

“...In the immediate future, when our planetary life is somewhat calmer, the whole subject of vision and registration by the eye of the inner worlds will receive an enormous impetus; and conditions -- hitherto undreamed of -- will be revealed. Man will enter into a new life and a higher era of understanding. The teachings concerning the iris of the eye is an indication of this...”--Alice Bailey, Esoteric Healing, 1958

The Story in Your Eyes ...

a close-up look at Iris Analysis

Forty years ago Alice Bailey predicted that valuable information would be discovered to be in the iris. Today this has proved true, as the ancient study of iris diagnosis has once again come alive. Iridology is the study of the iris structure, fibers, and pigmentation to determine information about our physical and psychological makeup.

The value of the iris has been known for centuries, as revealed in the writings of Hippocrates in regards to the relation to disease and the changes that occur in the eye. Records retrieved from archaeological excavations in the Far East and Asia Minor have also shown the relationship between the iris and the body. This science continued to develop throughout the 1800's in Sweden and Hungary. Iridology was introduced in the United States in 1904 when an Austrian doctor published the first book on iridology. However, iridology soon lost its place as a viable form of health diagnosis when the American Medical Association began its campaign against naturopaths, homeopaths, and other natural healers who did not practice allopathic medicine.

However, thanks to the pioneering efforts of Bernard Jensen over the last thirty years, iridology has resurged once again as a respectable and accurate method of health diagnosis.

Iridology is the science of analyzing the delicate structures of the iris to identify the genetic constitutional make-up of an individual. Each fiber, structure, color, pattern and pigment in the eye provides a rich and detailed expression of our genetic behavioral and physical body. The iris reveals such data as: our genetically inherited tendencies, areas of toxins settlement, organ activity, nerve tensions, congestion, inflammation, and predispositions toward inherent health patterns. All the information in the eye is genetically inherited based on our DNA code from our ancestors.

This method of analysis is remarkably accurate because areas of stress send a signal through the nervous system leaving a tell-tale mark on the sensitive iris. The iris is an extension of the brain, and the most complex tissue of the body meeting the outside world. Forty percent of the cranial nerves going in and out of the brain are to the eye. All these impulses passing through the optic nerve make the eyes small organs reflecting a neuro-optic picture screen of enormous amounts of information.

The eyes are a hologram, which is the pattern produced on a photosensitive medium. The well known body-mind psychologist Ken Dychtwald wrote “...the human body is composed of a myriad of smaller holographic projections, and is itself an encoded frequency pattern, a ‘cosmic hologram’ awaiting our illumination.” An iridology assessment begins by identifying the person's core constitution, which is determined by eye color. Then the iridologist examines the density of the iris fibers to determine the physical resiliency of the person. For example, tightly woven fibers with no openings indicate a strong constitution in which a person can resist negative influences easily, and recover quickly from an illness. An iridologist will then examine the patterns in the iris, and any specific markings and their location. The particular areas of markings can tell us a myriad of things about any of the systems of the body including the digestion and

absorption, transformation and distribution, utilization of food, detoxification, and elimination systems. A question often asked by people is whether or not the eyes can change their appearance over time. Some people are disappointed when I tell them that their eyes will not change. The eye color and pattern will remain the same throughout life, despite any changes a person may make in their health or mental attitudes. This brings up a key point in iridology, which is that all markings in the eye are genetic tendencies where problems could occur, yet they may never manifest if the person makes wise choices and lives a life of moderation. For example, if a person has a pigment dot in the heart area indicating weakness, and yet they live a very healthy lifestyle, they may never manifest symptoms in this area. The influences in our eyes will always be there as a reminder of our strengths and weaknesses...Denny Johnson reminds us that “all information in the iris can be seen as a gift.

The definition found in the medical dictionary states that constitution is “The make-up or functional habit of the body determined by the genetic, biochemical and physiological endowment of the individual and modified in great measure by environmental factors.” The better we understand our constitutional makeup, the better we can cope with the ever-changing external influences. The information gathered in an iridology assessment can be used to formulate a diet and lifestyle conducive to good health. You will learn what organs and systems to support to increase vitality and bring about balance. For example, if your eyes show a tendency toward pancreatic problems, it would be advisable for you to reduce the amount of sugar you consume, to avoid future complications such as diabetes.....If the eyes are truly the “windows of the soul” it would do us justice to discover the secrets that are hidden in the magnificent iris of the eye. When we use the information in the iris to uncover valuable information about our physical health and our emotions, we can move through life with greater Self awareness and ease. “The iris is a map of the personality. It can show you how to find your true self but that is all. It does not define you. Reach beyond the iris to your true self.” (Denny Johnson)•

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