MY EYE-MAG

BY IRIGENICS

A MAGNIFIED LOOK AT YOUR ANCESTRAL TREASURE MAP





Ancestral markings can even include images of individuals as they appear in your eyes.



One freckle can be all that is necessary to move a connected personality into the mentalist ability of the Performer



The darkish halo at the edge of your eye indicates the Ring of Focus & was there at 3 days of birth.



Disclaimer: Irigenics is for entertainment, & ancestral exploration only.

February, 2019

WHY MY EYE-MAG?

MY EYE-MAG WAS DESIGNED TO MAGNIFY YOU AND YOUR LIFE ...TO GIVE YOU A GLIMPSE OF THE HOLISTIC WORLD OF YOURSELF - YOUR ANCESTRAL REFLECTIONS, YOUR GIFTS, YOUR PERSONAL ENERGY DYNAMICS AND HOW YOU INTERACT WITH OTHERS.

HOW TO USE EYE-MAG

First off, My Eye-Mag is for entertainment purposes only. It is designed to open up questions for you to explore. Who were your ancestors? What lives did they live? What trials did they face and what skills and gifts did they hone over their lifetimes. In some articles you will find reflections of yourself and how your beginnings may have stemmed from the lives they lived and the experiences that affected them. You will be able to interpret some of the situations of your life and see how they may have stemmed from your ancestors. Many have read their custom My Eye-Mag and felt the articles related to past lifetimes they have lived. Others have been able to directly link to ancestors (whose stories they knew. Pages 4, 5, and 6 will be specific to you and your life and gifts, as interpreted from the markings in your eyes, and there will be references to further pages that will relate to your markings and other aspects of those indicators.



WHY LOOK AT BOTH EYES?

BECAUSE THEY HAVE VERY DIFFERENT INFORMATION...



RIGHT EYE

LEFT EYE

Typically your right eye represents:

- Identity
- Masculine influences and energies
- Left brain
- Analytics and doing
- ► The men in your life
- Your Inner Masculine

For example: A mark in the area of 6:00 can represent a gift for writing (with open fibers). If it is in the right eye, it represents technical writing, or creating training manuals and guides.

When a brown freckle or spot shows up in this same position, it can indicate a "Blockage" or aversion to writing. This often displays when there has been an ancestor who has suffered greatly for something they wrote, such as letters, discovered which then led to the individuals demise for acts of treason.

As the right eye also represents identity, a freckle at 6:00 can also show up as an aversion to signing your name to a document.

The left eye represents:

- Creativity
- ► Feminine influences and energies
- Right brain
- Emotions & the arts
- ► The women in your life
- Your Inner-Feminine

In the left eye, that same 6:00 fiber openings are more likely to represent creative writing, music, stories, spiritual or automatic writing.

A freckle in the left eye at 6:00, can represent an ancestral pattern, where someone was persecuted for something they wrote. This is especially true, when accompanied by markings in the area of willpower, oppression, or philosophy often representing an ancestor who wrote of their beliefs, or love letters, and was found out, and persecuted for their written word.

In today's world, that ancestral pattern could show up as getting into trouble with a text message, email, a note passed in class, or a personal diary discovered and read by someone.

THE LEGEND – READING AN ANCESTRAL TREASURE MAP

IRIGENICS WAS BUILT ON TRAINING IN DIFFERENT METHODS OF READING EYES... COMBINING THAT TRAINING, TOGETHER WITH NUMEROUS INDICATORS OF THE EYES AND THE ANCESTRAL TRANSLATIONS, HAS FORMED OVER YEARS TO BECOME THE IRIGENICS ANCESTRAL EYE READINGS OF TODAY. WHILE THE BASIC STRUCTURE AND RINGS ARE FAIRLY CONSTANT BETWEEN INDIVIDUALS, THE MARKINGS ARE 100% UNIQUE.

BASIC STRUCTURE.

People often ask if you can't just cut and paste an eve reading and the answer is no. It's the combination of the many factors of the eyes that tells the story. Starting with the basic texture of the eye that tells if you are more analytical or more creative (operating from right brain or left). Then the number of fiber separations and how open or "tight" they are also lends to what kind of operating system or personality structure you use. Those fibers are present within a few days of birth. The freckles, that some people have show up between age two and age 22, and they modify your natural personality to take on more of an analytical and intuitive way of processing your environment.

The rings, which are also present since birth, tell more about your personal energy pattern. How you interact with the people around you. Some people literally feel (physically) what is happening with others, while some have a tuning fork that picks up information out of

the air, such as if something big is about to happen on our planet.

From there, the ANW (Autonomic Nerve Wreath or squiggly line) reveals your level of introversion or extroversion. Openings in that Squiggly line will tell much about any repeat patterns that you may be experiencing in this lifetime - that were the issues of your ancestors.

Pupil shaping will tell much about your earliest (pre-memory experiences in your home environment). The presence of the freckles and the shape, depth, and thickness of the fiber separations will reveal some of your inherent talents, as well as areas of trauma and withholding.

There are also markings that reveal the parents experience of their child's time in-utero, particularly if there were any traumatic moments in the pregnancy, like a health-scare for the Mom, or a lost job by the Dad, who now wonders how to afford this baby. These often turn into deep internal mind-dialogue for the infant, such as "It's my fault."

ANCESTORS

From there- reading patterns will show what traumas and gifts our ancestors may have experienced or honed. This is the most individualized aspect of the reading as a mark at 2:00 in one eye can be totally different from one person to the next, based on the presence of many markings. For this reason, Irigenics continues to label eye reading as cartography (as the data base necessary for truly completing this amazing map will be many decades in the making). Perhaps as science makes new and better roadways in understanding DNA and epigenetic patterns, this work will become more academic. and a subject that will be available for academic study in the future. For now, Irigenics will continue to be an explorers practice, gathering information, and cataloging it on the map; inviting each individual to research and investigate their ancestors lives to add to the study. We can only open the questions, and knock on the door of the academic and scientific worlds to ask, "What if?..."



THE CLOSENESS OF THE ANW
(SQUIGGLY LINE) TO THE PUPIL
SHOWS YOU ARE FAIRLY
INTROVERTED -FUELING ON TIME
ALONE



THE OPENING IN THE LINE TENDS
TO SHOW THE MOST TRAUMATIC
EXPERIENCES OF OUR PERSONAL
ANCESTRAL LINE - AND WOULD BE
PLAYING OUT IN OUR CURRENT
LIFE.



A FRECKLE AT 6:00 OFTEN
REVEALS A RESISTANCE TO
WRITING, OR A PATTERN OF
TRAUMAS THAT HAVE STEMMED
FROM SOMETHING WRITTEN,
SUCH AS A LOVE NOTE THAT IS
FOUND AND REVEALS OUR
INFIDELITY. .



YOUR PERSONAL EYE-STRUCTURE - PERFORMER

Intuitive and sharp, you like to do things your own way, and you hate when people waste your time. You seek to Unique. Able to be the ultimate chameleon, you show up as however you are needed in the moment. You can access both sides of your mind and can be the actor/actress - or the great sports performer, or the great musician.



YOUR PERSONALITY

Your basic structure is the

Performer - but what about

your own personal style of

this structure-- one who is

dynamic (when, where, and

how you want to be).

YOUR GIFTS

HOW 'BOUT THOSE ANCESTORS?

What were the patterns of vour ancestors? What were their lives all about? What traumas were not resolved? What skills did they develop?



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WHO WERE YOU BORN TO **BECOME?**

The story of you is a magnificent story of your DNA threads of your ancestors, embellished by your time in-utero and now up to beautiful unique you.

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FIBER SEPARATIONS OR FRECKLES - YOU RUN ON THE EMOTIONAL- RIGHT **BRAIN CREATIVE** SYSTEM, YET YOU CAN PERFORM & ARE DYNAMIC WITH A FEW FRECKLES - GIVING YOU **VISUAL ACUITY**

12



CENTERFOLD - FIND YOUR LEFT AND RIGHT **EYES MAGNIFIED TO** SHOW YOU AN UP **CLOSE AND PERSONAL LOOK AT MAGNIFICENT** "YOU"

18



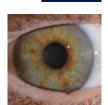
RINGS MODIFY OUR BASIC STRUCTURE-WHAT MOTIVATES YOU? **FOCUS**

ACHIEVEMENT COMPASSION



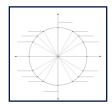
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USE THESE SIMPLE **ENERGY EXERCISES TO HELP YOU WHEN** SURROUNDED BY TOXIC INDIVIDUALS AND TO CLEANSE YOUR **ENERGY THROUGHOUT** THE DAY



SIX KINDS OF PSYCHIC AND SENSITIVE - HOW DO YOU PICK UP YOUR **MESSAGES? HOW ARE** YOU WIRED TO YOUR SURROUNDINGS?

EMPATH & INTUITIVE PSYCHIC



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THE LEGEND - READING YOUR EYE... HOW DOES ONE EVEN BEGIN TO **LOOK INTO AN IRIS TO** FIND INFORMATION AND WHAT DO OUR EYES REVEAL?

experience. Woven with the the full story of your life add

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YOUR EYE-STRUCTURE... YOUR PERSONALITY...

IN THE PARAGRAPHS BELOW YOU WILL DISCOVER ALL ABOUT YOU, YOUR TALENTS, GIFTS, REPEAT PATTERNS, AND INNER-MENTAL CHATTER AND SOME OF THE ANCESTRAL NUANCES OF YOU, WITH REFERENCES TO LATER PAGES IN THE MAGAZINE TO GIVE YOU MORE DETAIL...

Born with an inherent structure of the Performer, (with fiber separations) you have highly tuned senses (more than the five). Yet during your earliest years you developed a few of the tiny freckles, at the top of your eye, which give you a modified pattern of the Performer one who shows up, dynamically. This pattern allows you to shape-shift from job to job; chapter to chapter, and from relationship-to-relationship. of your life. The Performers like to finish well but they will take a Dynamic (even embarrassing finish over a boring one - or a dull 4th place). The presence of Achievement Rings (pg 21) in your eyes, even adds more drive and motivation to your eyes. You have an internal to-do list or rule book running at all times "I have to, I need to, I ought to. I should..."

Your chameleon-like nature will make it very important for you to surround yourself with good, supportive people and to control the energy of your surroundings. Your birth personality is that of an introverted individual who is sensitive to your environment. This doesn't mean you are shy or timid or unfriendly just that you refuel on time alone, more than time with other people. You want to use caution when surrounded by people with "big energy" or even toxic energy. Use some of the energy exercises to keep your personal energy space clear of them. A natural Intuitive, with Rings of Compassion, (pg 21) you can reach other octaves and dimensions of information, including the paranormal. You also have the eye Ring pattern called "Hairball or Frazzle lines" meaning you are out checking the room, and not inside your own body a good deal of the time (page 21). You can feel when someone's energy is "off" - if they are sick, or if they are lying to you. You can be gifted in

music and dialects, that person who suddenly is speaking with a French accent when surrounded by French people. It's not that you are trying to "put on airs"; you just can't help yourself from connecting to their pattern of speaking.. It's an amazing gift for any of the artistic fields - such as music, speech therapy, photography, or working with pets, etc. Your intuitive gifts make you a natural at strategizing and custom-fit solutions... think Bill Gates - whether that is investigating (such as a crime scene) or actually diagnosing, such as a problem with the car - in your case it will be important that you choose a career where you either get the credentials (such as a Dr.) or choose a career where the product or the result are a large part of the credentials - such as photography or Reiki... where you get your credentials but it's the receivers experience of your work that is the validation.



THE FIBER SEPARATION IN YOUR RIGHT EYE INDICATES AN INHERENT GIFT FOR WRITING - (INSTRUCTIONS, TECHNICAL MEMOS, WORK WRITING) YET, IT SHOWS SOME HESITANCY AND ISSUE WITH SIGNING DOCUMENTS - OR WRITING AS A CAREER.



YOUR RIGHT EYE SHOWS
ANCESTRAL PATTERNS IN
OPPRESSION IN BOTH THE LEFT &
WRITE EYES. WITH THE OTHER
MARKINGS THEY MAY HAVE
BEEN PERSECUTED FOR
WITCHCRAFT



YOUR LEFT EYE SHOWS AN
ANCESTRAL MARKING IN THE
AREA OF RIVALRY AND THERE
APPEARS TO BE THE IMPRESSION
OF A WOMAN (AND AN ARROW?)

Performer



- If you have rings in your eyes, they will modify your Performer fibers.



The Maverick is here to change the world - creating chaos as they go - changing all the rules



The connected individual is here to sense - to feel - to interpret and translate in sense-ual communication pathways.



The perfectionist is here to think, and think and think - visually acute, don't criticize them, they've already thought everything through twenty times.

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THE PERFORMER EYE STRUCTURE

THE TIGHTNESS OF THE WEAVE OF YOUR EYES - THE NUMBER AND SIZE OF THE FIBER OPENINGS AND THE RINGS THAT MAY BE APPARENT IN YOUR EYES WILL MODIFY YOUR ORIGINAL STRUCTURE, GIVING YOU A VERY UNIQUE PERSONALITY.

AS A PERFORMER INDIVIDUAL,

you have a dynamic need to be a bit unique - with solid visual acuity, you can connect unusual bits of information that others might not readily see, making you awesome at "cold cases" camouflage pictures and diagnostics of any kind, such as the cause of an accident.

Being dynamic is your operating system. if you can't finish first, you will finish memorable. You have a great ability to scan the situation in front, determining exactly what (who & how) you need to be in order to "outperform the others. Creative in a more mental way (architecture rather than water color paint)- you excel at strategy, aligning and organizing.

Performers make excellent teachers as they love to share information and be somewhat of an authority.

They often enjoy the openness of children. They tend to be domestic, providing nurturing through touch and information, especially when they have the Ring of Compassion (the natural empath - pg 21). They are naturally

mothering and they seldom take big risks, preferring to navigate steady water to running the big rapids, as the Maverick would. They can be amazing at customizing, intuitively feeling what the other individual needs.

Connected to others, they can suddenly feel a headache or other ailment that actually isn't theirs but came from someone else in the room, especially if they have the compassion rings. They are naturally kinesthetic and symmetrical. Sensitive. intuitive and emotional, the freckles give them a more physical performance side to their personality. They can often run "playback" on a sound or a conversation. They live in their heads very well and are happy to be there.

These are the ultimate warriors, intuitively absorbing the information of the day (what can be seen and what can't) - able to sense their opponents move before he/she makes it. if you want to pick a fight with a "performer" person, just waste their time. These are the "J's" on the Myer's

Brigg scale (they have an eye, literally, for precision). They'd rather shoot themselves than dawdle about, flipping their hair (unless, of course it's necessary for the performance of the day). Looking good, or at least distinctive, for them is just another matter of performance - it's important to look memorable in any place you wish to excel.

Able to overcome emotion to rise up to the situation of the moment - you have given yourself a good dose of self-responsibility. Somewhere in childhood, you just took it upon yourself to b the responsible one responsible for the things you felt you should be responsible for. While having the freckles that give Performers the ability to think, strategize, and perform from the left brain, they don't lose their core pulse that says "I do what I feel like doing." Tenacious and strong, they are magnetic to be around

If there is one thing every "performer" can do, it's to sing "I Did It My Way!"



IN A BROWN EYE - THE FIBER
OPENINGS CAN APPEAR AS DEEP
FURROWS OVER A VELVETY
TEXTURE. OR EVEN LEAF-LIKE.



IN A BLUE EYE, THE CONNECTED FIBERS ARE WIDE AND WAVY, GIVING EXTRA ABILITIES IN THE CREATIVE SCIENCES, AND HEALING FIELDS.



YOUR FOCUS AND COMPASSION RINGS ARE ALMOST EXAGGERATED, BEING A GREAT EXAMPLE - ABLE TO FEEL OTHER PEOPLE'S SYMPTOMS AND THOUGHTS, SOMETIMES YOU HAVE TO PULL INSIDE TO ESCAPE THEIR "WEIRD" ENERGIES...

YOUR KIND OF PERFORMER ... DYNAMIC

DISCOVER SOME OF THE NUANCES OF YOUR OWN PERSONAL STYLE OF "PERFORMER' AS WELL AS SOME GREAT TOOLS FOR KEEPING YOUR ENERGY CLEAR. VIBRANT. AT YOUR PERSONAL OPTIMUM LEVEL OF LIGHT.

THE BURNING IMAGE IN YOUR LEFT EYE 6:00:

You have a natural gift for writing - it's marked in both eyes - showing that you had ancestors who were gifted with the pen. At the same time you can't help but see the imagery of something gone up in flames in your left eye. This could literally be document or book burning, With the other markings in your eyes, I would not be surprised if research would reveal an ancestor burned as a witch at the stake. (or for some other charge of persecution).

HAVE YOU EVER GOTTEN INTO TROUBLE FOR STANDING UP FOR AN **IDEAL?- YOUR ANCESTORS** DID

Markings in your right eye, show your ancestors held to an idea (a philosophy and a way of life). They had a reputation - they were "known" individuals. Yet the deep furrows of your left eye show me they suffered for their ideals. We have all had a moment of standing up for a cause (that later in life, we said, "What was I thinking." In all that you do, consider your intention. Set a life mission even if you aren't sure

WHAT you came to this life to do or be... just set a vision-board, and stick to it evaluate each intention to the vision of your life. Does it

YOUR ANCESTORS REPEAT PATTERNS OF ISSUES WITH ALTRUISM. MARTYR-ISM. AND OPPRESSION:

Have probably shown up more than once in your life. Do you have a habit of selling yourself short? Of putting yourself second to others, especially in your home environment? In your case you should "Do unto self, as you would do unto others" -- in your internal dialogue as well as your actions. You should learn to say no as a matter of being authentic. Your ancestors suffered oppression through the hands of those who were in charge - the church - the system - the academics. You will want to choose a career where you either get the credentials (nobody asks a doctor if he or she intuitively knew to take out the appendix)... or choose a career where intuition and interpretation are valued.

YOU HAVE AN INHERENT GIFT FOR COUNSELING

Like a great bartender, I bet a lot of people come to get

advice from you, or at least for you to hear their latest story. Funny enough, your compassion rings say, (it's okay if I'm a bit dramatic sometime) but you keep your drama to yourself. Still there is no denying, you have an inherent gift for putting yourself into other people's feet, and picking up the nuances of the story that they aren't telling (sexual abuse, cheating spouses) and then crafting a fix-all solution in a way that leaves people amazed by your swift brilliance. All of this can be done in a few minutes so they shouldn't waste your time by asking more.

YOUR BEST CAREER

You thrive in an environment where big questions beg to be answered, (and your opinion is valued and respected). You custom craft YOUR LEFT EYE SHOWS THIS each answer, connecting values with gifts, combining original diagnostics of the situation that led to the question that now needs a vibrant solution. You are just amazing at custom-crafting anything with great individuation (particularly with those who struggle to express for themselves like children and animals). It's most important you work where people value your opinion - "Call COVR Ford... She's the best in the business!"



DO YOU KNOW THE STORY OF YOUR PARENTS EXPERIENCE OF YOUR PREGNANCY? DID SOMETHING HAPPEN AT ABOUT 6-7 MONTHS? (LOST JOB, HEALTH SCARE, OR OTHER REASON THAT **WOULD HAVE GIVEN THEM SOME** FEAR OF HAVING A NEW CHILD?)



WITH MARKINGS IN INNER TRUTH. ALTRUISM (GIVING AWAY FOR THE GREATER GOOD OF OTHERS) AND IN A **BLOCKAGE FOR SIGNING** DOCUMENTS, IS USUALLY A REPEAT PATTERN) OF GIVING A CHILD UP FOR ADOPTION. YEARS AGO NOBODY SPOKE OF A CHILD GIVEN AWAY OR PLACED "FOR ITS OWN GOOD" WITH ANOTHER FAMILY. THE MARK ABOUT IS IN INNER TRUTH IN YOUR LEFT EYE - SECRETS.



FIGURE - IT ALMOST LOOKS LIKE A YOUNG CHILD (GIRL) AND IT IS IN THE AREA OF SELF-RELIANCE. THIS ALSO FEEDS MY INTERPRETATION THAT CHILDREN **WERE GIVEN AWAY OR SENT** AWAY. SOMETIMES PARENTS HAD TO CHOOSE WHICH CHILD COULD GO TO AMERICA OR IF THE CHILDREN WOULD GO AND THE PARENTS WOULD STAY BEHIND -THIS IMAGE SEEMS LIKE A CHILD BEING LED SOMEWHERE BY AN ADULT - SCHOOL? CONVENT?

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WHO WERE YOU BORN TO BECOME?

LIKE CUTTING OPEN A TREE - WE SEE THE ANCESTRAL RINGS - THE RINGS OF DAYS OF THE GREAT TRIALS AND TRIBULATIONS OF OUR ANCESTORS - AND THEIR GREATEST GIFTS.



- Intuitive reasoning a natural empathic ability to feel other people's situations and customize your response - (the intuitive teacher knows what each individual student needs.
- The ability to feel the pulse of the planet (to feel the ripple in the water, the pulse of the planet) recognizing unseen threats
- The ability to connect with those energies and intuitive information that others can't (A "knowing" for hunting, games, mechanics, strategies, life).
- · Ability to connect unusual bits of information. Motivation to be unique,

and dynamic. What your life added to your skills:

- An ability to shift (like a chameleon from emotion to analyses when necessary, with steely precision.
- Natural performance able to rise to an occasion and be dynamic memorable; to customize your response to your environment
- An ability to shape-shift to become any personality at any time –with an adept mind that can shape-shift form one career, or life situation, to the next, quickly and with great visual acuity.

What do you do with it now:

 You're a performer & can do most jobs. A woman of many experiences of the world. You have the amazing opportunity to recognize some old ancestral patterns that were imperative in their time that could potentially be toned down now. Teach children to recognize their personal energy "This is me. That is NOT ME."

Surround yourself with the best people – those who support you, not only in your amazing work but also in taking time for yourself, keeping good boundaries, and good restful "being" time. Read yourself the way you would read a client and cut yourself some slack on the to-do list. Know your personal light shows through beautifully and your skills are not something that "everyone has" - they are unique and should be honored. Keep evaluating your energy to cleanse what isn't yours.

Respect and validate your amazing skill at customizing ... anything. You are brilliant at custom fitting information to any situation, career choice, program or project. These skills have been honed for generations by your ancestors. They are your inherent gift - use it - brand it - own it - live it - love it!!



FIRST, THE STRUCTURE OF YOUR
EYE SHOWS YOUR BASE
PERSONALITY IS CREATIVE,
EMOTIONAL, AND HEALING - YOU
LIVE ON SENSES AND YOU HAVE A
CHAMELEON-LIKE ABILITY TO
SHOW UP TO SAVE THE DAY IN
WHATEVER ROLE IS NECESSARY
NOW.



THEN, THE COMPASSION RINGS IN YOUR EYES GIVE YOU THE ABILITY TO PHYSICALLY PUT YOURSELF INTO OTHER PEOPLES' FEET... TO FEEL THEIR SYMPTOMS



YOUR ANCESTORS "ISSUES"
WITH RIVALRY MAY HAVE GIVEN
YOU A COMPETITIVE EDGE EITHER IN SPORTS, MUSIC OR
ACADEMICS. YOU HAVE THE
ABILITY TO USE PHYSICAL
PRECISION. (FRECKLE AT 5:00)

FIBERS OR FRECKLES ~ WHAT'S YOUR OPERATING SYSTEM?

LIKE MOST PEOPLE YOU HAVE A COMBINATION OF THE FIBER SEPARATIONS AND BROWN FRECKLES. SOME PEOPLE HAVE AN EYE TEXTURE THAT WILL NEVER CREATE A "FRECKLE" AND THEIR ANALYTICAL TENDENCIES CAN SHOW UP LOOKING LIKE A "CREASE"IN THE EYE (PHOTO - RIGHT)

Like most people, you have a bit of combination of the open-weave separated fibers and freckles - though your freckles are very light sand and/or the deep furrow\s shown at the right. You primarily have the open/separated fibers. which are indicative a person who can run very high sensitivity as well as a very high creative level. Combined with the focus ring, which gives you a sense of purpose, you hate it when people waste your time. You were born to be, and in your earliest years you were crafted "to do" - dynamically. Your ancestors were intuitive, but somewhere they suffered for their intuitive gifts and had to rise or rebel to the academic world that said they weren't good

enough. You carry those inherent empathic abilities - it enhances your ability to literally place yourself in another's shoes (enemy, rival, patient, client, children, animals). You are designed and equipped to be the chameleon - to shape-shift to anything you need to be like a great Marvel Cartoon character.

The Performers have affinity for the arts, because they appreciate creativity and innovation. Having both fibers and freckles you can jump back and forth from emotional to analysis - you are epitome of the word - intuitive. You gained a natural wariness for adults in your early years, only because your high-tuned senses could pick up when you weren't getting the "whole story."



WHEN THE ANALYTICAL INDICATOR IS NOT A FRECKLE



Sometimes people have a particular eye texture that won't produce a freckle . This can happen in a brown eye, especially a dark brown or in a blue eye.

In both cases, it can show up as a deep furrow, sometimes call radii solaris. It indicates a particularly older ancestral pattern with a lot of depth, going back at least four generations.

Usually the best way to see it is to use a sidelight to take the photograph of the eye, which will show you the depth of the indicators in the iris.

See the comparative photos below of a blue eye. One taken straight-on and the other taken with side lighting...





Your Right Eye



The combination of markings in your eyes tells quite a tale of your ancestors experience - They were smart, with some education - they had ideals and a way of showing up. Craftsmen and philosophers, their intuition got them into some trouble some place. The marking at 6:00 in your right eye would show that you could be a gifted writer, but you may not be doing it as a career, as your ancestors got into some trouble with signing documents, agreements, or contracts. With the marks that show a resistance to signing documents that have to do with identity (inheritance, landlord-tenant agreements, etc.) it's quite possible a child was given up for adoption or to live with another family at some point (even sold) as happened back in those days.

Your Left Eye



You have many fiber separations in your left eye. Prominently, there is a flattening at about 12:00 which usually indicates an area of oppression (in the left eye - by the church or religion (the right would indicate identity. The opening through the ANW (from the white of your eye to your pupil (at about 10:30 - 11:00) tells me your family had some issues with having to hide - to escape situations - with either a need to scream (but could not because it was dangerous) - or screaming and screaming and not being heard (like being locked in somewhere - imagine being locked in steerage on the Titanic). speaking of the Titanic, the image at 5:00 where the ancestral marking is could almost be a man in Navy whites...



You did a great job taking this photo with your iphone and capturing the energetic impressions in your eyes. When I adjust your photo to black and white- images seem to clarify. Nothing was "photo shopped" on this photo other than to crop away the eye lid. Y,our eye reveals an energetic impression in this pupil, When I looked at it, I thought I was seeing a man from WWI Red Cross with a big beard and I wondered at how he could have that beard in the Red Cross. During our web-ex, you showed the tin photo of the great-grandmother you were named after, in her 1907 high, slim, burgundy-collared dress with white pinafore. Some people tell me their energetic impressions are actually remnants of past lives they know they have lived and discovered through past-life regression or hypnotherapy. My suggestion is to reach out and honor your ancestors by blessing them for the lives they lived, for the difficult times and difficult choices they had to make. The tools of today, such as therapy, EFT, brain-spotting, tapping, even just talking with a licensed professional about traumas and grief, simply were not accessible in their time. Generations of traumas laid the groundwork for our life today - giving us a feeling of unease as we enter situations similar to the ones that gravely threatened our ancestors. Bless them and bless yourself - and always seek appropriate medical or psychological attention, for any symptoms.



Mirror - Mirror ... Are these just my imagination? After photoing thousands of eyes, as well as living a rather Divinely-guided life, the images are there for your to discover. In some cases (most - the images are there - they shift as the dilation of the pupil shifts but they are there for interpretation. Others may be more like a rainbow (Reflective of the light) and appear when the conditions are just right. Either way, I believe the Divine meets us where we seek it (Yes -that's a personal opinion). If we seek our answers in the clouds or in nature, we will find them there, if we seek them in song or scripture - we will find some piece that stands out or Jumps out at us - and if we seek imagery in our eyes, we will find things there. Irigenics Ancestral Eye Reading is designed to ask the questions - surface the clues - for you to begin your personal ancestral exploration. I see two women - either one is getting her corset tightened or being stabbed in the back) considering your ancestors issues with allusive threats (particularly from those close to them - I would expect the latter interpretation is correct

GOT IMAGES?

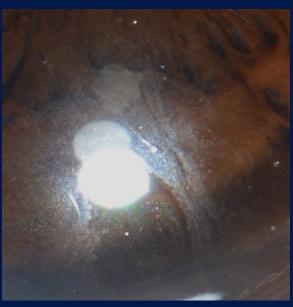
ANCESTORS, ANGELS, & IMAGES...

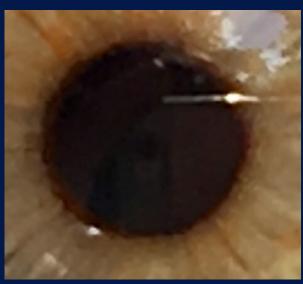
In my experience, if I see the image of a turtle in an eye, it's a turtle. For whatever reason, some people have things that just take on a form in an eye (like a cloud that looks like a teddy bear in the sky. Sometimes they are so clear, they almost look like a photograph or a photo image reflection through glass like at an art museum. It's a beautiful thing when the individual knows and can recognize the image. It adds to the ongoing study of ancestral imprinting within the iris, which is really the heart of Irigenics...continuing to explore, map, and catalog what shows up in the iris and its source of origin.

Below are some examples of images that people were able to identify as ancestors. or images that had meaning for them....Now go back to your own photos on pages 12-15 to see what images you may find.











A PICTURE IS WORTH A THOUSAND WORDS

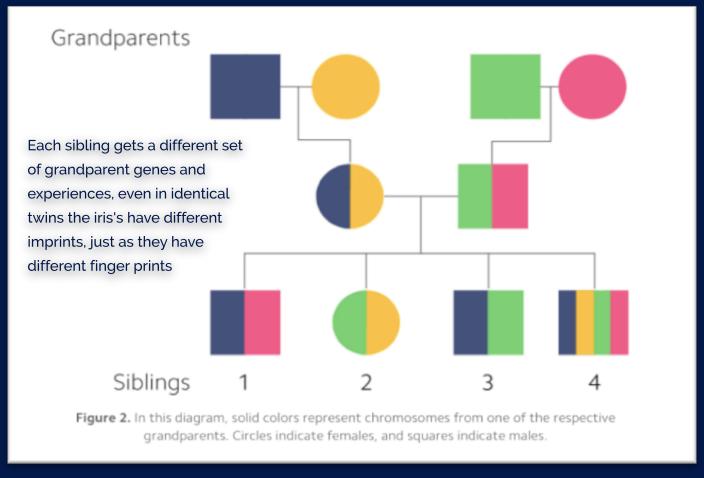
All three of these photos are of the same eye. The first is taken with a 35mm camera, lighting the eye with a small penlight from behind. The second is using Painnt on an iPhone to take the color out so the images can appear more clearly. The third was taken with an iPhone. In the first picture you can see the depth of the markings - that is due to the "back-lighting" using a small pen light to light the eye from behind or below. The problem with that photo is the room wasn't bright enough to reduce the size of her pupils so while you can see the depth, the fiber separations are about 1/2 as "long" as they are in the 2nd and 3rd photos. This is why Irigenics remains a style of cartography - the study and act of creating a map because an eye can change tremendously with the dilation of the pupil. Some people have a pupil that is constantly fluctuating, making it very difficult to get a clear image. Be sure, if you are taking your photos with a smart phone that you send them in the largest file/pixel size possible. Whenever possible, have a friend help and light your eye from behind moving the pen light from your temple slightly forward until they see your eye light up. Never shine a penlight into the pupil (only bring it from behind, or below). By lighting from behind, bringing the light to the side you can see the depth of the markings. Be careful of reflections. if there's an area of the eye you can't see - take another photo, capturing that spot.





REPEAT PATTERNS

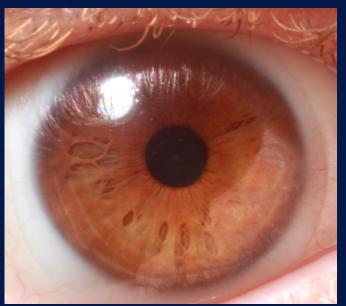
ANCESTRAL IMPRINTS IN OUR LIVES





It seem every week there are new articles about ancestral inheritance, epigenetics and new discoveries regarding how our ancestors or our in-utero experience are showing up in our lives. Along with that, there can be some all new and intensified finger-pointing and blaming. In the case of the markings in your eyes, your personal physiology is a beautiful thing. If you had ancestors who were bitten by a dog, you may have been born with an irrational fear of dogs (meaning a fear of something that hasn't actually happened to you). It's easy enough to see how this would happen. A trauma that happens to our ancestors (that was strong enough to threaten our genetic line) gets imprinted in our cells to say, "Hey -caution, caution - dogs are a threat to our safety and our genetic line. That may not be the case of our nextdoor neighbor and so they aren't born with that fear.. but if we happen to get separated from our genetic family at birth or our earliest months (pre-memory) at least our genetic memory will give us the warning. My experience says the patterns seem to return at least once every seventy years; to check-in and ask if this threat is still valid. Identity theft at Ellis Island becomes on-line identity theft 2018.

FIBER SEPARATIONS OR FRECKLES? (EMOTION - CREATIVE OR THOUGHTS?)





This individual is primarily blessed with the fiber separations that can appear almost leaf-like in a brown eye. This individual is a writer, accessing his left brain to write stories and tell tales of great creativity. Able to go way up high or way down low on the emotional octaves.



This brilliant Brazilian Photographer has the connected eye tissue - able to customize and come up with a brilliant photograph, often more beautiful than the individual could ever imagine themselves... often taking photos of individuals in super-hero garb.. The number of flecks/freckles in her eyes, allows her to use her left brain to think through the technical details of how to get the perfect exposure & photo.

THE RINGS -

Personality Modifiers

BEARER TO BE BORN
WITH RINGS
ADDS MORE
DEPTH AND
DEFINITION TO
YOUR PURPOSE

THE RING



The achievement rings give you an internal to-do list "I have to, need to, ought to, should..."



The compassion ring, shows up as little white or yellow dots around the edges and gives you the ability to physically feel others.



The darkened halo of the Ring of Focus, allows you to pull inside to meditate or escape the world. It could give you cold hands and feet, and a definite sense of a personal mission...

Disclaimer: Irigenics is for entertainment, & ancestral exploration only.

YOUR RINGS -UNDERSTANDING WHAT DRIVES YOU

EACH OF US HAS THE OPERATING SYSTEM OF OUR BASIC STRUCTURE TO OUR EYES - THAT DETERMINES A LOT ABOUT OUR ENERGY AND HOW WE SHOW UP AND INTERACT WITH OTHERS. THE RINGS MODIFY US - LIKE A DRIVER FOR A PRINTER - THEY TELL US A LOT ABOUT OUR INTERNAL MOTIVATOR ~ "DRIVER." YOU WILL WANT TO LOOK UP YOUR RINGS, WHICH WERE REFERENCED ON PAGE 5.

RINGS OF ACHIEVEMENT,

The internal head-chatter of the Achiever is a constant self-motivated to-do list. The people with this iris pattern are born to achieve. They talk internally and externally (whether there is someone else in the room or not). Unless they encounter self-esteem challenges in life, they are natural do-ers, with an internal checklist.

Stop for a moment of stillness and just be you. If you find yourself caught in a raging conversation with yourself, take a minute to switch it off. Hit your own mute button.

People with this particular eye pattern, are typically very smart people, even if they haven't achieved a high level of education. You don't like people to waste your time. Keep an eye on that to-do list. All those things you tell yourself you have to do and to be? Is it true? Whatever self-constraints and self-governing rules you have put on yourself, re-evaluate them and give a couple of them up. They might not be necessary.

RINGS OF COMPASSION

In the positive sense, a compassion ring allows you to "feel" what others are physically feeling. This makes you a true "Empath". This can be a great gift when working with those who can't express their situations, such as an abused child who is terrified to tell, or a stroke victim, or animals. Having said that, it's not difficult to figure out the negative side of this ring pattern. Keeping your personal boundaries and energy clear will be vitally important for you; even more so than others. It's one thing to be able to intuitively diagnose what others are experiencing, and it's quite another to physically take on other people's symptoms, which have a number of origins. Having rings of compassion, and feeling what other's feel can take on a life-of-its-own if your let it. Being reactionary because you feel what others feel could leave you playing a game of psychic Dodge Ball. Be sure to set good boundaries, early and often, especially in high-energy environments.

HAIRBALL

Hairball gives us a beautiful ability to read the room. "Is there an exit sign? A fire extinguisher? Is everyone warm enough?" Being able to "read the room" is a great gift for a teacher, motivational speaker, or a salesperson. It becomes vital to know if the audience is understanding you, or buying - in. having said that, the red fibers that run in and out of your eyes, are like energetic yellow hazard lights - saying caution, caution, you are about to enter a space that you shouldn't. None of us should be a psychic whore reading peoples thoughts or situations without being invited.

At the same time, it takes a ton of energy. While you are energetically out and about, checking the room, who is inside your body? Who is keeping you safe from other energies? When is the last time you were *Home?* Truly home, comfortable, and relaxed and not worrying about anyone or anything inside your own skin? Take some time each day to get back into your own body!



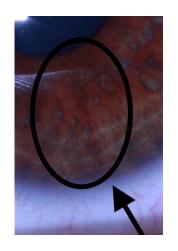
ACHIEVEMENT RINGS ARE THE CHICKEN SCRATCH MARKS AT THE EDGE OF THE EYE. YOURS ARE LIGHT IN THIS PHOTO - BUT THERE'S A DRAMATIC EXAMPLE ON THE OPPOSITE PAGE.



YOU HAVE THE DARK HALO OF THE RING OF FOCUS - (DARKER THAN THIS EXAMPLE) INDICATING YOU PONDER YOUR LIFE'S MISSION. "I KNOW THERE IS SOMETHING I CAME TO THIS WORLD TO DO/BE/COMPLETE



Your eyes have the light-dots of the compassion RING, giving you the ability to physically feel other people - including their symptoms. (They are the light colored dots inside the darker halo



IN-UTERO IMPRESSIONS FROM MOM

SHE WAS ALWAYS SAYING "WHAT'S THE MATTER WITH ME?" OR "THERE'S SOMETHING WRONG WITH ME", BUT IN FACT THERE WAS JUST SOMETHING WRONG WITH THE BABY...

I'm certain I should have used more tact when I was doing her reading, but I was fairly new to Irigenics when I asked her, "What in the world happened with your Mom's pregnancy with you? It looks like she had ABS breaks on the entire time. Thankfully, I had two saving graces in that moment. (1) She was a friend of mine and (2) her sister was there to help fill in the blanks.

"Oh". Her sister said, "when Mom got pregnant with her, she was a surprise. Even though Mom and Dad were married, they weren't ready to have another baby yet so she was using an IUD for birth control. When she found out she was pregnant, she went to the doctor, he told her the baby might be born with the IUD sticking out of it's heart or cheek or something like that.

Of course Mom was terrified during the greater part of her pregnancy, and Dad too."

I chuckled along with them, glad that I had been forgiven my rudeness in what could have been a very delicate question. "So, how often do you say, "What's wrong with me?" or There's something wrong with me. or What's the matter with me?"

Her sister nodded her head enthusiastically, saying "All the time. She always says that!"

So I asked how often she started something new like a hobby or job or school/training and then at about 8 weeks it seems like everything is falling apart. This time, it was her turn, "All the time. That actually happens a lot." She shook her head in disbelief that there could be any correlation.

I responded that since the markings were in her eye from about 8 weeks to the 9th month of her Moms pregnancy, she would do well to try a little experiment. I suggested she take up a new hobby or sign up for a class or something that wasn't particularly important to her. An on-line class would work well for our experiment. Then she should keep a little journal of the happenings of her new project.

I thought she would see some issues popping up around 6 or 8 weeks (between the time of her Mom suspecting she was pregnant and actually having it confirmed at the doctors office). If the experiment went as planned, she would push through this - (having chosen an experiment with something that wasn't all that important, rather than something big like a new job or career). My educated guess was that if she could just break through the pattern and get to 9 months without quitting, she would have broken the pattern one time and would loosen its grip on her life. From there each time she started something new, it should have less drama in that initial 6-8 weeks and she should have lessened the energy around this in-utero impression.

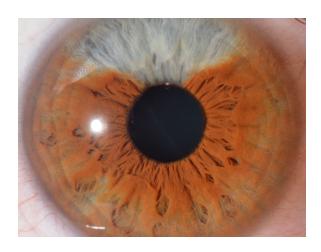
Would that kind of shift be due to the power of thought? (like a placebo) or like any other visualization technique? quite possibly, but it's just one person's experience from an eye reading.



Gestation marks can offer lots of clues as your your in-utero experience with Mom - at about 7:00 in the right eye - it can show the timing of when there were any 'scares' during the pregnancy but use caution when asking. This area can also show ancestral issues with pregnancy - that may not be part of your Dad's experience of her pregnancy with you -



SOMETIMES A DARK FRECKLE IN THIS LOCATION CAN INDICATE A REPEAT **ANCESTRAL PATTERN IN THE** AREA OF GESTATION. FOR **EXAMPLE IF A WOMAN LOST** HER EDUCATION DUE TO **GETTING PREGNANT - OR IF IT** WAS DEEMED SHE WOULD HAVE TO GIVE THE CHILD UP FOR ADOPTION - OR IF SHE **GOT PREGNANT (UNWED)** WITH SOMEONE, WHO THEN THE PARENTS SAID "YOU **CAN'T GET MARRIED"** BECAUSE OF THE PREGNANCY AND DUE TO THE BABY - IT **WOULD DEPEND ON OTHER** MARKINGS IN YOUR EYES.



IN-UTERO IMPRESSIONS FROM DAD

SHE ALWAYS FELT UNWANTED BY HER DAD. THEIR RELATIONSHIP HAD BEEN TUMULTUOUS. AND HER SELF-ESTEEM HAD SUFFERED FOR IT...AND YEARS OF LOVE WERE LOST TO AN AWKWARD RELATIONSHIP.

As we went through the markings in her eyes, I asked her a number of questions. I hesitated as I saw the marking in the area of her father's experience of her time in-utero. I still couldn't fathom how the father's experience, of her mother's pregnancy with her, could imprint in her eyes. While it made sense if an issue came up that the two parents would have discussed it, what if it was something that the father didn't know about, such as a doctors appointment that went poorly, but the mom hadn't told him yet. I could only assume it had something to do with being heart-connected or as part of universal consciousness (and could only imagine trying to convince an academic or scientific person of that possibility).

Still, in her right eye, there was no denying a very deep marking for the first two months of her mom's pregnancy with her. Gently, I asked, "Do you know anything about your Mom's pregnancy with you?" She said she knew she was conceived in Spain when her Dad was in the military, but she would ask her Mom. I suggested she use great care in asking, as people didn't "talk about those things" (back in the day).

A few weeks later we were on a Zoom conference and she said her Mom had told her the story but she wasn't sure what to make of it. She started by saying she was amazed at how angry her Mom still was (more than 45 years later), about a story that she had never heard before. She began to tell me how her father had been on a fur-low in Japan (during the war years) and her Mom had arranged for her two older brother's to stay with a family member while she went to see him off. Her Mom had given her family member money to take care of the older brothers, and even bought her a refrigerator to make sure they had enough good food to eat.

When she returned she found the children in soggy diapers and in (what appeared to be) a pretty uncared for state, and no food in the house. Her Mom was still furious all these years later. I told her my interpretation was that probably for those two months her Dad had worried that maybe her Mom had gotten pregnant. Only because he couldn't be there to care for a new baby. He knew his wife would already have her hands full with the two older ones with him gone (and it was wartime - he could even be killed).

I told her my experience of these kinds of in-utero impressions often end up with the child feeling unwanted...like they were a burden or a problem and they could grow up somehow always trying to make it right. The challenge for my clients who have had these kinds of impressions in their eyes is to understand there was nothing wrong with them; there was something wrong with the baby. At that point, they weren't even a they THE DAD'S SIDE - AGAIN A LIGHT - they were an idea; a situation, an incoming child with no name or persona yet (to their family). Her tears were genuine as she told me how her father had passed but she finally understood her feelings of being unwanted. Often, when the parent would say "I love you" the person just couldn't believe it. The healing tears streamed as she said, "If I had known this, it would have changed my whole relationship with my father."



AT ABOUT 8:00 IN THE RIGHT EYE, (AND MORE ABOUT IDENTITY). THE ONLY VISIBLE **BLUE ON THE LOWER HALF OF** THIS BROWN EYE - IF YOU **ZOOM, YOU WILL SEE THE** ANW SQUIGGLY LINE NEARLY **TOUCHES THE PUPIL AT THIS** POINT - THIS IS AN **ANCESTRAL PATTERN OF GESTATION FOR THE MEN - AN UNPLANNED PREGNANCY -**FROM A GENETIC LINE BACK TO THE TIMES OF THE MONARCHY.



FROM THE STORY ON THE OPPOSITE PAGE: HERE IS THE RIGHT EYE (HOW THE PREGNANCY IMPRINTED FROM MARKING AT ABOUT 8:00 AT APPROXIMATELY 6-8 WEEKS INTO THE GESTATION TIME.



It is All a Matter of Perception

by Barbara Stafford, CMS-CHt, FIBH

Certified Medical Support - Clinical Hypnotherapist State of Colorado Registered Psychotherapist **Certified Practitioner of Mind-Body Fertility Connection** Fellow, International Board of Hypnotherapy

It is just like when you look at something with one eye, then close that one and look at it with the other eye, things shift. Sometimes small, delicate shifts and sometimes large, complicated shifts.

Change is inevitable. Every day there is change. Change in the weather, change in your moods, and change even in your habits and behaviors. Why, there is even change in your cells every single day. Change is good but it also what you do with the change that makes a difference in your life or world.

How can you bring a difference in your change or even change a "bad" day to a better one? I like to teach my clients tools with each session to assist them in dealing with their day-to-day modifications of that thing called "Life". I think that the simpler the better. Here is one that I recently learned from a colleague, Roger Moore, that is just brilliant (pun intended).

Light Switch: First, place yourself somewhere comfortable. Second, mentally give yourself a minute of your time. Just a minute, really will make a change. This is important as we rarely gift ourselves time to relax. Especially here in the U.S. Third, you can either visually imagine shutting off a light switch; audio people can listen to the click in their mind; or kinesthetic people (the feelers) can feel themselves shutting it off. Now take a deep breath and release slowly..... Perfect!

Then, please gently and calmly count from ten down to zero as if you were going down a staircase, escalator or elevator of peace. When you reach zero, you will be in your safe and peaceful place, which is a place of your own choosing. Like... Maui on a beach, high up in the mountains, floating on a cloud or wherever you mind would like to relax and be for a minute.

Feel the sensations, hear the sounds, breathe in all the scents and see all the beauty of where you are. Enjoy and let yourself be for a minute. This is not meditation where you are trying to eliminate mind chatter. This is adding to the comfort and tranquility of your body and mind. Just experience. Try doing this at least once a day and notice

how things change.

Just a shift in perspective... Just an alteration to your conscious mind. Just transforming and being. Not too hard. Definitely not scary. Change is good. Remember it is what you do with your change that makes a difference.

GRADUATE OF THE HYPNOTHERAPY ACADEMY OF AMERICA, FELLOW OF THE INTERNATIONAL BOARD OF HYPNOTHERAPY AS A CERTIFIED MEDICAL SUPPORT CLINICAL HYPNOTHERAPIST, A REGISTERED PSYCHOTHERAPIST IN THE STATE OF COLORADO AS **WELL AS A CERTIFIED** PRACTITIONER OF MIND-BODY **FERTILITY CONNECTION. SHE** PRACTICES AT COLORADO SPRINGS HYPNOTHERAPY. WHERE SHE WORKS WITH **CLIENTS WHO HAVE SUFFERED** THROUGH SEXUAL VIOLATION, DOMESTIC VIOLENCE, OR CHILDHOOD TRAUMAS: THOSE WHO HAD FERTILITY ISSUES OR **WORKING WITH THEIR DOCTORS** TO BECOME PREGNANT; PTSD **SOLDIERS AND AIRMEN: ANXIETY ISSUES: PAIN AND** STRESS MANAGEMENT AS WELL AS MANY FORMS OF REGRESSION WORK. BARBARA ALSO SITS ON THE BOARD OF SEVERAL NON-PROFITS. SHE HAS PRESENTED SEVERAL TOPICS AND TECHNIQUES AT INTERNATIONAL HYPNOTHERAPY CONFERENCES AND SYMPOSIUMS.

BARBARA STAFFORD IS A

COLORADO SPRINGS HYPNOTHERAPY

ENERGY EXERCISES-HOW TO CLEANSE AND REFRESH YOUR PERSONAL SPACE WITHIN...

EACH OF US HAS A PERSONAL ENERGY PATTERN THAT DETERMINES HOW WE INTERACT WITH OTHERS. SOME PEOPLE CAN DRAIN THE ENERGY RIGHT OUT OF THE ROOM. BELOW ARE SOME EXERCISES TO HELP YOUR SENSITIVE NATURE DEAL WITH A DAY OF HIGH-OCTANE INDIVIDUALS



This exercise seems to work even better when you exhale through your nose. Gently close your eyes. Breath deeply - imagining the air is filling you all the way to your fingernails and your toenails. When your body is so full you almost feel your skin stretching, exhale gently but imagine the air is exhaling and flowing out through your eyes, cleansing away the things you have seen. Take another breathe and imagine the exhale is flowing out of your ears - and another flowing out through your hands. You can do this exercise with any body part, imagining the cleansing breathe washing away your experiences of the day.

Make this a daily practice incorporated into something you do each day, like opening a bathroom stall door, or turning your key in your car door. Nobody will know and it will help you loosen up your personal energy.

POSITIONING

Let's face it; some people can suck the air right out of a

room, and they are to be avoided whenever possible. Unfortunately, sometimes we can't avoid those folks, so all we can do is minimize their impact with cleanse breathing.

If you find you have to interact with one of those people whose energy is "dramatic" always keep them to your right side. This is especially true if you are talking with them on the telephone. Keep your phone on your right ear rather than your left. Likewise if you are around people with really soothing energy, keep them to your left - you want to absorb their good vibes.

DAILY PRACTICE FOR THOSE WITH HAIRBALL

If you are one of those people who has what has been lovingly referred to as hairball or Frazzle Lines you are one of those gifted individuals who wants to keep the world safe by reading the room and helping those who can't speak for themselves. The challenge is, this means you are not really grounded in your body. You can ground

with a number of exercises. but if you work in a vocation where you need to "read the individual sometimes (young students, stroke victims, animals) make it an actual step by step process of consciously putting yourself in the zone. before reading the room. This is a simple visualization exercise. Set your cell phone timer to two minutes. Imagine taking off eye lenses that now allow you to read the room accurately while staying firmly in your own energy and body. When the timer goes off, imagine removing the lenses you use for reading the room and go back to being you - in your body, just being "you".

BODY BRUSHING & SCRUBBING

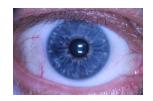
Get some aromatic body salts or scrubs - and/or a body brush - make aromatic body brushing or scrubbing a daily practice in the shower to scrub away the skin cells and energies of the day. It will help you calm your left brain (with the fragrances) and the physical stimuli.



PEOPLE WITH "TIGHT", VELVETY, OR TRIBAL TEXTURE BENEFIT GREATLY FORM CLEANSE BREATHING TO LOOSEN UP THEIR DAY...



IF YOU HAVE A LOT OF RED AROUND YOUR EYES - YOU PROBABLY HAVE HAIRBALL. DO YOURSELF A FAVOR AND DO THE DAILY PRACTICE EXERCISE.



PEOPLE WITH THE WHITE
"LIGHTS" OR COMPASSION RING,
BENEFIT GREATLY FROM BODY
BRUSHING AND SCRUBBING,
ESPECIALLY WHEN COMBINED
WITH AROMATHERAPY.

WHAT DO YOU MEAN, SENSE-ITIVE?



VELVETY AND DEEP, THE
TRIBAL EYE IS LIKE A GREAT
ASPEN FOREST, STRETCHING
ITS ROOTS OUT TO THE OTHER
MEMBERS OF THE TRIBE.



THE EMPATHIC EYE LOOKS LIKE
LITTLE LIGHTS AT THE EDGE OF
THE EYE - ALMOST LIKE A
STRING OF PATIO LIGHTS,
INDICATING AN ABILITY TO FEEL
OTHERS (EVEN PHYSICALLY
MANIFESTING THEIR THOUGHTS
AND SYMPTOMS)



WHILE IT ISN'T A TRUE RING IT'S A DEFINITE MODIFIER TO A
PERSONALITY - SIGNIFYING
WORKING IN SURVIVAL MODE
AND CONSTANT INTERNAL SELF
TALK

SCIENTISTS HAVE ACTUALLY PROVEN THEY CAN TRACK A HEART WAVE. IF YOU ARE IN AMERICA AND YOUR CHILD IS IN JAPAN - AND ONE OF YOU HAS A STRONG EMOTIONAL RESPONSE - THEY CAN TRACK THE WAVE FROM ONE HEART, BOUNCING OFF THE IONOSPHERE TO THE OTHER INDIVIDUAL - IT'S NOT PSYCHIC - IT'S FREQUENCY ... AND EACH OF US READS DIFFERENT FREQUENCIES. YOUR PARTICULAR BRAND OF SENSITIVE WAS DISCUSSED ON PAGE 5.

TRIBAL

Individuals with the tribal eve pattern literally feel the pulse of the people ... `the pulse of the earth. This is a beautiful and strong eye pattern, that usually has some ancestral markings and can carry a good share of drama, until it is balanced. Threaded to the lives of the others in their tribe; (whether that be genetic family, friends, sports team mates, or the greater of humanity and the world), these individuals have an internal cellular system that picks up the force and velocity of other people's emotions, feeling like they are their very own. While the Compassionate energy pattern will pick up a person or two, the tribal pattern will pick up the trees, the elephants, the skies, and an entire community. For this reason it's really important for them to recognize their own thoughts, feelings and energy. More than any other pattern, it's really easy for this eye texture to absorb other people's thoughts as though they are their own, including depression. Learn early to ask, "Is this mine?" and set clear boundaries.

EMPATH

No - your child is not a hypo-chondriac - they do literally feel the physical feelings of others. Like the tribal eye, it's super important for these individuals to sort out what are their thoughts and physical feelings compared to others. They must touch-point with their body several times a day to make sure that what they are feeling is there own. If you ever started to feel a stomach ache or headache, and decided to go home, but as soon as you got in the car you felt fine; you may have an Empathic eye pattern. Take a look at your eye now for the compassion ring against a fairly solid texture. If you don't learn to dissect your physical feelings and emotions from others, you can end up playing a bit of psychic Dodge Ball. Be sure to set good boundaries, early and often, especially in high-energy environments. These are the great enablers - needing everyone else to feel good so that they can feel good, which is a very dramatic and difficult way to live.

HAIRBALL

Hairball gives us a beautiful ability to read the room. "Is there an exit sign? A fire extinguisher? Is everyone warm enough?" Being able to "read the room" is a great gift for a teacher, motivational speaker, or a salesperson. It becomes vital to know if the audience is understanding you, or buying - in. having said that, the red fibers that run in and out of your eyes, are like energetic yellow hazard lights - saying caution, caution, you are about to enter a space that you shouldn't. None of us should be a psychic whore - reading peoples thoughts or situations without being invited.

At the same time, it takes a ton of energy. While you are energetically out and about, checking the room, who is inside your body? Who is keeping you safe from other energies? When is the last time you were *Home?* Truly home, comfortable, and relaxed and not worrying about anyone or anything inside your own skin? Take some time each day to get back into your own body!

SIX KINDS OF PSYCHIC ... HOW DO YOU READ THE ROOM?

EVERY ONE OF US IS BORN WITH A LEVEL OF PSYCHIC ABILITY OF ONE KIND OR ANOTHER. SOME PEOPLE CAN PULL INFORMATION STRAIGHT OUT OF THE AIR AND OTHERS FEEL THE PULSE OF THE PLANET.. HOW DO YOU PICK UP YOUR MESSAGES? SEE THE REFERENCES TO YOUR PARTICULAR KIND OF PSYCHIC ON PAGE 5.

PSYCHIC,

Do people tell you that you are psychic? Do you seem to have an "inner-knowing" before, during, and after things happen? There are many ways to tap our Sixth Sense, and the texture and patterns in our eyes can tell us a lot about what our psychic gifts are and how to use them. You can assume you are psychic if you can say yes to the following:

If you can *feel* if something bad has happened in a room as soon as you enter

If you get images in your mind of people and things you don't recognize

If you have a "knowing" when something good or bad is about to happen

If you feel things you can't see, such as someone sitting on your bed

Indeed there are thousands of ways to experience your psychic abilities. The psychic fibers typically pick up messages (thoughts, visions, images) as if from thin air.

INTUITIVE

While psychic is an energy pattern we are born with, intuition is usually a survival pattern that is developed in the first few years of life. Intuition is sometimes developed in a home where people don't speak openly, for whatever reason. It can also be developed when there is simply an uncertain environment; for example, during war years, or when a parent has an accident or is laid-off from work. However it happens, an unpredictable environment is the first ingredient of a well-developed intuitive sense. The intuitive eye has more sense of feeling. sensing, and knowing. Most of these people have their "feelers" and "sensors" out there reading the environment and checking for clues.

If you have just a "knowing" but can't yet prove it.

If you're exceptional at hunting/fishing or other precision sports abilities.

If your mind has an affinity for science and strategy.

PARANORMAL

Yes, some people really do see dead people or at least experience other images, colors, vibrations and frequencies than the rest of us. They just seem to have a mind, body, and spirit that operates on a different frequency than the rest of us.

Usually inspired to shut this gift off at an early age, either by their own fears of what they've seen, or by the well-meant advice of caring adults, These individuals are usually vivid dreamers. In a brown eye, this often shows up as a leaf-like pattern.

If you see things out of the corner of your eye

If you sometimes feel air, like someone just blew on you

or the room temperature suddenly is cold in a spot, you could look at the texture of your eyes for this paranormal pattern. If you sometimes feel like you see things that don't seem possible, and then look again and they are gone. The paranormal eye pattern is fabulous for anyone in the artistic realms as they can express the in-expressible.



WHITE FIBERS REACHING FROM THE INSIDE TO THE SCLERA ARE PRESENT IN THE PSYCHIC EYE



THE INTUITIVE EYE HAS TIGHTER FIBERS OR THE PRESENCE OF FRECKLES - GIVING THEM A "KNOWING" SUCH AS A SOLDIER KNOWS WHEN DANGER IS NEAR, WITHOUT PRESENCE OF CLEAR EVIDENCE.



THE PARANORMAL EYE PICKS UP OTHER DIMENSIONS - IN ANY OF THE IRIS COLORS IT IS FIBROUS BUT TIGHT WITH OUT FRECKLES

THE MARK OF "NOT BEING HEARD!" - ONE OF MANY REPEAT ANCESTRAL PATTERNS

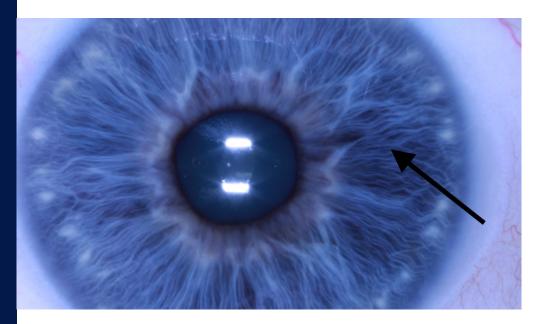
WHEN THERE IS AN INDICATOR IN THE PLACE OF "NOT BEING HEARD," IT CAN SHOW UP AS PEOPLE JUST NOT LISTENING TO YOU, IN A WAY THAT IS NEARLY ABSURD... SUCH AS YOU'VE JUST TOLD SOMEONE YOU'VE BEEN DIAGNOSED WITH LEUKEMIA AND THEY RESPOND BY TELLING YOU THEY JUST HEARD THERE'S A SALE AT TARGET THIS WEEKEND.

TALE OF A REPEAT PATTERN...

Her name was Great Grandmother Asenath. That by itself should have told me there would be a great tale. She and her twin sister, Pearl lived in Illinois. At some point in her young life, Asenath was sold to a member of a Blackfoot Indian Tribe.

Can you imagine anyone who needed to be heard more than Great-grandmother Asenath? Unable to scream for fear of her life. Wanting to scream at her parents, "NO - WHAT AM I - A TABLE? YOU CAN'T SELL ME." and how she must have wanted to scream, "Why me? and not her?" at her twin.

This pattern showed up in her great-granddaughter's eyes, who repeatedly had insane situations of people not listening to her. After this revelation, she was able to let go of the emotional charge she had formerly felt, and balance the pattern.



LOVING AND HONORING OUR ANCESTORS



THERE IS NO ROOM FOR THE BLAME GAME IN IRIGENICS. THE EXPERIENCES OF OUR LIVES ARE OUR OWN. IRIGENICS EYE READINGS WORK TO HELP YOU INTERPRET THE SITUATIONS OF YOUR LIFE AND HOW THEY MAY HAVE STEMMED FROM YOUR ANCESTORS: THEIR SKILLS, EXPERIENCES, AND UNRESOLVED TRAUMAS

When you get an Irigenics eye reading, or receive your My-Eye Mag, you will find a number of clues to the possible lives of your ancestors. This is a great time to honor the people that you come from. Even in identical twins, no person comes from the exact same thread of ancestors. We all have different finger prints, different eye patterns, and different DNA expressions of our fore-bearers.

Take some time after your Irigenics readings to contemplate the lives of your ancestors - the difficulty of the way and time of their lives and the challenging choices they had to make, such as giving up a child so that it could have a better life or so that the siblings could survive and live better. Ultimate sacrifices were made, choices were made on limited information and power.

Honor those who paved the way for you, who honed their crafts and skills, temperaments, and personalities so

that you could be here today, as their shining and magnificent reflection.

Take some time to think of questions you would ask your ancestors if you could. Write the questions down.

Ask to gently dream of how the situations of their lives are reflected in your own and keep a pen and paper by the bed to jot down any dreams or notes.

Take your questions into a visual meditation, or prayer time.

Do an automatic writing session where you ask a question and hold a pen/pencil loosely in your hand and write whatever words come to your mind. Note if they seem to have a different accent or gender than your own. Keep an ancestral journal to log these clues to their lives.

You are their greatest gift - You are their only exact thread living on our planet, now - today (with their physical aspects, skills, and personality).

ANCESTRAL THREADS?

Many of the markings in your eyes were there at three days of birth. They can indicate gifts, talents, energy patterns, relationship dynamics, and your ancestors unresolved traumas that may be creating some drama in your life. If there was anything unusual going on in your earliest years (pre-age 8) it is most likely an ancestral pattern. With a little understanding, the energy wrapped up in these ancestral memory banks can be greatly reduced.

Learning to translate the markings in the eye is an ongoing process and study.

Some of the ancestral markings include:



CHANNELS.

When a deep channel such as the one photographed above goes from the outer edge of the Autonomic Nerve Wreath to the pupil, it is a marking of a repeat pattern (discussed on page 18). Repeat patterns are usually traumas that were not resolved during our ancestors lives. This isn't surprising when you consider the times, and the lack of mental health care. Repeat patterns can take a number of forms, but the ones I see most often that are quite traceable to todays life are patterns such as being persecuted (ridiculed) for something written. (shows up as a text or diary found by the wrong person) Patterns of needing to escape or to scream or cry out, (today can show up as being locked in somewhere), Patterns of turning away from writing as a career or being nervous or persecuted for signing documents. Also rivalry patterns that play out in wills, trusts, etc. are often quite trackable.



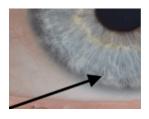
POSTAGE STAMPS

Ancestral stamps are very dark, nearly black, often squared or rectangular, and seen at the outer edge of the iris. It can be anywhere in the eye, but in the area of gestation, it indicates a repeat pattern of being trapped or an ancestor whose life was controlled or changed by a pregnancy - one that was not just an "oops" but resulted in them being disowned (if in combination with rivalry), or being "forced to marry"". This marking also will often show up in the area of rivalry/jealousy. Again there's no place for blame in an Irigenics Ancestral reading - these markings are here for us to take a look at how we feed emotional situations and if we have an opportunity to heal an old ancestral pattern before it moves forward in our family lines. It also can help us take some of the "charge" out of situations that we find ourselves in - to take a minute to say, "This is an old pattern. I'm taking a new approach.



12:00 HIGH

The 12:00 position is one of the most interesting positions in the eyes. When in the left eye, it usually represents some type of persecution for religion or for relationships. Imagine a Catholic wanting to marry a Lutheran back a few hundred years, or a young couple getting pregnant out of wedlock. This is where I find markings for any ancestors burned for being a witch, or other intuitive gift. In the right eve it has more to do with being controlled, persecuted or riduled,in regards to your identy (landlord over tenant),. When there has been an adoption or a child was places or sold to another family there is usually a marking at 12:00. Tesla would have likely had markings at 12:00 for the control and suppression he experienced with his new unique ideas and inventions. When combined with altruism it also often indicates an adoption.

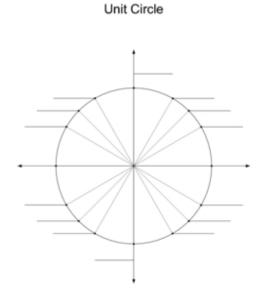


CROSS-FIBER

It would be difficult to determine if cross fibers are from earliest cellular experience, time in-utero, or if they are ancestral, but they are another method of "spotting" a repeat trauma area for the individual. As you look at the eye photographs in My Eye-Mag, you will notice they have either a velvety texture or they have whitish fibers leading form the pupil out to the edge of the iris fairly uniform, but when a fiber goes crosswise, like in the photo above, you have what I call "buying a lie" - this is something like a beautiful person thinking they are ugly or un-photogenic. I often see it in the area of willpower -("I have no willpower") or in the area of "Rivalry ("I can't fight for myself""). It is also possible that when a cross-fiber helps to create an "image" in an eve - that it's there to tell the story of that particular ancestor - or that it's only there to create the image to be discovered.

READING YOUR OWN TREASURE MAP...



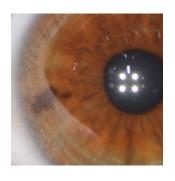




The fiber separations - (top image), are there at birth - looking like someone pushed their thumb into frosting. The above two photos are the same eye - one using back-lighting - the depth of the separation seems to indicate the number of generations the issue-trauma-gift has been re-energized for your ancestors. It's possible that this eye structure would never form freckles or "stamps" but instead would have the deep furrows to indicate a more analytical personality aspect. If this is the main feature of the eye, the individual is a more creative and emotional type with a rounder body build.

The deep furrows of the radii solaris - (top image), as well as the freckles - brown spots on the eye below indicate a thinking aspect (more than a creative indicator. The freckles seem to appear between age two and age twenty-two. They indicate a more analytical personality with more angular features. Acutely visual - they operate primarily from the left hemisphere of the brain.

The larger postage stamp is often visible to the naked eye and seems to scream, "Notice me. I'm part of your story"



The Autonomic Nerve Wreath - that Squiggly Line

When close to the pupil like the image at the top of this page - it's indicative of a more introverted personality - not necessarily shy or quiet, but one who fuels on time alone. Where there appears to be an opening in the line - above at 11, 11:30 & 12, it often indicates a repeat ancestral pattern, present in your current life.



In a very brown, velvety eye - it can appear as a lighter streak with the ANW disappearing into the velvet texture (5:45 here). In a blue eye, it appears as the image at top left 11:50 - as a deep crease or again the ANW line just disappears. as above at 6 - 6:30 with furrows on each side. Where the ANW is pressed close to the pupil it can be read an area of withholding or oppression

HOW DO OTHERS COMPARE TO YOU?









THE MAVERICK

THE CONNECTED

Designed to be completely creative, and a bit emotional, the Connected's strum to a different guitar - often "feeling" the world around them, they run on more than the 5 senses. sense-itive and sense-ual, everything is determined by how it "feels.". Able to run on emotions that go way up high or way down low - they are noted for their emotional responses to life. Typically they have a more rounded body shape than their angular, thinking type friends. You'll know if you are dealing with a person with connected structure, if they always say goodbye last. Hating for anyone to feel ignored, they nearly always get the last goodbye.

The Maverick's are certainly here to change the world and I have no doubt you can dance to that beat. Able to network, when it's called for, inherently able to organize and create dynamic new processes and customize solutions -- still, the Mavericks will change things just for the sake of change. They love to be that whirling tornado in order to make room for the new. Maverick's have a high energy and a high pain tolerance - often ignoring their bodies to get the job done. They make amazing CEO's - think Sir Richard Branson at Virgin Airlines - an absolute Maverick - where as Bill Gates could hover more to the performer.

You cannot be what you are not THE PERFECTIONIST

The one type that you are not -- is the Perfectionist. If you are spending all your time in the mental side of your brain (left brain) you are running in some kind of survival mode. It takes a lot of energy to be what you are not. If you find that your job or your lifestyle are requiring you to be a brainiac, make certain your home life is welcoming you back to the



creative side of Mary Kaye - It's important. You may be able to show up as a Maverick to get a project done or a family reunion. A performer at the office - but your true inherent personality (the one you were born to be) is connected - streaming information through sensory perception and light, feeling your environment.. It's where you thrive (rather than survive) - Embrace your finest gifts bestowed by your ancestors.

Performer



- Performers have a solid structure with mostly fiber separations, but a few brown freckles or furrows.



The Maverick is here to change the world - creating chaos as they go - changing all the rules



The perfectionist is here to think, and think and think - visually acute, don't criticize them, they've already thought everything through twenty times.



The connected fiber plugs them into everyone and everything - naturally psychic, and energetic in nature - they have more rounded bodies and need to be seen.

Disclaimer: Irigenics is for entertainment, & ancestral exploration only.

www.lrigenics.com

Perfectionist

HAVING A HIGH NUMBER OF FRECKLES -PERFECTIONISTS THINK & THINK & THINK

> - great teachers, scientists, architects, and surgeons they have strong visual acuity.



The Maverick is here to change the world - creating chaos as they go - changing all the rules



The connected fiber plugs them into everyone and everything - naturally psychic, and energetic in nature - they have more rounded bodies and need to be seen..

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The performers are ultimate Chameleon's - whether performance is playing a role or actual sports or job performance, they are dynamic performers

www.lrigenics.com

Maverick





The connected fiber plugs them into everyone and everything - naturally psychic, and energetic in nature - they have more rounded bodies and need to be heard.



The perfectionist is here to think, and think and think - visually acute, don't criticize them, they've already thought everything through twenty times.



The performers are ultimate Chameleon's - whether performance is playing a role or actual sports or job performance, they are dynamic performers

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IS IRIGENICS THE SAME AS IRIDOLOGY?

Reading your eyes, is very much like reading a map. There are many kinds of maps of an area, such as a map of a county. A map can choose any kind of information to "map-out." The information on the maps of the same piece of land don't fight with each other. They simply detail different types of information. Demographics, geography, geology, streets, elevation are just a few of the land-map options. Iridology reads a mapwork involving health aspects as imprinted in the eyes.

Irigenics came from years of eye reading and studying behavioral iridology, bio-optic holography, and the Rayid system, as well as the work by Dr. Daniel LoRito and Bio-decoding by Dr. Christian Fleche, and Trans-generational Bio-decoding by Dr. Ruby Gibson; unraveling the patterns and clues of the lives and unresolved traumas of our ancestors.

One could call Irigenics a kind of cartography (the art of building a map) combined with a long-term study of the information in the iris. The data that would be necessary to finish the map could take a lifetime, and that is part of the beauty of pursuing what is revealed in the eyes.

From the texture and fibers to the openings and freckles, each indicator is mapped out and translated in your Eye-Print Report. Thank you for being a wonderful part of this endeavor.



WHY IRIGENICS?

(BY AMY GILLESPIE)



















Author of:

- The Lost Scribe: Forgotten Channel of the Ancients
- Six Years in Mozambique: Things I Haven't Told Mom

Being born with hetero - chromia, and adopted as an infant, made Amy a perfect candidate for learning to read the iris's. Her unique experience of only knowing her adopted family's history until age 18, when she met her birth-mother, gave her some ability to discern and identify the differences between genetics and environment.

As an adult, she worked for many years as a catastrophic loss adjuster. Her years as an adjuster introduced her to many people who were at a turning point in their lives, an opportunity to set a new life purpose and create a new lifestyle, after a disaster had altered their former life forever.

In 2004 she moved to Africa where she created survival skills training programs for kids in Mozambique. Upon her return to the U.S. in 2010, asked herself what did American kids need to survive? The answer was "purpose" – a sense of what they were born to do and be so that they would not get involved in self-destructive behaviors and suicide.

When she attended training in Mastery Systems ™ Conscious Language of Now, she was first introduced to the amazing world of mapping the iris, and her study continued through many iris-reading modalities until she landed on her unique blend of reading ancestral patterns with Irigenics Ancestral Eye Readings.



INQUISITIVE AND DYNAMIC, YOU CAN FEEL THE PULSE OF THE ROOM, OR THE PLANET. SOMETIMES WAKING UP WITH A FEELING OF FOREBODING OR GREAT JOY, YOU INTERCEPT, AND INTERPRET SITUATIONS, AND CUSTOM-FIT WHICH COVR GIFTS AND TALENTS ARE CALLED ON FOR THE MOMENT. (WHETHER THEY ARE KNOWN TO THE PUBLIC OR NOT). PEOPLE SHOULD NEVER TRY TO LIE TO YOU. YOU WILL ALWAYS KNOW - EVEN IF YOU DON'T SAY A WORD.

With a constant to-do list in your head, you are always pushing yourself to do more, be more, help more. Sometimes it's good to slow down and re-evaluate that list. Perhaps you don't have to always use a blue pen, or put on mascara before walking out the door. Monitor that list and keep in mind, you are the one who created it, and you can take a few items off of it. Embrace your gift for technical writing. You are incredible at giving directions and instructions. Your true brilliance comes in intuitive customization - It's what you do and what you do best, figuring out exactly what an individual company, organization, event, or person needs. Your Performer eye structure gives you the gift of strategy and precision, weaving emotion & analytics. Watch that you aren't giving too much away for free. Your ancestors had the same issue, and they suffered for it. Do the energy exercises on page 22 to help cleanse your mind, body, and spirit daily. You'll see an amazing difference in your days and in your life.



IF YOU KNOW SOMEONE WHO WOULD LIKE TO GET THEIR OWN MY EYE-MAG...BY IRIGENICS



First, they will need to have two good-qualify photographs of their eyes. They can have a photographer take their photos using good lighting, or they can take their photos themselves. Details of How to Take an Awesome Eye-Selfie are available at https://irigenics.com/

My Eye Mag is available as a PDF digital download, or a printed copy can be purchased and shipped directly to your home. You can also order the My Eye-Mag cover as a wallhanging and keepsake, featuring your very own beautiful keepsake and to show off the magical beauty of your eyes for your friends and family for years to come.

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