

# Eye Exercises

## 1 Circular eye Exercise

### 1.1 *Benefits*

Stretches the eye muscles, stimulates the eyes and draws fresh blood to the eyes.

### 1.2 *Technique*

Standing with feet apart - 1-1/2 feet, place hands on hips, keep the head and neck straight and without moving the head, look down at 6 o'clock, then slowly move the gaze clockwise in a circle three times, stretching the eye muscles. Then reverse direction, three times counterclockwise. Breathing in, squeeze the eyes, breathing out, relax the eyes.

## 2 Exercising the Third Eye

### 2.1 *Benefits*

This exercise stimulates the Third Eye, stretches the eye muscles, stretches muscles of the arms, improves the flexibility of the spine and stretches and relaxes the muscles of the back.

### 2.2 *Technique*

Stand with feet 1-1/2 feet apart. Clasp the hands together behind the back, interlocking the fingers. Straighten the arms and raise them toward parallel with the ground. Breathing in, twist the head, neck and spine to the right and look to the right as far as possible while holding the breath. Exhaling, relax the eyes and slowly untwist. Do three

# Eye Exercises

times, then reverse direction, twisting to the left three times. Unclasp the hands, lie down and relax.

## 3 Eye Relaxing Exercise

### 3.1 *Benefits*

Relaxes your eyes and improves memory and thinking. By relaxing the eyes, vital internal parts, specially the intestines, large and small, get relaxed. By taking away tension from intestines this exercise prevents ulcers in intestines and also prevents constipation.

### 3.2 *Technique*

Lie on your back, cross your legs, close your eyes and cover them with the hollow of your palms, fingers of both hands crossing each other on your forehead. With eyes closed, visualize a black dot of the size of a dime going further and further away from you and getting smaller and smaller. Now remove your palms from your eyes, open your eyes and gaze at the tip of your nose. Again close your eyes and cover them in the same way and visualize the dark spot of the size of a dime coming closer and closer to you and getting bigger and bigger and bigger. Remove your hands and open your eyes and gaze at the ceiling. Repeat the process 3 times.