

EXERCISES FOR THE EYES

This brief eye series, though not a Kundalini Yoga technique, will ease tension in the eyes muscles, helping the eyes to relax, improving inner and outer vision.

- Keeping the eyes closed, focus them up and back, as if you were looking through the top of the head.
- Still keeping the eyes closed, focus them on a point just above and between the eyebrows (Brow Point or ajia or ajna chakra).
- After 30 seconds, focus your attention at a point on the back of your skull directly behind the Brow Point.
- With the eyes still closed, roll them up and circle them around to see all four corners inside your head.
- Now cover your eyes with your palms. Slowly open the eyes as you slowly move your hands away from the eyes, staring into your palms as you allow the eyes to adjust to the light.

Throughout your day, you can bring your Kundalini Yoga practice to your computer, taking a few moments every so often to refresh, balance, and keep yourself healthy, happy, and whole.



3 Still sitting straight, place your hands at your heart center with the right hand over the left. Bend your neck to the left, bringing your left ear toward your left shoulder. Straighten your neck and bend your neck to the right, bringing your right ear toward your right shoulder. Continue leaning the head left and right. Close your eyes and mellow down into it and continue for 2 minutes. This exercise lets the neck adjust itself and helps increase circulation to the brain. Move slowly into the next position without a break.

4 Sitting straight, stretch your arms straight up overhead with the fingers open as wide as possible. Squeeze all the muscles in your body as you stretch upward. Hold the position for 1 minute, and then relax.



This Nine Minute Meditation series can be found in Self Experience, page 3 – 4, available from www.a-healing.com.

“This yoga set will help you recover from the unhealthy effects of computeritis.”

Two other excellent things to do while at your computer:

■ Drink a few cups of Green Tea throughout the day. It is a most wonderful anti-oxidant and will help keep you refreshed. Yogi Tea makes a great blend called Super Anti-Ox Green Tea. If you want to avoid caffeine, water-processed decaffeinated Green Tea has all the healing benefits of regular Green Tea.

■ Every 1 to 2 hours, take a 5-minute break to walk around the office and, if possible, go outside and breathe some fresh air.

■ Sada Sat Singh began studying Kundalini Yoga directly with Yogi Bhajan in 1970. He is a KRI Certified Kundalini Yoga Teacher Trainer and serves on the Advisory Board for the International Kundalini Yoga Teachers' Association. Co-founder of the Yogi Tea Company, he is a yogic herbalist and nutritionist. He lives with his wife, Sada Sat Kaur, at their Yoga Retreat Center, Casa di Guru Ram Das at Borgo I Frati in Lama, Italy, and currently spends his time teaching Kundalini Yoga and training Kundalini Yoga Teachers in the U.S. and Europe.