

Qigong Exercises for Allergies, Improving your eye-sight, Cataracts & Glaucoma

- Sit or stand comfortably & put a smile on your face
- Breathe slowly & deeply
- Focus on your heart & say in your mind:
 - All the channels in my body open
 - All the blockages in my eyes will be gone
 - I will be completely balanced
- Use your hand (left or right) to cup gently the base of the head 9 times, with head slightly bent.
- Then straighten up & cup the top of the head 9 times
- Massage the eye bones up and down 9 times , by putting the thumb on the temple
- Roll the eyeballs clockwise 36 circles
- Then roll the eyeballs counter clockwise 36 times
- Move your eyeballs from side to side 9 times:
 - Move your eyeballs to the left first, stay there for 3 seconds
 - then move them to the right, and stay there for 3 seconds
 - Repeat 9 times
- Move the eyeballs up & down 9 times:
 - When the eyeballs are looking up, let the eyeballs stay there for 3 seconds
 - When the eyeballs are looking down, let them also stay there for 3 seconds
- Ending:
 - Take 3 deep breaths
 - Rub your hands
 - Massage your face
 - Massage your ears