

QUANTUM

VISION SYSTEM



**EYE
CHARTS**

Copyright	iii
Legal Disclaimer	iv
The Use of Charts	2
Introduction.....	2
Fusion Chart.....	2
Fusion Pumping	3
Scanning Chart.....	3
Acuity Chart	4
Conclusion	4
Printable Chart - Fusion Chart	5
Printable Chart – Scanning Chart (Large)	6
Printable Chart – Scanning Chart (Small).....	7
Printable Chart – Acuity Chart	8

Copyright

Copyright © 2014 QuantumVisionSystem.com. All rights reserved.

All literary work contained within this book belongs to and is the sole property of its respective authors and publishers. Reproduction, copy or any other form of use of the pieces contained within the book is strictly forbidden without express permission from the author. If plagiarism is discovered, the offenders will be prosecuted to the full extent of the law. Please respect our property.

Please Note: The owner of this book is permitted to print one hardcopy of this eBook for personal use. These rules have been established to protect the rights and ownership of the authors and publishers and to ensure that their work is upheld as their own.

PLEASE NOTE: This is **NOT** a Free Book. You do **NOT** have resell rights for this book. I have invested years of research into the creation of this resource. May I please ask that if you purchased this book from anywhere other than www.QuantumVisionSystem.com, including eBay, would you kindly report that site to support@QuantumVisionSystem.com.
Thanks!

Legal Disclaimer

The contents of this document are based upon my opinions of the Quantum Vision System, unless otherwise noted. This work is intended to share knowledge and information learned through research, experience, and discussions with others. The opinions of others, such as in the comments and the forum, are their own and are not endorsed by the Quantum Vision System.

The information contained herein is not intended to diagnose, treat, cure or prevent any condition or disease, but rather to provide general information that is intended to be used for educational purposes only. Please consult with your physician or health care practitioner if you have any concerns.

By using, viewing and interacting with the Quantum Vision System or the QuantumVisionSystem.com website, you agree to all terms of engagement, thus assuming complete responsibility for your own actions. The authors and publishers will not claim accountability, nor shall they be held liable for any loss or injury sustained by you. Use, view and interact with these resources at your own risk.

All products and information given to you by Quantum Vision System and its related companies are strictly for informational purposes only. While every attempt has been made to verify the accuracy of information provided on our website and within our publications, neither the authors nor the publishers are responsible for assuming liability for possible inaccuracies.

The authors and publishers disclaim any responsibility for the inaccuracy of the content, including but not limited to errors or omissions. Loss of property, injury to self or others, and even death could occur as a direct or indirect consequence of the use and application of any content found herein. Please act responsibly.

The information provided may need to be downloaded and/or viewed using third party software, such as Acrobat or Flash Player. It's the user's responsibility to install the software necessary to view such information. Any downloads, whether purchased or given for free from our website, related websites or hosting systems are performed at the user's own risk. Although we take great preventative measures, we cannot warranty that our websites are free of corrupting computer codes, viruses or worms.

If you are a minor, you can use this service only with permission and guidance from your parents or guardians. Children are not eligible to use our services unsupervised. Furthermore, our website specifically denies access to any individual covered by the Child Online Privacy Act (COPA) of 1998.

The Use of Charts

Introduction

Eye charts are a great way to improve your eyes extraocular muscles and to work on improving your astigmatism, nearsightedness or farsightedness. Think of these eye chart exercises as a turbo boost to improving your vision. Include these eye chart with your Quantum Vision Exercises, eating right and your daily visualized healing and you will be seeing 20/20 in no time.

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

Note: Remember to rest your eyes after each exercise below. Use *Palming* or *Slow Blinking* (or a combination of the two) between exercises to relax your eye muscles.

Note: Make sure to remove your glasses or contact lenses during exercises. If you want to work on maintaining a lower prescription, then wear your lowest prescription eye glasses or contact lenses during the exercises.

Fusion Chart

The Fusion Chart works your extraocular muscles. This trains your extraocular muscles to work as a team.

Hold the Fusion Chart 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. Or you can place an object (a pen

or pencil) half way between the Fusion Chart and your eyes. Focus on the pen until the objects 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 and also helps increase the flow of nutrients 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, you will be focusing your vision on a near object and then a far object. Alternating between the two. But for this exercise you will be using the Fusion Chart as your near 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, as it helps works on your eyes ability to see detail. Eventually helping to restore your vision.

Place the large Scanning Chart just in your blur zone so it is slightly blurred. If you are Myopia (Nearsighted) – hold the chart in front of your face, if you are Hyperopia (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 to the next dot.

Next use the small Scanning Chart. You will need to move this chart closer to you. Place it just in 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, from Start to Finish, and then Finish to Start. Each time you start over, change the position of the chart, so that your eyes don't get familiar with the path. Example: rotate the image to the right or left, or hold it upside down.

Once the Scanning Charts become too easy, place the chart deeper in your blur zone. Congratulations, this means you are improving your vision!

Acuity Chart

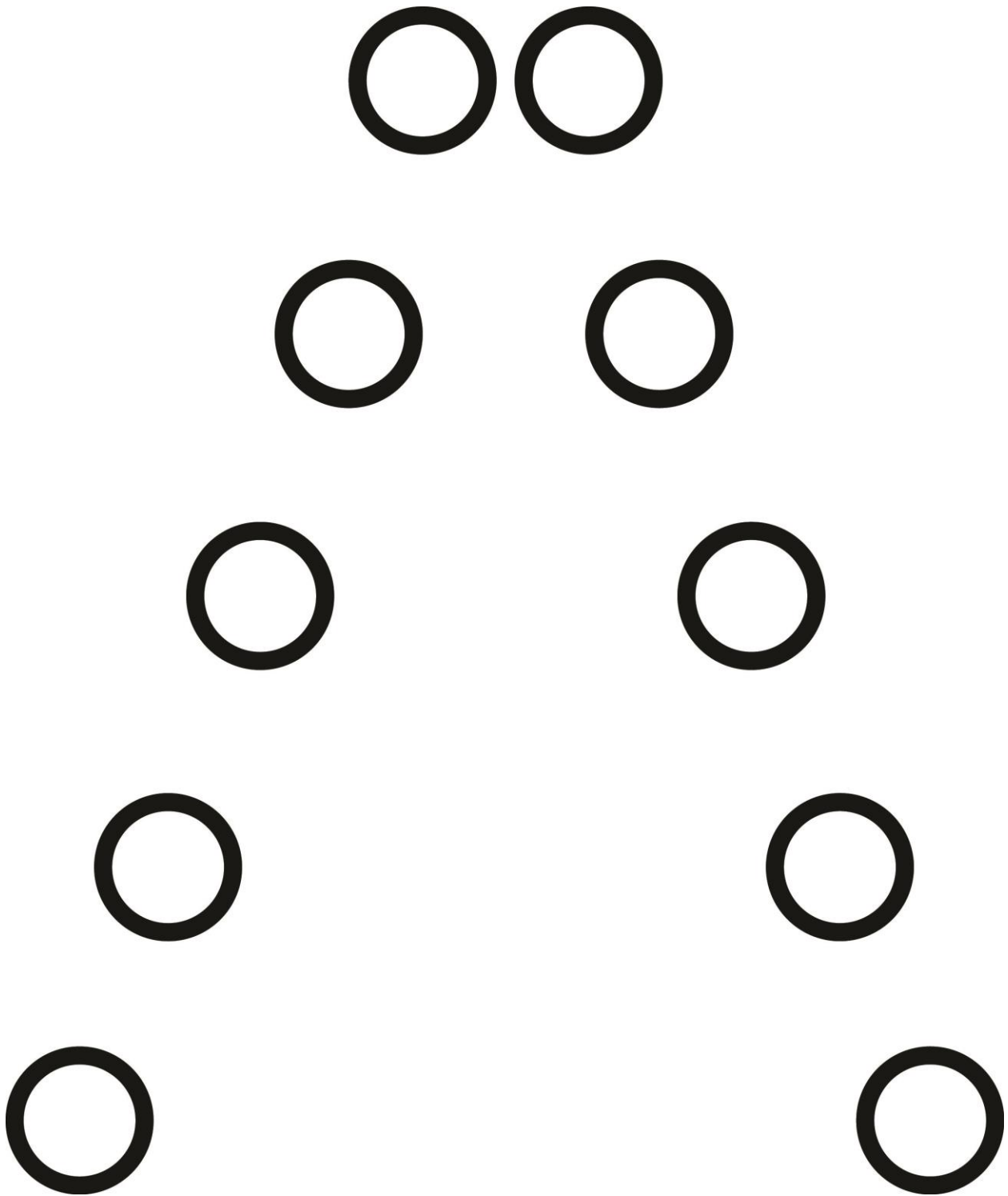
The Acuity Chart is similar to the Scanning Chart, as it works on your eyes ability to see detail.

Place the Acuity Chart just in your blur zone. Look at the smallest line you can read. Slowly look over the words, see if you can read any of them. Then take a word, and slowly focus on the outline of the 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. Hooray! You are improving your vision.

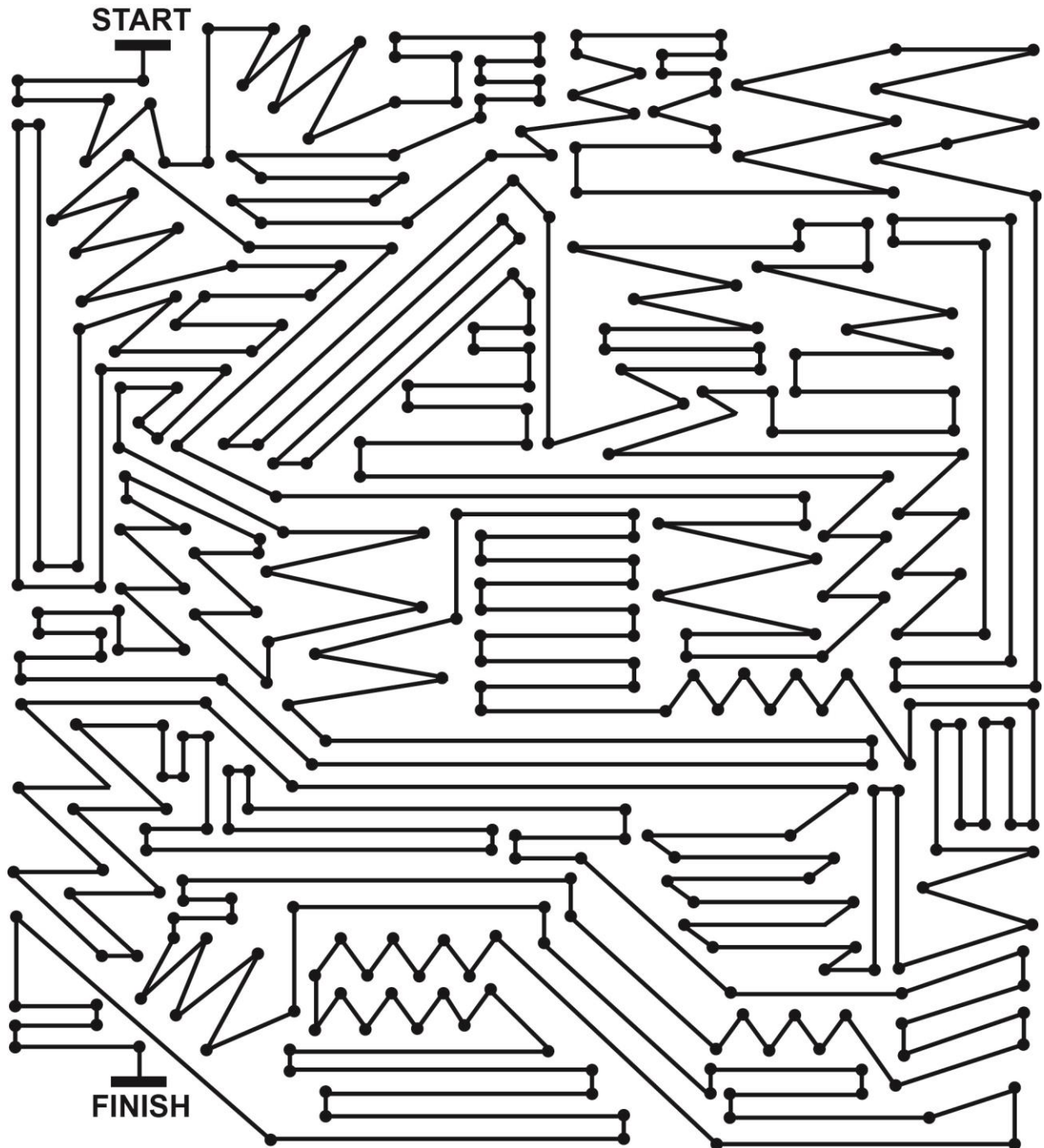
Conclusion

Continue with these exercises until you start to see improvements. Remember to always give your eyes a rest in-between exercises using Palming, Slow Blinking or Hydrotherapy. Don't forget to send support (support@QuantumVisionSystem.com) an email or video on your progress. We can't wait to hear about your vision improvements.

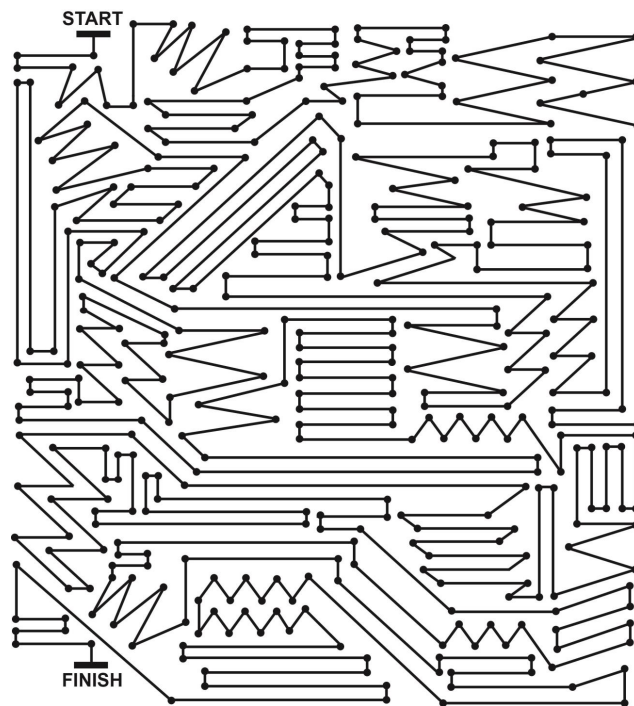
Printable Chart - **Fusion Chart**



Printable Chart – **Scanning Chart (Large)**



Printable Chart – **Scanning Chart (Small)**



Printable Chart – Acuity Chart

Palace Hotel Book Gnomes Performer Inaugurate Mowse Airplane Show Shivers Good Habit Teatime Command Managing Touch Bold Peace News Family Zoo Dances Therapy Hug Develop Party Admire Heavy Feet Capacity Lenses Whiffy Mask Loving Extra Big Jungle Mountains Babycutting Platform Above Yelling Queens Pencil Fence Arms ♦01
 Fourth Mood Velvet Orange Cynopsis Gums Desk Magic Time Regular Express Scholar Rainbow Decor Europe Moving Clarity Forgive Concert Weekend Guide Essentials Volume Between Log Elbow Muscle Chart White Eyeglass Zone Recommended 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 Plums Tie ♦05
 Alternate Over Highheels Cardoor Boxes Willow Thin Smart Repeat Prescription 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 Hurricane ♦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 Character 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