20/20
EYE CHARTS

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Using Eye Charts – An Introduction

Eye charts are a great way to improve your extraocular muscles and to work on improving astigmatism, nearsightedness or farsightedness. Think of these eye chart exercises as an exercise for improving your vision. Include these eye charts with your 20/20 Protocol exercises, eating right, and your daily visualized healing.

We've included all the charts at the back of this book for easy use. We recommend you tear out the pages the charts are on and use them daily.

Note 1: Remember to rest your eyes after each exercise below. Use Palming or Slow Blinking (or a combination of the two - both explained in the 20/20 Protocol) between exercises to relax your eye muscles.

Note 2: Make sure to remove your glasses or contact lenses during exercises.
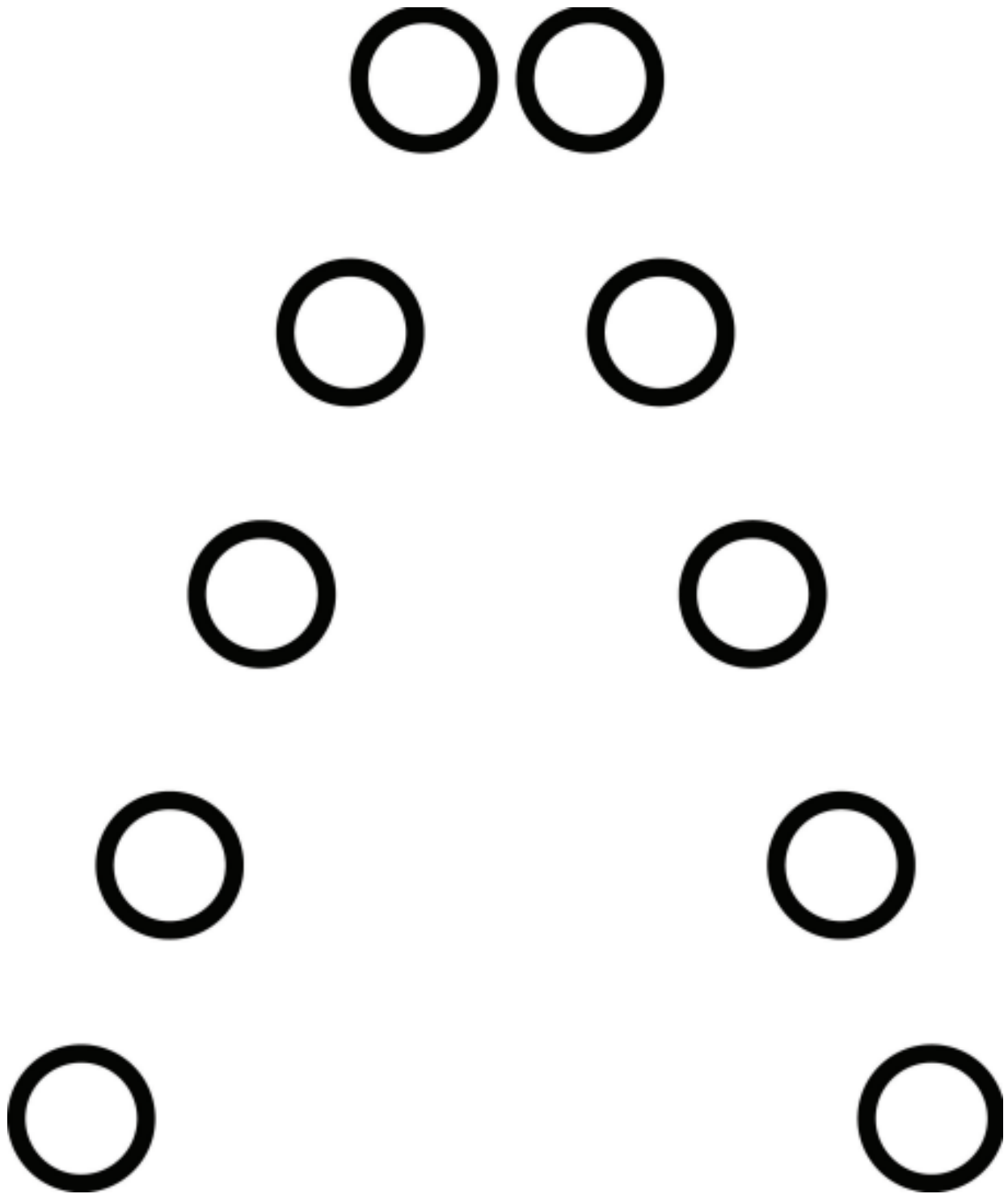
Fusion Chart

The Fusion Chart works your extraocular muscles and helps train your extraocular muscles to work as a team.

Hold the Fusion Chart an arm's length away from your face. Stare at the top row of circles. Try to fuse the two objects together, so they overlap each other. If you are having trouble, try crossing your eyes by looking at your nose, then slowly uncross them.

Alternatively, you can place an object (such as a pen or pencil) half-way between the Fusion Chart and your eyes. Focus on the pen until the objects appear to fuse together in the background.

Once you have mastered the first row, move to the next one. It takes practice, but eventually you will get it. Take your time, and try to focus on the outline of the object.

Fusion Pumping

Fusion pumping works your extraocular muscles, while exercising the focusing mechanisms of the eye.

Once you feel comfortable fusing the objects in all rows of the Fusion Chart, you can try Fusion Pumping. Just like regular Pumping (again, head to your 20/20 Protocol eBook for an explanation), you will be focusing your vision on a near object and then a far object, alternating between the two.

For this exercise you will be using the Fusion Chart as your near object, and an item in the distance as your far object. Every time you look at the Fusion Chart, fuse the first row objects together. Once they have overlapped, look at a far object. Continue with the first row 5 times. Then move onto the next row for 5 times, and so on until you have finished the Fusion Chart.

Scanning Chart

The Scanning Chart is similar to Blur Zoning (another powerful technique from the 20/20 Protocol), as it helps work on your ability to see detail.

Place the large Scanning Chart just in your blur zone so it is slightly blurred. If you are Myopic (nearsighted) – hold the chart in front of your face, if you are Hyperopic (farsighted) – tape the chart on a wall.

Looking at the chart, jump your eyes from dot to dot (similar to Shifting) and follow the lines from "Start" to "Finish". Then go backwards from "Finish" to "Start". Make sure to focus on each dot for a couple of seconds, before moving on to the next dot.

Next, use the small Scanning Chart. You will need to move this chart closer to you. Place it just within your blur zone where the chart becomes slightly blurry. Start at the "Start" line and begin jumping from one dot to the next, until you have reached the "Finish" line. Then go backwards from "Finish" to "Start". Again, make sure to focus on each dot for a couple of seconds before moving onto the next dot.

Repeat this exercise a couple of times. Each time you start over, change the position of the chart so that your eyes don't get familiar with the pattern. For example: rotate the chart to the right or left, or hold it upside down.

Once the Scanning Chart becomes too easy, place the chart deeper in your

blur zone. Congratulations, this means you are improving your vision!
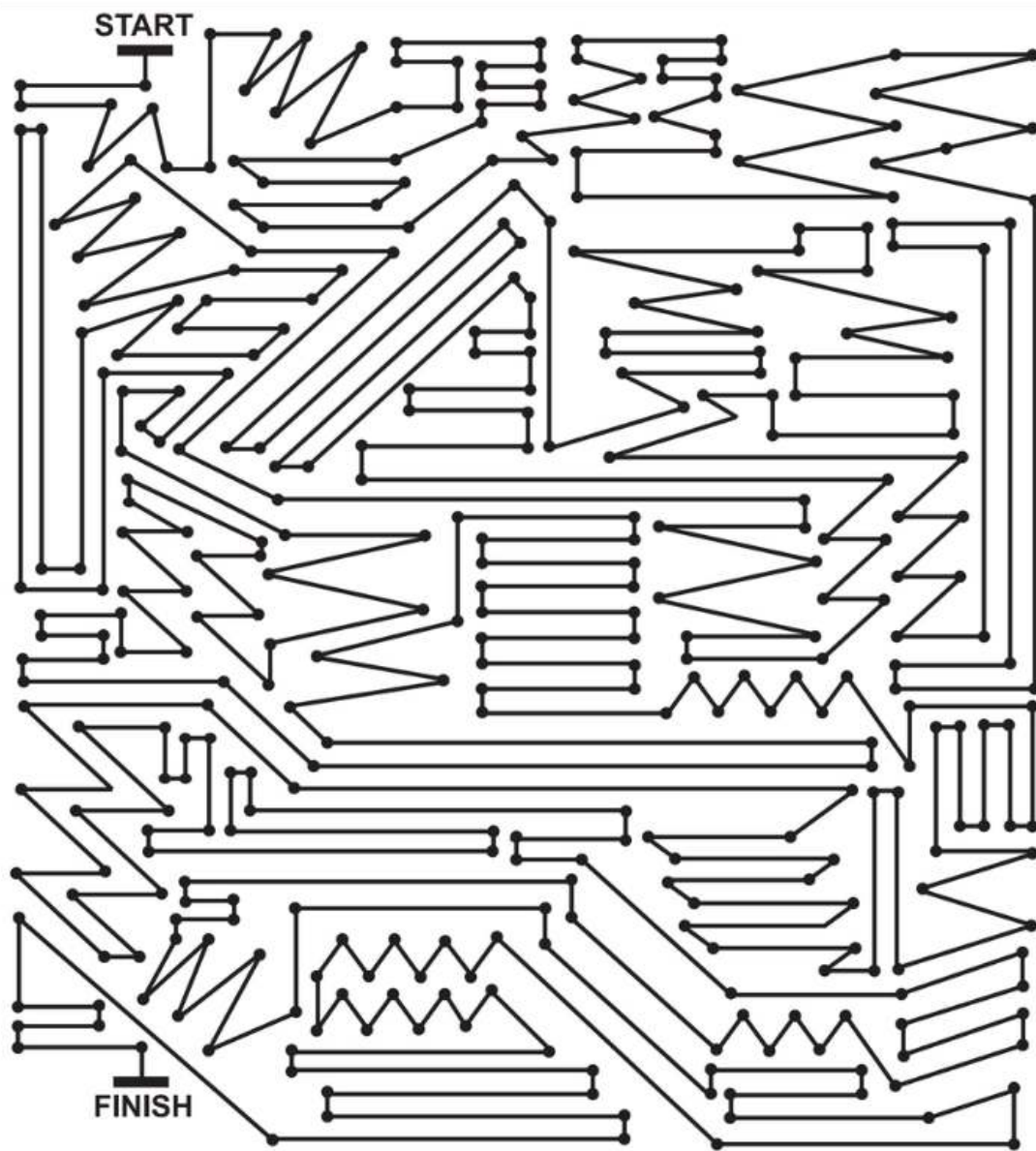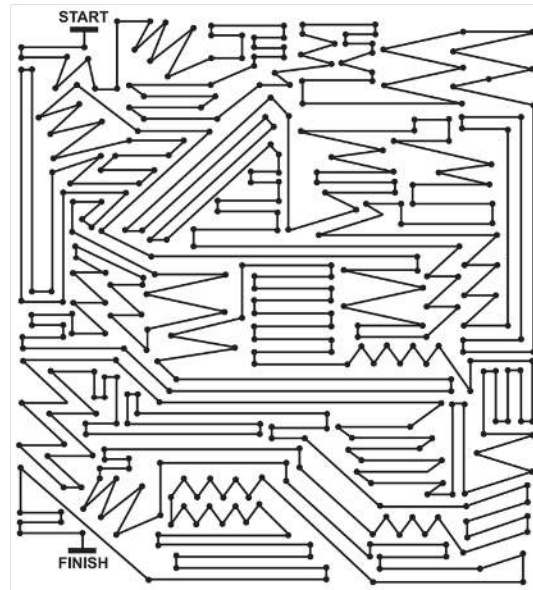
Acuity Chart

The Acuity Chart is similar to the Scanning Chart, as it works on your eyes' ability to see detail.

Place the Acuity Chart just in your blur zone. Look at the smallest line you can read. Slowly look over the words, seeing if you can read any of them. Then, take a word, and slowly focus on the outline of that word. Make sure to stay calm and breathe, there is no rush.

Don't squint or stare at the word. Blink frequently and constantly look around the outline of the word. Once you can make out 2 or 3 words on the line, move to the next smallest line. Continue this exercise until you can make out words on every line. Then move the chart further into your blur zone.

Pelayo Hotel Book Unisate Perfume Jungle Movie Airplane Snow Shower Good Hold Twinkle Command Maintenay Toast Bold Peace Nurse Family Eye House Theraps Dog Develop Perky Admire Home Fast Capacity Listen Weeltho Think Loving Error Big Jangle Minimize Babysitting Placevine Above Yelling Queen Pencil Brains Anne +03
Finish Mood Velvet Orange Crayons Gum Desk Magic Tone Regular Express Scholar Rainbow Decor Europe Moving Clarity Forgive Concert Weekend Guide Essentials Volume Between Leg Elbow Muscle Chart White Eyesight Zone Recommend Cure Food +04
Ceiling Pants Booster Negativity Contact Lifestyle Glad Modern Tailor Marketplace Optical School Twice Supplements Fifteen Day Brush Count Mastered Blur Tango Inches Second Toxic Amount Plants Tie +05
Alternate Over Highheels Cardoor Boxes Willow Thin Smart Repeat Precription Mistakes Photocopy Delay Bumper Sideways Midnight Teeth Circumstance Voice Stimulate +06
Lenses Excuse Motivation Backwards Rotation Verbal Blink Outline Piece Eyelids Pleasantly Muscle Return Bottom Down Panel Survival Cute Try +07
Forward Organize Speakers Pound Rose Number Far Lungs Center Squeeze Forehead Tissue Safe Allow Inform Month Billboard +08
Improve Doctor Hand Thin Remember Diamond Letter Optic Survival Office Automobiles Card Motorboat Twenty +09
Woman Fur Kaleidoscope Planning Red Concentrate Beauty Deference Jack Motion Sail Illusions Often +10
Flashes View Range Sleep Duration Fatigue Elevator Several Days Helicopter Knitting Nobody +11
Yelp Afternoon Racing Eagle Monkey Please Tower Window Calendar Statue Hurrican +12
Pig Why Frozen Wrinkle Jackpot Lettuce Spiral Bounce Shop Up Triangle Small +13
Future Nails Top Cupcakes Powerful Vision Tomorrow Sunset Connections +14
Black Keyboard Handbag Numbers Watch Booze Candy Plug Internet +15
Quality Charcter Jumping Rod Book Party Lightning Cereal Fend +16
Plant Strong Purify Vent Duke Butterfly Kingdom Cellphones +17
Makeup Theater Rabbit Cup Extend Letter Closed Dancer +18
You Singing Explain Fond Zoom Judgement Wonderful +19
Genuine Twinkle Android Chickens Ballet Neverland +20
Fun Education People World Music Yelling Ranger +21
Excite Long Roman Doors Weather Open Silence +22
Allow Serene Humor Lagoon Takeout Musk Be +23
Village Snug Kitchen Love Amazingly Giving +24
Protecting Change Wonderful Noise Summer +25
Holidays Fund Sunshine Vow American No +26
Next Like Provide Important Mow English +27
Sow Listen Jump Honey Wealth Powerful +28
Myself Elephant Conquer Puppy Follow +29
We Maybe Admire Computer Glass Joy +30
Serene Flowing Angle Survive Perfect +31
Nose Paradise Key Worship Together +32

Conclusion

Continue with these exercises until you start to see improvements.

Remember to always give your eyes a rest between exercises using

Palming, Slow Blinking or Hydrotherapy.