



Meditation for Inner and Outer Vision

Taught by Yogi Bhajan

Note: To practice this set for a shorter time, reduce all given times by one-half. Begin this set by tuning in with “Ong Namō, Guru Dev Namō.”

Exercise 1: Stretch the legs out straight and lean back 60 degrees from the ground with the palms in back of the hips. Press the eyes up and back, looking through the top of the head. Meditate for 8 to 11 minutes and then do long deep breathing for 30 seconds. Inhale deeply, hold up to 1 minute and exhale.

Exercise 2: Sit in easy pose (cross-legged on floor). Interlock the fingers of the two hands like hooks with the left palm facing out from the chest. Press your eyes up slightly and meditate through the brow point for 3 minutes. Mentally project a beam of light from the brow out to infinity for 8 minutes. Then inhale and exhale deeply a few times. Inhale and hold the breath up to 1 minute and exhale.

Exercise 3: Sit on the heels with a straight spine. Focus the attention at the point of the back of the skull opposite to the brow point. Meditate for 3 minutes. Inhale deeply, exhale completely and apply root lock. Hold as long as comfortable and relax the breath.

Exercise 4: Sit as in Exercise 2. Roll the eyes up and circle them around to see all four corners of the inside of the skull. Continue for 2 minutes. Then inhale deeply while circling the eyes and hold up to 1 minute. Exhale and completely relax on the back.

Comments: The eyes are keys to entering the vision of the inner, 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.

For more information on Kundalini Yoga as taught by [Yogi Bhajan](#)© visit the [Kundalini Research Institute](#).