

These practices are to be used with care...if you have any eye condition at all please check you are safe to do them and only do a couple of rounds of each one. You do not have to do all of them! Please rest the eyes once completed by lying down or sitting quietly.

Exercise 1: Palming

Sit quietly with eyes closed and take some deep breaths to relax yourself completely. Rub the palms of your hands vigorously, until they become warm and place the palms gently over your eye lids...without touching the skin.

Feel the warmth of the palms and the warmth penetrating into the eyes.

When the warmth goes...repeat twice more.

Keeping the eyes closed, but on the third one blink the eyes and following the palms as you lower the hands, when all the warmth has gone.

Exercise 2: Blinking

Sit comfortably with your eyes open.

Blink around 10 times very quickly.

Close your eyes and relax for 20 seconds.

Repeat this exercise about 3-5 times.

Exercise 3: Sideways viewing

Sit with the legs straight in front of the body.

Lift the arms, making a fist with each hand but with the thumbs pointing upward.

Keep the head still, focus on the left thumb and then shift your vision with the as follows:

Left thumb

Inhale: Space between the eyebrows

Exhale: Right thumb

Inhale: Space between the eyebrows

Exhale: Left thumb

Repeat this exercise 10 to 20 times.

After completing this exercise close your eyes and rest.

Exercise 4: Front and sideways viewing

Sit with legs straight in front of the body

Raise the left arm, make a fist the thumb pointing upwards.

Look at a point straight in front and level with your eyes.

Keeping the head still, exhale look at thumb, inhale look forward. Repeat 5-10 times and then do with right arm.

Then close your eyes and rest.

Exercise 5: Rotational viewing

Sit with legs straight in front of your body.

Bring right arm up, make a fist with thumb pointing upwards.

Keeping the head still, focus your eyes on the thumb.
Make a circle with the thumb, keeping the arm straight.
Repeat this exercise five times each in clockwise and anti-clockwise direction.
Repeat the process with the left thumb.
Close and rest the eyes and relax completely.

Exercise 6: Up and down viewing

Sit with legs straight in front of your body.
With both the thumbs pointing upwards, place both the fists on the knees.
Slowly raise the right thumb keeping the arms straight. Follow the motion of the thumb upwards with the eyes.
When the thumb is raised to the maximum, gradually bring it down to the starting position and continue to keep the eyes focused on the thumb all the while keeping the head still.
Repeat the same process with the left thumb.
Practice this 5 times with each thumb.
The head and the spine should be kept straight throughout.
Close the eyes and relax.

Exercise 7: Preliminary nose tip gazing

Sit comfortably
Bring the right arm up in front of the nose, making a fist, thumb sticking up.
Focus both eyes on the tip of the thumb.
Now bend the arm and gradually bring the thumb to the tip of the nose, all the while having the eyes focused on the tip of the thumb.
Remain in this position for a while with the thumb held at the tip of the nose with the eyes focused there.
Continuing to gaze at the tip of the thumb, gradually straighten the arm.
This constitutes a single round. Repeat up to 5 times.
Repeat with left arm.
Close the eyes and relax.

Exercise 8: Near and distant viewing

Stand or sit by an open window with a clear view of the horizon.
Focus on the tip of the nose for 5-10 seconds.
Repeat this for about 10 to 20 times.
Close and relax the eyes.