Abstract

The ancient spiritually elevated perfected persons intuitively found several eye breathing methods for mental, physical and spiritual progress and wellness. The eyes are the most important organs of the body. In this work, the author attempts to show that through eye physiotherapy, we can streamline heart beating and lengthen our lifespan.

Keywords: E ...; B a; Ea;; L ...; H. a;

One

Two

 $\mathbf{a}_{\mathbf{x}}$

Benefits

Third

Benefits

 \overline{F} ... a_{i} a_{i}

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Discussion