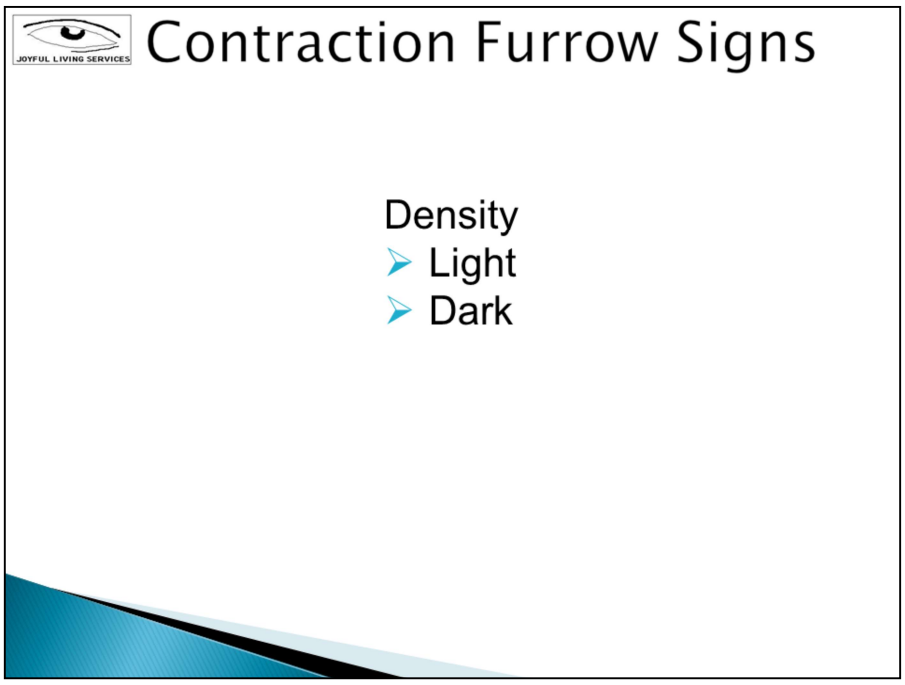
- Circular grooves run in a circular pattern around the iris.
- They are caused by a buckling of the fibers over generations of time and are thought to indicate a genetic tendency for tension and stress and are there at birth.
- Contraction furrows are affected by the posterior membrane that will have wavy areas along the surface.
- People with any type of contraction furrows located anywhere in the iris will tend to lose minerals more easily than others since minerals ae depleted quickly under stress.
- Vacations are especially necessary and are greatly beneficial in reducing stresses of everyday living.
- Herbs are highly beneficial also and the ones with the most benefit to the nervous system are Catnip, Valerian, Chamomile, Skullcap and Wood Betony.
- All of the B Vitamins are also beneficial.



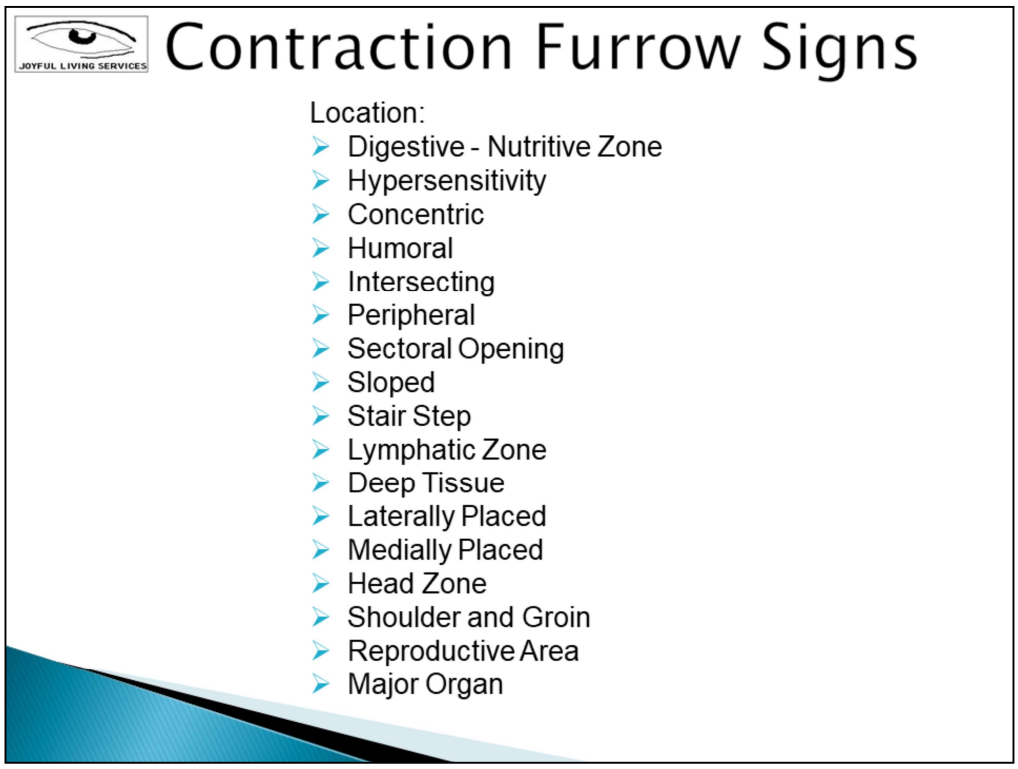
Density of Contraction Furrows

Light Contraction Furrows

- Seem to be closer to the anterior surface of the iris. When the pupil comes back into normal size, the grooves often soften and appear less deep.
- An extremely small pupil will pull the fibers tight and the furrows may disappear.
- Can be seen in any iris color.
- These are seen in people with an industrious attitude.
- May seem flighty and carefree rather than weighted down by anxiety.
- Can indicate one who is jumpy and reactive especially if exposed to unexpected loud noises.
- Their nervousness is close to the surface and not hidden.
- What you see is what you get. Wears feelings on sleeves.
- Can be caused by a potassium deficiency.

Dark Contraction Furrows

- Can indicate increased muscle tension and likelihood of a febrile predisposition.
- They are situated deeper into the stroma when the pupil is dilated and large pushing the iris fibers out toward the iris edge.
- Can induce delayed reaction time or a loss of sensation in the affected areas.
- Can indicate a person who tends to experience emotional issues at a profound level.
- Usually have an inability to bring personal problems to the surface or to discuss their intimate thoughts and feelings. Their issues can be trapped in their tissues. Possible Fibromyalgia and passive aggressive tendencies.
- Can be caused by a magnesium deficiency
- If the furrows are heavy, the client ought to be giving some thought to an alteration of lifestyle or taking up some relaxation techniques.
- Some persons simply drive themselves too hard. They need to spend some time pursuing a relaxing hobby, mentally, if not physically, removing themselves from their usual work.



Location of Contraction Furrows

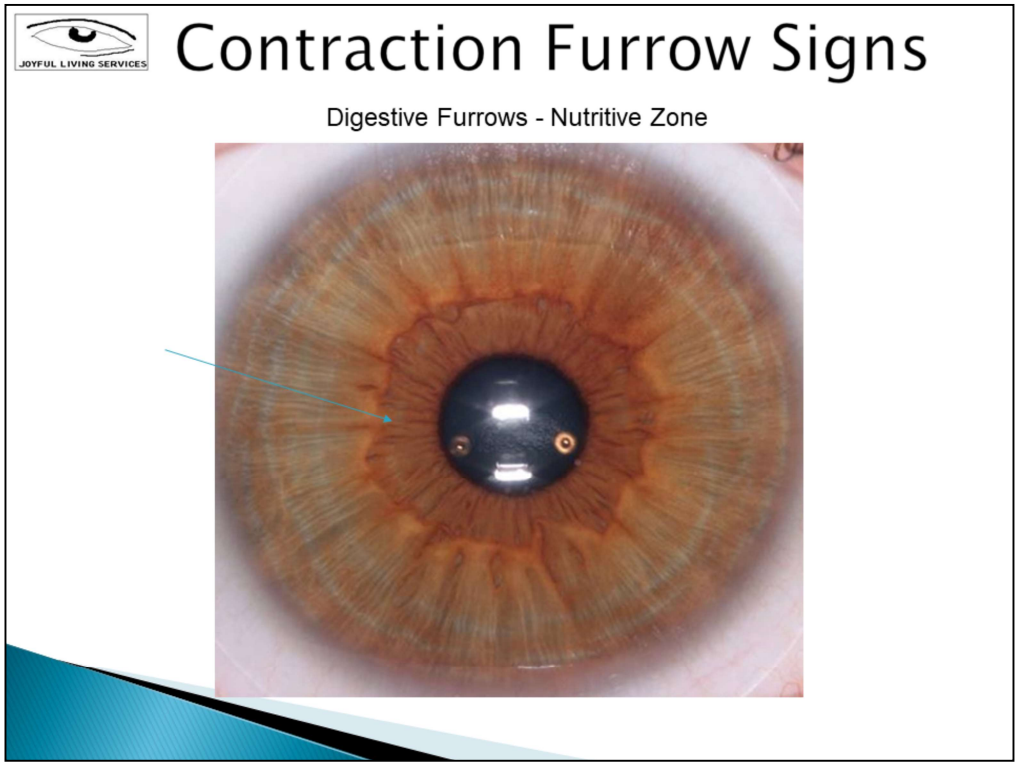
- The location and breaks in the contraction furrows determines the nfluence they may have on the body.
- The first thing you should examine is whether they appear in one or both irises.
- There is additional significance when furrows are unilateral.
- The right/left influence will be additional to other relevant information based on location, density and links.
- The right iris can involve the relationship with the father, significant males or things of a material nature.
- The left iris can involve the mother, significant females or things of a spiritual nature.
- Mentioning this to clients makes a person realize the basis of their problems.

Unilateral Left Iris

- Contraction furrows of any shape occurring only in the left iris. Represents femininity/mother.
- Shows an inability to give and receive. Based on a lack of trust.
- Left is mother's side. We learn to trust from our relationship with our mother. When this is missing there can be issues with family and peers, especially females.
- Temperament will often display anxiety and apprehension.

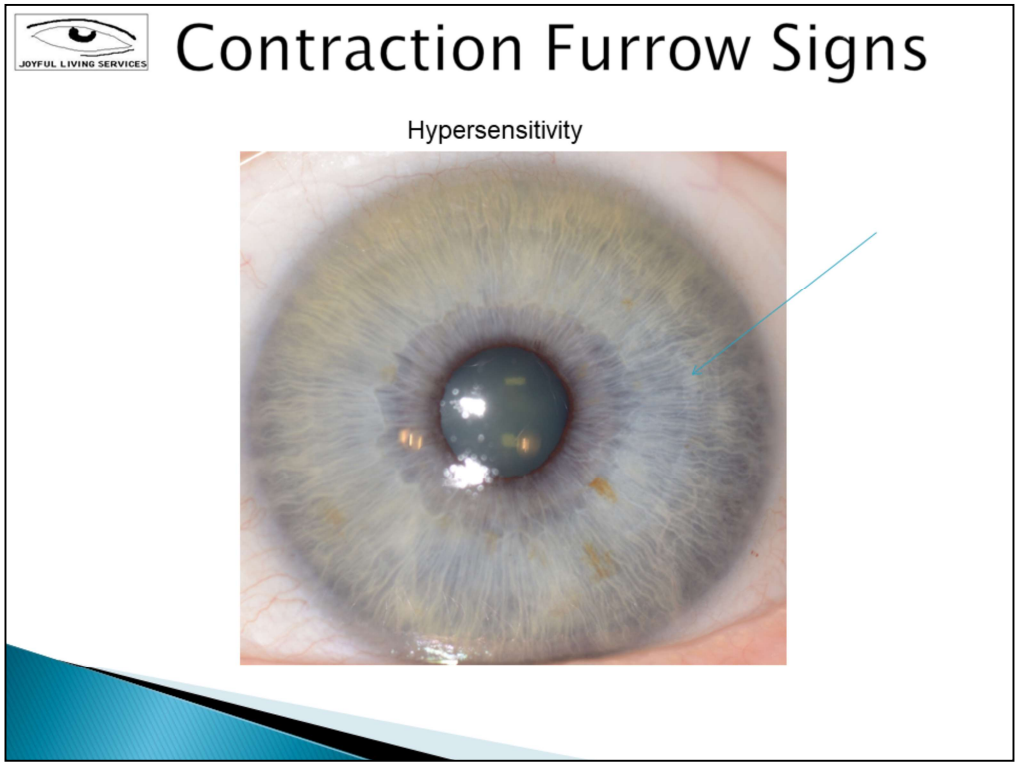
Unilateral Right Iris

- Contraction furrows of any shape occurring only in the right iris. Represents masculinity/father.
- Can manifest in emotions such as anger, frustration and aggression.
- Can handicap ability to complete tasks or achieve success.
- Can be continually uptight.
- Issues with the father can effect the success in the material world.



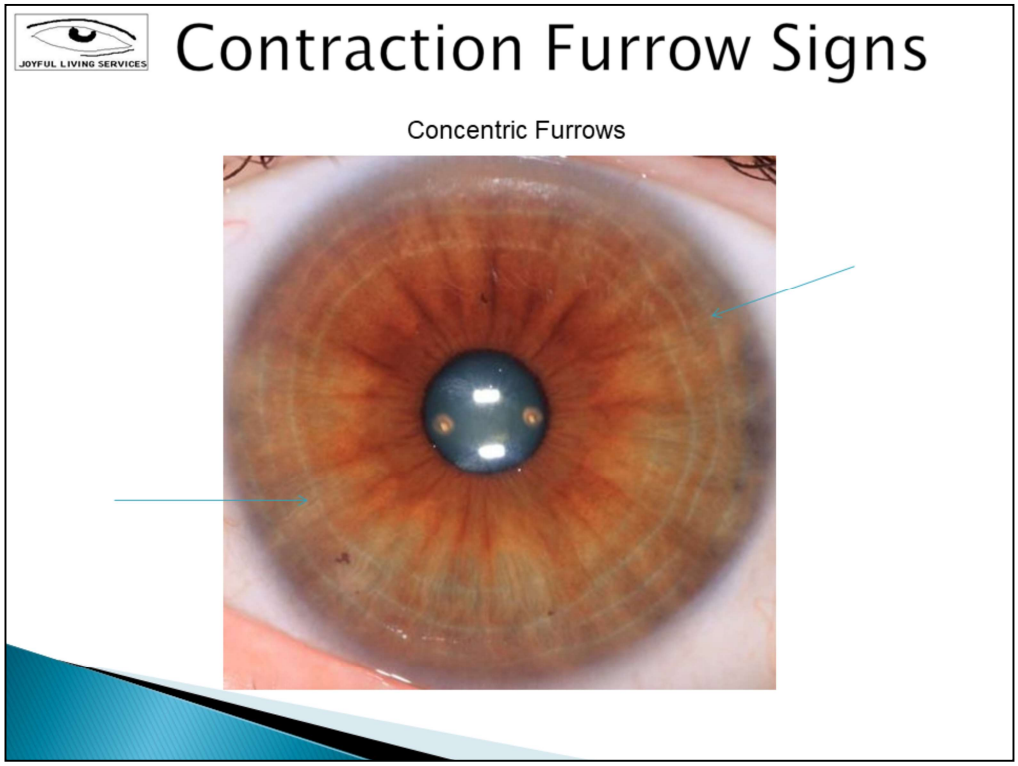
Digestive Furrows - Nutritive Zone

- Higher sympathetic nervous system activity levels in the stomach causing inefficient digestion.
- Contraction furrows between the pupil border and the collarette.
- Can have acute spastic problems in the gut including nervous indigestion, gastritis, irritable bowel and colitis.
- Can experience digestive constriction during periods of anxiety.
- They don't want to eat when they are having to deal with acute phases of emotional upset.
- Joachim Broy said a contraction furrow inside the collarette, occupying half the circumference of the iris, is specifically associated with spasmodic symptoms exacerbated by eating too quickly. This can be someone with an impatient temperament.
- Disorders of the stomach or small bowel can be associated with anger and frustration and are seen in people who get hung up on details, driven by a fear of missing something important.
- Large colon is connected with our ability to let go.
- Constipation means that we hang on to old concepts for too long.
- Diarrhea is experienced by a person prone to rejecting new ideas without allowing enough time for objective consideration.
- Client can complain about having a nervous stomach.



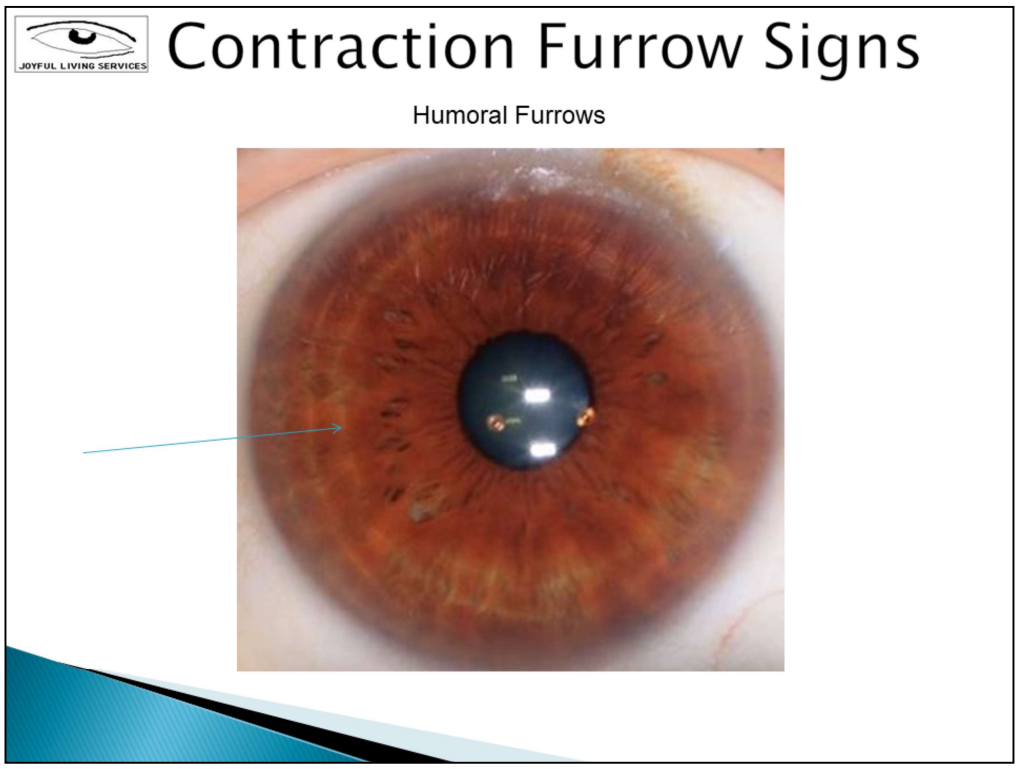
Hypersensitivity

- Many concentric furrows in medial or lateral sectors of the iris.
- Usually light in color and are more common in lymphatic constitutions.
- May think the world is a harsh place.
- Usually very sensitive and may be timid.
- Usually an inability to cope with extreme noise or a busy environment.
- They are best in a stable, routine environment.
- Often seen in very young children.
- Associated with trauma during gestation.



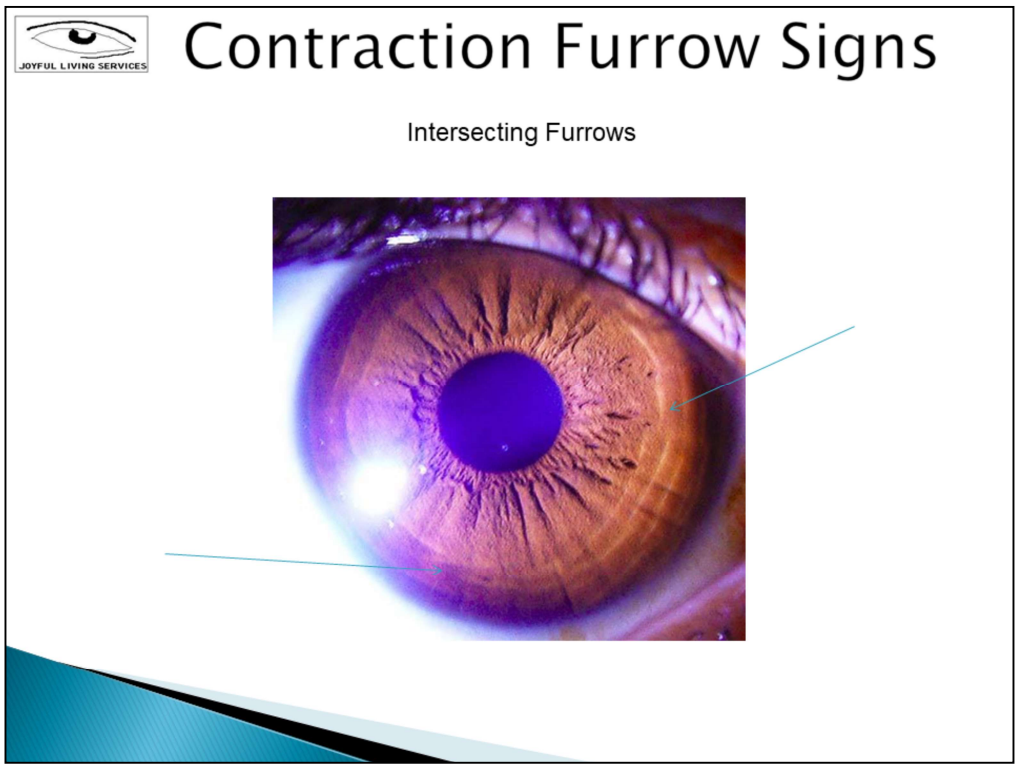
Concentric Furrows

- These furrows go around the iris and are evenly spaced.
- They are not broken nor do they intersect.
- People who have these concentric furrows in their irises can have a moderate degree of anxiety, irritability, hypermotility or excessive movement in the muscles and tissues, insomnia, and cramping when under psychological distress or with imbalanced nutrition.
- They often suffer from restlessness and a mental chatter that won't seem to stop.



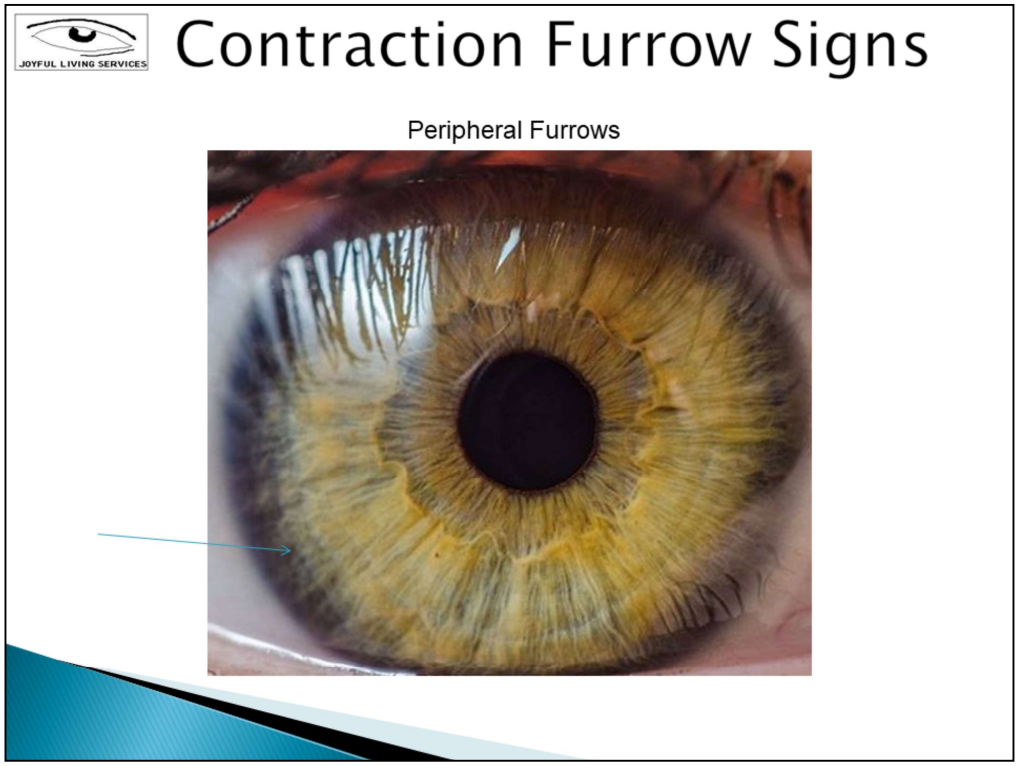
Humoral Furrows

- These furrows run through the humoral zone or the first zone located outside of the collarette in the iris.
- These people tend to have circulatory restrictions of blood and lymph.
- These furrows are not relative to specific sectors but can affect all areas of the humoral zone.



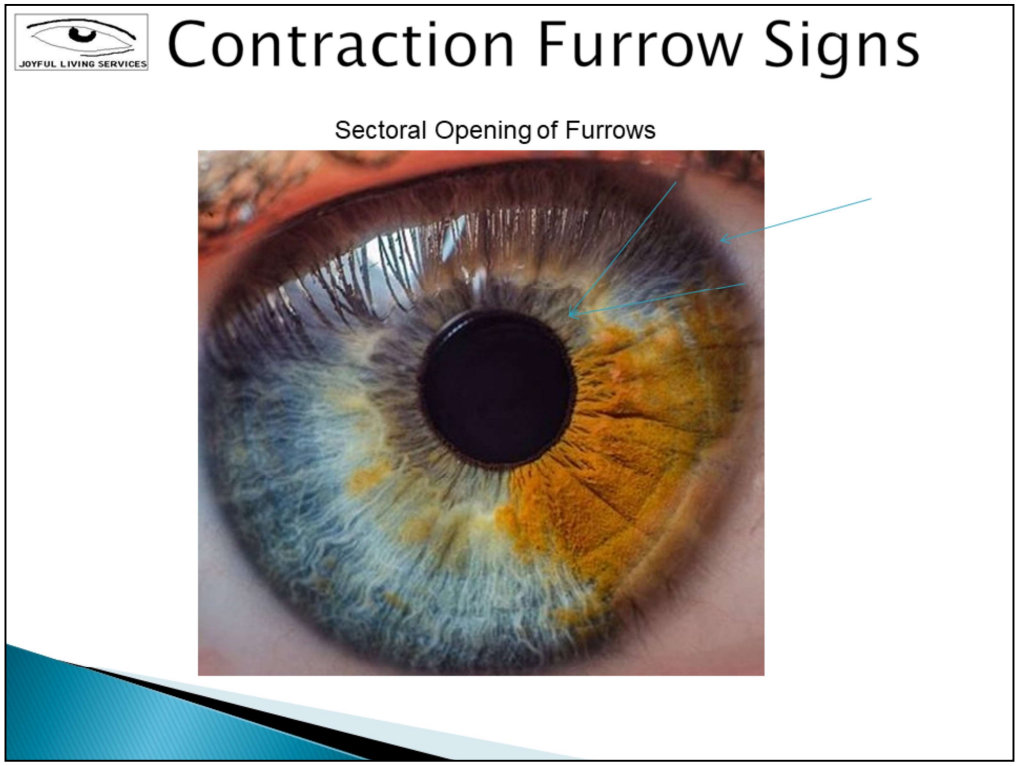
Intersecting Furrows

- These are furrows that cross over one another.
- With these furrows, close attention must be paid to the area where they intersect.
- These furrows will show a tendency for blocked nerve supply and energy in that part of the body.
- These people can have a family history of neuralgic disorders or severe pain and inflammation in any of the nerves of the body including conditions such as sciatica in the hips and legs and brachial plexus in the shoulders and arms.
- Spasmodic conditions with spasms or cramping in any body part are common with this sign.
- There could be some psychosomatic tendencies and anxiety disorders.
- If the furrows intersect in the cranial reaction field of the iris, the person could potentially suffer with tension or migraine headaches.



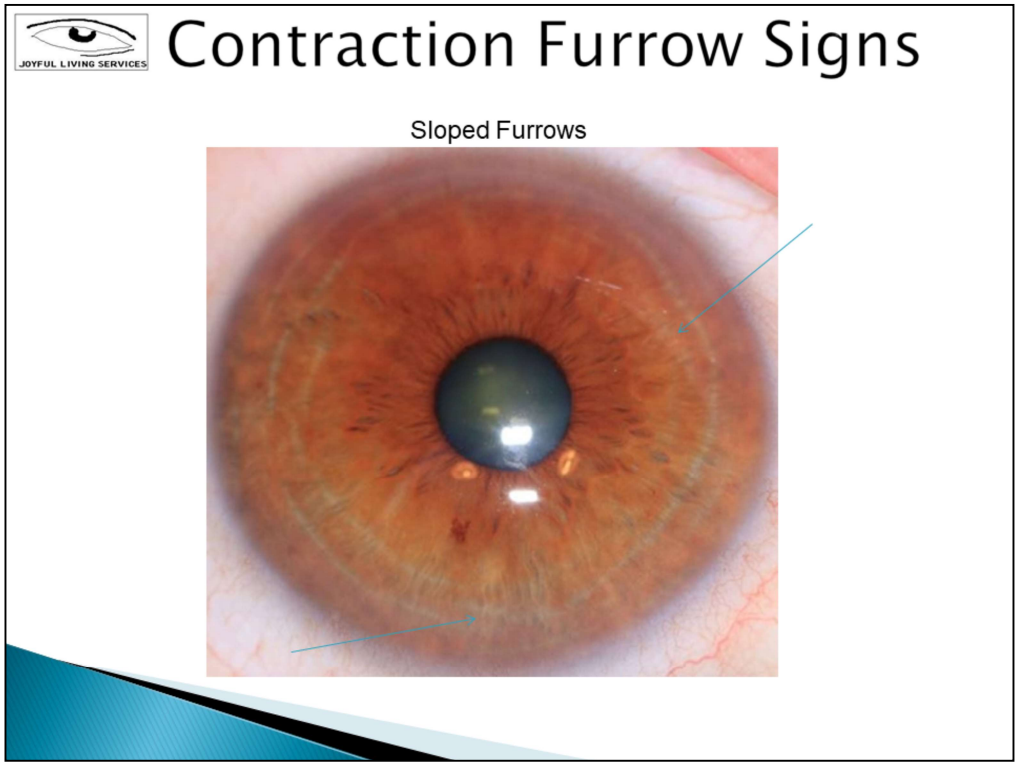
Peripheral Furrows

- These furrows are located in the periphery of the iris or outer edge usually in zones 5, 6, and 7.
- There can be peripheral restriction of circulation which could cause a person to be cold or to have cold hands and feet.
- They often have difficulties with skin congestion or poor elimination through the skin.
- They can have a low resistance to infection and wandering rheumatic symptoms due to the weather.
- On an emotional level this area represents our connection to the world. Can indicate fear of being physically touched or a refusal to draw emotionally close to others.
- Can be sensitive and easily affected by situations involving others.



Sectoral Opening of Furrows

- This occurs when several concentric furrows stop at a point and then begin again.
- This break in the furrows is an area of possible muscular tension, pain, or spasms.
- The related spinal segment could be irritated.
- The iridologist should look directly across from the break in the furrows to the sector of the pupil to discern the spinal segment involved.
- Organs related to that spinal segment could be disturbed.

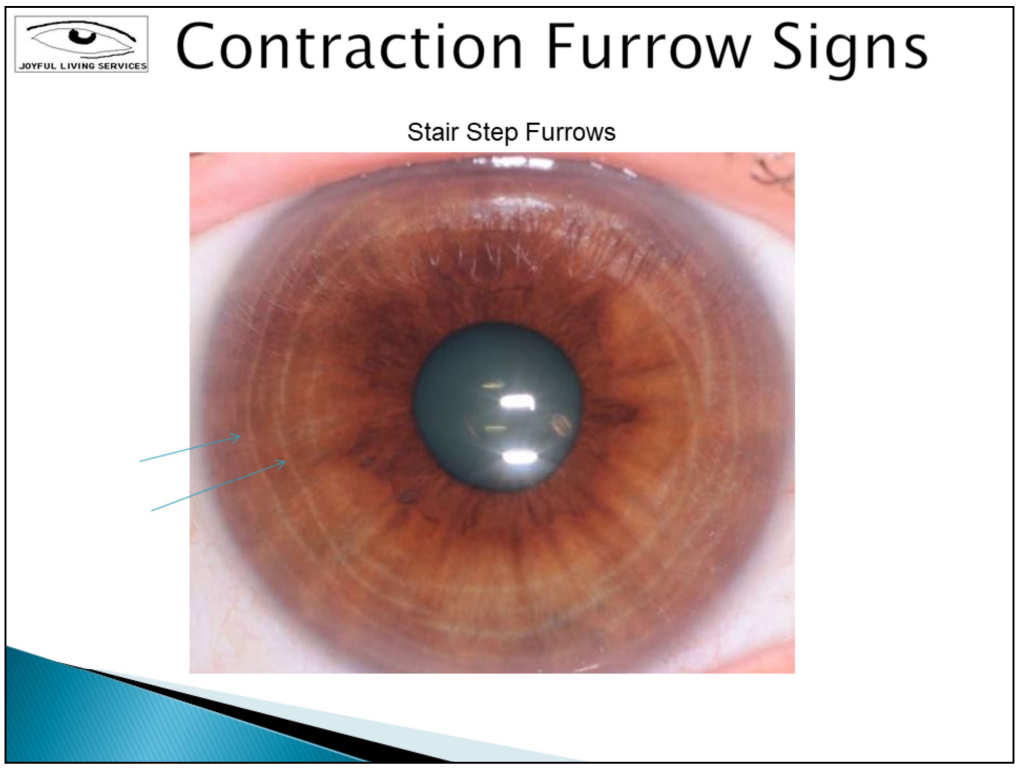


Sloped Furrows

- These are furrows with endings that are bowed and form the shape of a candy cane.

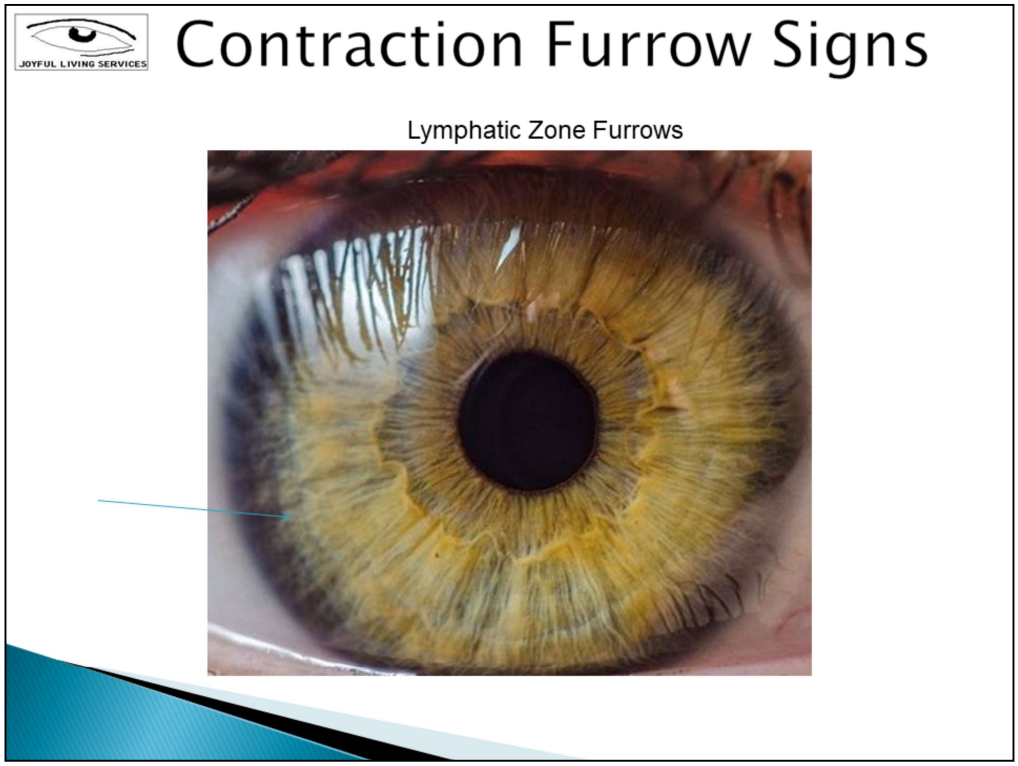
- With this type of furrow, the iridologist should ask about epileptic symptoms or a family history of epilepsy.

- If the client answers with a positive, that person should also be referred to a qualified medical professional.



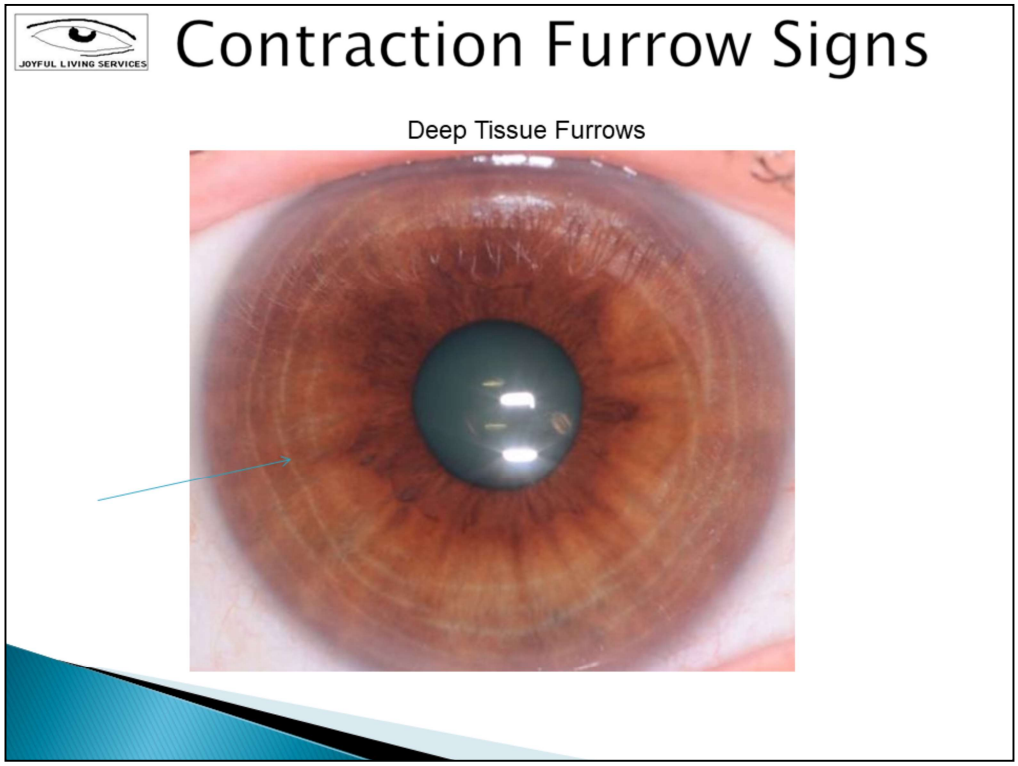
Stair Step Furrows

- These are seen when several furrows stop beside each other at uneven points and look like steps.
- This person also could have a family history of epilepsy.
- When these types of furrows are found in the cranial sector of the iris, there could be vascular spasms causing migraines, inner ear disorders, loss of balance, vertigo, and poor circulation to the head and brain.



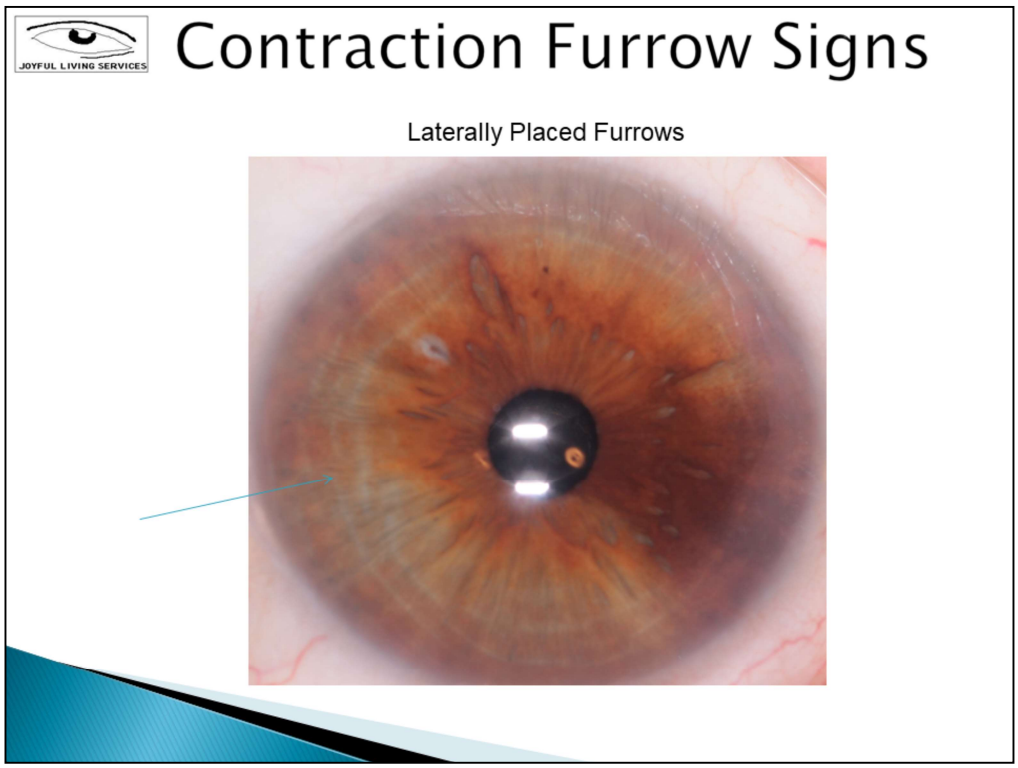
Lymphatic Zone Furrows

- Located in the fifth zone of the iris. Area represents blood and lymph congestion.
- Physically they represent inhibited lymphatic circulation and potential blockages in the lymph glands.
- Emotionally they represent an inability to express their feelings openly.
- Client may suffer from regret and anger concerning a particular event or person.
- Emotional issues can affect their confidence in social situations.
- Swollen lymph nodes in the left iris suggest a lack of self worth as a parent.
- Swollen lymph nodes in the right iris shows a lack of esteem in other relationships.
- If a blockage is found in the groin it suggests a lack of self-worth in sexual relationships.



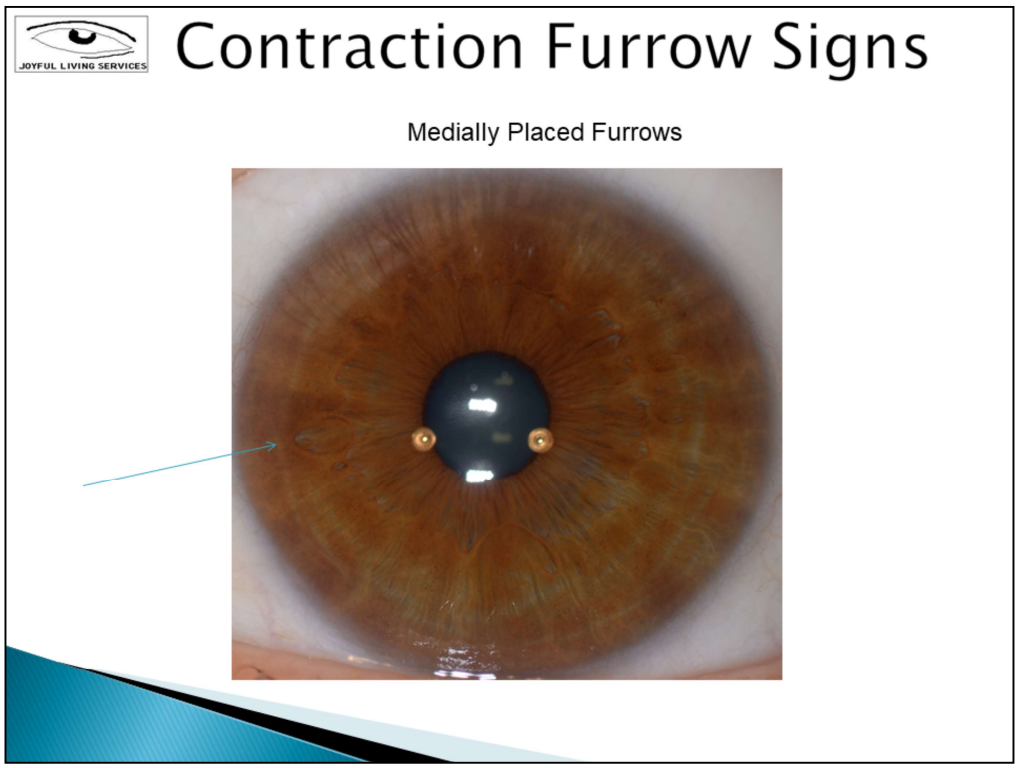
Deep Tissue Furrows

- Furrows are found in the middle of the ciliary zone and are usually very deep.
- We are looking at both the physical muscular layers of our anatomy and the emotional layers of our psyche.
- Physically contraction furrows are linked to an increased potential for sensitivity.
- Emotional these relate to profound emotions, which can exist deep in the layers of the psyche.
- Taking into account the origin and insertion points will help you to establish the emotional basis of their issues.



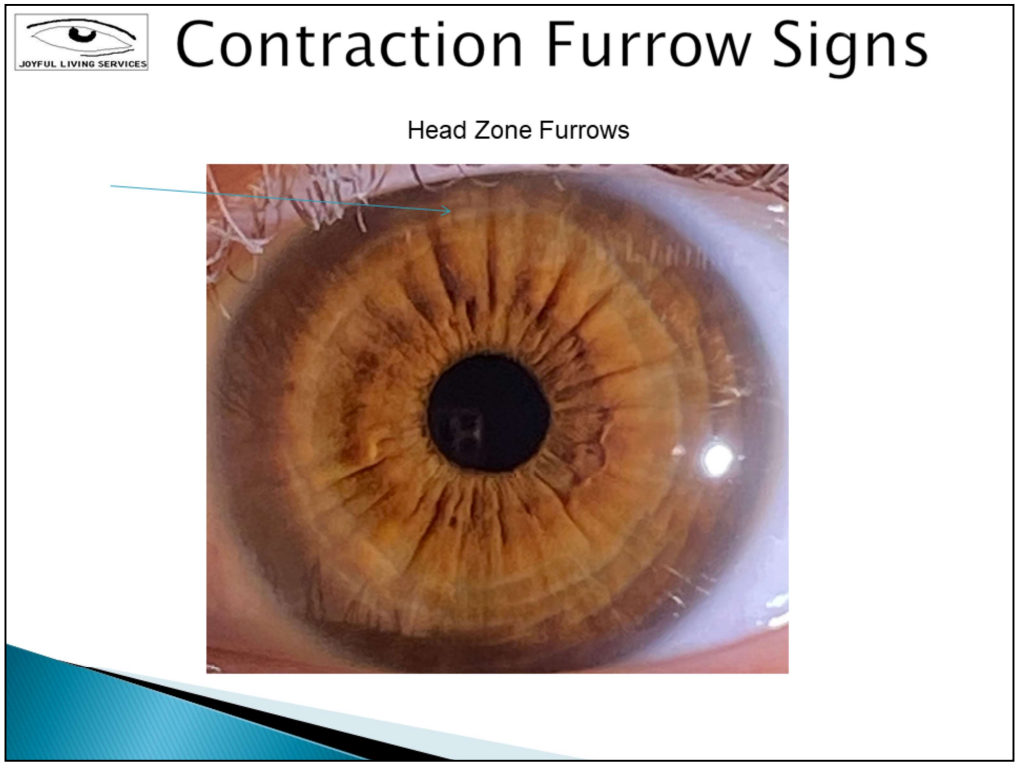
Laterally Placed Furrows

- These are contraction furrows in the side sectors of the iris. These will be less significant if there are also contraction furrows in the medial sector of the iris.
- These furrows appear in the area most closely connected to our outside world and indicate a suspicious nature and a lack of trust.
- They act like a shield against things or people on the outside.
- This can harden the client's nature or protect a soft inner self.
- There is a tendency for them to hold onto to their emotions and to avoid speaking their mind.
- This is based on a fear of repercussions.
- Background can include disappointing experiences of missed opportunities and loneliness..



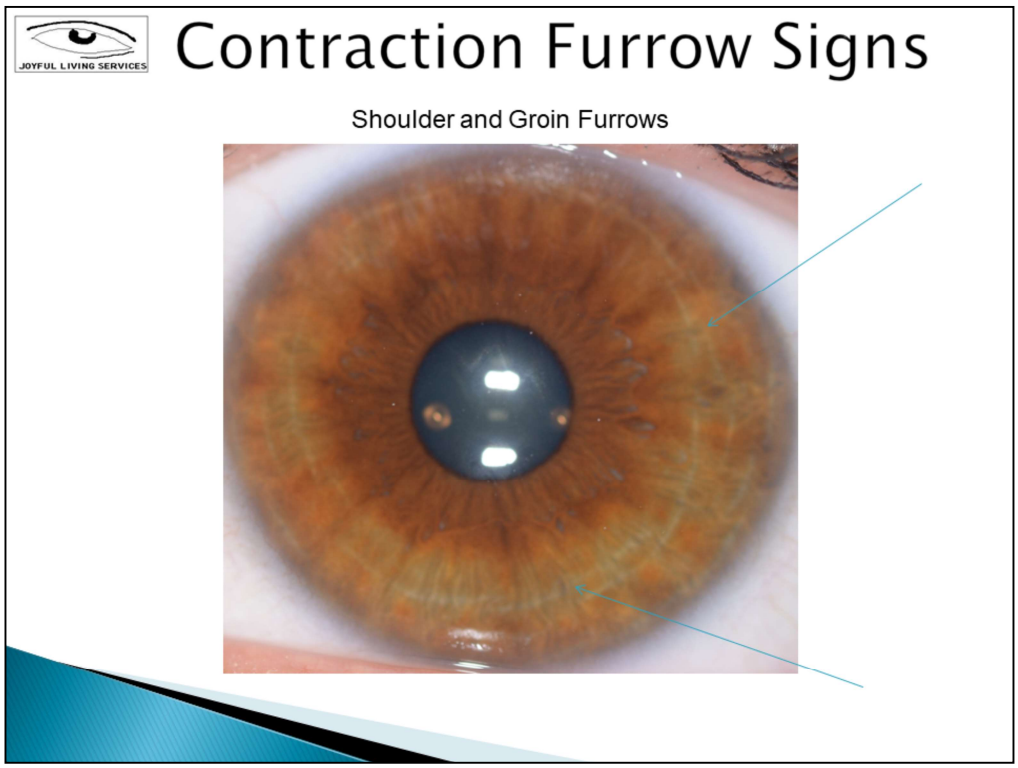
Medially Placed Furrows

- These furrows are confined to the medial sector. They can occur in one or both eyes. Consider right or left influence.
- They are situated medially and concern constriction towards the way we feel about ourselves.
- They are often associated with low self-confidence about how they fit into their social or peer group.
- They may seem anxious, withdrawn, internalized and over time tend to develop an inferiority complex.
- These feelings are often rooted in events from their childhood.
- Contraction furrows are not acquired. They are genetic.
- Indicates the way that people may learn how to deal with them in life.



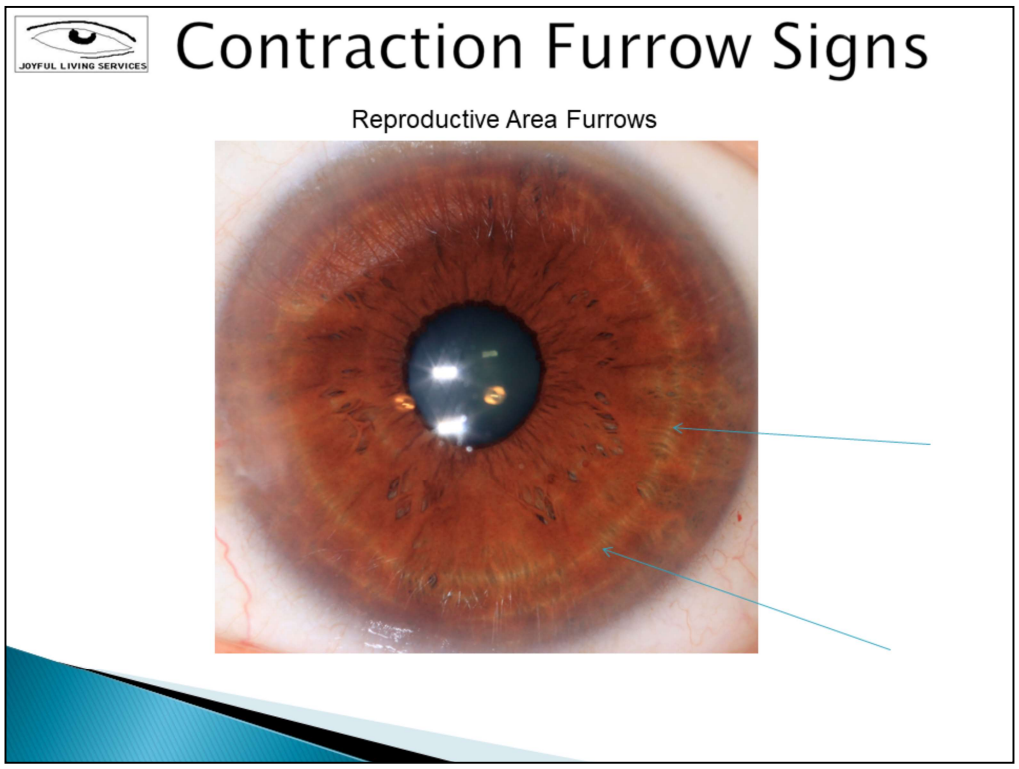
Head Zone Furrows

- These contraction furrows run through the major head zones.
- These can indicate increased mental activity including panic and hyperactivity.
- Client is likely to experience insomnia due to constant mind chatter.
- Furrows are often broken in major psychological zones such as communications, creative intellect, perfectionism, libido, or anxiety.
- If you follow the furrows, there is often a connection to an organ linked to the emotional concern.
- For example, a contraction furrow connecting the libido zone to the ovary may indicate a woman who is anxious about her mothering ability.
- If there is a furrow connecting the anxiety zone to the lumbar spine, this person can be constantly plagues by money worries.



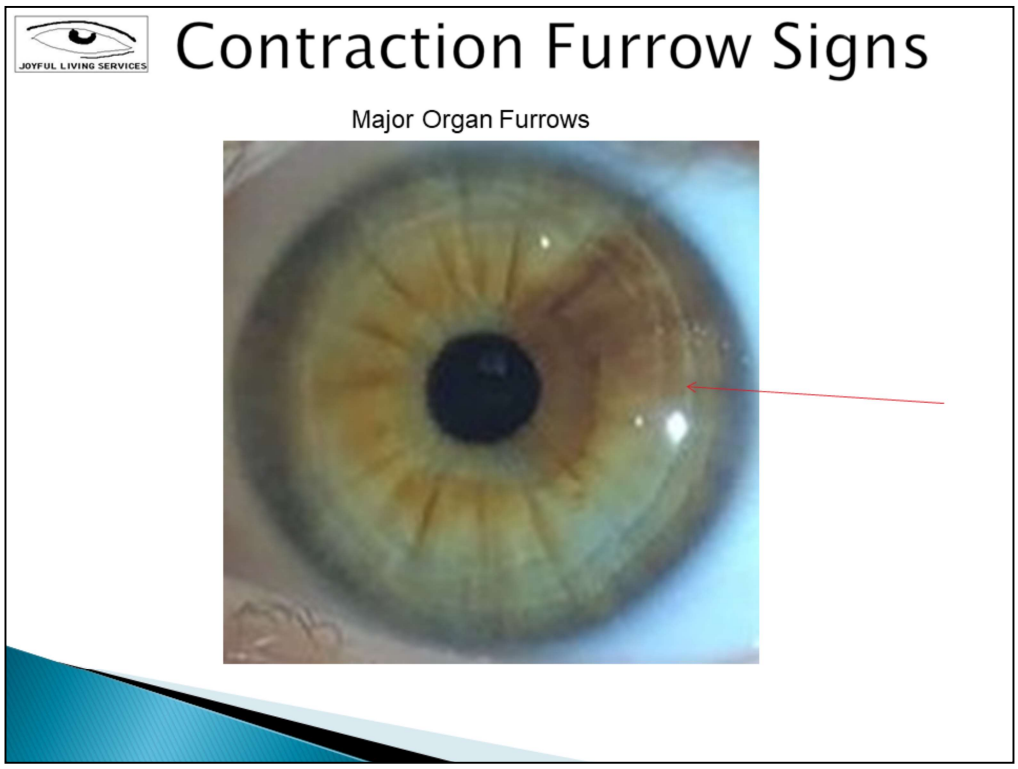
Shoulder and Groin Furrows

- Laterally placed arcs are situated between the shoulders and the groin area in either eye.
- These furrows indicate muscular tension in the associated areas at the physical level.
- Check for postural misalignment which can amplify this possibility.
- On the emotional level, does the client feel as if they are carrying more than their fair share of the load?
- If the furrow is unilateral in their right iris, they may feel they are carrying more than their fair share on behalf of a significant male.
- If the furrows are only in the left iris, it can be related to carrying more that their fair share on behalf of a significant female.
- Empower the client to take charge.
- Maybe understanding this will help them understand why their shoulders only ache while they are at work or when they come home to the one towards whom they have these feelings.



Reproductive Area Furrows

- Contraction furrows between the ovary and uterus or the breast and the ovary in females or between the prostate and testes in a male.
- These contraction furrows increase the likelihood of inflammation and irritation in the physical tissues.
- In the female this is likely to be influenced by the hormonal disharmony.
- The breasts include issues regarding mothering instinct.
- The right breast will involve a male.
- The left breast will involve a female.
- The highest incidence of breast cancer is in the left breast and the most profound influence in human relationships is that of the mother and child during the last two years of life.
- When these arcs are observed in the area of the ovaries or testicles, they are often associated with low self esteem due to a lack of self belief.
- The client may use expressions such as “I can’t do it”.
- Uterine furrows indicate a deep-seated fear of parental accountability or the responsibility that comes with the conception of a new idea.
- Prostate arcs can indicate a disconnection with the eye parent. This can promote a feeling of helplessness and the need to start letting go of the past.



Major Organ Furrows

- Furrows that run right through a primary organ.
- Each organ has both physical and emotional patterns.
- The liver is linked to anger.
- The pancreas is linked to grief.
- The lungs are linked to survival issues.
- When you see arcs running through a major organ, it is important that you consider the whole person.
- If you only treat the physical condition, you will not get to the cause of the dysfunction.
- Your words are also a form of medicine.
- Rudolf Fritz Weiss MD said: The word is a psychological remedy addressing first the soul, through which it has important healing effects right through into the physical sphere.