

The Iridology Mandala: Transcript

Hi, this is Kristie Burns. Welcome to our Iridology lesson called the Iridology Mandala. Once again, we're going to start, this is lesson number three, of doing, of learning the iridology signs through making your own charts. And in the first chart, you remember we went through the top ten signs of the iris.

In the second chart, we made an iridology clock. In the third chart, we're going to use our imagination a little bit. Make what I call an iridology mandala. And we're going to place some of the parts of the body in this mandala. To start out with, all mandalas need to start with a circle. And once again, when you do a circle, a free form circle is very suitable for the form drawing lesson of ages 3rd grade to 4th grade.

And if you do the straight lines, this is a very suitable lesson for ages 1st grade to 2nd grade to do a form drawing with lines. And what you can do is if the child is younger than 3rd or 4th grade, you can have them trace around another circle, or you can make the circle for them, and they can do the lines.

If you have an even younger child, if you're working with kindergartners who aren't going to be doing these form drawings yet until 1st grade, you can do the circle and the main lines for them, and then we can start working on the mandala together. As you remember from the last lesson, We have certain points in the iris here that mark what body parts are in the iris.

And as you remember before, we have here in the middle, we have the lung area, and a little between the lung and the neck here. We have the whole head area here, and we have the legs here, and the abdominal area in here, and the back here. And then we have the head area up here on both sides. So, we're going to represent this by drawing a mandala.

And this, there's no right way to do this. I'm going to do this lesson using the ideas that inspire me at this moment. However, there's no right design or right way. The way you do this lesson is in a very meditative way. And you use this lesson to meditate and reflect and deeply think and consider. what you're going to draw on this mandala for iridology.

And by doing this process of thinking, and doing this process of creating from your thinking, and I'm using my brain, what kind of pattern comes to mind?

But the point in creating this mandala is to meditate on each part of the iris. So, I'm rushing through it as you can see, but as you're doing this in your lesson. You don't want to rush through the lesson. This lesson could take an hour, an hour and a half. You could even take a break in between. And you could even take some days in between to do this lesson.

But a mandala is a very meditative process. So, I'm going to finish up this section. And we'll go on to the next section. Represents for me right now, the brain area in the body. And so, the whole entire time, You're drawing this. You're reflecting on the brain area of the body. And this is really bringing this chart deeply into your mind.

You can also reinforce this by talking about the brain area of the body as you're drawing this. And you can talk about some things that your brain does. You could talk to the children and say, Isn't it interesting how your brain runs so many of your body's functions? Like in the brain here, we have parts in the brain that tell us when to breathe and tell us when to walk.

And the brain has some of our thoughts and our feelings. And all these things are up here in the brain area. And as I'm drawing these little bursts, a person across the table from me might be drawing something completely different. Somebody might be drawing bubbles or crisscrosses or any other pattern.

Okay, I finished with this area of my, my iridology. It's very important that each person comes up with their own representation of this area of the body. It must come from within you, and it must be what you're thinking about at that moment when you're drawing it. Now, if we go down a little bit farther, remember between 1 o'clock and 2 o'clock, we have here the ear, and then right in here we have the shoulder down here.

So, in between the ear and shoulder, we have the shoulder. The head area, more like the lower head. The face here. We have the eyes and the sinus here. So, when I think of a face, what do I think? What comes to me right now is just circles. Lots of circles.

You go down farther. We have the shoulder here, and the lung area here. And we have more of the lung and the chest cavity here. And here again we have the chest area here. And then we have the esophagus and the vocal cords here. So, you're up in your neck area here and down to your lungs here. So here we have the whole neck and chest area here.

Now when I think of my neck and chest area, I guess I just can't get away from thinking of green. I'm always thinking of plants and leaves that are good for the lungs, and how we breathe in the oxygen that the plants make for us. So, I'm going to fill this area up with a leaf. And I'm going to make this actually a leaf.

And I'm going to make this a leaf here. And this for me is going to represent this area of the body.

And if somebody that you're working with, does have trouble thinking of what to draw on these areas. Have them think for a while, have them meditate on it, and if you would like to, you could use some of the ideas that I'm using here, but try to lead them into that idea with some questions or some prompting rather than just telling them, draw this leaf, or draw this.

And you might be surprised at what people can come up with on their own as well. These are just ideas that I'm coming up with. But it's good to at least try to meditate on it a little bit and to try to come up with something on your own. But if you can't, you can, you can use some of these ideas as well.

And maybe you'll draw a bunch of little leaves or draw something a little different, but you can use these ideas as a prompt.

And as you can see, I'm going very quickly through this. I don't want the video to be too long. But if I were working With this, with a group of children or with myself, just for myself, I would be taking perhaps even ten times as much time to do all this. Very careful coloring and very careful line drawing.

Because what you're working on here is something that you want to keep. Something that you want for your wall. Something that will be something of beauty as well as a learning tool. Okay, so now we go into this area here, and remember this is our chest and lung area and neck area. So now we're going down here into the abdominal area.

The upper abdominal area. And I'm thinking, hmm, what does that remind me of? The upper abdominal area. I think of, at here, at 4 o'clock, we have Well, actually this is our arm, but right below that we have the spleen and the upper abdomen. And right here on this side, we have the back, the middle back and the lower back.

So, we have this area here. And I'm trying to think, what does that remind me of? Hmm. Well, when I said back, it reminded me of boxes and lifting boxes. So, I think I'll make this section box themed. So, I'll make some boxes in here.

And you can flex, or as simple as you'd like.

So now, if I go down here, this is the leg area and the lower abdominal area. And I'm trying to think of what that reminds me of. Something that comes to mind right away. If I have my leg and my knee and my foot down here, then I'm thinking of shoes, and I'm thinking of shoelaces. And so, for this area, I think I'm going to make a bunch of shoelaces.

And you may consider, after doing one chart, that you know the chart, and you can just refer to it again in the future, and you're not worried about doing more than one chart. But each time you do a different chart, in a different way, it helps you to integrate all the depth of the iridology, and it helps you to look at the irises in different ways, and to be able to join different body systems and different ideas in the iris together.

So, it's very important. Not only to look at the iris from one angle, but to look at it from different angles like this. First we looked at it from specific markings. Then we looked at the iris through different, different sections that were very specific. And now we're looking at the iris as a whole system, together, in different sections here.

And this is really helpful to be able to do this, because when you read somebody's iris, you need to be able to look at it in different ways. One time when you take a glance into the iris, you might look at it as a whole-body system, and you can see patterns within those systems. Another time when you look at an iris, you may see a mark at a specific place, and you want to know exactly where that mark is in the body.

And other times when you look at the iris, you're going to want to use the first chart in your mind so that you can find specific patterns or markings like the ones that we learned at first. And being able to see the iris in these different ways is the process of becoming a good iridologist. You're not just looking at the iridology as a chart, as one kind of chart with lines and words on it, but you're able to look at the iris in all these different ways.

And you can see I finished my shoelaces. And now I've finished my mandala. And this is something that, even though I did it very quickly, it's still a little work of art. I could even color a little bit more in here and here, and it would become something very beautiful that I could hang on the wall.

I hope you enjoyed the form drawing lessons we've done with iridology. Chart number one, the iridology clock, and now the iridology mandala.