNowadays, meditation continues to gain popularity. 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Home » Yoga » Tratak Meditation: Steps, Benefits, Precautions and ContraindicationsTratak meditation is a critical yogic practice, mainly performed for cleansing the eyes and giving the eyes a soothing effect. Basically, it is the process of purification of eyes, concentrated gazing and meditation. The eyes become clear and bright, and the practice helps treat many eye-related diseases. We will discuss Tratak’s steps, benefits, precautions and contraindications here.TratakSit in any meditative yogasana pose or Vajrasana.The eyes should be focused on a selected object, which can be the flame of a lamp or a burning candle.Place a burning candle or the lighted earthen lamp at eye level at 2.5 ft. from the eyes.The process should be continued until tears start flowing from the eyes.Now close your eyes and relax.Do it 2 to 3 times.Much research has been conducted wherein it has been shown that the regular practice of Trataka significantly impacts the mindfulness of professional shooters. Thus, it is primarily used in archery.As per the yogic text Haṭhapradipika, Tratak eradicates all eye diseases.It helps to develop mental faculties and relieve mental stress.It is an excellent tool for improving memory and concentration.The practice of it helps to freshen-refresh and refresh your mind and body.It helps to increase selective attention.A study conducted on the effectiveness of Trataka on Anxiety in adolescents wherein it has been shown that Trataka significantly decreases the level of anxiety among adolescents.Trataka helps reduce insomnia severity and improve sleep quality in people with insomnia.It is good in case of headache and migraine.It is also beneficial to reduce anger.Initially, it should be practised under the guidance of a Yoga expert.The gazing on the selected object is done without blinking till the eyes start watering.Gazing at the object should be coordinated with the mind.The object of light used should be at the eye level.The practice place should be dark, calm and quiet.The flame that is used shouldn’t be flicker.It shouldn’t be practised in the case of:GlaucomaChronic eye disordersIt shouldn’t be practised in case of psychic problems.It should also be skipped in case of schizophrenia or hallucinations.Textual references of TratakIt has been mentioned in the second chapter of Hatha Yoga Pradipika, verses 31 and 32.The first chapter of Gheranda Samhita, verses 53 and 54, describes it.It has also been narrated in the first chapter of Hatharathnaval, verses 52 and 53.Mocanam netraroganam tandradinam kapatakam IYatnatastratakam gopyam yatha hataka petakam II(Hatha Yoga Pradipika 2/33)“Trataka, which cures eye diseases and wards off sloth, etc., should be valued and preserved with effort as one does a casket of gold.”Namesonmesakim tyaktva suksmalaksyam niriksayet IPatanti yavadasruni tratakam procyate budhaih II(Gherand Samhita 1/53)“Without winking, one should gaze a minute at an object until tears begin to fall from the eyes. This is called Trataka by the wise.”Evamabhayasayogena Sambhavi jayate dhruvam INetraroga vinasyanti divyadrstih prajayate II(Gherand Samhita 1/54)“By constant practice of this (Trataka) the Sambhavi Mudra verily facilitated, disease of the eyes are cured, and acute vision is acquired.” Here’s How To Do Tratak (The proper way!) – altinify.comNowadays, meditation continues to gain popularity. About 14.2% of Americans had tried meditation in 2017 to help them feel centered and relaxed during their day. Among the different types of meditation, a specific form of meditation called tratak provides many benefits. But what is tratak and how to do tratak?“Trataka” or “Tratak” originates from the yogic language (Sanskrit), meaning “to look” or “to gaze steadily” at some pointed object absorbing the eyes efficiently and focusing the mind. The object can be a light source, such as a candle flame, an image of self in a mirror, or a black dot on a white wall. 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Unsourced material may be challenged and removed.Find sources: "Trāṭaka" – news · newspapers · books · scholar · JSTOR (August 2023) (Learn how and when to remove this message) Trāṭaka (Sanskrit: □□□□□□ "look, gaze") is a yogic purification (a shatkarma) and a tantric method of meditation that involves staring at a single point such as a small object, black dot or candle flame. The practitioner may fix attention on a symbol or yantra, such as the Om symbol, a black dot, the image of some deity or guru, a flame, a mirror or any point, and stare at it. A candle should be three to four feet (1 metre plus) away, the flame level with the eyes. The practitioner relaxes but keeps the spine erect and remains wakeful and vigilant. The Bihar School of Yoga, in India has published several books on meditation that discuss trataka. Dharana Darshan by Swami Niranjanananda Saraswati has an entire chapter devoted to the practice. Retrieved from " , the free encyclopedia that anyone can edit. 117,937 active editors 7,000,156 articles in English Beach on Nosy Komba Nosy Komba is a small volcanic island in Madagascar, situated between Nosy Be and the northwest coast of the main island. The lowlands of the island are divided between secondary forest and a patchwork of farmland and plantations (notably including shade-grown coffee), while the highlands are mainly scrubland, with a bamboo forest in the northern portions. Ampangorina is the main village and administrative center. The island attracts significant ecotourism, thanks in part to its black lemurs. During the early 1800s, the region was heavily settled by Sakalava refugees and their slaves fleeing the hegemony of the Merina. France gained control of the island in 1840 and converted it to a logistic center for the import of indentured servants. Although Nosy Komba hosts a traditionally protected forest and an arboretum established in the colonial era, protection for the latter is essentially unenforced, and illegal logging continues. Only small pockets of old-growth forest remain, in remote areas. (Full article...) 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Archive Start a new article Nominate an article Jafar Panahi It Was Just an Accident (director Jafar Panahi pictured) wins the Palme d'Or at the Cannes Film Festival. Author Banu Mushtaq and translator Deepa Bhasthi win the International Booker Prize for Heart Lamp: Selected Stories. Nicuşor Dan is elected as president of Romania. In the Portuguese legislative election, the Democratic Alliance wins the most seats in parliament. Austria, represented by JJ with the song "Wasted Love", wins the Eurovision Song Contest. Ongoing: Gaza war M23 campaign Russian invasion of Ukraine timeline Sudanese civil war timeline Recent deaths: Sebastião Salgado Alfredo Palacio Marthe Cohn Charles Rangel Jim Irsay Yury Grigorovich Nominate an article May 28: Republic Day in Armenia (1918); Independence Day in Azerbaijan (1918) Mozaffar ad-Din 585 BC – According to the Greek historian Herodotus, a solar eclipse, accurately predicted by Thales of Miletus, abruptly ended the Battle of Halys between the Lydians and the Medes. 1644 – English Civil War: Royalist troops stormed and captured the Parliamentarian stronghold of Bolton, leading to a massacre of defenders and local residents. 1901 – Mozaffar ad-Din (pictured), Shah of Persia, granted exclusive rights to prospect for oil in the country to William Knox D'Arcy. 1937 – The rise of Neville Chamberlain culminated with his accession as Prime Minister of the United Kingdom, being summoned to Buckingham Palace to "kiss hands". 2002 – An independent commission appointed by the Football Association voted two-to-one to allow Wimbledon F.C. to relocate from London to Milton Keynes. Robert Baldock (d. 1327)Francis Gleeson (priest) (b. 1884)Dietrich Fischer-Dieskau (b. 1925)Kylie Minogue (b. 1968) More anniversaries: May 27 May 28 May 29 Archive By email List of days of the year About The Hell Gate Bridge is a railroad bridge in New York City, United States. The bridge carries two tracks of Amtrak's Northeast Corridor and one freight track between Astoria, Queens, and Port Morris, Bronx, via Randalls and Wards Islands. Its main span is a 1,017-foot (310 m) steel through arch across Hell Gate, a strait of the East River that separates Wards Island from Queens. The New York Connecting Railroad began construction of the bridge in 1912, and it opened in 1917. The main span, a two-hinged arch flanked by stone towers on either bank of Hell Gate, was the world's longest steel arch bridge until the Bayonne Bridge opened in 1931. It is one of the few rail connections from Long Island, of which Queens is part, to the rest of the United States. This panoramic photograph shows the main span of the Hell Gate Bridge. The photograph was taken in 2023 looking northeast from the neighboring Robert F. Kennedy Bridge, with Wards Island on the left of the image and Astoria on the right. A tugboat tows a barge in the foreground towards the Hell Gate Bridge. Photograph credit: Rhododendrites Recently featured: Anemonoides blanda Bluespotted ribbontail ray Black Lives Matter art Archive More featured pictures Community portal – The central hub for editors, with resources, links, tasks, and announcements. Village pump – Forum for discussions about Wikipedia itself, including policies and technical issues. Site news – Sources of news about Wikipedia and the broader Wikimedia movement. Teahouse – Ask basic questions about using or editing Wikipedia. Help desk – Ask questions about using or editing Wikipedia. Reference desk – Ask research questions about encyclopedic topics. Content portals – A unique way to navigate the encyclopedia. Wikipedia is written by volunteer editors and hosted by the Wikimedia Foundation, a non-profit organization that also hosts a range of other volunteer projects: CommonsFree media repository MediaWikiWiki software development Meta-WikiWikimedia project coordination WikibooksFree textbooks and manuals WikidataFree knowledge base WikinewsFree-content news WikiquoteCollection of quotations WikisourceFree-content library WikispeciesDirectory of species WikiversityFree learning tools WikivoyageFree travel guide WiktionaryDictionary and thesaurus This Wikipedia is written in English. Many other Wikipedias are available; some of the largest are listed below. 1,000,000+ articles العربية Deutsch Español فارسی Français Italiano Nederlands 日本語 Polski Português Русский Svenska Українська Tiếng Việt 中文 250,000+ articles Bahasa Indonesia Bahasa Melayu Bân-lâm-gú Български Català Čeština Dansk Eesti Ελληνικά Esperanto Euskara עברית Հայերեն Magyar Norsk bokmål Română Simple English Slovenčina Srpski Srpskohrvatski Suomi Türkçe Oʻzbekcha 50,000+ articles Asturianu Azərbaycanca □□□□□ Bosanski کوردی Frysk Gaeilge Galego Hrvatski ქართული Kurdî Latviešu Lietuv □□□□□□ Македонски □□□□□□□□□□ Norsk nynorsk □□□□□□ Shqip Slovenščina □□□ □□□□□ اردو Retrieved from " 2Calendar year 1918 January February March April May June July August September October November December This article is about the year 1918. For other uses, see 1918 (disambiguation). Calendar year Years Millennium 2nd millennium Centuries 19th century 20th century 21st century Decades 1890s 1900s 1910s 1920s 1930s Years 1915 1916 1917 1918 1919 1920 1921 vte 1918 by topic Subject Animation Archaeology Architecture Art Aviation Awards Film Literature Poetry Meteorology Music Jazz Rail transport Radio Science Sports Football Television By country Afghanistan Australia Belgium Brazil Bulgaria Canada China Denmark Finland France Germany Hungary India Ireland Italy Japan Mexico New Zealand Norway Ottoman Syria Palestine (British administered) Philippines Portugal Russia South Africa Spain Sweden Switzerland United Kingdom United States Lists of leaders Sovereign states Sovereign state leaders Territorial governors Religious leaders Law Birth and death categories Births Deaths Establishments and disestablishments categories Establishments Disestablishments Works category Works Introductions vte 1918 in various calendarsGregorian calendar1918MCMXVIIIAb urbe condita2671Armenian calendar1367ԹՎ ՌՅԷAssyrian calendar6668Bahá’í calendar74–75Balinese saka calendar1839–1840Bengali calendar1324–1325Berber calendar2868British Regnal year8 Geo. 5 – 9 Geo. 5Buddhist calendar2462Burmese calendar1280Byzantine calendar7426–7427Chinese calendar丁巳年 (Fire Snake)4615 or 4408 — to —戊午年 (Earth Horse)4616 or 4409Coptic calendar1634–1635Discordian calendar3084Ethiopian calendar1910–1911Hebrew calendar5678–5679Hindu calendars - Vikram Samvat1974–1975 - Shaka Samvat1839–1840 - Kali Yuga5018–5019Holocene calendar11918Igbo calendar918–919Iranian calendar1296–1297Islamic calendar1336–1337Japanese calendarTaishō 7(大正7年)Javanese calendar1848–1849Juche calendar7Julian calendarGregorian minus 13 daysKorean calendar4251Minguo calendarROC 7民國7年Nanakshahi calendar450Thai solar calendar2460–2461Tibetan calendar阴火蛇年(female Fire-Snake)2044 or 1663 or 891 — to —阳土马年(male Earth-Horse)2045 or 1664 or 892 Wikimedia Commons has media related to 1918. 1918 (MCMXVIII) was a common year starting on Tuesday of the Gregorian calendar and a common year starting on Monday of the Julian calendar, the 1918th year of the Common Era (CE) and Anno Domini (AD) designations, the 918th year of the 2nd millennium, the 18th year of the 20th century, and the 9th year of the 1910s decade. As of the start of 1918, the Gregorian calendar was 13 days ahead of the Julian calendar, which remained in localized use until 1923. Calendar year The ceasefire that effectively ended the First World War took place on the eleventh hour of the eleventh day of the eleventh month of this year. Also in this year, the Spanish flu pandemic killed 50–100 million people worldwide. In Russia, this year runs with only 352 days. As the result of Julian to Gregorian calendar switch, 13 days needed to be skipped. Wednesday, January 31 (Julian Calendar) was immediately followed by Thursday, February 14 (Gregorian Calendar). World War I will be abbreviated as "WWI" February 16: The Act of Independence of Lithuania Main article: January 1918 January – 1918 flu pandemic: The "Spanish flu" (influenza) is first observed in Haskell County, Kansas.[1] January 4 – The Finnish Declaration of Independence is recognized by Soviet Russia, Sweden, Germany and France. January 8 – American president Woodrow Wilson presents the Fourteen Points as a basis for peace negotiations to end the war. January 9 – Battle of Bear Valley: U.S. troops engage Yaqui Native American warriors in a minor skirmish in Arizona. This is one of the last battles of the American Indian Wars between the United States and Native Americans. January 15 The keel of HMS Hermes is laid in Britain, the first purpose-designed aircraft carrier to be laid down. The Red Army (The Workers and Peasants Red Army) is formed in the Russian SFSR and Soviet Union. January 18 – The Historic Concert for the Benefit of Widows and Orphans of Austrian and Hungarian Soldiers is held at the Konzerthaus, Vienna.[2] January 19 – The Russian Constituent Assembly proclaims the Russian Democratic Federative Republic but is dissolved by the Bolshevik government on the same day. January 22 – The Ukrainian People's Republic declares independence from Bolshevik Russia. January 25 – The Third All-Russian Congress of Soviets establishes the Russian Soviet Federative Socialist Republic. January 27 – The Finnish Civil War begins with the Battle of Kämärä. January 28 – Porvenir massacre: Texas Rangers, U.S. Cavalry soldiers and local ranchers kill 15 unarmed Mexican villagers, both men and boys. Main article: February 1918 February 1 – Cattaro Mutiny: Austrian sailors in the Gulf of Cattaro (Kotor), led by two Czech Socialists, mutiny. February 3 – Battle of Oulu February 5 – The SS Tuscania is torpedoed off the Irish coast; it is the first ship carrying American troops to Europe to be torpedoed and sunk. February 23: Estonian Declaration of Independence February 6 – Women's suffrage in the United Kingdom: Representation of the People Act gives most women over 30 the vote.[3] February 10 – Deposed Sultan of the Ottoman Empire Abdul Hamid II dies in Istanbul. February 13 – A magnitude (Mw) 7.2 earthquake shakes the Chinese city of Shantou leaving 1,000 dead and causing a moderate tsunami.[4] February 14 – Russia switches from the Julian calendar to the Gregorian calendar; the date skips from January 31 to February 14. February 16 – The Council of Lithuania adopts the Act of Independence of Lithuania, declaring Lithuania's independence from Germany, Russia or any other state. February 18 – Operations against the Marri and Khetran tribes in Balochistan by British authorities begin. February 19 – WWI: The Capture of Jericho by the Egyptian Expeditionary Force begins the British occupation of the Jordan Valley. February 19–25 – WWI: The Imperial Russian Navy evacuates Tallinn through thick ice, over the Gulf of Finland. February 23 – Estonian Declaration of Independence from Russia, after seven centuries of foreign rule; German forces capture Tallinn the following day. Main article: March 1918 March 1 – WWI: German submarine U-19 sinks HMS Calgarian off Rathlin Island, Northern Ireland. March 3 – WWI: The Central Powers and Bolshevist Russia sign the Treaty of Brest-Litovsk, ending Russia's involvement in the war. March 6 The Finnish Army Corps of Aviation is founded as a forerunner of the Finnish Air Force (established on 4 May 1928). The blue swastika is adopted as its symbol, as a tribute to the Swedish explorer and aviator Eric von Rosen, who donated the first plane. Von Rosen had painted the Viking symbol on the plane as his personal lucky insignia.[5] The first pilotless drone, the Hewitt-Sperry Automatic Airplane developed by Elmer Ambrose Sperry and Peter Cooper Hewitt, is test-flown in Long Island, New York, but development is scrapped in 1925, after its guidance system proves unreliable. March 7 – WWI: Finland forms an alliance with Germany. March 8 – WWI: The Battle of Tell 'Asur is launched by units of the British Army's Egyptian Expeditionary Force against Ottoman defences from the Mediterranean Sea, across the Judaean Mountains to the edge of the Jordan Valley; it ends on March 12, with the move of much of the front line north into Ottoman territory. March 12 – Moscow becomes the capital of Soviet Russia. March 15 – Finnish Civil War: The battle of Tampere begins.[6] March 19 – The United States Congress establishes time zones, and approves daylight saving time (DST goes into effect on March

forces rebel in Luxembourg city, beginning the Luxembourg rebellions.[20] November 11 End of WWI: Armistice of 11 November 1918 – Germany signs an armistice agreement with the Allies, between 5:12 AM and 5:20 AM, in the "Compiègne Wagon", Marshal Foch's railroad car, in the Forest of Compiègne in France. It becomes official on the 11th hour of the 11th day of the 11th month.[21] At 10:59 U.S. soldier Henry Gunther becomes (probably) the last killed in action. Poland regains independence, after 123 years of partitions. Józef Piłsudski is appointed Commander-in-Chief. Emperor Charles I of Austria gives up his absolute power, but does not abdicate. Loppem Agreements: Start of a series of political meetings between King Albert I and Belgian liberals and socialists. Red Week: Pieter Jelles Troelstra gives a speech calling for socialist revolution in the Netherlands. November 12 – Austria becomes a republic. November 13 The Allied Occupation of Constantinople begins. Frederick II, Grand Duke of Baden, relinquishes all governing duties. November 14 Czechoslovakia becomes a republic. The Second Polish Republic is proclaimed with Józef Piłsudski as head of state. The provisional government of Baden proclaims the "Free People's Republic of Baden" (Freie Volksrepublik Baden). Ernest Louis, Grand Duke of Hesse, is forced from his throne, leading to the establishment of the People's State of Hesse. Frederick Francis IV, Grand Duke of Mecklenburg-Schwerin abdicates his throne, leading to the establishment of the Free State of Mecklenburg-Schwerin. Charles Edward, Duke of Saxe-Coburg and Gotha, announces he is ceasing to rule Saxe-Coburg and Gotha, leading to the establishment of the Free State of Coburg. German East African troops are informed of the November 11 armistice. November 16 – The Hungarian Democratic Republic is declared, marking Hungary's independence from Austria. November 18 – Latvia declares its independence from Russia. November 20 – U-boats start to rendezvous off Harwich, to begin the surrender of the High Seas Fleet to the British Royal Navy; in the following week the German warships are escorted to internment in Scapa Flow.[22] November 21 – Lwów pogrom: Polish troops, volunteers and freed criminals massacre at least 320 Ukrainian Christians and Jews in Lwów, Galicia. November 22 The Belgian royal family returns to Brussels after the war, King Albert I having commanded the Allied army group in the September–October Courtrai offensive, which liberated his country. Frederick II, Grand Duke of Baden, abdicates; the Grand Duchy of Baden gives way to the Republic of Baden. November 23 – British military government of Palestine begins.[23] November 25 – General Paul von Lettow-Vorbeck, German commander in German East Africa, signs a ceasefire at Abercorn in Northern Rhodesia. November 26 – The Podgorica Assembly ('Great National Assembly of the Serb People in Montenegro') votes for a "union of the people" between the kingdoms of Montenegro and Serbia and for deposition of the exiled King Nicholas I of Montenegro.[24] November 28 – Estonian War of Independence: The Red Army invades Estonia, starting the war. The Commune of the Working People of Estonia is established as a Soviet puppet state in Narva on the next day. November 29 – Serbia annexes Montenegro, suspending the latter's existence as a sovereign state for nearly the entirety of the following 88 years.[25] November 30 – Ernest Ansermet conducts the first concert by the Orchestre de la Suisse Romande. Main article: December 1918 December 1 By the Danish–Icelandic Act of Union, Iceland regains independence, but remains in personal union with the King of Denmark, who also becomes the King of Iceland. New voting laws in Sweden makes votes no longer dependent on taxable assets, each adult having one vote. The Union of Alba Iulia is proclaimed: Following the March 27 incorporation of Bessarabia and Bucovina, Transylvania unites with the Kingdom of Romania. The Kingdom of Serbs, Croats and Slovenes (which later becomes the Kingdom of Yugoslavia) is proclaimed, in particular ending Serbia's existence as a sovereign state for the next 87 years (it would not regain its sovereignty until 2006).[25] Flag of the Kingdom of Serbs, Croats and Slovenes December 4 – President Woodrow Wilson departs by ship to the Paris Peace Conference, becoming the first United States President to travel to Europe while holding office. December 5 – Estonian War of Independence: The British light cruiser HMS Cassandra strikes a mine and sinks near Saaremaa in the Baltic Sea, killing 11 sailors.[26] December 6 – A magnitude (Mw) 7.2 earthquake shakes British Columbia. December 14 Prince Frederick Charles of Hesse renounces the Finnish throne.[27] Portuguese President Sidónio Pais is assassinated. Giacomo Puccini's comic opera Gianni Schicchi premiered at the Metropolitan Opera in New York City.[28] December 16 – Vincas Mickevičius-Kapsukas declares the formation of the Lithuanian Soviet Socialist Republic, a puppet state created by the Russian SFSR to justify the Lithuanian–Soviet War. December 17 – Darwin Rebellion in Australia: Disaffected workers march on Government House, Darwin, demanding the resignation of the Administrator of the Northern Territory, John A. Gilruth. December 20 – Tomáš Garrigue Masaryk returns to the Czechoslovak Republic. December 21 – Estonian War of Independence: The Red Army captures Tartu, Estonia. December 25 – Der Stahlhelm, Bund der Frontsoldaten, is formed in Germany as a nationalist veterans' organization. December 27 – Greater Poland Uprising (1918–19): Poles in Greater Poland (the former Grand Duchy of Posen) rise up against the Germans, ignited by a patriotic speech made in Poznań by pianist and politician Ignacy Jan Paderewski. December 28 – Sinn Féin enjoys a landslide victory in Irish seats in the Irish general election (part of the 1918 United Kingdom general election), following the counting of votes, winning 73 of the 105 seats in Ireland. In accordance with their manifesto, Sinn Féin members will not take their seats in the Palace of Westminster but will form the First Dáil in Dublin. Countess Constance Markievicz, while detained in Holloway Prison (London), becomes the first woman elected to (but does not take her seat in) the British House of Commons.[29] December 31 – A British-brokered ceasefire ends the two weeks of fighting in the Georgian–Armenian War. Nakajima Aircraft Company, a predecessor of the Subaru car manufacturing company in Japan, is founded in Ota, Gunma Prefecture.[citation needed] João Figueiredo Gamal Abdel Nasser Gertrude B. Elion Nicolae Ceaușescu January 1 – Patrick Anthony Porteous, Scottish recipient of the Victoria Cross (d. 2000) January 2 – Gudrun Zapf-von Hesse, German typographer, calligrapher and book-binder (d. 2019) January 10 – Arthur Chung, 1st President of Guyana (d. 2008) January 11 – Kassim Al-Rimawi, Prime Minister of Jordan (d. 1982) January 15 João Figueiredo, 30th President of Brazil (d. 1999) Gamal Abdel Nasser, 2nd President of Egypt (d. 1970) January 16 – Stirling Silliphant, American writer, producer (d. 1996)[30] January 17 Kamal Amrohi, Indian director, screenwriter (d. 1993) George M. Leader, American politician (d. 2013) January 20 – Juan García Esquivel, Mexican bandleader (d. 2002) January 21 Chicháy, Filipino actress (d. 1993) Richard Winters, U.S. Army officer (d. 2011)[31] January 22 – Elmer Lach, Canadian ice hockey player (d. 2015) January 23 – Gertrude B. Elion, American scientist, recipient of the Nobel Prize in Physiology or Medicine (d. 1999)[32] January 24 – Oral Roberts, American neo-Pentecostal televangelist (d. 2009) January 26 Nicolae Ceaușescu, Romanian communist politician and leader (d. 1989) Philip José Farmer, American writer (d. 2009) January 27 Skitch Henderson, English-born musician, bandleader (d. 2005) Elmore James, American musician (d. 1963) January 29 Luis Aguilar, Mexican actor, and singer (d. 1997) John Forsythe, American actor (d. 2010) January 31 – Millie Dunn Veasey, African-American civil rights activist (d. 2018) Joey Bishop Julian Schwinger February 1 Carlos Fayt, Argentine lawyer, politician and academic (d. 2016) Dame Muriel Spark, Scottish author (d. 2006) February 2 – Hella Haasse, Dutch writer (d. 2011) February 3 Joey Bishop, American entertainer, member of the "Rat Pack" (d. 2007) Helen Stephens, American runner (d. 1994) February 4 – Ida Lupino, Anglo-American actress, screenwriter, director and producer (d. 1995) February 6 – Lothar-Günther Buchheim, German author (d. 2007) February 7 – Marguerite Narbel, Swiss biologist and politician (d. 2010) February 8 – Fred Blassie, American professional wrestler, novelty singer (Pencil Neck Geek) (d. 2003) February 12 – Julian Schwinger, American physicist, Nobel Prize laureate (d. 1994) February 14 – William L. Snyder, American film producer (d. 1998) February 15 – Smilja Avramov, Serbian academic, authority and educator in international law (d. 2018) February 19 – Fay McKenzie, American silent film actress (d. 2019) February 22 Don Pardo, American television announcer (Saturday Night Live) (d. 2014) Robert Pershing Wadlow, American tallest man record-holder (d. 1940) February 25 Barney Ewell, American athlete (d. 1996) Miguel Gallastegui, Spanish pelotari (d. 2019) Bobby Riggs, American tennis player (d. 1995) February 26 Herbert Blaize, 6th Prime Minister of Grenada (d. 1989) Lloyd Geering, New Zealand theologian[33] Theodore Sturgeon, American writer (d. 1985) February 28 – Alfred Burke, English actor (d. 2011) João Goulart James Tobin Marguerite Chapman Elaine de Kooning Frederick Reines Pearl Bailey March 1 Roger Delgado, British actor (d. 1973) João Goulart, 24th President of Brazil (d. 1976) March 3 Arthur Kornberg, American biochemist, recipient of the Nobel Prize in Physiology or Medicine (d. 2007) Fritz Thiedemann, German equestrian (d. 2000) March 4 – Margaret Osborne duPont, American female tennis player (d. 2012) March 5 – James Tobin, American economist, Nobel Memorial Prize laureate (d. 2002)[34] March 9 Marguerite Chapman, American actress (d. 1999) George Lincoln Rockwell, American Nazi leader (d. 1967) Mickey Spillane, American writer (d. 2006)[35] March 10 Günther Rall, German ace fighter pilot (d. 2009) March 12 Elaine de Kooning, American artist (d. 1989)[36] William E. Nichol, American politician from Nebraska (d. 2006) March 16 – Frederick Reines, American physicist, Nobel Prize laureate (d. 1998)[37] March 17 – Viviane Gauthier, Haitian dancer (d. 2017) March 22 – Cheddi Jagan, 4th President of Guyana (d. 1997) March 23 Kazu Naoki, Japanese soccer player (d. 1940s) Émile Derlin Zinsou, President of Benin (d. 2016) March 28 – Gonzalo Facio Segreda, Costa Rican lawyer, politician, and diplomat (d. 2018) March 29 Pearl Bailey, African-American singer, actress (d. 1990) Sam Walton, founder of Wal-Mart (d. 1992) William Holden Kai Siegbahn Fanny Blankers-Koen April 1 – Diarmuid Larkin, Irish artist and art educationist (d. 1989) April 6 Alfredo Ovando Candía, 48th President of Bolivia (d. 1982) George Corones, Australian Masters swimmer (d. 2020) April 7 – Bobby Doerr, American baseball player (d. 2017) April 8 – Betty Ford, First Lady of the United States (d. 2011) April 9 – Jørn Utzon, Danish architect (d. 2008) April 10 – H. S. Doreswamy, Indian activist, journalist (d. 2021) April 11 – Jean-Claude Servan-Schreiber, French journalist, politician (d. 2018) April 14 – Mary Healy, American actress, variety entertainer and singer (d. 2015)[38] April 16 – Spike Milligan, Irish comedian (d. 2002) April 17 William Holden, American actor (d. 1981) Anne Shirley, American actress (d. 1993) April 18 Gabriel Axel, Danish film director (d. 2014) Shinobu Hashimoto, Japanese screenwriter (d. 2018) April 20 – Kai Siegbahn, Swedish physicist, Nobel Prize laureate (d. 2007)[39] April 26 – Fanny Blankers-Koen, Dutch athlete (d. 2004) April 28 Karl-Eduard von Schnitzler, East German journalist, host of the television show Der schwarze Kanal (d. 2001) Rodger Young, United States Army soldier, remembered in the song "The Ballad of Rodger Young" (d. 1943) April 29 – Nils Östensson, Swedish Olympic cross-country skier (d. 1949) Mike Wallace Richard Feynman Eddy Arnold Birgit Nilsson Yasuhiro Nakasone Martin Lundstrom May 1 Jack Paar, American television show host (The Tonight Show) (d. 2004)[40] Li Yaowen, Chinese politician, general and diplomat (d. 2018) May 4 Kakuei Tanaka, 40th Prime Minister of Japan (d. 1993) Ana Enriqueta Terán, Venezuelan poet (d. 2017) May 6 Henrietta Boggs, Costa Rican-American author, journalist and activist (d. 2020) Zayed bin Sultan Al Nahyan, 1st President of the United Arab Emirates (d. 2004) May 9 Orville Freeman, American politician (d. 2003) Mike Wallace, American journalist (d. 2012) May 11 – Richard Feynman, American physicist, Nobel Prize laureate (d. 1988)[41] May 12 – Julius Rosenberg, American-born Soviet spy (d. 1953) May 15 Eddy Arnold, American country music singer (d. 2008) Joseph Wiseman, Canadian actor (d. 2009)[42] May 16 – Wilf Mannion, English footballer (d. 2000)[43] May 17 – Birgit Nilsson, Swedish soprano (d. 2005)[44] May 19 – Abraham Pais, Dutch-born American physicist (d. 2000) May 20 – Edward B. Lewis, American geneticist, recipient of the Nobel Prize in Physiology or Medicine (d. 2004) May 23 Frank Mancuso, American major league baseball player, politician (d. 2007) Naomi Replansky, American poet (d. 2023) May 27 – Yasuhiro Nakasone, 45th Prime Minister of Japan (d. 2019) May 28 Norbert Franck, Luxembourgish swimmer (d. 2006) Johnny Wayne, Canadian comedian (d. 1990) May 30 – Martin Lundström, Swedish Olympic cross-country skier (d. 2016) May 31 – Margaret Todd, Canadian female golfer (d. 2019) Franco Modigliani June 2 – Kathryn Tucker Windham, American writer, storyteller (d. 2011) June 6 – Edwin G. Krebs, American biochemist, recipient of the Nobel Prize in Physiology or Medicine (d. 2009) June 8 – Robert Preston, American actor (The Music Man) (d. 1987) June 9 – John Hospers, American philosopher (d. 2011) June 10 – Patachou, French singer (d. 2015) June 11 – Hugo Scheltema, Dutch diplomat (d. 1996) June 15 – François Tombalbaye, 1st President of Chad (d. 1975) June 17 Derek Barber, Baron Barber of Tewkesbury, British life peer (d. 2017) Ajahn Chah Subaddho, Buddhist teacher (d. 1992) Raúl Padilla (alias El Chato), Mexican actor (d. 1994) June 18 Jerome Karle, American chemist, Nobel Prize laureate (d. 2013) Franco Modigliani, Italian-born economist, Nobel Memorial Prize laureate (d. 2003) Ángel Martín Taboas, Puerto Rican-American politician (d. 2023) June 21 Allan Lindberg, Swedish pole vaulter (d. 2004) Tibor Szele, Hungarian mathematician (d. 1955) Josephine Webb, American engineer (d. 2017) June 22 Cicely Saunders, English Anglican nurse, social worker, physician and writer (d. 2005)[45] Yeoh Ghim Seng, Singaporean politician, acting President of Singapore (d. 1993) June 24 Myroslav Ivan Lubachivsky, Ukrainian Catholic bishop (d. 2000) Yong Nyuk Lin, Singaporean politician (d. 2012) June 26 Ellen Liiger, Estonian actress (d. 1987) Leo Rosner, Polish-born Austrian Jewish musician (d. 2008) June 27 Willy Breinholst, Danish humorist, writer (d. 2009) Adolph Kiefer, American Olympic swimmer (d. 2017)[46] June 29 – Heini Lohrer, Swiss ice hockey player (d. 2011) June 30 – Jackie Roberts, Welsh footballer (d. 2001) Ingmar Bergman Bertram Brockhouse Nelson Mandela Paul D. Boyer July 1 Ahmed Deedat, South African writer, public speaker (d. 2005) Pedro Yap, Filipino lawyer (d. 2003) July 2 Athos Bulcão, Brazilian painter, sculptor (d. 2008) Indumati Bhattacharya, Indian politician (d. 1990) July 3 – Lorenzo Robledo, Spanish actor (d. 2006) July 4 King Tāufa'āhau Tupou IV of Tonga (d. 2006) Alec Bedser, English cricketer (d. 2010) Eric Bedser, English cricketer (d. 2006) July 5 Zakaria Mohieddin, Egyptian general, politician (d. 2012) Nikos Papatakis, Greek Ethiopian-born naturalised French filmmaker (d. 2010) Miguel Ángel Sanz Bocos, Spanish fighter pilot (d. 2018) July 6 Sebastian Cabot, English actor (d. 1977) Francisco Moncion, Dominican-American dancer, charter member of New York City Ballet (d. 1995) July 7 – Jing Shuping, Chinese businessman (d. 2009) July 8 Paul B. Fay, American businessman, soldier, and diplomat, 12th United States Secretary of the Navy (d. 2009) Oluf Reed-Olsen, Norwegian resistance member, pilot (d. 2002) July 9 – Jarl Wahlström, Salvation Army general (d. 1999) July 12 – Mary Glen-Haig, British Olympic fencer (d. 2014) July 13 Alberto Ascari, Italian racing driver (d. 1955) Ted Oldfield, English footballer (d. 2006) July 14 T. M. Aluko, Nigerian writer (d. 2010)[47] Ingmar Bergman, Swedish film director (d. 2007[48]) Jay Wright Forrester, American computer scientist (d. 2016)[49] July 15 Paddy Bassett, New Zealand scientist (d. 2019) Bertram Brockhouse, Canadian physicist, Nobel Prize laureate (d. 2003) Brenda Milner, Canadian neuropsychologist July 16 Bayani Casimiro, Filipino dancer and actor (d. 1989) Pituka de Foronda, Spanish actress (d. 1999) July 17 – Carlos Manuel Arana Osorio, 35th President of Guatemala (d. 2003) July 18 Lia Dorana, Dutch comedian, actress (d. 2010) Nelson Mandela, 1st President of South Africa and recipient of the Nobel Peace Prize (d. 2013)[50] July 20 – Auður Laxness, Icelandic writer, craftsperson (d. 2012) July 21 – Elsa Kobberstad, Norwegian schoolteacher, politician (d. 2007) July 22 – Lila Zali, Georgian-born American prima ballerina (d. 2003) July 24 Antonio Candido, Brazilian literary critic, sociologist (d. 2017) Ruggiero Ricci, Italian-born violinist (d. 2012) July 27 – Leonard Rose, American cellist (d. 1984) July 28 – Penaia Ganilau, 1st President of Fiji (d. 1993) July 29 – Edwin O'Connor, American novelist, Pulitzer Prize for Fiction winner (d. 1968) July 31 Vicente Almeida d'Eça, Portuguese colonial administrator (d. 2018) Paul D. Boyer, American chemist, Nobel Prize laureate (d. 2018) Hank Jones, American pianist (d. 2010)[51] Bruria Kaufman Frederick Sanger Shankar Dayal Sharma Leonard Bernstein Katherine Johnson Aslam Khan Alejandro Agustín Lanusse August 1 Artur Brauner, German film producer and entrepreneur (d. 2019) Zhou Xuan, Chinese singer, actress (d. 1957) August 2 – Dada Vaswani, Indian spiritual leader (d. 2018) August 3 – Cheng Kaijia, Chinese nuclear physicist and engineer (d. 2018) August 4 – Noel Willman, Irish actor (d. 1988) August 5 Kondapalli Koteswaramma, Indian communist leader, feminist, revolutionary and writer (d. 2018) Betty Oliphant, co-founder of National Ballet of Canada (d. 2004) August 12 – Guy Gibson, British bomber pilot, leader of the "Dam Busters" raid (d. 1944) August 13 Noor Hassanali, 2nd President of Trinidad and Tobago (d. 2006) Frederick Sanger, English biochemist, double Nobel Prize laureate (d. 2013) August 19 – Shankar Dayal Sharma, 9th President of India (d. 1999) August 20 – Crystal Bennett, British archaeologist, pioneering researcher on Jordan (d. 1987) August 21 – Bruria Kaufman, American-born Israeli physicist (d. 2010) August 22 Said Mohamed Djohar, President of the Comoros (d. 2006) Martin Pope, American physical chemist (d. 2022) August 23 – Bernard Fisher, American surgeon (d. 2019) August 25 – Leonard Bernstein, American composer, conductor (d. 1990) August 26 Katherine Johnson, African-American physicist, space scientist and mathematician (d. 2020)[52] Maria Isaura Pereira de Queiróz, Brazilian sociologist (d. 2018) August 27 Aslam Khan, British Indian-born military officer, led his troops during World War II in capturing Kennedy Peak (Myanmar), which the Americans had failed to conquer. For this achievement, he was awarded the Military Cross by Field Marshal Auchinleck (d. 1994)[53] Chang Yun Chung, Chinese-born billionaire shipping magnate (d. 2020) Jelle Zijlstra, Dutch politician, Prime Minister of the Netherlands from 1966 to 1967 (d. 2001) August 28 – Alejandro Agustín Lanusse, 37th President of Argentina (d. 1996) August 29 – Clemens C. J. Roothaan, Dutch physicist (d. 2019) August 30 – Ted Williams, American baseball player (d. 2002) August 31 – Alan Jay Lerner, American lyricist, librettist (d. 1986) Chaim Herzog September 1 – Phyllis Wallbank, English educationalist (d. 2020) September 3 – Helen Wagner, American soap opera actress (d. 2010) September 4 – Gerald Wilson, American jazz trumpeter (d. 2014) September 6 – Ludwig Hörmann, German cyclist (d. 2001) September 8 – Derek Barton, British chemist, Nobel Prize laureate (d. 1998) September 9 – Oscar Luigi Scalfaro, 9th President of Italy (d. 2012) September 13 – Ray Charles, American musician, singer and songwriter (d. 2015) September 14 – James George, Canadian diplomat (d. 2020) September 15 – Nipsey Russell, American comedian, poet, and dancer (d. 2005) September 16 – Ismail Mohamed Ali, Malaysian politician (d. 1998) September 17 – Chaim Herzog, 6th President of Israel 1983–1993 (d. 1997) September 19 – Joseph Zeller, American politician (d. 2018) September 22 – Henryk Szeryng, Polish-born violinist (d. 1988) September 24 – Emerante Morse, Haitian singer, dancer and folklorist (d. 2018) September 26 – Peng Chang-kuei, Taiwanese chef (d. 2016) September 27 – Martin Ryle, English radio astronomer, recipient of the Nobel Prize in Physics (d. 1984) September 28 Ángel Labruna, Argentine soccer player, manager (d. 1983) Ida Schuster, Scottish actress (d. 2020) Arnold Stang, American comic actor (d. 2009) September 30 Giovanni Canestri, Italian cardinal (d. 2015) Aldo Parisot, Brazilian-American cellist and educator (d. 2018) Jens Christian Skou Robert Walker Rita Hayworth Thelma Coyne Long October 4 – Kenichi Fukui, Japanese chemist, Nobel Prize laureate (d. 1998) October 6 – Goh Keng Swee, former Deputy Prime Minister of Singapore (d. 2010) October 8 – Jens Christian Skou, Danish chemist, Nobel Prize laureate (d. 2018) October 9 E. Howard Hunt, American Watergate break-in coordinator (d. 2007) Bebo Valdés, Cuban pianist, bandleader, composer and arranger (d. 2013) October 10 – Gaston Mialaret, French pedagogist and professor (d. 2016) October 13 Jack MacGowran, Irish film actor (d. 1973) Robert Walker, American actor (d. 1951) October 14 – Thelma Coyne Long, Australian tennis player (d. 2015) October 16 Louis Althusser, French philosopher (d. 1990) Géori Boué, French operatic singer (d. 2017) Henri Vernes, Belgian author (d. 2021) October 17 – Rita Hayworth, American actress (d. 1987) October 18 Konstantinos Mitsotakis, former Greek Prime Minister (d. 2017) Bobby Troup, American singer-songwriter and actor, known for his role in Emergency! (d. 1999) October 19 – Robert S. Strauss, American politician, Democratic National Committee Chairman (d. 2014) October 22 – René de Obaldia, French playwright and poet (d. 2022) October 23 – Augusta Dabney, American actress (d. 2008) October 25 Francisco Griéguez, Spanish WWII soldier (d. 2018) Milton Selzer, American actor (d. 2006) October 26 – Marc Hodler, Swiss lawyer (d. 2006) October 27 Mihkel Mathiesen, Estonian statesman (d. 2003) Teresa Wright, American actress (d. 2005) October 29 – Diana Serra Cary, American actress (d. 2020) October 31 – Ian Stevenson, American parapsychologist (d. 2007) Billy Graham Spiro Agnew November 1 – Ken Miles, British sports car racing engineer and driver (d. 1966) November 2 – Raimon Panikkar, Spanish theologian (d. 2010) November 3 – Russell B. Long, United States Senator from Louisiana (d. 2003) November 4 Art Carney, American actor, best known for his role in The Honeymooners (d. 2003) Cameron Mitchell, American actor (d. 1994) November 7 Paul Aussaresses, French general (d. 2013) Billy Graham, American evangelist, spiritual adviser to several U.S. Presidents (d. 2018) November 8 Teoh Seng Khoon, Malaysian badminton player (d. 2018) Hermann Zapf, German typeface designer (d. 2015) November 9 Spiro Agnew, Vice president of the United States (d. 1996) Choi Hong Hi, South Korean general, martial artist (d. 2002) Su Beng, Taiwanese dissident and political activist (d. 2019) November 10 – Ernst Otto Fischer, German chemist, Nobel Prize laureate (d. 2007) November 14 – John Bromwich, Australian tennis player (d. 1999) November 15 – Vittore Bocchetta, Italian sculptor, painter and academic (d. 2021) November 18 – Nicolás Kingman Riofrío, Ecuadorian journalist, writer and politician (d. 2018) November 26 – Patricio Aylwin, 32nd President of Chile (d. 2016) November 27 – Borys Paton, Ukrainian scientist (d. 2020) November 29 – Madeleine L'Engle, American author (d. 2007) November 30 – Efrem Zimbalist Jr., American actor (d. 2014)[54] Aleksandr Solzhenitsyn Kurt Waldheim Helmut Schmidt Anwar Sadat December 3 – Abdul Haris Nasution, Indonesian general (d. 2000) December 7 Jórunn Viðar, Icelandic pianist, composer (d. 2017) Liu Yichang, Hong Kong writer and novelist (d. 2018) December 8 – Gérard Souzay, French baritone (d. 2004) December 10 – Anatoly Tarasov, Russian ice-hockey player and coach (d. 1995) Fergus Anckorn December 11 – Aleksandr Solzhenitsyn, Russian writer, Nobel Prize laureate (d. 2008) December 12 – Joe Williams, American jazz singer (d. 1999) December 13 – Rosalia Lombardo, Italian child known as The Sleeping Beauty (d. 1920)[55] December 14 – B. K. S. Iyengar, Indian yoga teacher (d. 2014) December 15 – Jeff Chandler, American actor (d. 1961) December 17 Dusty Anderson, American actress and model (d. 2007) Duchess Woizlawa Feodora of Mecklenburg, German royal (d. 2019) December 18 – Joyce Reynolds, English classicist and academic (d. 2022) December 21 Francisco Miró Quesada Cantuarias, Peruvian philosopher (d. 2019) Fred Gloden, American football player (d. 2019) Donald Regan, American Treasury Secretary, White House Chief of Staff (d. 2003) Kurt Waldheim, President of Austria, Secretary-General of the United Nations (d. 2007)[56] December 23 José Greco, Italian-born flamenco dancer (d. 2000) Kumar Pallana, Indian actor (d. 2013) Helmut Schmidt, Chancellor of Germany (d. 2015) December 24 – Dave Bartholomew, American musician, songwriter and music producer (d. 2019) December 25 Bertie Mee, English football player, manager (d. 2001) Anwar Sadat, 3rd President of Egypt, recipient of the Nobel Peace Prize (d. 1981) December 26 – Georgios Rallis, Prime Minister of Greece (d. 2006) December 30 – W. Eugene Smith, American photojournalist (d. 1978) Abd an-Nabi Abd al-Qadir Mursal, Sudanese poet and politician (d. 1962)[57] Georg Cantor María Dolores Rodríguez Sopeña January 2 – Katharine A. O'Keeffe O'Mahoney, Irish-born American teacher and writer (b. 1855) January 6 – Georg Cantor, German mathematician (b. 1845) January 8 Johannes Pääsuke, Estonian photographer, filmmaker (b. 1892) Ellis H. Roberts, American politician (b. 1827) January 9 Max Ritter von Müller, German World War I fighter ace (killed in action) (b. 1887) Charles-Émile Reynaud, French inventor (b. 1844) January 10 – María Dolores Rodríguez Sopeña, Spanish Roman Catholic religious sister and Blessed (b. 1848) January 21 – Emil Jellinek, German automobile entrepreneur (b. 1853) January 26 – Grand Duke Nicholas Konstantinovich of Russia (b. 1850) January 28 – John McCrae, Canadian soldier, surgeon and poet (b. 1872) January 31 – Ivan Puluj, Ukrainian physicist and inventor (b. 1845) Princess Leonilla Bariatinskaya Gustav Klimt Sultan Abdul Hamid II February 1 – Princess Leonilla Bariatinskaya, Russian aristocrat (b. 1816) February 2 – John L. Sullivan, American boxer, World Heavyweight Champion (b. 1858) February 4 – Akiyama Saneyuki, Japanese admiral (b. 1868) February 6 – Gustav Klimt, Austrian painter (b. 1862), Spanish flu February 8 – Louis Renault, French jurist, educator and Nobel Prize laureate (b. 1843) February 10 Sultan Abdul Hamid II of the Ottoman Empire (b. 1842) Ernesto Teodoro Moneta, Italian pacifist, Nobel Prize laureate (b. 1833) February 11 – Alexey Kaledin, Russian general (suicide) (b. 1861) February 14 – Sir Cecil Spring Rice, British diplomat (b. 1859) February 15 – Vernon Castle, British-born American dancer (b. 1887) February 16 – Károly Khuen-Héderváry, 2-time Prime Minister of Hungary (b. 1849) February 23 Adolphus Frederick VI, Grand Duke of Mecklenburg-Strelitz (b. 1882) Thomas Brassey, 1st Earl Brassey, British politician and colonial administrator (b. 1836) Claude Debussy Martin Sheridan March 2 – Prince Mirko of Montenegro (b. 1879) March 9 – Frank Wedekind, German playwright (b. 1864) March 10 – Hans-Joachim Buddecke, German flying ace (killed in action) (b. 1890) March 13 – César Cui, Lithuanian composer (b. 1835) March 14 Lucretia Garfield, First Lady of the United States (b. 1832) Gennaro Rubino, Italian anarchist who unsuccessfully tried to assassinate King Leopold II of Belgium (b. 1859) March 15 – Adolf Ritter von Tutschek, German fighter ace (killed in action) (b. 1891) March 23 – T. P. Cameron Wilson, English poet, novelist (b. 1888) March 25 Claude Debussy, French composer (b. 1862) Walter Tull, first Black infantry officer to serve in the British Army (b. 1888) March 27 Henry Adams, American historian (b. 1838) Martin Sheridan, American Olympic athlete (b. 1881), Spanish flu Karl Ferdinand Braun Manfred von Richthofen Gavrilo Princip April 1 Isaac Rosenberg, British war poet (killed in action) (b. 1890) Paul von Rennenkampf, Russian general (executed) (b. 1854) April 4 – Hermann Cohen, German philosopher (b. 1842) April 5 – King George Tupou II of Tonga (b. 1874) April 11 – Otto Wagner, Austro-Hungarian architect, urban planner (b. 1841) April 19 – William Hope Hodgson, English author (b. 1877)[58] April 20 Jussi Merinen, Finnish politician (executed) (b. 1873)[59] Karl Ferdinand Braun, German physicist, Nobel Prize laureate (b. 1850) Paul Gautsch von Frankenthurn, Austrian statesman, Prime Minister (b. 1851) April 21 Friedrich II, Duke of Anhalt (b. 1856) Manfred von Richthofen, German fighter pilot, top-scoring ace of World War I (killed in action) (b. 1892) April 27 – Jacques Duchesne, French general (b. 1837) April 28 – Gavrilo Princip, Yugoslav assassin (b. 1894) Maria Magdalena Merten May 2 Ernie Parker, Australian tennis champion (killed in action) (b. 1883) Jüri Vilms, Estonian politician (b. 1889) May 14 – James Gordon Bennett Jr., American newspaper publisher (b. 1841) May 17 – William Drew Robeson I, African-American minister, father of singer and actor Paul Robeson (b. 1844) May 18 – Blandine Merten, German nun and Blessed (b. 1883) May 19 Ferdinand Hodler, Swiss painter (b. 1853) Raoul Lufbery, Franco-American fighter pilot (killed in action) (b. 1885) May 21 Sofia Hjulgrén, Finnish politician (executed) (b. 1875)[60] Wilho Laine, Finnish politician (executed) (b. 1875)[61] May 23 Gerard Noel, British admiral (b. 1845) [62] Mariano Ponce, Filipino diplomat, politician and writer (b. 1863) May 24 – József Kiss, Austro-Hungarian fighter pilot (killed in action) (b. 1896) May 30 – Georgi Plekhanov, Russian revolutionary, philosopher (b. 1856) Kyrion II of Georgia June 1 – Roderic Dallas, Australian fighter pilot (killed in action) (b. 1891) June 3 – Count Richard von Bienerth-Schmerling, Austrian noble, statesman and former Prime Minister (b. 1863) June 4 – Charles W. Fairbanks, 26th Vice President of the United States (b. 1852) June 10 – Arrigo Boito, Italian poet, composer (b. 1842) June 13 – Grand Duke Michael Romanov (assassinated) (b. 1878) June 15 – Frank Miles Day, American architect (b. 1861) June 16 – Bazil Assan, Romanian engineer and explorer (b. 1860) June 19 – Francesco Baracca, Italian fighter pilot (air crash) (b. 1888) June 26 – Kyrion II of Georgia, Georgian Orthodox patriarch, Saint (b. 1855) June 27 – Joséphin Péladan, French occultist (b. 1858) Sultan Mehmed V James McCudden Quentin Roosevelt Emperor Nicholas II of Russia Henry Macintosh July 3 – Sultan Mehmed V of the Ottoman Empire (b. 1844) July 9 – James McCudden, British fighter pilot (air crash) (b. 1895) July 14 – Quentin Roosevelt, youngest son of United States President Theodore Roosevelt, fighter pilot (killed in action) (b. 1897) July 17 – Executed members of the Romanov family: Former Emperor Nicholas II of Russia (b. 1868) Former Empress Alexandra Feodorovna of Russia (b. 1872) Grand Duchess Olga Nikolaevna of Russia (b. 1895) Grand Duchess Tatiana Nikolaevna of Russia (b. 1897) Grand Duchess Maria Nikolaevna of Russia (b. 1899) Grand Duchess Anastasia Nikolaevna of Russia (b. 1901) Former Tsarevich Alexei Nikolaevich of Russia (b. 1904) July 18 Prince Constantine Constantinovich of Russia (executed) (b. 1891) Prince Igor Constantinovich of Russia (executed) (b. 1894) Grand Duke Sergei Mikhailovich of Russia (executed) (b. 1869) Grand Duchess Elisabeth of Russia (Princess Elisabeth of Hesse and by Rhine) (executed) (b. 1864) July 20 – Francis Lupo, American soldier (b. 1895) July 22 Roy Earl Parrish, American politician (killed in action) (b. 1888) Manuel González Prada, Peruvian politician, author (b. 1844) Indra Lal Roy, Indian fighter pilot (killed in action) (b. 1898) Alexey Schastny, Russian naval officer (executed) (b. 1881) July 26 Henry Macintosh, British Olympic athlete (killed in action) (b. 1892) Edward Mannock, British fighter pilot (killed in action) (b. 1887) July 29 – Ernest William Christmas, Australian painter (b. 1863) July 30 Hermann von Eichhorn, German field marshal (assassinated) (b. 1848) Joyce Kilmer, American journalist, poet (killed in action) (b. 1886) Frank Linke-Crawford, Austro-Hungarian fighter pilot (killed in action) (b. 1893) July 31 – George McElroy, British fighter pilot (killed in action) (b. 1893) Marianne Cope August 1 John Riley Banister, American policeman, cowboy (b. 1854) Gabriel Guérin, French World War I fighter ace (air crash) (b. 1892) August 5 – Peter Strasser, German naval officer, airship commander (killed in action) (b. 1876) August 9 Marianne Cope, German-born American Roman Catholic nun and saint (b. 1838) František Plesnivý, Austro-Hungarian architect (b. 1845) August 10 Jean Brillant, Canadian soldier, Victoria Cross recipient (killed in action) (b. 1890) Erich Löwenhardt, German World War I fighter ace (air crash) (b. 1897) Aleksander Uurits, Estonian painter, graphic artist (b. 1888) August 12 – Anna Held, French actress (b. 1872) August 22 – Korbinian Brodmann, German neurologist (b. 1868)[63] August 30 – William Duncan, British missionary in Canada and the United States (b. 1832) George Reid Eduard, Duke of Anhalt Prince Erik, Duke of Vastmanland Mudbir al-Far'un, Arab chieftain, leader of 1913 Euphrates rebellion September 2 – Sir John Forrest, Australian explorer and politician, 1st Premier of Western Australia (b. 1847) September 5 – Nikolay Maklakov, Russian politician, former minister of the Interior (b. 1871) September 6 – Elizabeth Yates, New Zealand politician (b. 1845) September 8 Francis Mary of the Cross Jordan, German Roman Catholic priest and venerable (b. 1848) Mikael of Wollo, Ethiopian army commander and Ras of Wollo (b. 1850) September 12 – Sir George Reid, 4th Prime Minister of Australia (b. 1845) September 13 – Eduard, Duke of Anhalt (b. 1861) September 16 – Maurice Boyau, French World War I fighter ace (killed in action) (b. 1888) September 18 – Joseph Frank Wehner, American World War I fighter ace (killed in action) (b. 1895)[64] September 20 – Prince Erik, Duke of Västmanland (b. 1889), Spanish flu September 27 – Fritz Rumey, German World War I fighter ace (killed in action) (b. 1891) September 28 True Boardman, American actor (b. 1882), Spanish flu Georg

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Body awareness Sit down in your meditation pose and establish motionlessness. Keeping your eyes closed, feel your body. Feel your whole body, all different parts of it at once. Stay in your body with your attention and feel it from inside. Practice attentively. After some time, become aware of your breath. With your eyes still closed, follow your spontaneous breath. Try not to influence it in any way. Follow your breath in the nose. Feel the air flowing in, and out. Experience the flow of air on each in-breath and each out-breath. Now open your eyes and fix your gaze in the flame. You have two options. Either look at the glowing point on the top of the wick, if there is such a point. Or fix your gaze in the brightest part of the flame. Choose the flame or the glowing point?Fixing your gaze in the flame usually improves the next step, seeing the after image. Looking at the glowing point allows for superior practice in the gazing step. Find out which works best for you. If you look into the flame instead of the luminous point, then place the candle further away. Seventy-five centimetres to a metre from your face should be good. Steadily, but without undue effort, look at your point of concentration. Try doing it without blinking. Stay with your attention in the flame at all times. Don’t think of anything else. If your attention moves elsewhere (which it very likely will) immediately bring it back. Make experiencing your concentration point your sole objective. Don’t worry about the fluctuations of your mind. Just bring your attention back, again and again. If your willpower is strong, you will be able to do it more and more effortlessly. When your attention flows naturally towards your concentration object yogis calls it Dharana. Your mind is one-pointed. Blow out your candle with the least movement possible and close your eyes. Now the after-image of the flame will appear if you are relaxed enough. Don’t worry if it doesn’t happen every time. The after-image is simply the impression on the retina from the prolonged gazing. It will appear in the darkness behind your closed eyelids as a glowing point. It will stay for some time and then fade. Sometimes the image is bright, stable and crisp. Sometimes it will be blurry and diffuse. Observe it the way it appears to you. And notice how it changes and how it fades. Even if your image disappears, it can come back. It can disappear and come back several times. But try to keep un uninterrupted contact with the impression of the flame. If the image starts moving, don’t follow it. It is likely your eyes that are moving. Instead, fix the image. Ideally, place your image in the eyebrow centre. With practice, this step will become more comfortable, and you will be able to keep in contact with the image longer and longer. Then the intensity of the practice will thus increase. The impression can then become a visualisation that you can keep for as long as you like. This step is optional, and I have added it mainly as a fallback option if the image does not appear or if it goes away quickly. It consists of focusing on the eyebrow centre and feeling any physical sensations here. Just like the other steps, do this with utter attention. This fallback option is handy if you practice with a group since the after-image will behave differently for everyone. It is also useful if you practice with a recording. Going through all the steps of tratak should last 10 to 30 minutes. Tratak is a powerful meditation on its own. Still, to make it even more beneficial, you can combine it with other yoga techniques in a more extended session. I am a big fan of that, especially since preparing with postures and breathing exercise helps beginners to discover tratak quickly. You can place tratak at different points of your programme: 1. At the beginning of a session Tratak can be the first practice in a series of tratak, asana, pranayama and meditation. The concentration you build up during tratak will then impact the remainder of the session. 2. Between pranayama and yoga nidra Go on to tratak directly after pranayama, if you can without moving or changing your pose. In the end, do yoga nidra. Tratak will favour a profound and conscious relaxation. 3. At the end of a session Tratak can serve as the final meditation of any session. The practices leading up to tratak will make concentration a lot easier and more powerful. As always, use common sense. If you have an eye condition that makes the gazing cause pain then practice with prudence. In case of doubt, be careful until you gain confidence. Modify the practice in case of undesired effects. If you have epilepsy, you should practice on a dot instead of a candle. The same if you are oversensitive to light. You can practice tratak daily or just occasionally. For real consistent benefits, regular practice is best. Special thanks to Anandananda for the cover photo. Was this article helpful?