

Vision Charts for Eyesight Improvement

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If you are experiencing eyesight problems, please consult a qualified eye care professional. The author of this document is not responsible for any use or misuse of the material included here, or for any unwanted induced damage. Who is using the following vision charts does it on a self-help basis, under his own responsibility or, at best, under the guidance of a medical doctor.

This document is released into the public domain in pdf format. It is intended to be freely distributed over the internet, free of charge. Manipulation of the file is not allowed. The charts were Made in Italy by Egidio Rizzi and released in February 2007. They have been conceived to fit at print on both A4 and letter-sized paper. Please, print with no reduction, at 100% zoom.

Brief description

The following *Vision Charts* can be used to practice the general principles of the *Bates Method* [1-8] and specifically to experience *fusion* in both *divergence* and *convergence*. The reader should get first acquainted with these techniques. An account of the original research by ophthalmologist William H. Bates (1860-1931) is given in his 1920 source book [1] and in the 1943 abridged edition [2]. Quackenbush [7] has gathered as well the full collection of Bates Magazines (1919-1930). A compact treatment directly following the spirit of Dr. Bates is provided by Corbett [3]. Additional interpretation of the Bates Method and links between mind and vision as "art of seeing" are presented by writer Aldous Huxley [5]. Mind related and behavioural aspects are further explored by Gottlieb [4], who has made available vision charts with detailed instructions on the use of divergence and convergence. Use of vision charts of the type included here is also explained in detail by Sussman [8]. Quackenbush [6] gives a modern, comprehensive account on "relearning to see", including an extensive list of references. Many other resources are now conveniently accessible to the reader in various forms.

Remember to rest your eyes and mind by palming before starting and from time to time during practice. Keep breathing, blinking and yawning while playing with the charts. Keep your body relaxed, especially face, neck, shoulders and fingers. Train at best without lenses of any sort. Print on paper with a good quality printer and practice in good light on both the paper sheet and in the surrounding environment. Do it at best in natural light. Take it like a game. Play with the sheets, turn them around, change perspective, use them both vertically (where fusion can be trained) and horizontally, find your own way. Enjoy 3-D effects due to fusion. If you wish, build your own eye charts, as it was done here. You might want to use a semi-rigid support to help holding the sheets (e.g. an L-shaped light cardboard rear holder). Keep changing the distance between the eyes and the sheet.

Vision Charts 1-8 are specifically conceived to train fusion in divergence or convergence at different levels. They have been inspired by Gottlieb vision charts [4]. Many discrete, finite (not infinite but many) degrees can be practiced. Charts 9-34 can be used to train fusion in a main single manner, in both divergence and convergence. In short:

- *divergence*: the focus of the eyes goes to a point which is beyond the sheet, i.e. *the sheet lays between the eyes and the point of focus* (e.g. a far object). The inner virtual picture that arises *floats above* the plane of the sheet. This is specifically useful for *nearsightedness (myopia)*.
- *convergence*: the focus of the eyes goes to a point which is in front of the sheet, i.e. *the point of focus* (e.g. imaginary, the tip of the nose or of a pen) *lays between the eyes and the sheet*. The inner virtual picture that arises *sinks below* the plane of the sheet. This is specifically useful for *farsightedness (hyperopia or aged-induced presbyopia)*.

Attempt fusion also on Charts 13-14 (challenging, especially in divergence). Charts 15-34 are conceived to experience different, progressive, degrees of divergence or convergence. See if all can be reached, starting from the easiest level (center in Charts 15-18, bottom in Charts 19-34). The permutations of patterns in the charts should be useful to discover if one eye is weaker and to improve balance. Charts 27-34 with stripes are specifically useful for *astigmatism*. In that case you might notice that stripes appear in different grey shadings by rotating the charts, e.g. the horizontal ones may look dark black, while the vertical ones gray and fading. While looking at the stripes under fusion, pretend to see them equally well and try to feel the patterns with both eyes at once. This sensing is very much controlled by the mind and really goes to the intimacy between mind and vision, as put forward by Bates and followers.

Enjoy yourself while playing!

References

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