

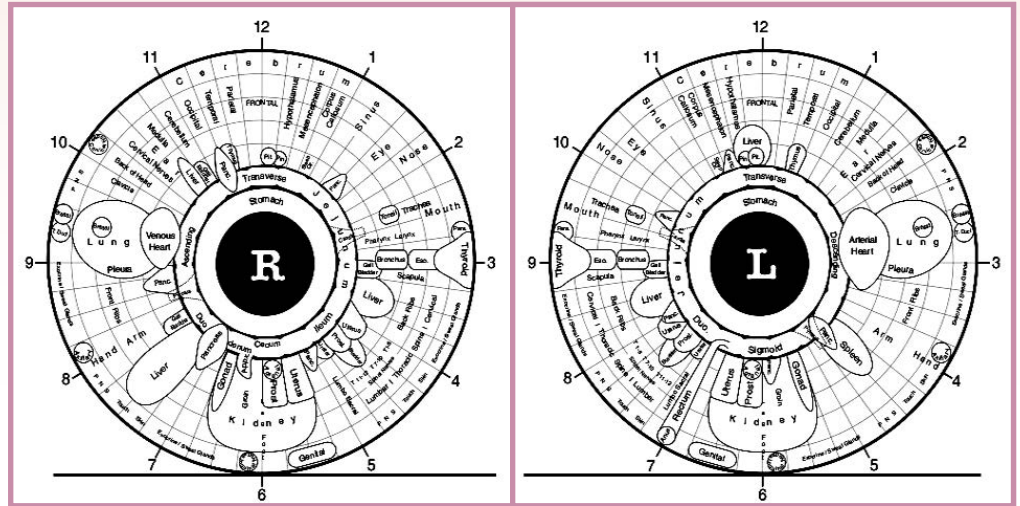
“The Eyes Are the Windows of the Soul”

IRIDOLOGY: Main Iris Constitutions

Crystal Maceira,
CBP, LMT, MH

The iris, sclera and pupil of the eye show the veil the soul has created, through consciousness or forgetfulness, which reflects the illusion that, when uncovered, prepares the soul for attaining true health and enlightenment.

—DAVID J. PESEK, PH.D.,
SEPTEMBER 1988



“Eyes have long been referred to as the ‘Windows of the Soul,’ but few people are aware of just how true this observation is. Accurate analysis of iris structure and pigmentation provides information about you that is hard to find through other methods. This information is so valuable that Iridology deserves to become a widely practiced, assessment tool in both the physical and psychological health fields.”

—TheLivingCentre.com

Back in December of 2017, I wrote my first article in this magazine about Iridology (archived at NaturalLifeNews.com), covering its history and what Iridologists look for when doing an analysis. Here’s a quick recap.

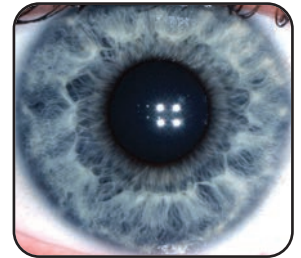
There are four main areas Iridologists look at when conducting an Iris analysis. The first is the main iris constitution, which are the color of the iris—blue, green/hazel, or brown. The second area are the two different sub-types—by color and by structure. The third area is the

collarette (which represents the autonomic nerve wreath). The fourth are the various markings in the iris. The iris is a map that lays out the body—its organs and systems. Where the markings are relates to a certain area of the body (see chart, above). With my studies, I have also learned that the iris can tell you much about the emotional characteristics of a person as well, giving a true picture of what inherent tendencies they’ve been given through their parents, grandparents, and even back through seven generations. I also compliment my analysis with the sclera or “whites of the eyes.” This area shows not only the genetic tendencies, but also what is happening now. It can also show if the body is healing or being damaged with lifestyle events or changes. The eyes really do become the windows to the soul!

In the next few issues, I will discuss in more detail these four areas of analysis. This issue will be on the main iris constitutions or the colors of the iris.

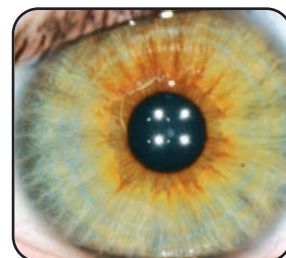
THE BLUE IRIS

The blue iris can look green, but under a microscope it will look predominantly blue. It is called “the lymphatic iris,” because the main genetic tendency affects the lymphatics, creating mucous in different areas of the body where there is a mucosal lining. Other tendencies include an over-active immune system, allergies, arthritis, thyroid and adrenal deficiencies, skin afflictions, and kidney disorders.



THE HAZEL IRIS

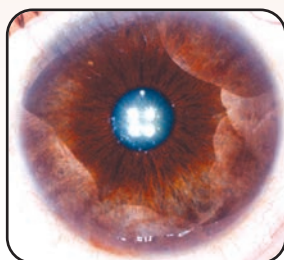
The hazel or “mixed iris” can look light brown, even green, but under magnification, it looks more brown, with blue stroma



coming through. It is called “the biliary iris” because the main genetic tendency affects the liver and/or gallbladder. Other tendencies include pancreas insufficiencies or gastrointestinal and digestive disorders.

THE BROWN IRIS

The third main constitution is a brown iris. It can be light or dark, and the fibers are brown, even under magnification. It is called “the hematogenic iris” because the main genetic tendencies affect the blood. Other tendencies include lymph tissue hardening, gastrointestinal disorders, circulatory insufficiency, glandular system disorders and liver, gallbladder and spleen weakness.



(iris and sclera close-ups and a face shot). I then display the eye pics on a large screen and give general information of what can be seen right away. We then talk about suggestions for the areas found to be symptomatic. I never diagnose. I print out part of the report for the person to take home for review.

After the initial appointment, I analyze the iris and sclera in 13 different areas and type out my findings in a more detailed report. I give myself up to two weeks to thoroughly scan the iris and sclera. It then gets sent by email and snail mail, along with 8 x10 pictures of the iris. I highly encourage the client to read over the report at least two or three times and write down any questions they have. In about two weeks after they receive the report, I schedule a phone call to go over the report and answer any questions.

Once the analysis is complete, and after some time has elapsed, one may want to come in for a check-up to see if the sclera has made any healing progress.

The iris can show changes, too, but only with major events like a surgery or accident. The client can always contact me for suggestions in areas they want to strengthen, such as in diet, lifestyle, etc. ■

Mention this article for a 25% discount on a full, comprehensive Iridology analysis, done at my studio in Helena.

THE IRODOLOGY ANALYSIS

The client will fill out an intake form prior to the appointment. At least eleven pictures of the eyes are taken with a special camera



CRYSTAL MACEIRA is a Certified Bowenwork Practitioner, practicing in Helena. She has been a massage therapist for 20 years.

She is also a Master Herbalist and certified IIPA Iridologist. She prepares her own single and formula-blend herbal tinctures. Find out more by visiting: PositiveLifeChange.info. Contact Crystal at (406) 616-2599 or email her at: crystalclearhealth@gmail.com.



Intro to Bowenwork

Bowenwork is a gentle, effective, noninvasive touch therapy that stimulates the body's ability to heal itself. It is safe and appropriate for all. I am offering a 4-hour, introductory class where you or your organization can learn to apply key elements of Bowenwork to different parts of the body. The cost is \$95, which includes a manual with photos and anatomical illustrations.

INTRO TO BOWENWORK

September 26 • 9 am–1 pm
at Body Wellness • Billings
2619 St. John's Ave. (\$95)

BOWENWORK MODULES 1 & 2 in October (Date TBD).

Go to Americanbowen.academy.com
“Find a Class” for more info



Complete Holistic Approach to Good Health!

Crystal Maceira, LMT, MH

IIPA Certified Iridologist, Master Herbalist & Licensed Massage Therapist, Trained in many modalities including: BOWENWORK, Pregnancy Massage and Sports Massage. *Quiet home studio.*

POSITIVE LIFE CHANGES, LLC ~ PositiveLifeChange.info

(406) 616-2599. ~ crystalclearhealth@gmail.com

1st Massage \$50 (mention this ad). **In HELENA**

