

Iridology Analysis

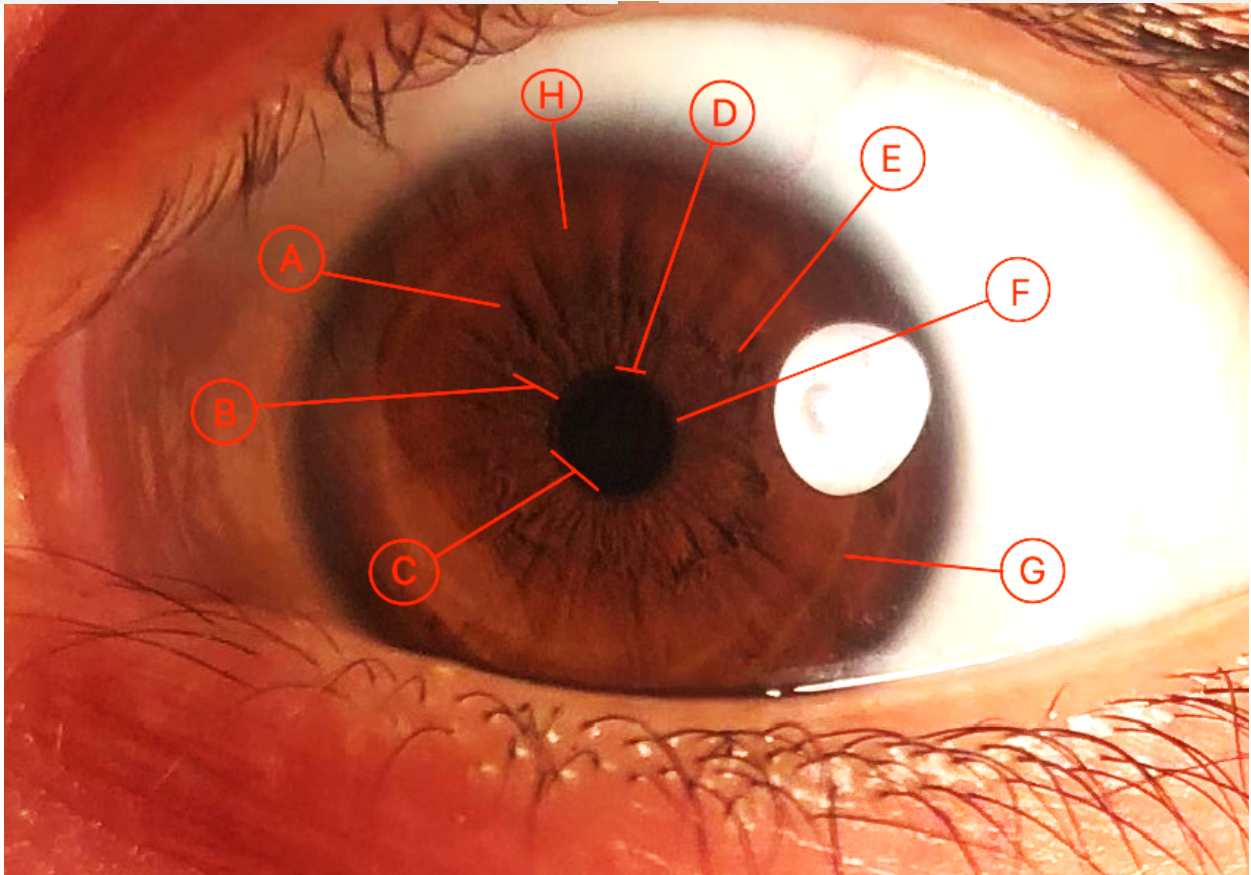
EXAMPLE

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INDEX OF THE SIGNS DESCRIBED:

A: Rays

B: Crown

C, D: Pupillary border

E: Crown edge

F: Pupil border

G: Circles

H: Colour

To get your personal iridology analysis and health assessment, book your session with Beatrice Mudadu Humanistic Naturopath and Iridologist on www.drameet.com/therapy

I invite you to read the report once.

As you read through, put a sign on the aspects that touch you.

Put another sign on the aspects you don't fully understand so that you can ask me questions about.

You could add small notes about your response to what you are reading as it might help you in your process.

Please, don't take what's written here in a literal sense.

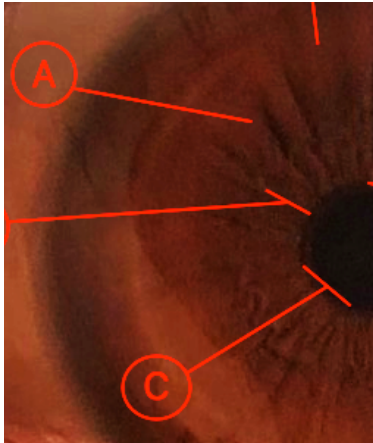
When you feel that certain aspects apply to you, please don't make it wrong. There's nothing wrong. Life has given you all the instruments to navigate through it.

The signs are all there for a reason! Enjoy!

PS: This material can last for a lifetime of exploration.

Follow at your own pace and discretion.

A RAYS



The rays are visible in multiple areas going from the centre out. Most of these rays stop in two precise areas. These areas symbolise the energetic centres of solar plexus and heart.

In an energetic way it means that this (solar plexus and heart energy) is what is ready to be developed in this life. **Starting from the solar plexus and then going up – heart, throat, third eye and crown centre.**

The presence of rays is connected to the **ability of sensitivity**. This can easily lead to anxiety unless the person is aware and know how to welcome and use the sensitivity as their gift.

The **Solar plexus** is like a window to the world. It's a gate for the inner sun to shine out and for the outer sun to shine in.

This centre is about the Self. How much to you love, embrace, praise yourself? How proud are you of the way you show up in life? Do you feel you are living and manifesting your call? Are you in touch with it?

Working with this energetic centre is about being in touch with yourself. Feel your intuition. Follow it and put limits where need be. Learn to say NO to what doesn't suit you. Embrace and make space for what does.

This energy will also sustain the heart and its love for the self.

The **heart centre** oversees the exchange between earth and sky. It's in the middle. It's the centre of balance. It is of course also the centre of love. Whatever comes from below (first 3 centres about the self and earth) is now felt from the heart. This should bring love towards the self in the first place and then others (upper 3 centres).

When the heart feels the love, that can be shared and expressed (throat - voice, communication, creativity...).

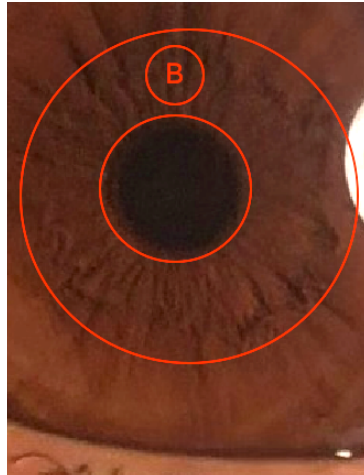
Emotional, Writing Exercise and Health Tips:

Meditation and visualisations on these energetic centres (with specific aims and commentaries).

Massages with essential oils. For the Solar plexus: Chamomile, Geranium, Pepper. For the heart: Rose, Bitter Orange, Neroli.

Some **Yoga flows** can also help to get in touch with these centres.

B CROWN



The crown is a defined space of the iris around the pupil.

In this case it's a regular size in most parts. In the external part you can see that it spread out, almost like it's reaching out for something.

This represents the **way you live your inner world**, and it reflects in your **approach to the world and your relationship with others**.

It means that you have a balanced relationship between the inner and the outer world for most parts.

The reaching out part is a sign of your propensity to enjoy spending time with others, having human contact and how important is to have an exchange with the world around you.

It is very important for you to **be in contact with others** and to live or be exposed to **an environment where you feel like a resource** and where the environment itself see you as such.

It's also important that you recognise how much the environment (others and more) is a resource for you as well.

When the concept of "**I am part of the whole and the whole is part of me**" is understood, this aspect becomes extremely enjoyable. It also becomes a source of energy and nourishment.

If this is not the case, it can be easy to feel non appreciated and to find hard to appreciate others. The exchange with the world becomes shrunk and filled with bitterness.

In this case it would be important to **accept this personal characteristic and work with someone about limiting beliefs** about yourself and others that might be an obstacle.

Emotional, Writing Exercise and Health Tips:

The **sensitivity** here can be your ally. You can take some time when you are with others and sense how you feel around them. Once you know how you feel, and you acknowledge the feeling you can listen to those and act accordingly.

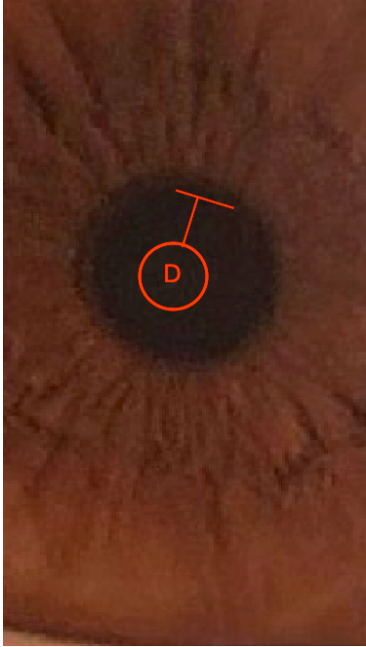
It's important to remember that this is not about them but about you and you being able to listen to yourself, feel like a resource for them and them a resource for you.

It might happen that you are not aware of why you feel criticised, or unappreciated or you start judging and criticising others.

That's ok, just **focus on the first steps of feeling, acknowledge, and remember**.

C - D

PUPILLARY BORDER



The pupil should be perfectly round, but we often see flat traits in the circle. This indicates a deep, subtle tension in some areas of your life experience.

In your case you can see a flat area in the top part. (See image - Letter D)

This area symbolises an **overdeveloped sense of duty**. It happens when it's given too much importance to how things should be, based on moral values usually.

If in your present time doesn't come from outside (family, society, work...) you might impart it on yourself. Life becomes about duty and **responsibility**. What should and must be done. What should and should not be done.

This is a deep tension. You might not see it easily, but it shapes your every moment. It's about how you live your reality, not about actual responsibilities. For this reason, the work to do needs to be constant and deep to be effective.

Emotional, Writing Exercise and Health Tips:

Start to use your sensitivity and feel into what might be good for you in the moment rather than what you should do. Try with small things and learn to trust your body and your intuition.

You can also **check at the end of the day what you did for pleasure and what you did out of duty** and write it down in two columns of the same page. Pleasure is usually compromised when the sense of duty is overdeveloped.

Note: A balanced sense of duty or moral conduct is physiological. In this case it is in excess.

Another sign from this area is on the right eye, on the lower internal part (See image - Letter C).

This means...

Your Iris is unique like your Fingerprints...find out what is there!

More Details Available in your Personal Iridology and Health Assessment!

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