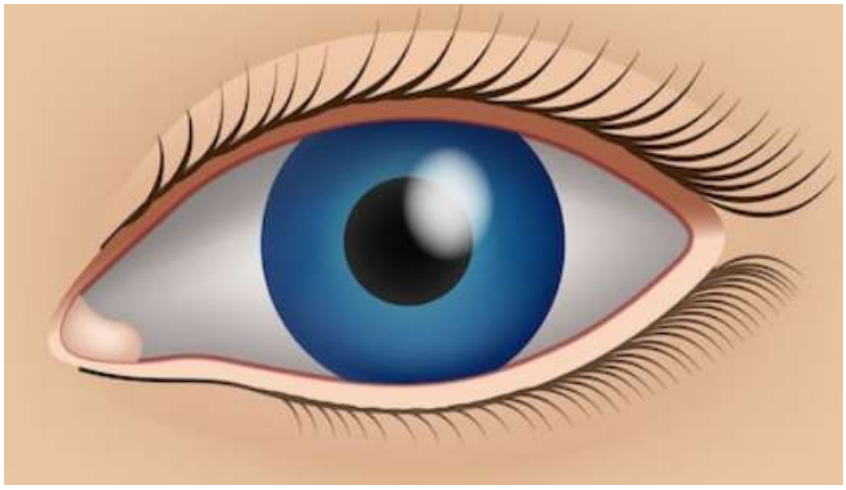
IRIDOLOGY

The science of reading the iris



IRIDOLOGY
LESSON #1

There are many versions of iridology out there. D. Rae has been teaching and practicing Iridology for over 35 years. Most of this information is based on Dr. Jenson's teachings.

Origin of Iridology

Apparently it started around Hippocrates time. They were at that time observing eyes for various reasons. And in 1670 it was discussed in Dr. Dresden's cromata medica about analyzing the eyes to find out what is happening in the body.

Later, in 1857: Dr. Ignaz von Peczely (19th century doctor) was a healer from a young age especially with animals. His pet owl broke its leg and he later noticed a mark in the owl's eye (about 6:00) and subsequently as it healed, the mark changed. Later he went into medical school and started noticing that people with kidney problems had a mark in a certain location, same was true with lung problems. He started recording and mapping this. Peczely has been given the title of being the Father of Iridology.

In another location, Lilequist went through the same. He had beautiful blue eyes and while an interim in medical school in India he came down with malaria and had to take large amounts of quinine. Taking large amounts of quinine stained the eyes greenish and he was shocked to see the difference but found everyone had the same reaction to quinine. He started noticing with his patients that different problems were reflected in different parts of the eye and so started mapping and recording them also.

Bernard Jensen (1908-2001) truly established iridology in North America and is often called the "father of American iridology". In 1941 he wrote the major test for Iridology and it is still being used today. There are many other great books also. The German system is also very interesting - you may want to explore it later. They have done much work with cadavers in the last 20 years determining correlation's between marks in the eye and health problems.

How Does Iridology work?

Theories:

A. Nerve Connection Theory. Because nerves go through various parts of the body and many go through the eyes. Actually 80% of the nerves in the body pass through the eye (or so we learn in Rayid). Terry Willard says that with what he knows about the human body, it is a bit overwhelming to consider the relay system which would need to be involved so he has discounted this theory in the whole, but it may apply in part.

B. Lymphatic System Theory. Information flows along the lymphatic system much like the nerves, however this is a one system so we do not give much credit to this theory.

C. Electro-magnetic Theory. This is the theory Terry Willard believes is closest to the truth and indeed we are finding the same.
To start with, we are a electro-magnetic field.

Example of an electro-magnetic field: If you take a magnet for the north pole and south pole and put a piece of glass over it and throw some iron filings over the glass, what would you see? We could predict the shape those files would land in but there is glass between the magnet and the files, so there is nothing from the magnet touching the files. Physics call this an electro-magnetic field and this field has a certain aura or shape and we can therefore determine where the files are going to land.

Our bodies are similar, but more complex. Each organ, gland, tissue, cell, has its own magnetic field or aura. Example of the kidneys:

> **the kidney resonates at a certain vibration. Whatever that vibration is will reflect the electro-magnetic field of the rest of the body. There will be specific ports of the body where the kidney energy is the strongest.**

The acupuncturist has been able to map these areas like rivers of energy, flowing around the body. These acupuncture meridians are being able to transfer information of electro-magnetic fields. We are dealing with energy levels of very complex organisms. These electro-magnetic fields change with our emotions, our excitement levels, our mental concepts, our physiology. It is like there is a mass of jello around us that moves with our moods, desires, feelings and physiology of our body. This continuous fluid of electro-magnetic field is not seen by us but happens to be able to transmit information to the various locations of the body. So all of the body knows what the rest of the body is doing at all times.

If we look at many of the arts like reflexology - hand or foot - iridology, aricular(ear) therapy, we notice that all of these are peripheral areas of the body or appendages of the body (even eyes are appendages of the brain). These electro-magnetic fields flow around similar to a river. If a river was dammed by a beaver, a little eddy forms and silt and leaves gather and then a little pond might form and become stagnant and breed algae, mosquitos etc. Mosquitoes are good because they clean up all the mess in the pond, like garbagemen.

Our body is similar in that our energy flows through various systems and if we have a clogging of the energy, we create a stagnant pool, and we'll attract parasites, bacteria and other organisms that will help us clean up those problems, but if we let them breed to a certain level, parts of their life cycle can be obnoxious and create a health problem of disease to us - a health problem that will bother us. It will show up as various stagnations or energy in various organs.

This information, being a level of non-health, will send information into the electro-magnetic field of the body which will be reflected back to the various peripheral points (feet, iris, etc).

If we have a flowing of every in a river that turns a corner, you will get a little more silt forming at that point on the inside where it forms, and it will be slower than on the outside of the river; if you are flowing water into an ocean, you create a delta, little islands because the junk being carried along the river will drop out there.

At an electro-magnetic level, the electro-magnetic energy is the weakest, the farthest from the source, so an example might be that the electro-magnetic fields that are flowing along through the legs from the kidneys are going to be weaker where they turn around at the peripheral area of the feet. The energy flowing through the eyes, also a peripheral area, will also be weaker there, so this electro-magnetic field will attract a little different phenomena for this area because of the weakness of the electro-magnetic field

We will find at this point, the greatest level of ambiguity or anomaly than anywhere else. This is what shows up the phenomena of the iris of the eye - as if there was a flow of energy that has a little bit of a problem or weakness and that is what iridology stems from: the iris vibrating in harmony with the various points on the body, reflecting the same things happening there. So if I have disharmony in the kidney of my body, the kidney zone in my iris will also have a disharmony at the same point. The left kidney will show up in the left iris, right kidney in the right iris.

WORKSHEET TO HELP YOU DEFINE

The left iris deals with the left side of the body. Unlike someone having a stroke which affects the opposite side. The nerves cross over twice at the back of the head/neck, so the left iris shows the left side of the body; the right iris shows the right side of the body.



If you are using another person to examine, remember their left side looks to you as their right side. You can also take a picture of your own eyes, put it on the computer to analyze, and also, we can provide you with some pictures of eyes to work with.

If you want to work 'live' on another person, you can use a little flashlight, and a magnifier to see what is going on. 6X is usually the magnifier of choice. When you shine the light into someones eyes, go in from the side so you don't irritate the person as much.

Most people these days are using cellphones to take pictures. If yours is decent, you can take a picture of the eyes, transfer it to a computer screen where you can work with it to your heart's content.

If you like, there are a few pictures shown here you can work with.

Start with the left iris – you can see from the iridology chart where everything is. And you can see from the Zone Chart where areas are.

Basically looking simply at the chart, it starts at the top, being the brain, and follows the body down as it does in real life, the lungs in the middle, and the feet and legs down at the bottom. Going from the inside (pupil), out, the zones reflect the deepest organs (stomach/bowel), out to the skin on the edge.

Zones:

The pupil is in the center.

1. **Zone One The circle around the pupil is the stomach and if it looks orangey, it is probably from drinking coffee, and it literally stained the iris. The left iris deals with the left side of the body, so this is the left part of the stomach.**
2. **Zone Two. The next area around the pupil is the intestines (colon). If you see it bend eg. 11 o'clock on the their right eye, 2 o'clock on their left eye, this is the flexure area where the intestines bend (right: hepatic/liver flexure; left: splenic/spleen flexure). Around the edge of the intestines is the autonomic nerve system.**
3. **Zone 3 is finds the heart, bronchial, pancreas, adrenal, pituitary, pineal, gallbladder.**
4. **Zone 4 is the prostate, uterus, skeleton.**
5. **Zone 5 finds the brain, lung, liver, spleen, kidneys, thyroid.**
6. **Zone 6 is the microcirculation: muscles, motor nerves, lymphatic, circulatory area.**
7. **Zone 7 is the outer edge is the skin area, also sensory nerves will show up in this area. The lymphatics are just below the skin, so they show up here.**

LOOKING AT THE IRIS AS A CLOCK

This is the easiest way to define where is what.

See the chart. The top of the chart is the head, the bottom is the feet and it flows down logically: Head/brain Eyes/ears Neck Shoulders Chest/Breast Spine Hips Legs/feet

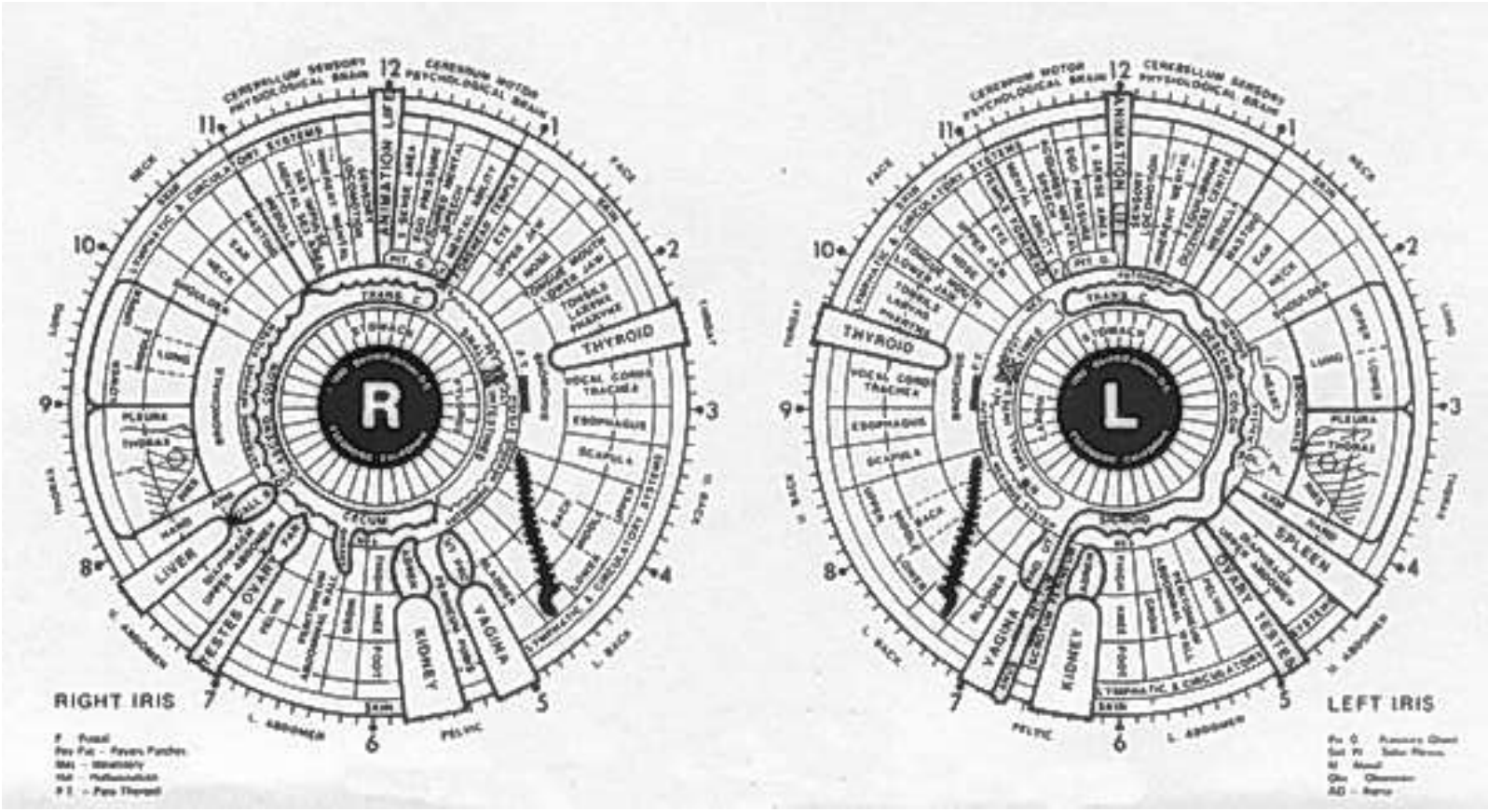
If you look at both eyes together, start on their right eye around 6:30 – that is the start of the large intestine(colon) where the cecum is, ascending to 10:30, where it bends (hepatic flexure) and travels across the eye, then it continues to the other left eye until it is around 1:30, bends again (splenic flexure) and goes down to 5pm where the sigmoid is and continues to 7 o'clock – the rectum.

The small intestine is located in the right eye from 1:30 to 6:30 and in the left eye it is from 7:00 to 10:50.

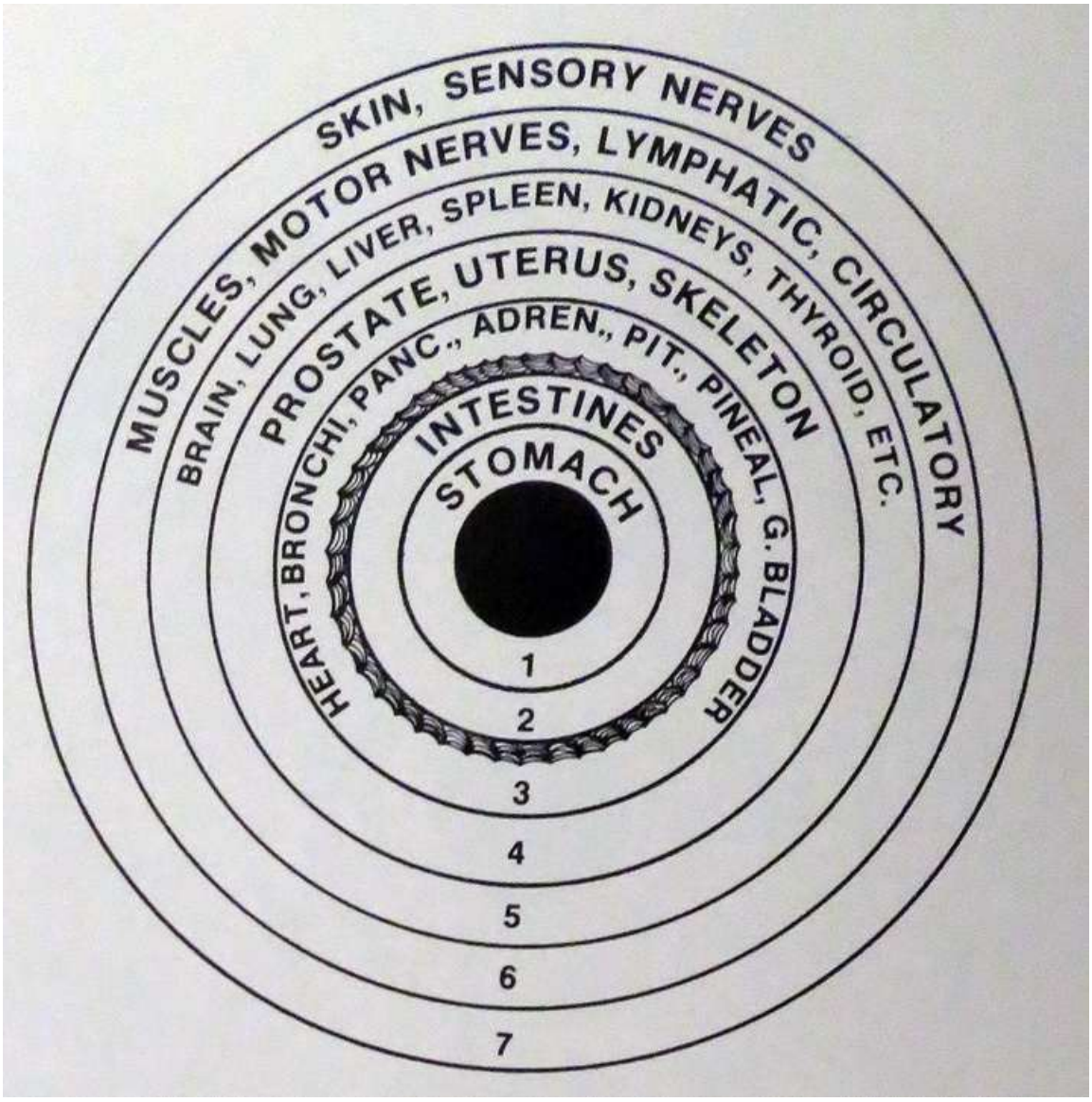
Familiarize yourself with where the organs are. The more you work with this, the easier it becomes.

The large areas like lung, liver, kidney, thyroid, ovary/testes spleen are called 'landmarks' because they command more space in the iris, giving you an idea of their importance. Look at the lung and see how much space it takes up – that will give you an idea of it's importance, energetically to the body.

See in the right eye, just a little protuberance off the bowel at the cecum is the appendix, not much energetically, and indeed we have learned we can live without one.


R
RIGHT IRIS
L
LEFT IRIS
THYROID
LIVER
KIDNEY
SPLEEN
VAGINA
OVARY TESTES
STOMACH
LUNG
PLEURA
THORAX
ESOPHAGUS
SCAPULA
PELVIC
L. ABDOMEN
L. BACK
R. BACK
CEREBRUM MOTOR PSYCHOLOGICAL BRAIN
CEREBELLUM SENSORY PHYSIOLOGICAL BRAIN

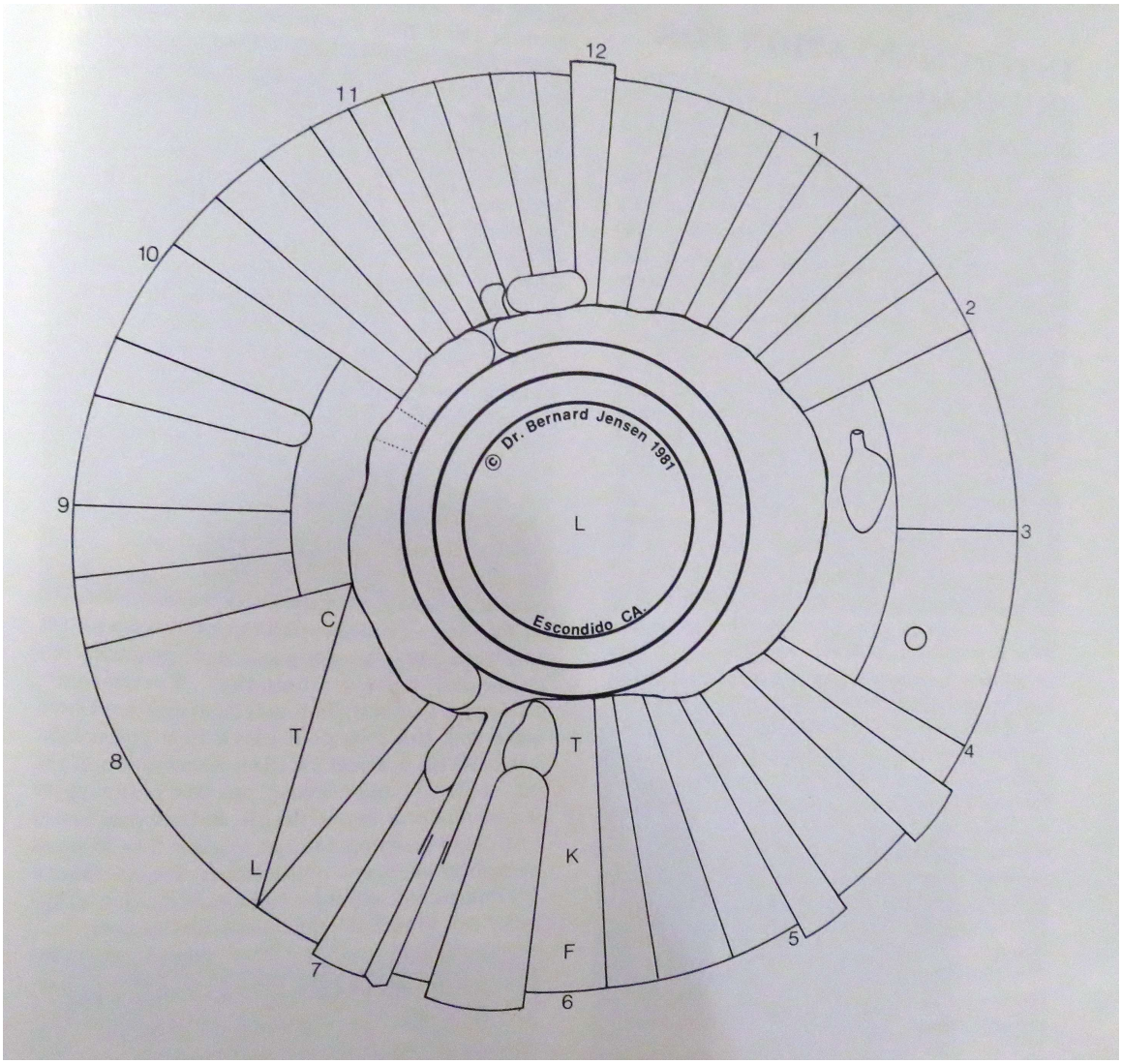
ZONES:


SKIN, SENSORY NERVES
MUSCLES, MOTOR NERVES, LYMPHATIC, CIRCULATORY
BRAIN, LUNG, LIVER, SPLEEN, KIDNEYS, THYROID, ETC.
PROSTATE, UTERUS, SKELETON
HEART, BRONCHI, PANC., ADREN., PIT., PINEAL, G. BLADDER
INTESTINES
STOMACH
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2
3
4
5
6
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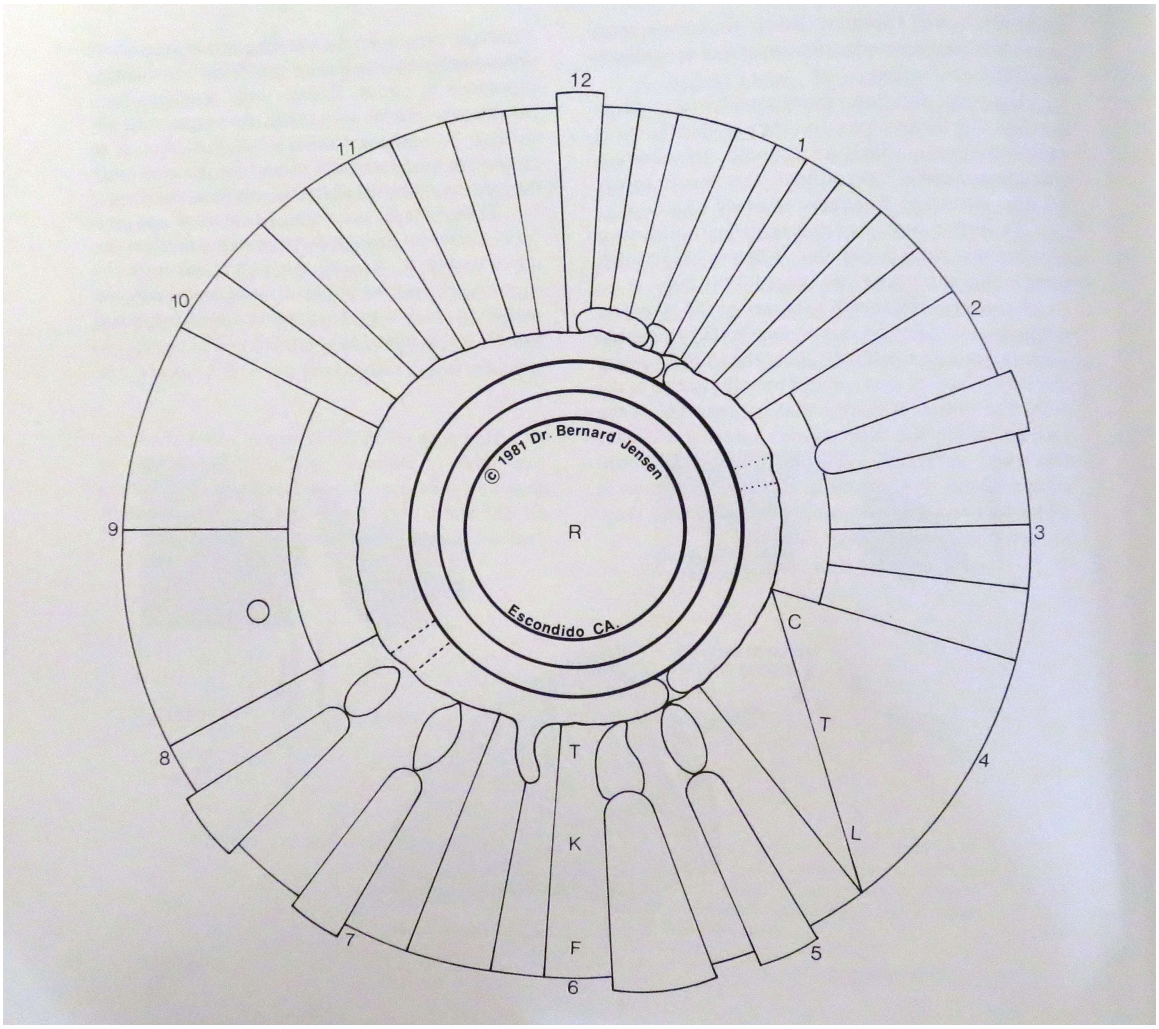
MAKE UP YOUR OWN CHARTS

LEFT EYE:

Here is a blank canvaas to use as a worksheet to help you learn. Start with the left iris, which is on the right side of the person when you are looking at him/her.



RIGHT EYE:



It is pretty much a mirror image (of course the numbers don't match up). There are exceptions.