

IIPA LEVEL III

OPPOSITES ATTRACT BY BIRGIT LUEDERS

BIRGIT LUEDERS SHE IS ONE BUSY WOMAN!

Birgit Lueders is a certified Master Herbalist, a Certified Iridology Instructor and Intuitive Wellness Coach. She first learned the values of an organic herbal lifestyle in her home country of Austria.

Since 2009 she has operated BirgitCare, a business focusing on health, wellness, and natural healing. Through BirgitCare, she offers services including wellness coaching based on private personalized evaluation, and Iridology, which is the analysis of spiritual, emotional, and physical health through examination of the eye.

Adding to Birgit's busy schedule, she is the current President of IIPA and has served on the IIPA Board of Directors since 2014.

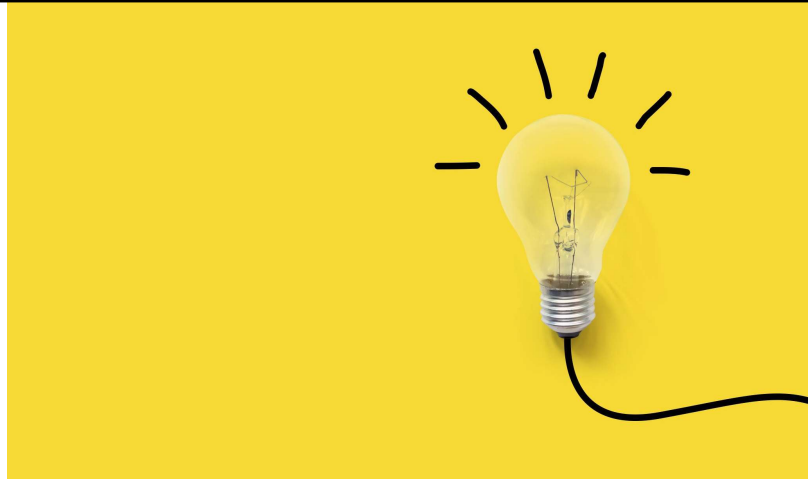


- Joseph Angerer, Dorothy Hall, Magdalena Madaus, Eva Flink, and Theodore Kriege were amazing German iridologist in the 19th and 20th centuries. Some of their teachings have been lost through translations.
- Peter Mandel the founder and creator of Esogetics was not only my instructor for color puncture, but he was also the teacher of Dr. Daniele Lo Rito.
- Energy Flow- Ancient forms of healing like Ayurveda, Chinese Medicine are built upon the directional flow of energy. The word for energy is “chi” in China and “Prana” in India.

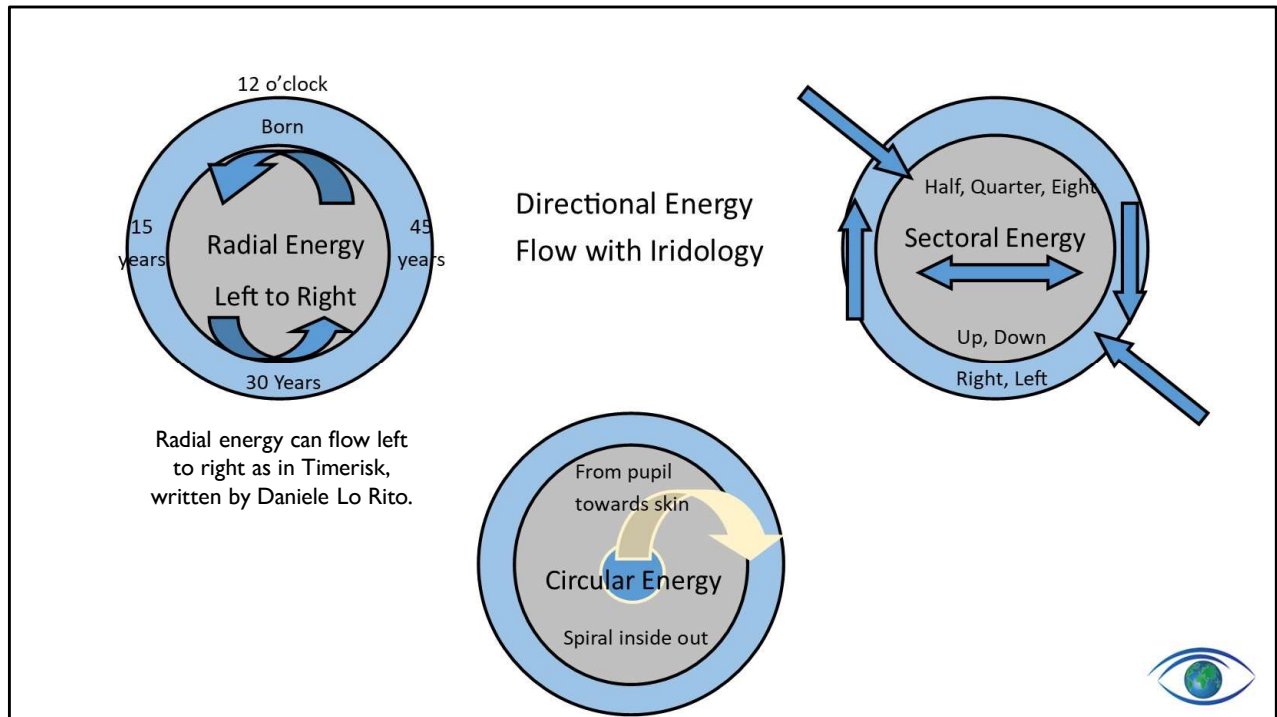


INSPIRATIONS FROM THE PAST

Iridology's focus and awareness should be directed towards reading and identifying the directional flow of energy.
You never know if "Opposites attract."



Universal Connection- Each cell organ, muscle, and bone know the presence and carries in itself the WHOLE program.

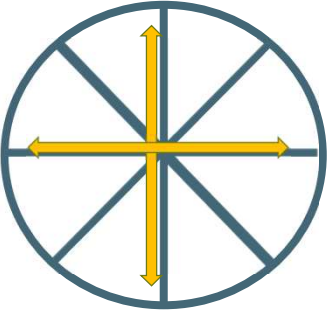


Directional energy flow within iridology

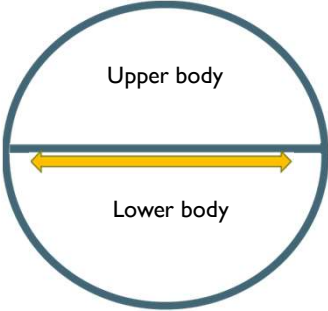
- Radial energy
- Sectoral energy
- Circular energy
- Harmonious connecting lines
- Upper body/Lower Body
- Lateral/medial
- Opposites

SECTORAL DIVISIONS

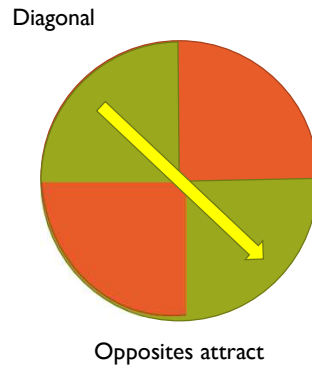
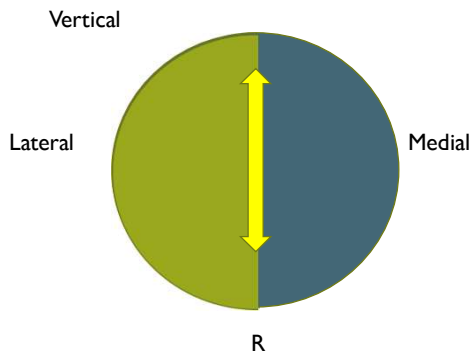
Harmonious
Connecting
Lines



Horizontal

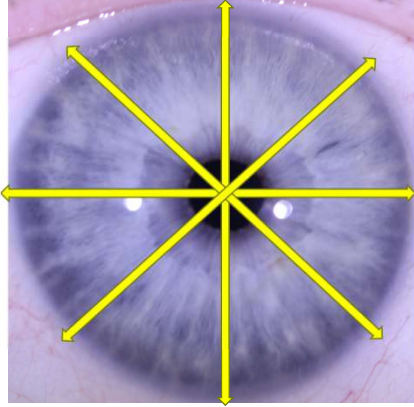


SECTORAL DIVISIONS



HARMONIOUS CONNECTING LINES

BY MRS. MADAUS

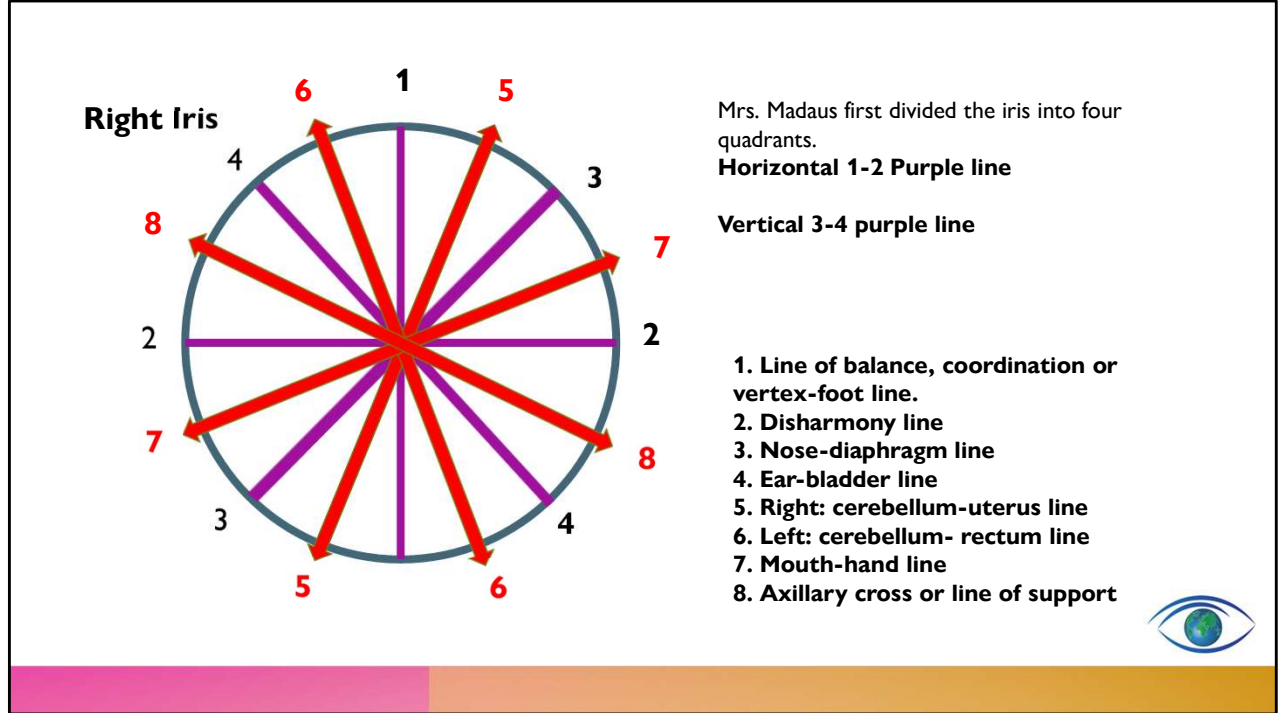


Mrs. Madaus (1857-1925) was the first to divide the iris into eight subdivisions.

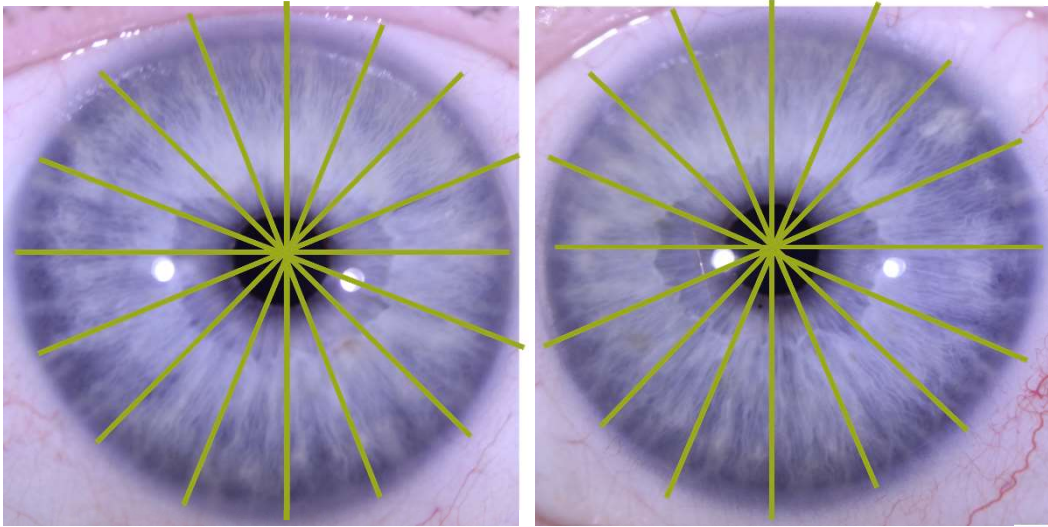
She also was one of the pioneers to first note the opposite markings in these directions.

We will study these pathways today although there are many possibilities to discover the opposites.





1. Line of balance, coordination or vertex-foot line.
(Head to foot)
2. Disharmony line
3. Nose-diaphragm line
4. Ear-bladder line
5. Right: cerebellum-uterus line
6. Left: cerebellum- rectum line
7. Mouth-hand line
8. Axillary cross or line of support

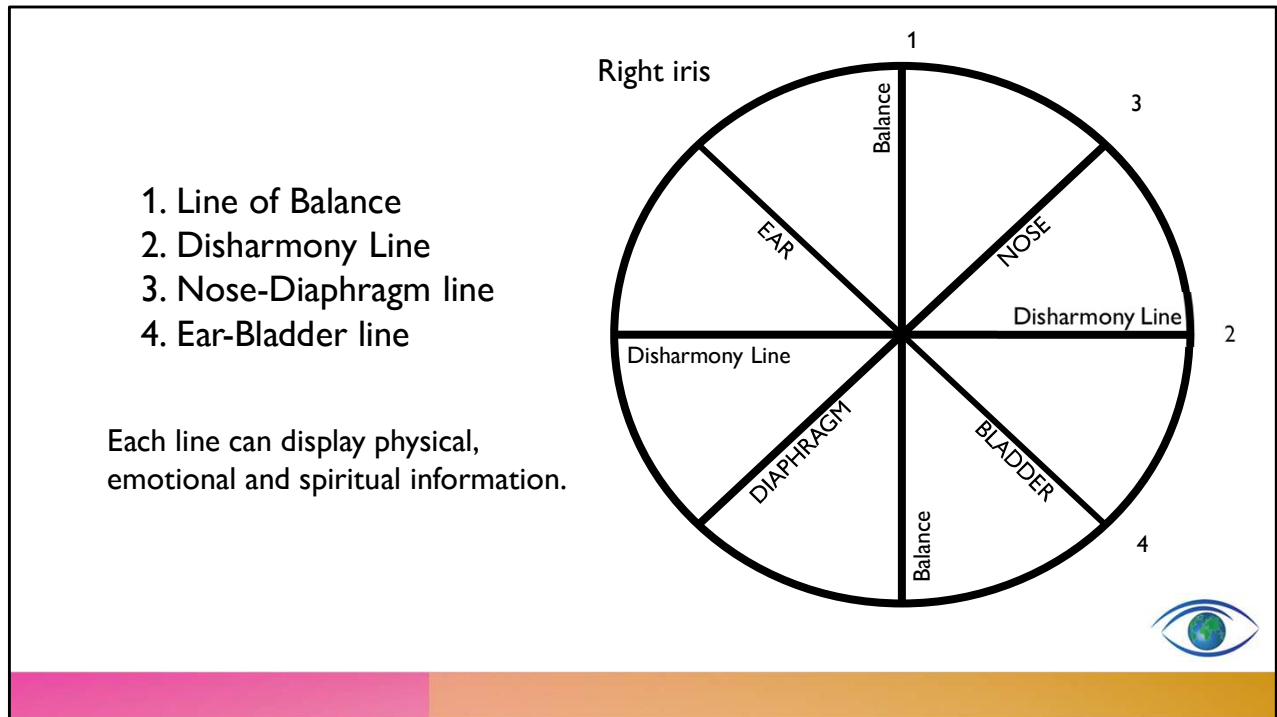


THROUGHOUT THE PRESENTATION...

- Try to be flexible with the exact measurement of the opposite signs.
- Dorothy Hall explains, “flexibility is needed within each iridology chart since each person has different proportions; longer legs, shorter arms, elongated trunks, enlarged hearts etc. (***How the Eyes Reveal Your Health and Personality***)
- In her words, people do not fit into mathematics and science, they vary. So do irises.



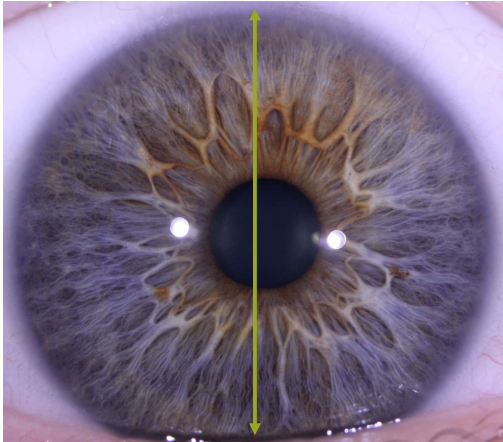
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- 1.Line of Balance
- 2.Disharmony Line
- 3.Nose-Diaphragm line
- 4.Ear-Bladder line

Each line can display physical, emotional and spiritual information

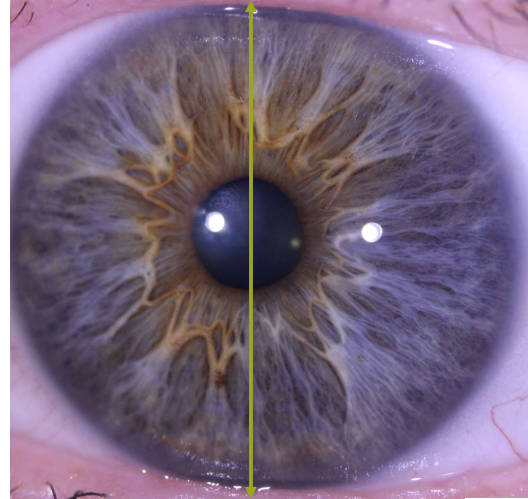
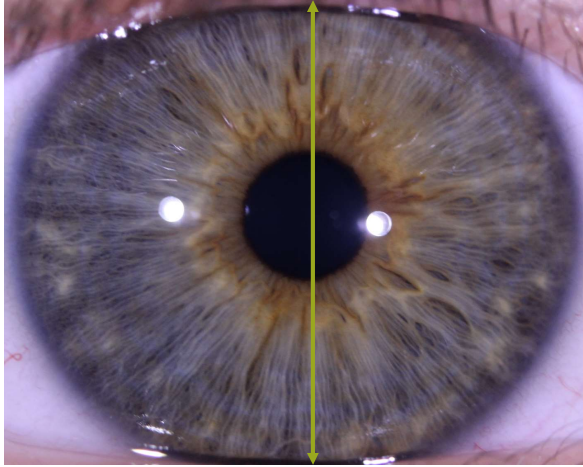
LINE OF BALANCE, COORDINATION OR HEAD/FOOT LINE



A Line of Balance is dominant within the iris, if there are signs in both OPPOSITE DIRECTIONS.

- Radials
- Pigments
- Tophi
- Rarefaction
- Reflexives
- Lacuna
- Different color shading
- Broken collarette





PHYSICAL MEANING OF 'LINE OF BALANCE'

- Also called the **Stress Line. Equilibrium line** or in medical words, **HPA** (Hypothalamus/pituitary axis)
- It connects the brain, feet adrenals, hypothalamus, (in some maps the pituitary gland)
- During a stressful situation, the hypothalamus gland releases a hormone which triggers the pituitary glands production of ACTH, which then prompts the adrenals to make cortisol. Cortisol releases sugar in the bloodstream and prepares the body for the “fight or flight” response. If the glands are in constant overdrive, the body gets cortisol resistant and chronic fatigue can become the norm. Legs stop moving.

OPPOSITES ATTRACT- A stress line is an indication for the need to slow down.



Iridology History: (Brain-Feet)

Line of balance- aka Stress line, Equilibrium line, or the medical world, the HPA axis. (Vertical) (keeping our balance)

Physical: It connects the brain, feet, adrenal, and hypothalamus (in some cases, the pituitary gland). Dr. Igor Mitovic has published a pdf report explaining the HPA-Axis, open to the public.

During a stressful situation, the hypothalamus releases a hormone that triggers the pituitary gland to produce ACTH, prompting the adrenals to make cortisol.

Cortisol triggers the sugar in the bloodstream and prepares the body for the high-energy “fight or flight” response. If the adrenal glands are in constant overdrive, the Body becomes cortisol resistant, and chronic fatigue can become the norm. Legs stop moving

A stress line is an indication to slow down.

EMOTIONAL MEANING - LINE OF BALANCE

- At 12 o'clock, we find the e-motion, **RIDGEDNESS** (according to the Vortex of Georgina Cyr's Emotional Blueprint Map)
- At the 6 o'clock position we find the emotion **FLEXIBILITY** within the legs.
- If we connect both emotions, we are talking about a person who is unable to move forward. They exhibit a tendency of being **FROZEN**.

OPPOSITES ATTRACT: Embrace change to get **UNSTUCK**.



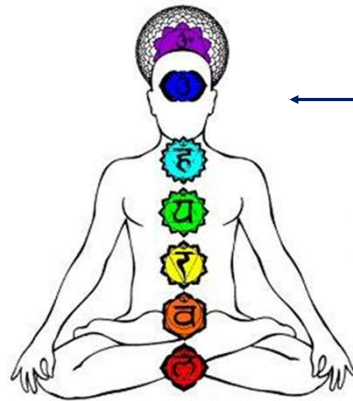
Emotional meaning for the Line of Balance:

At 12 o'clock, we find the emotion for Rigidness: according to Georgina Cyr's book, *Emotional Blueprint Map*.

At 6 o'clock, we find the emotion Flexibility within the legs.

If we connect both emotions, we are talking about a person who is unable to move forward. They tend towards being "frozen."

SPIRITUAL MEANING - LINE OF BALANCE



Brain, hypothalamus belong to the brow chakra.
The 6th chakra has to do with spiritual connection (Georgina Cyr)

Foot, knee, hip, adrenal all belong to the root chakra.
The root chakra belongs to survival, support from family, money and courage.
(Betty Sue O'Brian)

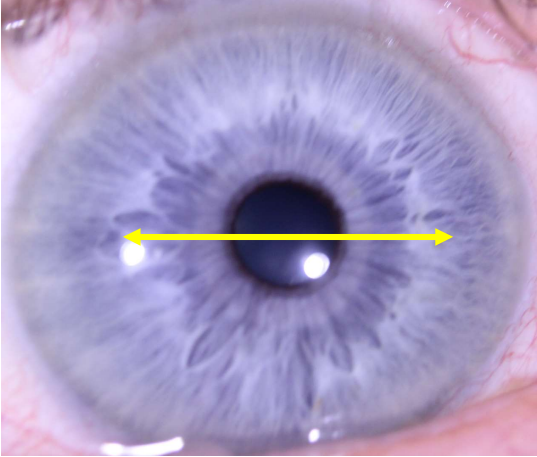


Physically- Hypothalamus and adrenals indicate a cause for imbalance if overused.

Emotionally- Head connected to the emotion of rigidity. Heavy feet indicate being 'frozen.' Together, they create an emotional state of being inflexible.

Spiritually- related to chakras 6 (intuition) and 3 (community). When disconnected, a person can feel spiritually disoriented.

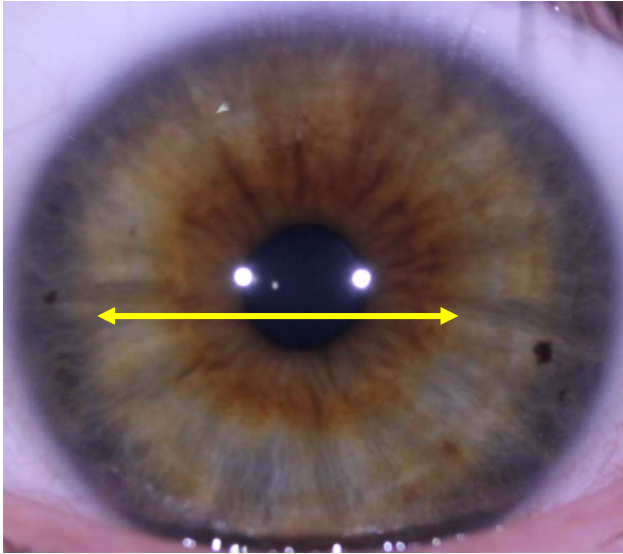
DISHARMONY LINE



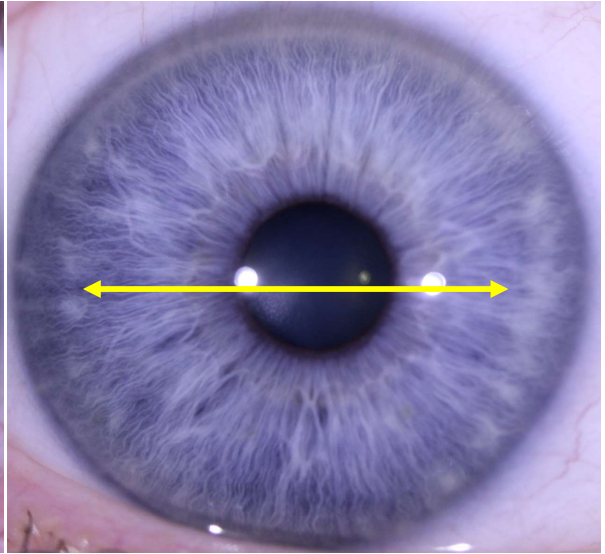
A **Disharmony Line** is dominant within the iris if there are signs in BOTH OPPOSITE DIRECTIONS.

- Radials
- Pigments
- Tophi
- Rarefactions
- Reflexives
- Lacuna
- Different Eye shading





Rarefaction/rarefaction with pigment



Tophi/tophi



DISHARMONY LINE

Throat-lung

The line divides the upper from the lower halves of the iris. Not only can this line cause disharmony thyroid, heart and lung connection, but it can also cause disharmony between the upper and lower body. Mrs. Madaus also called it Disharmony between the **head and body**.

PHYSICAL-

Disharmony can also be caused from hypothyroidism and hyperthyroidism. Our thyroid is connected the rhythm of the heart and lungs. Dysfunction in the thyroid can cause high or low blood pressure, decreased cardiac function, shortness of breath, heart palpitations, and hoarseness. Joseph Angerer placed the thyroid on both sides of the disharmony line within his iridology chart.



Upper body/Lower Body (Throat-Lung) –Disharmony Line

This line divides the iris into an upper and lower half (horizontal).

This creates disharmony through the thyroid, heart, and lung connection; it can also cause disharmony between the upper and lower body. Mrs. Madaus called it disharmony between the head and the body.

Physical: Disharmony can be caused via hypothyroidism or hyperthyroidism. Our thyroid is connected to the rhythm of the heart and lungs.

Dysfunction of the thyroid can cause high or low blood pressure, decreased cardiac function, shortness of breath, abnormal heart rhythm, and hoarseness. Joseph Angerer (German iridologist) placed the thyroid on both sides of the disharmony line within the developed iridology chart.

BERNARD JENSEN ONCE SAID...

**“WHEN YOU PULL A CAT’S TAIL, IT’S THE
OTHER END THAT SCREAMS.”**



EMOTIONAL MEANING

- In Georgina Cyr's, *Emotional Blueprint*, the throat and thyroid reflect the ability or inability to speak one's truth or be heard. This area also reflects low self esteem.
- Not only can you find the lungs and breast in the opposite direction of the throat, but you can also find the heart. The heart is emotionally associated with the perception of how much we are loved, needed, nurtured, acknowledged and wanted.
- (Toni Miller, *Integrated Iridology*)



Use your voice since it is directly connected to your heart



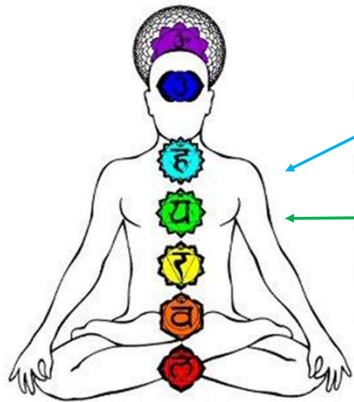
Emotional: Disharmony Line- throat and lungs

The throat and thyroid reflect the ability to speak one's truth or to be heard. This area also reflects self-esteem.

Not only can you find the lungs and breast in the opposite direction of the throat and thyroid, but you can also find the heart. The heart is emotionally associated with the perception of how much we are loved, needed, nurtured, acknowledged, and wanted. (Toni Miller)

Children with throat problems are not being heard.

SPIRITUAL MEANING DISHARMONY LINE



Throat and thyroid are part of the throat chakra.
The 5th chakra-color blue, has to do with truth,
communication, honesty. (GC)

Lungs and heart belong to the heart chakra.
The heart chakra- green, has to do with love,
happiness, loneliness and forgiveness.

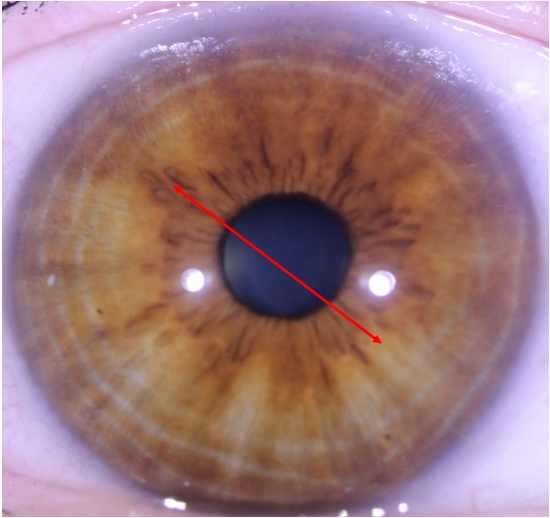


Physically- Disharmony may be created through reduced energy in the thyroid, which can interfere with heart rhythm.

Emotionally- throat-thyroid is about speaking your soul's truth. The heart relates to love and self-love.

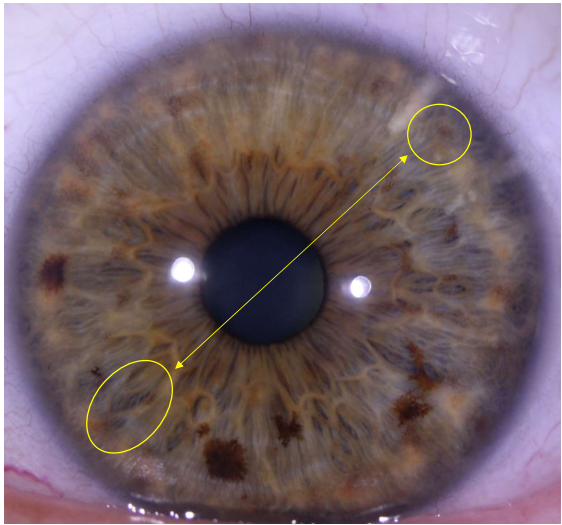
Spiritually- The 5th chakra is not communicating the heart's desire, the 4th chakra.

NOSE-DIAPHRAGM DISHARMONY LINE

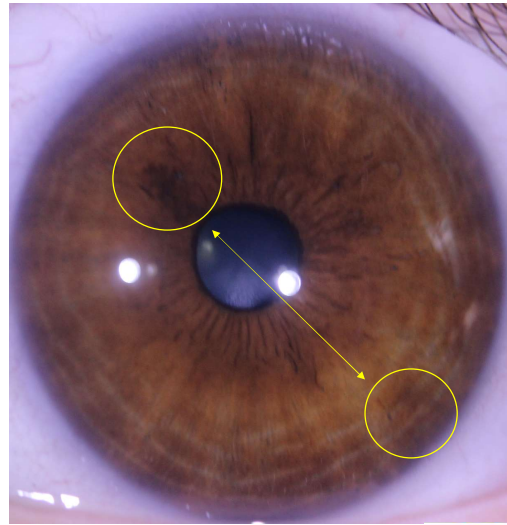


- A **Nose** disharmony line is dominant in the iris if there are signs in BOTH OPPOSITE DIRECTIONS.
 - Radials
 - Pigments
 - Tophi
 - Rarefactions
 - Lacuna
 - Reflexives
- Different color shading





Right pigment and pigment



Left-pigment and pigment



PHYSICAL MEANING - NOSE - DIAPHRAGM DISHARMONY

- This line divides the upper medial quadrant and the lower lateral quadrant. This sign connects the sinus area to the lower body (diaphragm, spleen). If we notice this sign, we may question the client if they experience tiredness due to sleep apnea, stuffy nose, allergies, rhinitis.
- When we breathe through the nose, into the diaphragm we have better oxygen to the tissues and organs including our brain. The nose also has a built-in filter that supports the spleen, which is part of the immune system.
- Incorrect breathing can be noticed through the nose-diaphragm line. Insufficient breathing causes fatigue, insomnia, brain fog. Chronic fatigue, mood disorders, ADHD, snoring. Besides using color puncture or herbal supplements to clear sinuses, teaching clients proper breathing techniques would be of great benefit. (Yoga, Tai-Chi)



Diaphragm Line: Nose

This line divides the upper and medial quadrant and the lower lateral quadrant. The line connects the sinus area with the lower body area (diaphragm, spleen).

If we notice this sign, we may want to question a client if they experience tiredness, sleep apnea, stuffy nose, allergies, or rhinitis. When we breathe through the nose and into the diaphragm, we have better oxygenation of tissues and organs, including the brain. The nose also has a built-in filter that supports the spleen, which is part of the immune system.

What is the name of that filter in the nose? **adenoids**

Physical: Incorrect breathing can be noticed through the nose-diaphragm line. Insufficient breathing causes fatigue, poor sleep, insomnia, brain fog, chronic fatigue, mood disorders, ADHD, and snoring.

Color puncture and herbal supplements can be used to clear the sinuses but teaching your clients proper breathing techniques would greatly benefit them.

EMOTIONAL MEANING - NOSE - DIAPHRAGM LINE

- In the book by Inna Siegel, “The Secret Language of Your Body” it states that the nose is associated with the e-motion of being judged, feeling over-whelmed, and unnoticed. The sense of smell means there is something in front of your face.
- Peter Mandel, founder of Esogetics, said that the diaphragm is where emotions meet rational thinking; where body meets mind. It’s where conscious and unconscious processes meet.
- Pain or discomfort in the diaphragm area represents unresolved conflicts and interrupted energy flow.
- When you breathe deep through the nose 80% of the work is done by the diaphragm. If you strengthen your diaphragm, you may strengthen your endurance.



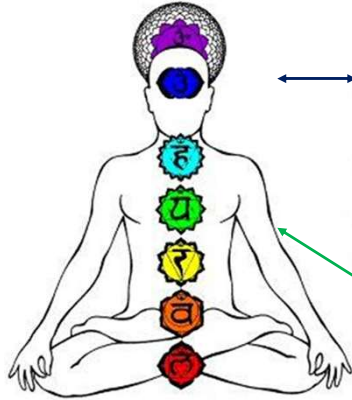
When you take a deep breath through the nose, 80% of the work is done by the diaphragm. If you strengthen your diaphragm, you may improve your endurance.

Emotional: being judgmental, feeling overwhelmed, and unnoticed. The sense of “smell” indicates there is something in front of your face.

The founder of Esogetics, Peter Mandel, said, “the diaphragm is where emotions meet rational thinking, where the body meets the mind. It’s where conscious and unconscious processes meet.

Pain or discomfort in the diaphragm area represents unresolved conflicts and interrupted energy flow.

SPIRITUAL MEANING- NOSE-DIAPHRAGM LINE



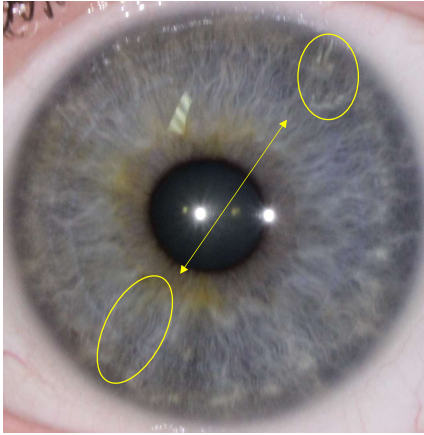
← Nose belongs to the Third eye chakra. The Sixth chakra, (dark blue), allows light in, intuition, spiritual connection.

→ The diaphragm belongs to the heart chakra. The heart chakra, (green), energizes the body with the life force. Carries Chi (GC)



EAR BLADDER LINE -

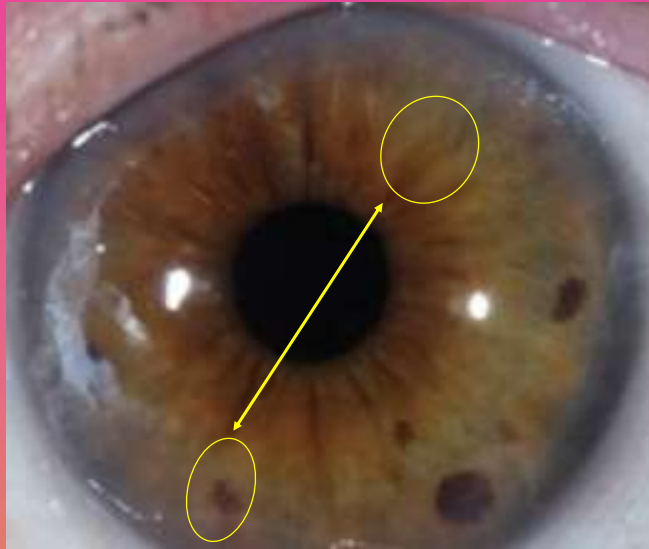
- An ear-bladder line is dominant in the iris if there are sign in BOTH OPPOSITE DIRECTIONS.



- Radial
- Pigments
- Tophi
- Rarefaction
- Reflexives
- Lacuna
- Different color shading

Tophi in ear/rarefaction in bladder





Pigment in bladder
Radial in mastoid/ear



PHYSICAL MEANING - EAR-BLADDER LINE

- The line is the exact opposite of the nose-diaphragm line. This line is drawn through the upper lateral quadrant and lower medial quadrant. Theodore Kriege called this line an INFECTION LINE.
- An ear-bladder line is an indication that this person may not only exhibit weakness within their ear but also within the kidney/bladder area. Chinese medicine identifies ear imbalances like vertigo, tinnitus, as kidney/bladder dysfunction.
- The kidney/bladder meridians regulate the blood/fluids within the body. The ear is responsible for our sense of balance. Excess fluids within the ear can cause vertigo or ringing in the ear.



Ear- Bladder Line

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Physical- An ear-bladder line indicates that this person may exhibit weakness within their ear and the kidney/bladder area. Chinese medicine identifies ear imbalances like vertigo, tinnitus as kidney/bladder dysfunction.

The kidney/bladder meridians regulate the blood fluids within the body. The ear is responsible for our sense of balance. Excess fluids within the ear can cause vertigo or ringing in the ear.

EMOTIONAL MEANING - EAR-BLADDER LINE



Listen to the sound of your imagination.

- The ears are like sponges absorbing information. They help us interpret sound of the internal and external world.
- Emotionally ears hold onto frustration, blames, guilt and emotions towards authority. A typical example would be the: input overload 'earache', experienced by young children, unaccustomed to school room levels of message input from teacher, classmates and parents combined.
- The bladder is associated with being "pissed off". It is also associated with the sense of feeling powerless and timid. Georgina Cyr, "our bladder is housing our sense of imagination."



Emotional- Ear-Bladder Line

The ears are like sponges absorbing information. They help us interpret the sound of the internal and external world.

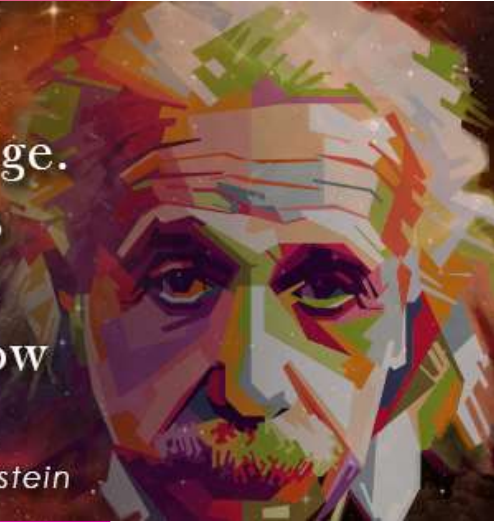
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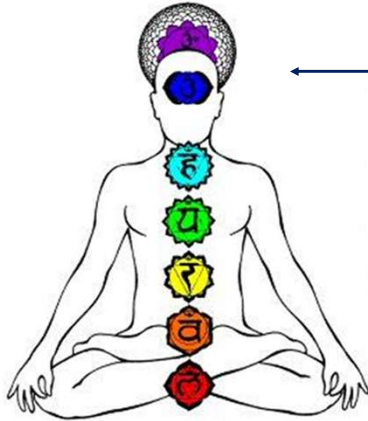
Listen to the sound of your imagination.

“Imagination is more important than knowledge. ... imagination embraces the entire world, and all there ever will be to know and understand.”

Albert Einstein



SPIRITUAL MEANING- EAR-BLADDER LINE



Ears belong to the brow- Third eye chakra. The Sixth chakra, dark blue, allows the light in, awakens the spiritual communication.

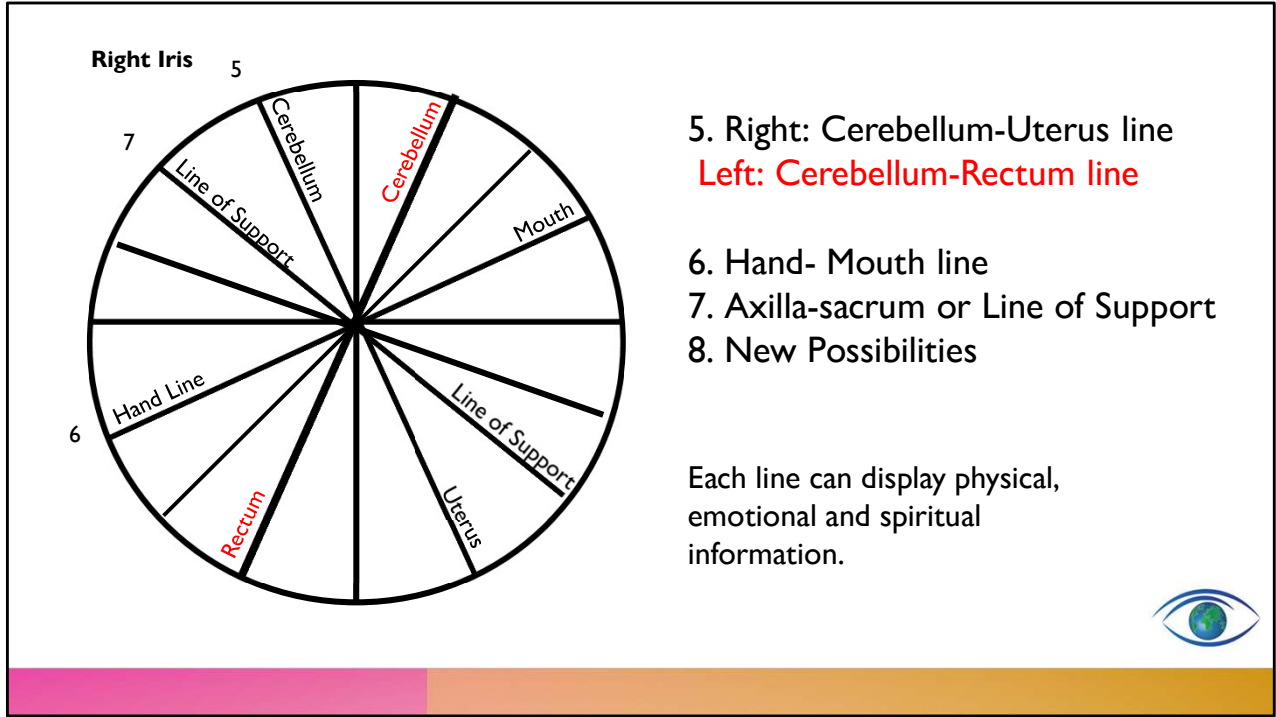
Bladder belongs to the sacral chakra. The Second chakra, orange, is associated with creativity, physical force and vitality.



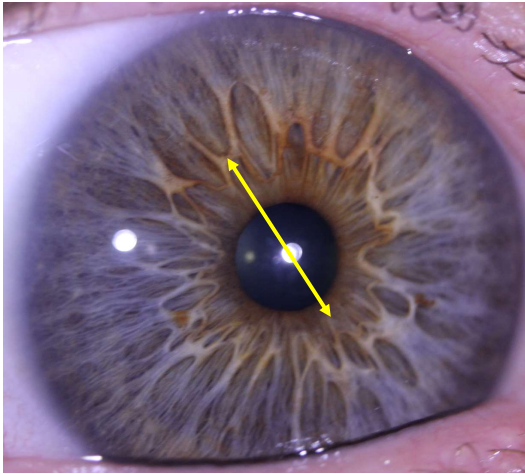
We are a Spirit in a human form, using our body and mind to create a holographic world of polarities.

By Birgit Loeders





CEREBELLUM(MEDULLA) - UTERUS, RIGHT EYE



The Cerebellum- Uterus line is dominant if there are signs in both opposite directions.

- Radials
- Pigments
 - Tophi
- Rarefaction
- Reflexives
 - Lacunae
- Different color shading
 - Broken collarette





PHYSICAL MEANING CEREBELLUM-UTERUS

- This line was called the “active gender” line or the line of inheritance line. Markgraf (German iridologist) referred to this line as the Hysteria Line
- Physically this indicates the possibility of hormonal headaches. Many women report headaches before or during menstruation due to a sudden drop of estrogen.
- Suggestions-Evening primrose oil which is high in gamma linolenic acid and can be calming to the nervous system. raspberry tea may help with hormonal balance.
- **Sometimes our head is controlled from a different part of the body.**



Cerebellum-Medulla-Uterus, Right Eye

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Physical- this indicates the possibility of hormonal headaches. Many women report headaches before or during menstruation due to a sudden drop in estrogen. Suggestions- Evening primrose oil is high in gamma-linolenic acid and can be calming to the nervous system. Raspberry tea may help with hormonal balance.

Sometimes our head is controlled by a different part of

the body.

EMOTIONAL MEANING - CEREBELLUM- UTERUS LINE



- In Toni Miller's book, *Integrated Iridology*, it states that this so-called Hysteria Line involves the libido area and the uterus area, She mentions that a person with this sign can suffer from **extreme fear of sexuality and intimacy**.
- Georgina Cyr mentions in her book, *Emotional Blueprint*, that the reproductive system is related to the emotion of **not feeling good enough or frustrated with oneself**.

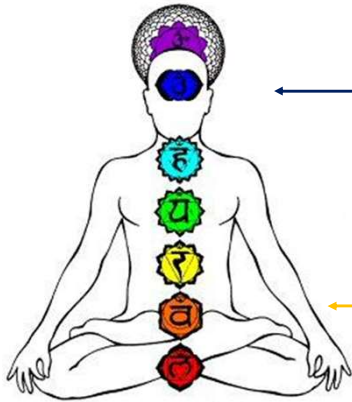
Release your own sexual expression



Emotional- In Toni Miller's book, *Integrated Iridology*, it states that this so-called Hysteria Line involves the libido area and the uterus area; she mentions that a person with this sign can suffer from **extreme fear of sexuality and intimacy**.

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SPIRITUAL MEANING - CEREBELLUM - UTERUS LINE



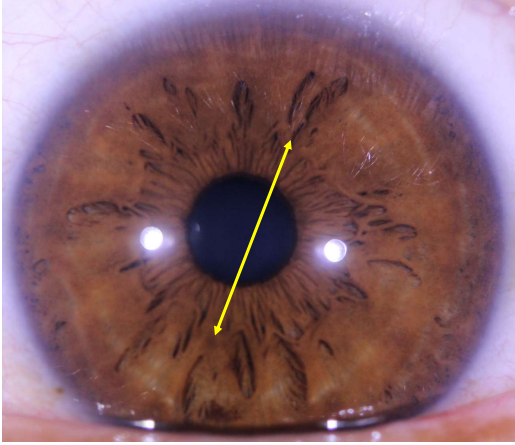
Brain belongs to the Brow chakra (3rd eye)

The 6th chakra-(dark blue) allows the light in, awakens the spiritual communication.

Uterus belong to the Sacral chakra (orange) and is associated with creativity (sexuality) physical force and vitality.



CEREBELLUM (MEDULLA)-RECTUM- LEFT EYE



- Cerebellum-Rectum line is dominant within the iris, if there are signs in both opposite directions.
 - Radials
 - Pigments
 - Tophi
- Rarefaction
- Reflexives
- Lacunae
- Different color shading
- Broken collarette



PHYSICAL MEANING - MEDULLA- RECTUM LINE

- **This line can only be found in the left iris.**
- Physical- This line demonstrates beautifully how the bowels, and the brain are connected. Clients who exhibit headaches and constipation typically show a medulla-rectum line.
- Hydrotherapy treatments and bowel cleansing herbs may be necessary for these clients.
- A bowel that is full of feces can cause severe headaches due to possibility of toxins spilling into the bloodstream.



Keeping the pipes clean is vital for our health

Cerebellum- Medulla- Rectum, Left Eye

This line can only be found in the left iris.

Physical- This line demonstrates beautifully how the bowels and the brain are connected. Clients who exhibit headaches and constipation typically show a medulla-rectum line.

Hydrotherapy treatments and bowel cleansing herbs may be necessary for these clients.

A bowel full of feces can cause severe headaches due to the possibility of toxins spilling into the bloodstream.

EMOTIONAL MEANING - MEDULLA - RECTUM LINE



Never stop finding peace within yourself



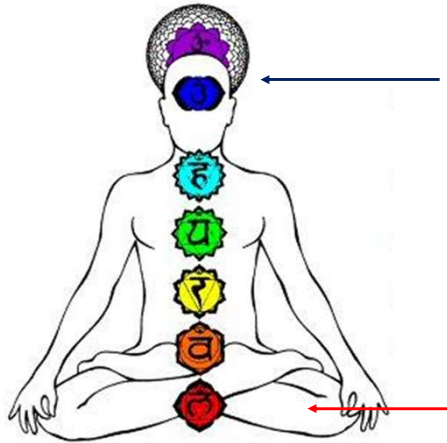
- Emotionally, the medulla is associated with **ambition** and rectum with **peacefulness**.
- Dr. Bernard Jensen always promoted the importance of bowel cleansing. He knew that **a clean gut might be able to trigger our ambition**.

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Dr. Bernard Jensen always promoted the importance of bowel cleansing. He knew that **a clean gut might be able to trigger our ambition**.

Never stop finding peace within yourself

SPIRITUAL MEANING- MEDULLA-RECTUM LINE



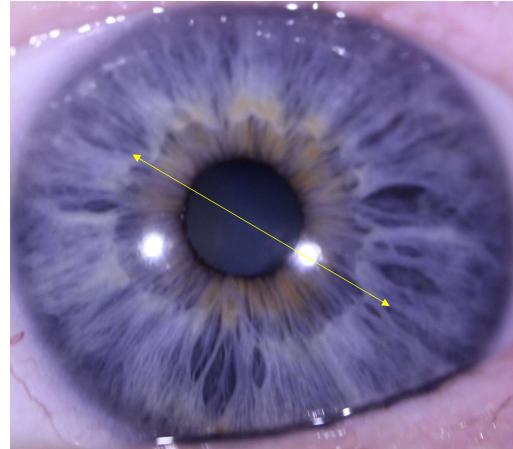
Brain belongs to the brow or 3rd chakra.
The 6th chakra (dark blue) allows the light in and awakens the spiritual communication.

The rectum belongs to the 1st chakra (red) or root chakra. The rectal chakra is associated with the earth element and the emotion of fear and attachment.



MOUTH-HAND LINE

- Mouth- Hand Line is dominant within the iris, if there are signs in both opposite directions.
 - Radials
 - Pigments
 - Tophi
 - Rarefication
 - Reflexives
 - Lacunae
- Different color Shading
- Broken collarette



PHYSICAL MEANING - MOUTH - HAND

- Dr. Markgraf (Iridologist) calls this line the “nutrition line.” Of course, this information is not confirmed from IIPA standard, but I think it should create new questions within an Iridology dialogue. The hand is feeding the mouth.
- **Physical:** Toni Miller (Australian Iridologist) mentioned in her book that this line can indicate ancestral stomach disease if a radial is connected to it. She says that the mouth hand-line might indicate eating disorders, bulimia, anorexia... It can also indicate that the patient is addicted to the wrong food, for example the line at the hand is right at the location of the liver, pancreas, which can indicate false sugar and fat metabolism.



Touch is one of the strongest and most often used sensation in the body. When we touch our food with our hands, the brain signals our stomach that we are about to eat. This in turn, prepares the stomach to digest the food it will receive, aiding in better digestion.



Mouth-Hand Line

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EMOTIONAL MEANING-MOUTH- HAND LINE

- **Farida Sharan** (UK, USA Iridologist) mentioned in her book that the hand that feeds the mouth is guided either by wisdom or emotions. She stated that negative or repressed emotions tense the jaw and can create over chewing.
- **Georgina Cyr** associated the mouth with closed mindedness.



Replace emotional eating with mindful eating

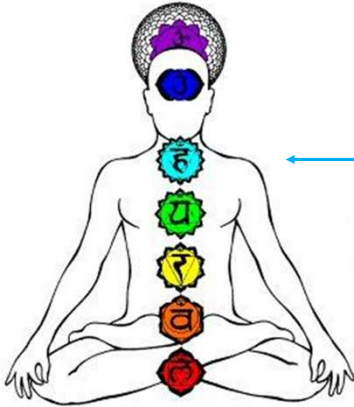


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SPIRITUAL MEANING - MOUTH - HAND LINE



Mouth belongs to the Throat Chakra (5th chakra)

The 5th Chakra (sky blue) is associated with the qualities of understanding, balance, peace, contentment.



MOUTH-HAND LINE

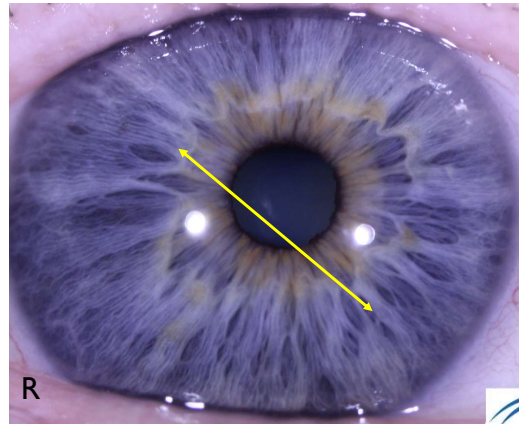
The hand and fingers represent all the chakras.

We use our fingers to point things out



AXILLA (SHOULDER)-SACRUM LINE (LINE OF SUPPORT)

- Axilla-sacrum line is dominant within the iris, if there are signs in both opposite directions.
 - Radials
 - Pigments
 - Tophi
 - Rarefication
 - Reflexives
 - Lacunae
- Different color Shading
- Broken collarette



PHYSICAL MEANING-SHOULDER-SACRUM LINE

Theodore Kriege (Iridologist) stated, this line is also called Endurance Line. People with a line at the shoulder (neck) and the lower back (bladder) can not abuse their bodies physical and emotional. He said: **“They can neither bear nor endure much.”** One must not demand too much of such patients.

Physical: Peter Mandel (color puncturist) stated that this line can be found in patient when the entire back is sore. Stiffness – swollen lymph at the neck, axilla, or groin can be found too. He also stated that they complain of stress in the upper abdomen, intestines, headaches.

A characteristic or feature of these patients is back pain and fatigue without any diagnostic findings.



Proper posture is vital for clients with axilla-sacrum line



Axilla-Shoulder- Sacrum, Line of Support

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EMOTIONAL - AXILLA - SACRUM



You recognize your inner strength once your back is against the wall.

- **Our spine** represents our emotional structure. If we live a life that is not SUPPORTING our inner truth, our structure will crack or break.
- A great Intuitive Healer in Austria once said to me: **“A cheerful heart is good medicine, but a crushed spirit dries up the bones and tightens muscles.**
- **Muscular system** relates to the feeling weighed down.
- **Skeletal system** relates to support, security.



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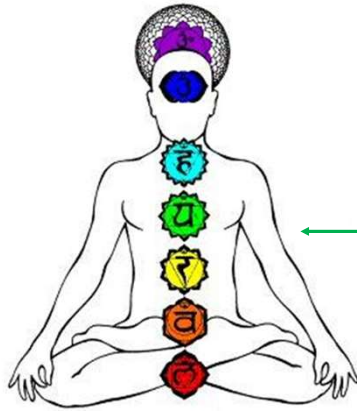
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• **The skeletal system relates to support, security.**

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Proper posture is vital for clients with axilla-sacrum lines.

EMOTIONAL AXILLA-SACRUM



The 4th Chakra (green) carries the CHI- life force.

The 1st Chakra (red) also carries the life force- courage, survival, security

Kundalini is a type of **energy** that sits dormant in the first chakra, at the base of the spine. This **energy** is released during spiritual awakening through all the chakra

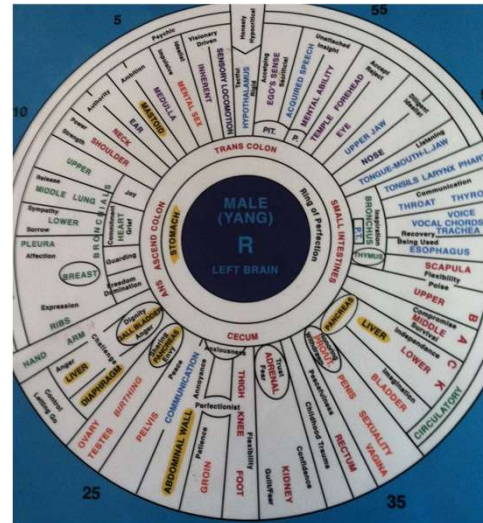


NEW POSSIBILITIES

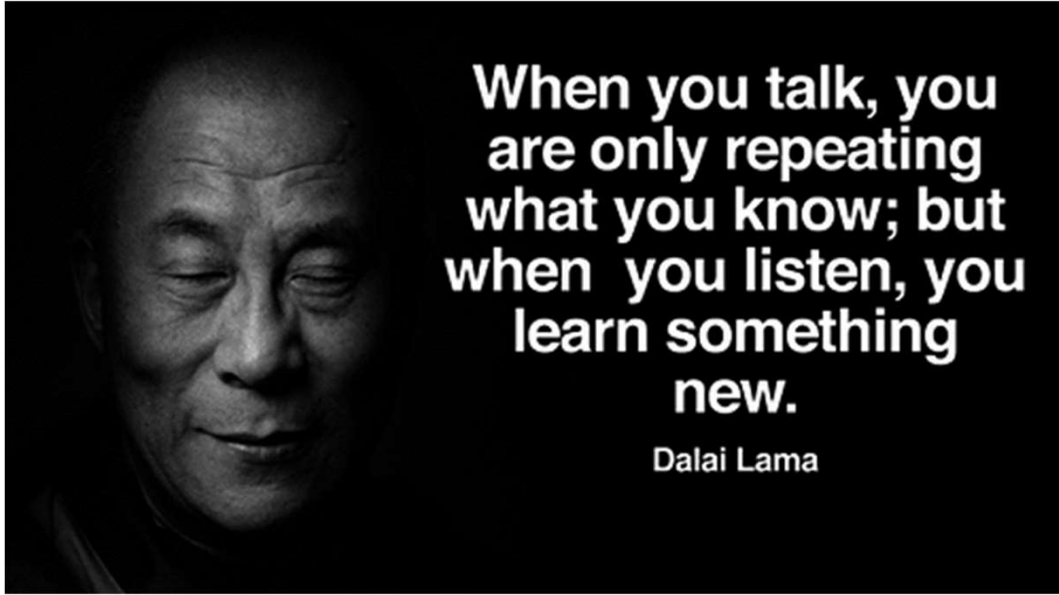
Find new connections for example:

- Skin and opposite organ area
- Stomach and opposite intestinal area
- Large intestines and opposite organs

Let the iris help you ask the correct questions; you never know what you might discover with your client.



We encourage you to research and look for other new possibilities in Opposites Attract. Let the iris help you ask the correct questions; you never know what you might discover with your client.



Dalai Lama