

*Kundalini Yoga Gheranda Samhita* [KY kriyas](#)

1. Tilt the head slightly back, keeping the eyes open and hold with gentle breathing for 2-3 minutes.

*Good for singers: For clearing the Pharynx and phlegm.*

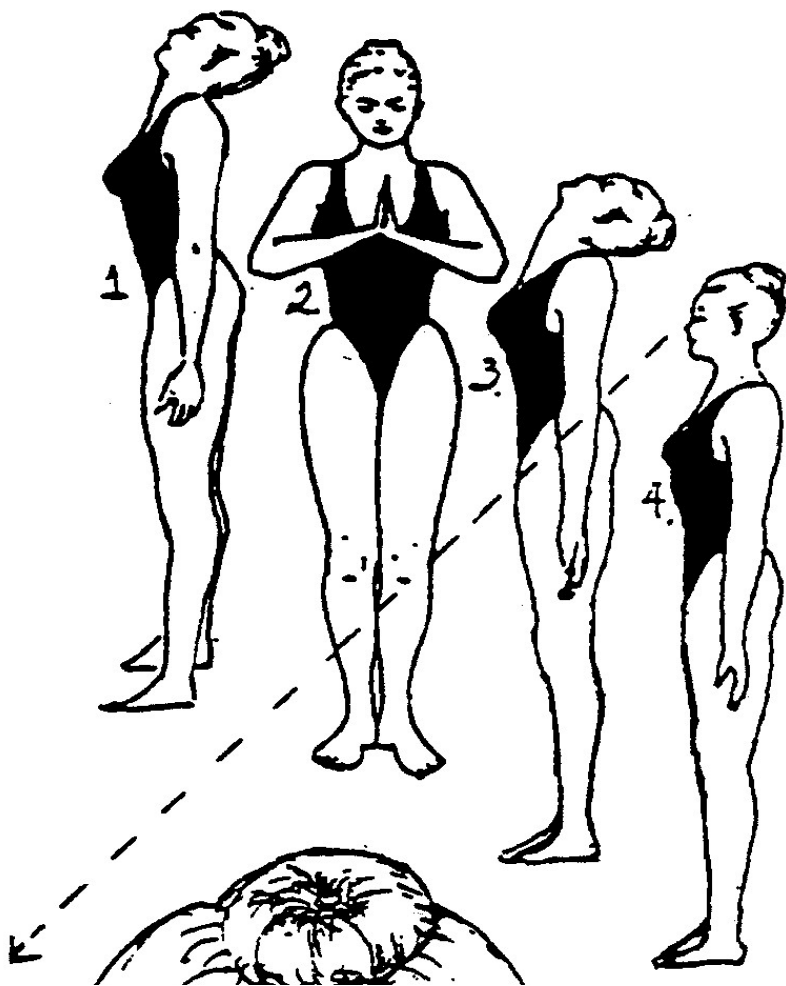
2. Prayer Pose with long, deep breathing for 2-3 minutes.

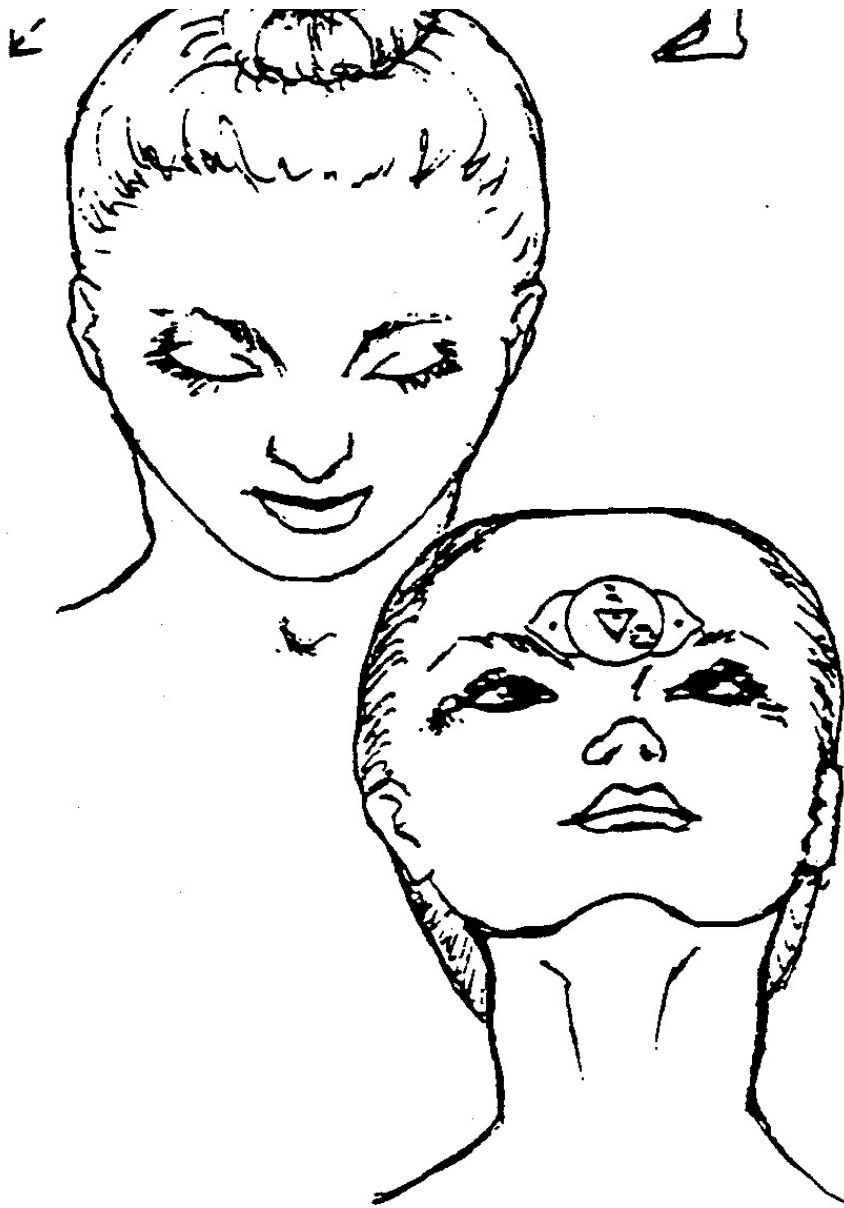
*Sublimates the sexual drive and aids concentration.*

3. Feet together, tilt the head way back with eyes open and do Breath of Fire for 2-3 minutes.

*For mind & will power.*

4. For developing memory: Stand up and focus the eyes on a spot 5 feet ahead of the toes, with Breath of Fire for 2-3 minutes.





*Good for mental fatigue and improves the memory.*

5. For developing the intellect: Press chin into the notch in the sternum and do Breath of Fire for 2-3 minutes.

*“By doing the Jalandhara Bhandha, the nectar that drips from the 1000 petaled lotus is not burnt up in the digestive system, and it controls the life force, kindling the Kundalini”.*

6. Improving eyesight: With all your will, stare at a spot between eyebrows, feet together, and head tilted back. Do this for 2-11 minutes.

*Stimulates the junction of nerves between the eyes and ears, and aids the muscles that move the eyeball, the iris, and the coordination of those muscles. Prevents blindness and cures all eye diseases. Throw*

*away glasses in 40 days practice.*

7. Rejuvenating the cheeks: Join fingertips and close nostrils with thumbs. With eyes open, inhale through “crow beak” (puckered lips), hold the breath and close the eyes, dropping the chin into the sternal notch, and puffing cheeks out with the breath. Hold as long as possible, then return head to normal, open eyes, and exhale SLOWLY through the nose.

*This aerates the oral cavity, bringing fresh air where germs breed. Good for facial muscles, strengthens teeth, cures pyorrhoea caries, halitosis and pimples!!! This practice makes a man free of old age symptoms and gives the longevity of a camel. Repeat several times.*



*Comments: It is a head set: All exercises are done standing up.*

*For the brain, mind, intellect, concentration, will-power, memory, throat, eyesight, teeth, facial muscles, halitosis, pimples, & nervous strain.*

*Exercises 1 thru 5 are effective in curing states of mental and nervous strain, causing nutrition to flow to the brain tissues and glands. Bending the neck interrupts venous return and stretches the spinal cord and the peripheral nerves.*