

Yoga for your Eyes

Your eyes are often called the windows to your soul. Always wearing the mask of your emotions, they can often hold a lot of unnecessary tension and stress. Eyes get tired and dry from over use and improper lighting. Try to begin this exercise by simply softening your gaze. Do you look at the computer screen or your colleagues with the same eyes as you use looking at a newborn baby or sunset? Practice eyes of compassion.

The benefits of daily eyes exercises are:

- Soothes and lubricates tired eyes.
- Relaxes and tones muscles around the eyes.
- Strengthens your insights, focus and "visions".
- Draws attention inward.

Up and Down

Softly gaze center and forward. Draw an imaginary line from the ceiling to the floor. Inhale slowly while you direct your gaze to the ceiling, exhale slowly while you lower your gaze to the floor. Slow down and please repeat five times. To finish, rapidly blink your eyes several times and then close your eyes to relax. Until you get the hang of it, don't forget to breathe!



Side to Side

Softly gaze center and forward. Inhale slowly rotating your gaze to the far left, exhale slowly rotating your gaze to the far right. Notice if you're moving your head from side to side and try to keep your head still. Slow down and please repeat it five times. To finish, rapidly blink your eyes several times and then close your eyes to relax.



Clockwise

Softly gaze center and up. Slowly begin to rotate your eyes clockwise beginning at twelve o'clock, one o'clock, two o'clock ... Slow it down and repeat three times. To finish, rapidly blink your eyes several times and then close your eyes to relax and breathe. If that works for you next try counter-clockwise. Be sure to rest your eyes when you are done for a few minutes.