

HOLISTIC IRIDOLOGY®

SCALE OF THOUGHTS AND EMOTIONS IN RELATIONSHIP TO
THE ENDOCRINE GLANDS & ORGANS OF DETOXIFICATION & ELIMINATION

WORDED EXPRESSIONS

CONSCIOUSNESS & ENTHUSIASM

*I am I love I know
I see I can I choose
I will I do I create
I feel I have I enjoy*

FORGIVENESS

*I feel very sensitive about that.
You hurt me ten years ago.
I'll never forget what you did.
That was inexcusable.*

LETTING GO

*I can't let go.
I must be in control.
I've got to let go.
I'm out of control.*

PAIN

*Why did you do this to me?
It hurts too much.
I can't bear it any more.
The misery seems endless.*

ANGER

*I won't!
You can't make me!
I'll get even!
I hate that!*



**CONSCIOUSNESS
& ENTHUSIASM**

**SKIN
HYPOTHALAMUS
PINEAL
HEART**



FORGIVENESS

**KIDNEYS
BLADDER**



LETTING GO

**COLON
LARGE INTESTINE**



PAIN

PITUITARY



ANGER

**LIVER / GALLBLADDER
THYROID / PARATHYROID**



FEAR

**ADRENALS
THYMUS**



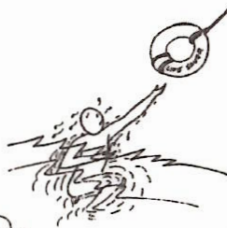
GRIEF

PANCREAS



APATHY

**LYMPHATIC SYSTEM
SPLEEN**



SURVIVAL

**LUNGS
RESPIRATORY SYSTEM**



UNCONSCIOUSNESS

**TESTES
OVARIES**

WORDED EXPRESSIONS

FEAR *What if it doesn't work?
I've got to have it.
What is going to happen to me?
I worry about everything.*

GRIEF *No one understands.
There is nothing I can do.
I feel very sad.
It has always been missing.*

APATHY *I'm not good enough.
I don't feel like it.
I can't do it.
What's the use?*

SURVIVAL *Am I going to make it?
I can't make it.
How will I survive?
It is difficult to endure.*

UNCONSCIOUSNESS *I don't know.
I am not aware.
I don't understand.
I don't feel anything.*



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