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strengthen the eye muscles to improve vision.

Improve your vision naturally with a Tibetan Eye Chart

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minimum size of the letter that a person could see with a normal vision from six meters upto sixty meters is what the rows of letter correspond to.

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Paste or tape the paper on a wall at eye level.
The wall should be well-

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to be invented by
Tibetan Lama Monks
Page 19/31

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 Page 20/31

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
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found in Tibetan Buddhism, are not practiced in Shingon Buddhism, Nichiren **Buddhism Edit The** mandala in Nichiren Buddhism is a mojimandala (?????), which is a paper hanging scroll or wooden tablet whose inscription consists of Chinese characters and medieval-Sanskrit script representing elements of Page 30/31

the Buddha's enlightenment, protective Buddhist deities, and ...

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