



## **Cheranda – Samhita. Head Set**

*December 29, 1985*

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

All exercises are done standing up.



For clearing the Pharynx: Tilt the head slightly back, keeping the eyes open and hold with gentle breathing. Clears phlegm. Good for singers. 2-3 minutes.



Prayer Pose with long, deep breathing for 2-3 minutes. Sublimates the sexual drive and aids concentration.



For mind & will power: Feet together, tilt the head way back with eyes open, and do Breath of Fire for 2-3 minutes.



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



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



COMMENTS: #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.



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



Rejuvenating the cheeks: Join finger- tips 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 stern- al 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 pyorrea caries, halitosis and pimples!!! This practice makes a man free of old age symp- toms and gives the longevity of a camel. bas Repeat several times.