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The figure on this chart was designed by Tibetan Lama Monks to give the necessary corrective exercises and stimulation to the muscles and nerves of the optical system. The eye Muscles focus similar to a camera shutter. The purpose of these exercises is to strengthen the eye muscles to improve vision.

Improve your vision naturally with a Tibetan Eye Chart

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50 Printable Eye Test Charts - Printable Templates

Paste or tape the paper on a wall at eye level. The wall should be well-illuminated. Sit or stand 10 feet away from the eye chart. For a normal Snellen chart, the distance at which your read the chart is 20 feet but the chart you have printed is smaller in size.

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From Wikipedia, the free encyclopedia The Tibetan eye chart is said to be invented by Tibetan Lama Monks and has been used for many years. The Tibetan eye chart is a tool allegedly developed by Tibetan monks. According to some authors, it can be used to train the muscles and nerves of the optical system, correcting visual problems.

Tibetan eye chart - Wikipedia

Tack or tape the chart to a windowless wall in a well-lit room at eye level Measure ten feet from the wall Cover one eye (if you wear glasses for distance vision, keep them on) Have another person point to each line as you read the letters out loud and keep track of which letters you get right

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Sand mandalas, as found in Tibetan Buddhism, are not practiced in Shingon Buddhism. Nichiren Buddhism Edit The mandala in Nichiren Buddhism is a moji-mandala (22727), which is a paper hanging scroll or wooden tablet whose inscription consists of Chinese characters and medieval-Sanskrit script representing elements of the Buddha's enlightenment , protective Buddhist deities, and ...