LESSON 11
RAYID

"We are human beings, not human doers"

Rayid is a unique system for identifying behavioral, communication and relationship patterns according to the structural constitution of the iris of the eye. Denny Johnson of Colorado was the initiator of Rayid around 1978. He now deals mostly with children, doesn't teach.

Throughout the ages, the eyes have been known as the windows to the soul, and modern behavioral research is proving this adage to be true. If you look closely at the iris of the eye, you will notice small, dark dots, light streaks or rounded openings in the fibers. These characteristics provide the key to unlocking the mysteries of the personality. The types of markings, their precise location, and variations between the left and right eye are directly correlated with different personality traits.

Rayid is a simple, objective and verifiable system. It is easily learned. No special talent is required to determine an individual's personality type.

When we studied Rayid in the early 1990's it was promoted as a tool to help with iridology in finding solutions to peoples weaknesses and illnesses. It deals with the personality of the individual as defined by the individual iris. Rayid moved beyond conventional methods allowing us to gain invaluable insights into our behaviors, family dynamics, and the world around us.

This holistic approach provides unparalleled support for individuals on their path to self-discovery, ultimately contributing to the overall elevation of humanity. These days it has progressed to a tool of self understanding for those embarking on a spiritual journey.

Why does it work? One reason is that 49% of the cranial nerves go through the eyes!

Rayid looks at the eyes to reveal the personality of the person. This can help when trying to decide how to help the person heal.

Does the left eye show more problems than the right side? Most likely, they are having multiple issues on the left side. Same if we see lots of lacunas and psoras in the right eye – most likely having most of their issues on the right side of the body.

Temperate Rings:

1. **Outside edge of iris**
- **PHYSICAL**
- **Ring of Purpose**
- **blue or dark ring at edge of the iris**
- **if dark ring, need for physical work**
- **this person is here for a special purpose, it is physical and can be entered through the physical body, not through words.**

- **indicates special role, diligence, confidence. The negative is the person may be indecisive.**
- **Constantly searching diligently for their mission in life, capable of anything.**
- **If can't figure out what to do they can become indecisive and stagnant.**

2. **Middle ring**
- **EMOTIONAL**
- **Ring of Decisiveness**
- **This is located in the physical zone/lymphatic zone**
- **This person you can trust with decisions, they are certain, confident, committed. On their negative side, is the person's inflexibility and fear of change.**

3. **Next to the Pupil**
- **MENTAL**
- **Ring of Harmony**
- **Located in Lymphatic Zone**
- **If there is a lymphatic rosary, little white and/or yellow dots or beads around this area, it indicates person wants peace and harmony around them**
- **self denial and unvocalized expectations of others can result in cynicism, disappointment and isolation**
- **if there, they see peace, influence, and have a need for harmony, the negative side is the person compromises too much and may be bitter**
- **singing and laughter help**

4. **The Pupil**
- **ESSENCE**
- **Ring of Expression**
- **Autonomic Nerve Wreath**
- **high ideal about social and environmental issues**
- **When totally absent, you have an introverted person, they suck in everything and must feel at gut level, they only feel what they think, dominate person is outward or inward flowing tendencies (introverted or extroverted), may be passionate. Negative tendency that they can develop is taming and passion.**

5. **Stress Rings**
- **Rings of Accomplishment**
- **often seen in streams**
- **reflects person under pressure and struggling, pushing to accomplish without feeling need to play a bit, relax, biofeedback may help**
- **constant anxiousness**
- **perpetual struggle internally, under pressure, anxious and overstimulated. May lack sensitivity.**
- **questions you may ask: Do you consider yourself sensitive? Do you find by bedtime you are over stimulated? Do you find you push yourself too hard? Are ;you a goal oriented person?**
- **Need to learn flexibility**

6. **Around Pupil itself**
- **Ring of Perfection**
- **Indicates skillfulness, perfectionism**
- **Person is hard on self, a driven person, must do everything right, over-focused.**

7. **Sodium/Calcium Ring around edge of iris**
- **Ring of Determination**
- **Determined decisive nature**
- **They have strong opinions, very clear about what they believe and the skills to accomplish**
- **single minded**
- **they learn flexibility and acceptance by developing inner spiritual strength**

RAYID TYPES:

Rayid teaches that the neurogenic (uniform fiber structure in the iris) or pure lymphatic type eye is referred to as a "STREAM". They are very sensitive which can be a great attribute but also could be harmful if carried too far.

Polyglandular eye type is referred to as "FLOWERS" in Rayid - very emotional, feeling-oriented and spontaneously expressive type people.

The opposite of flowers are the "JEWELS" (dot like pigments or psoras). They are more crystalized, intellectual, controlled. They are analytical, relate best to flowers, their opposite.

Those with both jewels and flowers in the iris (SHAKERS) tend to be dynamic, progressive, even extremist in nature. These are rare and we had trouble finding examples for this lesson.

The structure of the iris is a reflection of the individual's life potential, revealing character strengths, as well as aspects of the personality that are underdeveloped. Rayid uses the iris of the eye to affirm and strengthen the innate character of the individual.

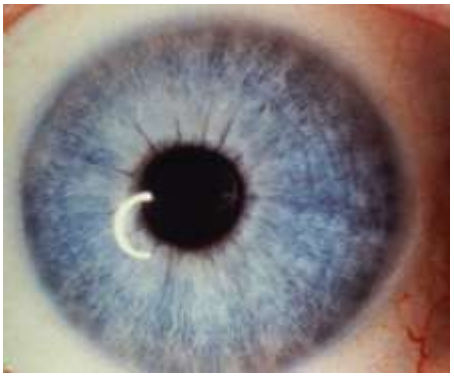
It is very powerful to be able to tell the emotional, spiritual and mental needs of these people.

We can also see the introvert and extrovert. A spastic tight bowel (large intestine) shows an introvert. A ballooned large intestine shows an extrovert. If we have a spastic colon with a yellow toxin coming out of the large intestine area it indicates an introvert that has gone extrovert. If we see more toxins on the inside that on the outside, it is an extrovert that has become introverted. This will help you determine how you express things to them.

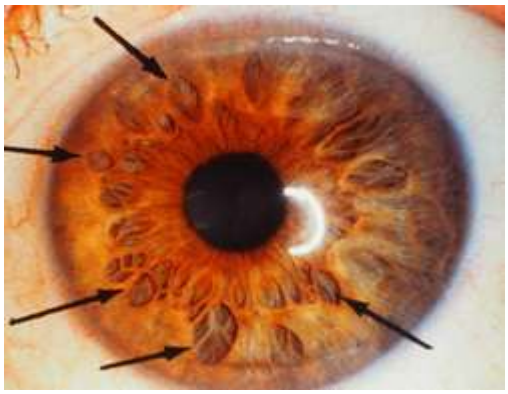


Streams





FLOWERS





JEWELS





SHAKERS

Types

STREAMS:

- **This is called the kinesthetic type, metaphorically referred to as a Stream. The iris of a Stream has a uniform fiber structure radiating out from the pupil, with only subtle variations or streaks of color. At first glance, Stream irises appear to have the fewest features of all iris structures, and it can take a little while before the Rayid student can easily discern all of the characteristics in a Stream eye.**
- **Streams are the fabric that holds the world together. You are intuitive, grounded and amiable. A physical person, you perceive and integrate life through the sensory experience of your body. You subconsciously learn best when given the opportunity to experience your lessons, through movement or by doing. You also learn easily from teachers who alternate between verbal and visual instructions. You communicate by posture and by touch, or with delicately controlled gestures.**
- **You are physically, mentally and intuitively sensitive. Automatically receptive to everything, your body acts as a receptacle for all that happens around you. Imagine Streams as having thousands of cat-like whiskers dangling in all directions. The slightest change or incident is immediately felt by you. Embodying the sensitivity of both the Jewel and the Flower natures, you are like a walking radar, always being "touched" by things around you. Although you have a heightened sensitivity, you tend to control your subtle physical reactions to life through stillness. Your sensitivity is both a gift and a challenge.**
- **With true empathy, you tend to nurture and balance others, mediating and balancing the extremes in society. Your subtle sensitivity gives you the capability to communicate with both Flowers and Jewels, increasing your mediating abilities. Slow to change, you like to do things in a group and to make decisions by committee. You are true visionary implementers, making things happen, getting the job done. Endowed with abundant physical energy and social skills, you are naturals in athletics, dance, health care, social work and public service.**
- **Stream bodies become living pipelines of natural vitality as the energy of life pulses in and out of you. This makes you physically some of the most attractive people, and the uninhibited transfer of energy between people creates mental, physical and spiritual wellbeing in those around you. Streams provide the pathway-for this essential nourishment to flow without you, the rest of humanity would wither and die.**
- **These kinesthetic types provide a sense of belonging, a sense of nurturing, a sense of motherhood. Your presence evokes the feeling of being held or cuddled. When a Stream feels he belongs, everyone around him experiences a sense of relaxation. If Streams become fearful or reactive, your attentions can become overprotective, even stifling, instead of comfortably containing. When you me neurotic, you won't let go. Your sense of being connected with people can lead to confusion about your own self-worth or purpose in life and, when excessively sensitive, you can easily end up feeling hopelessly overwhelmed. When you are balanced in yourselves, you bring a sense of integrity, stability and balance to any social situation.**
- **By accepting the perfection in life and in yourself, Streams learn to touch others without taking on unnecessary burdens. Practicing perfect stillness heightens your kinesthetic sensitivity and allows the energy that is stored within you to be released. Channeling this energy into work allows Streams to realize your greatest potential.**

- **Needing expansiveness, Streams are attracted to Shakers for long-term relationships. Your stabilizing influence helps to balance the radical nature the Shaker.**
- **Pure Stream structures account for about 15% of the population, and your eyes can initially be more of a challenge to interpret than other structures. If there are no distinct flowers or jewels in the eyes, the individual traits can be more difficult to pick out, and the overall iris structure can be more difficult to classify (see Combination Structure section). In Streams, positional characteristics are represented by any type of irregularity within the iris structure. Soft patches of color, dense concentrations of fiber or a markedly raised single fiber is indicative of Jewels a noticeable absence of fiber in a particular area indicates Floweriness. A slight characteristic in a Stream iris can be as emotionally or physically significant as a very large characteristic in a Jewel or Flower iris, but the subtle variations in the fibers can be difficult to see without good lighting or photography. Dark eyes compound difficulty.**

Summary of Stream Characteristics

Iris Type:	**Stream**
Iris traits:	**Straight lines or streaks of colour**
Personality:	**Amiable, intuitive, sensitive, grounded**
Essence/Unique gift:	**Stillness, connectedness, mediator**
Gestures/Postures:	**Subtle**
Perspective:	**We (3rd person)**
Gifts/Skills:	**Balance and stability, empathy, support, integration**
Lessons:	**Trust, release, find purpose**
Learning (subconscious)	**Experiential, by doing**
Communication (conscious)	**By touch and posture**
Family relationships:	**Depends on secondary structure**
Mate relationships:	**Shaker**
Activities/Disposition:	**Physically active, attentively concerned**
Energy pattern/Direction:	**Connecting and containing, directed downward (grounding)**
Sleep:	**Depends on secondary structure**
Fear:	**Change, initiation, mistakes, hurting others or being hurt**
Adaptation:	**Ungrounded**
Stress imbalance:	**Acquiescent, stymied, helpless**

TRANSFORMATIONAL PATHWAY

Positive expression:	**Support, serve, balance**
If blocked are:	**Blocked, indecisive**
If you learn to:	**Initiate, act, move give. You experience nurturing, unification and achieve a state of belonging, stillness.**

THEY ARE:

- **Kinesthetic type "feeling, sensitive type"**
- **flowing, consistent, even, calm**
- **tendency to believe that everything is their body**
- **they live by physical contact with objective reality**
- **they are like a walking "satellite" dish, sensing movement, sensing people. This can be a curse because they feel others pain.**
- **they are "get on with it" people**
- **they are stable and want stability**
- **they are supportive and with true empathy create group cohesiveness, tending to serve and balance others.**

- **They tend to mediate, so are best in supportive roles. They are there for you, being supportive, serving, balancing.**
- **they are amiable people; they initiate, act and give.**
- **when they are blocked, they can be indecisive**
- **they make good moderators and spokespersons because they don't get swayed easily**
- **they are nurturing, unifying, good in group dynamics**
- **they communicate by body posture (touch and movement)**
- **they are naturals in athletics, dance, health care, public service**
- **they learn auditorily, visually, and by imitation**
- **they also learn best by experience**
- **they are receptive to most things**
- **they might look like they are sitting still but they are vibrating on the inside**
- **their sensitivity is a challenge and a gift**
- **they are usually attractive people with a good physical constitution**
- **they are affected by physical disturbances**
- **they need to be touched occasionally, connect with the person which sets up a vibrational connection**
- **get them involved in feeling who they are eg. shiatsu, reflexology**
- **give them lots of time to feel what they hear**
- **they need to chew their food well**
- **they can be "middle of road" style – commitment**
- **because they need expansiveness, they attract Shakers.**
- **their lesson in life is to learn to release and to develop a purpose.**
- **the colour to help balance them is Green**
- **they also benefit greatly from aromatherapy, vibrational therapy, should surround themselves in white light**

FLOWERS

- **Distinctly curved or rounded openings in the fibers of the iris indicate an emotional type of person. These openings, which look as if the light colored iris fibers have round holes within them, are called flowers, and we refer to the emotional type of person as a Flower. Feeling-oriented, they experience life through the sensitivities of the heart, with automatic emotional reactions to events.**
- **Emotional types take life in auditorily, through sounds. They are fond of listening to music and learn most quickly when given specific auditory instructions. They communicate with imagery, emotions and gestures, and are generally animated and expressive, although introverted Flowers can be very soft and slow in social situations. When extroverted, these showy, demonstrative people use their bodies as active displays of their emotions. They can be sexy and flirtatious at a moment's notice, and then just as quickly can change their minds and move on to something else. Change is the hallmark of Flower personalities.**
- **Flexible, spontaneous and changeable, they flow easily with social situations. Flowers are just as strong as Jewels, but express their strength in less direct ways. Exuding passion, fire and grace, Flowers generate excitement in others simply by their presence. They enjoy being on display, or even on stage, with the whole world as their audience. Overflowing with creative ideas, Flowers excel as artists, entertainers, musicians, inventors and engineers. Quick to embrace new concepts, they add vitality to any project, but may fail to see it through to completion. Living for the moment, their interest and enthusiasm often doesn't last their passion for experiencing life and tendency to overcommit can exhaust their energies.**
- **Flowers like to be organized, but have difficulty sticking with any system for long. They tend to try out a new system for a while, believing it will improve their lives, then lose interest and go on to something else.**
- **The great gift of the Flower is silent peace, expansiveness and a feeling of agelessness. When in balance, they are like a cool, quiet mountain lake. But when that mountain lake gets disturbed, it becomes reactive and muddy. When something goes wrong, Flowers easily become angry, blaming anyone but themselves for their misfortune. If they do blame themselves, however, they get depressed. Flowers are often in their minds, though unaware of it; when they get back into their bodies, they can experience ecstasy. When expressing their inner nature, they are poised and open, and contribute quiet calm to any social situation.**
- **Flowers need to learn to trust themselves and their own abilities, and to accept responsibility for events. In order to fulfill their desires and success, Flowers must learn to focus their energies.**
- **Needing control, emotional types are attracted to mental types for long term relationships. This particular combination of opposite temperaments produces relationships that are sometimes spectacular to watch.**
- **Flowers usually prefer to be closer to the father in childhood, or to an older brother, and often have emotional issues or problems with the mother or a sister. However, their fathers are often not there for them. With most Flowers, there is a characteristic pattern of mother separation, a feeling of abandonment and anger. Superficially, Flowers seem to have no one, while Jewels have everyone. Pushed away from mother, with a father who was never really available, and with a more covert personality, the typical Flower can have a more difficult relating.**
- **The conscious fear of the Flower is a fear of being controlled. This may manifest as a fear of drowning, of suffocation or dying of thirst. Flowers never feel complete, and usually have a profound sense of aloneness. They feel as if have been cut off from the source and experience this as a form of grief.**

- **In Flowers, the meridian running up the back of the body tends to be weak, while the meridian running up the front is strong. They therefore tend to have problems with the back, neck, heart, gallbladder and kidneys, and enjoy having the neck, back and sometimes shoulders rubbed. Flowers also tend to burn themselves out and need periods of rest to overcome their self-induced states of exhaustion and depression. When they do take the time to be still, a kaleidoscope of inner passions fills their minds and they once again bubble forth with a newly discovered wave of enthusiasm. A denial of feeling in Flowers can create a physical hardening of the body, with associated tension, headaches and migraines.**
- **About 10% of people have a pure Flower pattern. You will find 85% of all flowers in the mother eye (the left eye). The greater the number of flowers and the more rounded they are, the more spontaneous and emotional the individual's behavior is.**

Summary of Flower Characteristics

Iris Type:	**flower**
Iris traits:	**curved or rounded openings**
Personality:	**Emotional, feeling, expressive, changeable**
Essence/Unique gift:	**Spatial, peaceful**
Gestures:	**Spontaneous, animated**
Perspective:	**You (second person)**
Gifts/Skills:	**Joy, vision, sociability**
Lessons:	**Trust themselves, self-control, poise, focus and direct**
Learning (subconscious)	**Auditory**
Communication (conscious):	**Visual, using images and gestures**
Family relationships:	**Closer to father/brother, if problems, more likely with mother/sister**
Mate relationships:	**Jewel**
Activities/Disposition:	**Music-lovers, romantic**
Energy pattern/Direction:	**Release energy, around**
Physical characteristics:	**Rounder face, hot or even sweaty hands**
Interruptive pattern:	**Develop a blank stare, interrupt by dispersal of energy**
Sleep:	**Primarily on their right side, with partner on their left**
Fears:	**Abandonment separation, being controlled, suffocation**
Adaptation:	**Detailed, controlling**
Stress imbalance:	**Angry, depressed, blaming**

TRANSFORMATIONAL PATHWAY:

Positive expression:	**Open soothing, quiet**
If blocked, they tend to be:	**Angry, depressed, blaming**
If they learn to:	**Accept, clarify, be self-responsible they experience certainty, joy they can achieve a state of peace, warmth**

THEY ARE:

- **emotional types**
- **the iris has curved or rounded openings like petals**
- **flowers come from the father**
- **they are feeling oriented**
- **they communicate primarily visually with images however they learn auditorily**
- **they are visual and visually are spontaneous in expression**
- **they are enthusiastic and bring joy and vitality**
- **they are flexible, spontaneous, changeable, emotionally unpredictable**
- **they like being on display**

- **they flow easily in social situations, are animated (talk with their hands), expressive, generate excitement**
- **they live for the moment and their enthusiasm may be short lived**
- **they release vitality**
- **they excel as artists, musicians, engineers**
- **their emotional nature can lead to sickness**
- **when their expression is stifled, it leads to anger, depression**
- **they may often say "let me read about that"**
- **they need peace and warmth**
- **they need control so they are attracted to Jewels (mental)**
- **their lesson in life is to learn self-control, and get direction**
- **their colour for balance is orange**
- **if the flowers are closed, it indicates more withheld motion. Usually closed more in the mental zone, next to the pupil, and open more in the physical zone.**
- **if flowers occur in mental area (next to pupil):**
  - **more mental instability**
  - **has difficulty with mental work**
  - **volatile**
  - **mental discipline needed like yoga, Qi Gong**
  - **needs to ground to will have trouble working with people**
  - **mental intensity**
  - **music to integrate energy**
  - **therapy is fishing, walking, playing with children,relaxing, meditation**

JEWELS

The presence of color flecks in the iris indicates a thinking-oriented, analytical person. These color spots, which can be range from yellow to red to brown, are referred to as jewels, and this mental type of person is referred to as a Jewel. Mental types direct their perceptions and feelings through internal thought and analysis. Every person thinks, and every person analyzes, but for Jewels these are recognizably their dominant personality characteristics.

Brown or gold flecks in an iris also indicate that the person has a tendency to take information in visually. This is the Jewel's primary mode of learning. Jewels like to watch, read and observe. They take information in through their eyes, process it, categorize it, name it, think of it and then explain it verbally. They are usually precise, verbal communicators. In other words, Jewels respond well to visual impression, while being adept at verbal (auditory) expression. The Jewel temperament is perceptive and inquisitive. Introverted (inner-directed) Jewels can be quite withdrawn, while the extroverted (outer-directed) Jewel is more focused on external details. With a one-pointed, intense nature, the Jewel mind can enter the minute corners of human imagination, or spend hours examining the colors of a butterfly's wing. They love detail.

Jewels tend to control themselves, situations and other people. They like to tell people what to do. They generally show little emotion and use few, pointed gestures. Analysis and feeling are superficially mutually exclusive: Jewels are overtly very analytical and their feelings, which are actually as deep as anyone's, are hidden away rather than being on display. At times, their self-control and mental capabilities can give them the appearance of being aloof or self-righteous. Jewels seek freedom, and resent being controlled themselves. Some Jewels don't even like to wear seat-belts, because they don't like the feeling of constriction. They tend to find their freedom in abstract thinking, experiencing material reality as a prison. They abhor systems and organized structure for similar reasons (unless they themselves have created them), and have a tendency to uproot structures. They usually have a great need to be right, to interrupt and to have the final word, even to the point where they need to have the last word when saying goodbye.

Often intense, these deliberate, quietly driven people enjoy setting and attaining goals. Although they can sometimes be slow to accept new ideas they often end up leading the way once they have thoroughly analyzed the possibilities. Their excellent speaking abilities endow them with traits of persuasion and inspiration. Future oriented, with well-defined views, an attention to detail and a commanding presence, they excel as leaders, critics, teachers and scientists. Jewels are overtly quite interesting and active, and so find it superficially easier to relate to other people than do Flowers. When balanced, the mental types can contribute great clarity and wisdom to a social or work situation.

When they are very balanced, they are clear without the need for analysis, and that is the inner knowing. When they are out of balance, their thoughts start to become scattered, they become insatiably analytical and questioning, and their attention to detail can prove stifling to the realization of their highest potential.

Learning to flow with situations and to trust other people enables Jewels to better express their feelings and helps them to attain their long-term goals. Jewels who have gone too far mental can regain balance by returning to the heart.
Needing release, or someone to listen, Jewels attract emotional types for long-term relationships. But although they may desperately want to have a relationship with someone

who is emotional, the Flowers they attract are inevitably slower in expression; the Jewels end up either verbally or physically interrupting them all the time, creating tension in the partnership.

Jewels are usually closer to the mother in childhood, or to an older sister, and tend to have emotional issues or problems with the father or a brother.

The conscious fears of the Jewel are a fear of criticism and a fear of losing control (or freedom). This stems partly from an uncomfortableness with their own vulnerability. They are attracted to intimacy but they also fear it. They are particularly attracted to the unknown but are afraid of actually experiencing it. Jewels tend to go looking for the experience of opening, but will stay closed to the experience while trying to have it.

Jewels tend to cling to things and ideas. In a positive expression they are good collectors, classifiers, and organizers, but when out of balance often have difficulty in letting go of old feelings, attitudes, and habits. The acquisitiveness of a Jewel includes a tendency to take on responsibilities. This is a yin, contractive, holding-on-to personality.

There is some correlation between the ancient Chinese system of acupuncture and Rayid iris types. In Jewels, the governing meridian running up the back of the body is usually quite strong, while the female meridian, running up the front, is weak. So where do Jewels have most of their physical problems? In front, with such organs as the spleen, liver and pancreas. A denial of feeling in Jewels tends to create a soft, almost flaccid body, and an inner hardening with associated digestive problems. While everyone is either a Jewel or a Flower (see Combination Structures), only about 10% of people have this pattern in its archetypal form.

Summary of Jewel Characteristics

Iris Traits:	**Colour flecks**
Personality:	**Thinking, analytical, verbal, slow to changeable**
Essence/Unique gift:	**Clear, knowing**
Gestures/Postures:	**Controlled, pointed**
Perspective:	**1 (1st person)**
Gifts/Skills:	**Leadership, attention to detail, clarity**
Lessons:	**Trust others, delegate, integrate, flow**
Learning (subconascious):	**Visual and by association with emotions**
Communication (conscious):	**Verbal using sounds and words**
Family relationships:	**Closer to mother/sister in childhood, problems with father/brother**
Mate relationships:	**Flowers are best**
Activities/Disposition:	**Star Trek fans, future-oriented**
Energy pattern/Direction:	**Build energy, direct it forward**
Physical characteristics:	**Sharp bone structure in face, cold hands**
Interruptive pattern:	**Verbal overanalysis, jittery hands/feet, abrupt body movements.**
Sleep:	**Primarily on left side with partner on their right.**
Fears:	**Letting go, criticism, intimacy the unknown**
Adaptation:	**Emotional, spacey, forgetful**
Stress imbalance:	**Anxious, frustrated, avoiding, loss of confidence**

TRANSFORMATIONAL PATHWAY

Positive expression	**Control, focus, analyze, plan**
If blocked, they are	**Opinionated, interruptive, avoiding**
If they learn to	**Allow, flow, open, they experience feeling, silence and achieve the desired state of knowing, truth**

THEY ARE:

- **mental type**
- **dot like pigments on the iris – like little psoras**
- **jewels are the dominate type and that comes from the mother's side**
- **they can also show as white spikes in the auto. wreath area.**
- **they are into control, restrictiveness is part of their being**
- **tightness, narrow perception because too analytical on one point**
- **tightening of the feeling sense**
- **thinking, analytic, verbal, intellectual person who tends to control self, situations and others**
- **precise verbal communicators, showing little emotion and using few gestures**
- **they are slow to change**
- **they often interrupt a lot because they are always thinking**
- **often intense, deliberate, quietly driven people who enjoy pursuing goals**
- **they think consciously before being involved and process information more deliberately**
- **they combine well defined views, attention to detail, commanding presence and excel as leaders, teachers, scientists**
- **life is a chess game requiring careful strategizing**
- **when skills suppressed inside, they exhibit frustration and anxiety**
- **they are capable of avoiding and withdrawing**
- **they are independent and slow to change**
- **they often draw back and observe**
- **they appear to stand still, wasting few emotions, emotionally reactive**
- **they gain security by preparation**
- **they resist sickness**
- **they learn visually**
- **they attract emotional (flower) types for long term relationships who help them open, allow, feel, surrender and experience feeling rather than analysis**
- **they communicate audibly well.**
- **they often need a fantasy when having sex, need to bring feeling down into root chakra. Animal food pulls you down into the root chakra.**
- **they must learn stillness and not be allowed to move, touch hands, grunt, playing with beard etc.**
- **their lesson is to respond more openly and immediately to the flow of life and to trust others**
- **their colours for balance are violet and blue**

SHAKERS

Eyes that have both dot-like pigments and rounded openings indicate an extremist (Shaker) type of personality. Embodying the forces of attraction and repulsion, representing everything that moves, Shakers are highly motivated, dynamic and expressive. These radical, action-oriented people frequently venture beyond the limits of conventional thought and norms. They possess a bulldog-like tenacity that drives them to press on against all odds. Pioneering types, typically at the forefront of change and innovation, Shakers challenge life with abandon and zeal. Acting as the conscience of society, they often stand alone, sometimes attracting ridicule from their peers. Pure Shaker structures make up about 15% of the population.

With elements of both the Jewel and the Flower in their makeup, Shakers unify mental and emotional personality characteristics. They make decisions faster than a Jewel and stay with that decision longer than a Flower. Shakers learn best physically, while in motion (through the movement of their bodies) or by being touched. They have a strong intuitive sense and can learn through it, too. They communicate primarily by movement and gesture. They usually have a strong affinity for nature and the outdoors, where the physical connection with their environment increases their intuitive intake.

Shakers are the embodiment of ecstasy, joy and thankfulness, bringing feelings of exhilaration and excitement to any project they are involved in. People initially attracted to Shakers because of their energy and conviction but they can be difficult to relate to because they are always in motion and frequently changing their focus. Adventurous and frequently devoted to a cause, Shakers excel as inventors, motivators and explorers.

As children, Shakers often prove to be quite a handful for their parents. Their extreme natures can make them difficult to teach or direct. They dislike confinement and resent any form of systematic control. They prefer to be physically active, which is good because they need to develop their bodies. If they develop a sense of concern for their families and the community at large, and learn to channel their energy, Shakers have the potential to create new and lasting changes in society.

Shakers know where they're going or, at least, they think they know where they're going - and they can be inspiring leaders and motivators, eliciting one's conscience about a cause or bringing a sense of purpose to a project. Results oriented, they are also prone to impatience they don't understand anything less than total commitment and find partial or half-hearted commitment a project irritating.

Shakers are the people who say, "Enough of the planning, let's go! Let's get up and do." Driven to achieve, yet sometimes ungrounded, Shakers can experience cycles of great success and failure that exhaust their physical strength. They push themselves to the limit, typically with a complete disregard for their own bodies. When they are ungrounded, they can bring the whole group down through their recklessness, so they need to learn to plan. Their task in society is to expand the limits of humanity's self- imposed barriers and to pierce the shield of traditional values. Shakers are the tip of the spear.

When they get too excited, Shakers easily become scattered, which is when their intense energy can turn back on itself. They can become self- destructive, with a tendency to addiction, and their enthusiasm and desire to change the world can become obsessive, to the point where they start using blame to motivate people. Shakers rarely take a neutral stance on any prone to being unfair and can be downright rude to anyone who disagrees with them. When unbalanced, their leadership potential can become subverted to lesser ends and they can turn out to be tyrants and ruthless dictators instead of inspiring and charismatic leaders.

When they can allow themselves to be still, to feel the integrity of who they are, Shakers can bring the experience of wakefulness, joy and thankfulness to any group. Learning moderation and consistency enables the Shaker to manifest change with stability.

Needing equilibrium in their lives, Shakers are attracted to kinesthetic (Stream) types for long-term relationships. Idealistic about romance, Shakers nonetheless place their life goals; uppermost on their list of priorities and want their partners to be supportive of those goals; they mates who are prepared to follow them on their sometimes precarious paths through life. Their perfectionism and demanding nature can make them quite a challenge as long-term partners.

Summary of Shaker Characteristics:

Iris Type:	**Shaker**
Iris Traits:	**Dot-like pigments and rounded openings**
Personality:	**Driven, progressive, in motion, unpredictable, extreme**
Essence/Unique gift:	**Vitality, joy**
Gestures/Postures:	**Dynamic**
Perspective:	**They (4th person)**
Gifts/Skills:	**Motivation, originality, zeal, achievement**
Lessons:	**Consistency, moderation stability, trust the physical body**
Learning (subconscious)	**Through body experience/motion/intuitive feeling**
Communication (conscious)	**Alternating or unified (visual and verbal)**
Family relationships:	**Depends on secondary structure**
Mate relationships:	**Stream**
Actvities/Disposition:	**Travel and/or fighting for causes, enthusiastic, impatient**
Energy pattern/Direction:	**Moves energy up and out**
Sleep:	**Depends on secondary structure**
Fears:	**Failure, being controlled, intimacy**
Adaptation:	**I Inactive**
Stress imbalance:	**Autocratic**

TRANSFORMATIONAL PATHWAY:

Positive expression:	**Drive, motivate**
If blocked, they are	**Reckless, isolated**
If they learn to	**Plan, join, connect, they experience change, sense of purpose and achieve a state of conscience, aliveness.**

THEY ARE:

- **extremist type**
- **both dot like pigments and rounded flower openings**
- **they unify mental and emotional traits and communication modes**
- **they are dynamic, progressive, unconventional in thought and action, at the forefront of change and challenge life with abandon and zeal, often drawing ridicule**
- **they break away from the normal way of doing things**
- **they like pushing to the edge**
- **they are driving, unconventional**
- **they often have mood swings**
- **they can be reckless and isolated**
- **they often why others are not keeping up with them**
- **dynamic progressive people on the edge of change**
- **they are driven to achieve, yet ungrounded they go through cycles of success and failure**
- **they often are devoted to cause and adventure**
- **they excel as innovators, motivators, explorers**
- **they are most original of the types, but need grounding otherwise it can be destructive**
- **they are the pioneers, motivators and resourceful people**

- **they learn through touch and movement but they are difficult to teach or control the tenacity. Learning is in moderation. They learn best while in motion.**
- **they are intuitive to emotions**
- **they make faster decisions than jewels and stay longer than flowers**
- **they want support and equilibrium and therefore are attracted to the stream/feeling type for long-term relationships**
- **they need to plan, join, connect**
- **their lesson in life is to create stability**
- **their colour for balance is blue**
- **questions you may ask: "Do you like taking risks?", "Are you happy with the goals set in your career?", "where do you find your biggest challenge?"**

Combinations:

Shaker /Jewel (mostly shaker)

- **extremist, attracted to streams**
- **tenacious, strong willed, self-reliant**
- **good communicators, leaders**
- **right side dominant**
- **philosophical, spirited**
- **need to learn to be practical and focused**

Shaker/Flower (mostly shaker)

- **extremist**
- **you may ask "Is it easy to express your emotions?"**

Flower/jewel combination, mostly flower

Jewel/flower combination, mostly jewel