

“Read Vertical” Charts for Vision 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 on February 2017. They have been conceived to fit to print on both A4 and letter-sized paper. Please, print with no reduction, at 100% zoom.

Brief description

The following “Read Vertical” Vision Charts can be used to practice the general principles of the *Bates Method* and evolutions [1-11], and specifically to experience *fusion* under either *divergence* or *convergence*. The reader should get acquainted first 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 [9] 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 [4]. Additional interpretation of the Bates Method and links between mind and vision as “art of seeing” are presented by writer Aldous Huxley [6]. Mind related and behavioural aspects are further explored by Gottlieb [5], who has made available vision charts with detailed instructions on the use of fusion under divergence or convergence. Use of vision charts of the type included here is also explained in detail by Sussman [11]. Quackenbush [8] 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 the practice. Keep breathing, blinking and yawning while playing with the charts. Maintain your body relaxed, especially face, neck, shoulders and fingers. Train at best without lenses of any sort. Print on white paper with a good quality printer and practice in good light on both paper sheet and 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 vertically (where fusion can be trained) or otherwise, find your own way. Enjoy 3-D effects due to fusion in vertical reading. 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 sheet (e.g. an L-shaped light cardboard rear holder). Keep changing the distance between the eyes and the sheet.

These twenty vision charts are specifically conceived to train fusion under *divergence* or *convergence* at different depth levels and to feel the balance between the eyes. They have been inspired by Gottlieb vision charts [5] and have been conceived here by a “Positive Attitude” [7] and “Read Vertical” concept, in the attempt of reducing *astigmatism* in the vertical meridian [3]. Different degrees of fusion can be practiced, with the multicolumn charts with more than two columns (Charts 1-10). Notice “I love” Charts 7-11, “Symmetry letters” Charts 12-15, “Symmetry Symbols” Charts 16-20, and “Vertical Infinity” Chart 18. The whole 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 (see also [10]). 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 shall be 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 shall be specifically useful for *farsightedness (hyperopia or aged-induced presbyopia)*.

Enjoy yourself while playing!

References

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