



Kriya for Inner and Outer Vision

5 exercises 31 min - 40 min *Kriya: Yoga Sets, Meditations, Classic Kriyas*

The eyes are keys to entering the vision of the inner world as well as the outer world. This series of exercises uses the eyes and eye pressure to create different states of consciousness. Each eye position alters the brain frequencies and the way thoughts are transformed in the mind. This kriya brings deep relaxation and calmness. It causes the tension in all the eye muscles to relax so that abnormal vision can decrease.

1. Lean Back

Meditate Through Top of Head (8 minutes to 11 minutes)

1. Stretch the legs out straight in front and place the hands behind the hips; lean back into a 60-degree angle.
2. With the head in a neutral position, roll the eyes up and back looking through the top of the head.
3. Meditate.



Start Long Deep Breathing (30 seconds)

1. Begin long deep breathing.

Suspend the Breath (30 seconds to 1 minute)

1. Then inhale deeply, suspend the breath.

To End

1. Exhale.

Eye Focus Tenth Gate

Breath Long Deep Breathing

2. Bear Grip

Meditate Through Brow Point (3 minutes)

1. Sit in Easy Pose.
2. Apply Bear Grip in front of the chest, with the left palm facing out and the right palm facing in; hook the fingers together.
3. Press your eyes up slightly and meditate through the Brow Point.



Mentally Project a Beam of Light (8 minutes)

1. Begin to mentally project a beam of light from the brow out to infinity.

To End

1. Inhale and exhale deeply a few times.

Suspend the Breath (30 seconds to 1 minute)

1. Inhale and suspend the breath.



To End

1. Exhale.

Eye Focus Brow Point

Mudra Bear Grip

3. Rock Pose

Rock Pose (3 minutes)

1. Sit in Rock Pose, on the heels, with a straight spine.
2. Focus the attention at the point on the back of the skull opposite the Brow Point.
3. Meditate.



To End

1. Inhale deeply, exhale completely and apply Root Lock (Mul Bhand). Hold as long as comfortable and relax the breath.

Eye Focus Back of the Head

4. Eye Rolls

Circle The Eyes (2 minutes)

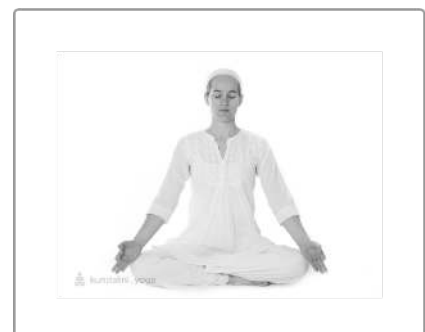
1. In Easy Pose, roll the eyes up and begin to circle the eyes around to see all four corners of the inside of the skull.

Continue While Holding Breath (20 seconds to 1 minute)

1. Inhale deeply while circling the eyes and hold.

To End

1. Exhale.



5. Relaxation

Relaxation (5 minutes to 10 minutes)

1. Relax completely on the back.

