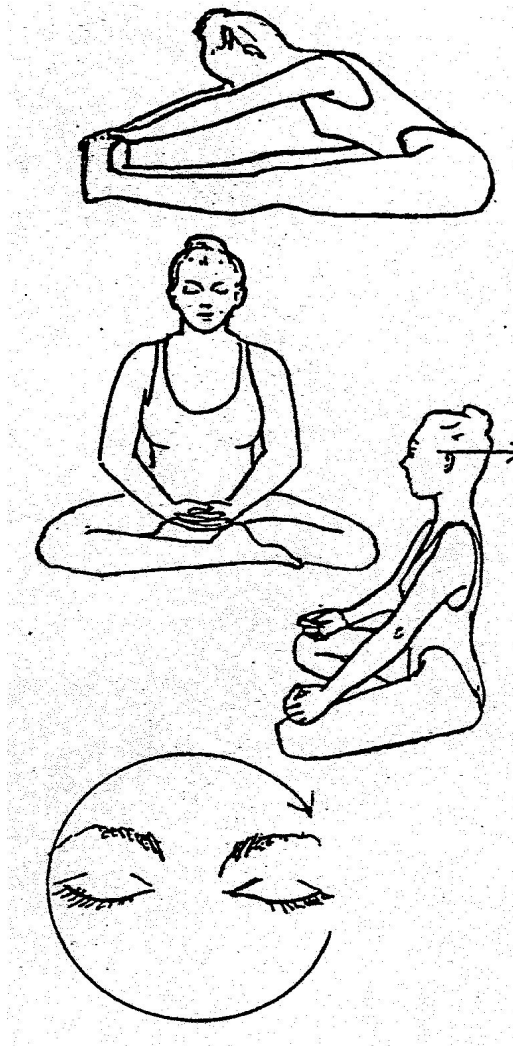


Kundalini Yoga for the eyes set 2 [KY kriyas](#)



1. Stretch legs out in front, and bend over, grasping and pulling on big toes. Roll eyes to the 3rd Eye, and hold until pain comes. *Prevents blindness.*

2. Seated in Easy Pose, hands in Venus Lock in the lap, look to 3rd Eye, sending energy and white light to the eyes for 3 minutes.

3. In Easy Pose, look out the back of the head for 1-3 minutes. Inhale, exhale, and pull Mulbhand, holding for 30 seconds.

4. In Easy Pose, close eyes and roll them in a circle for 3 minutes. Inhale, pull Mulbhand, and continue to circle the eyes for another 30 seconds.