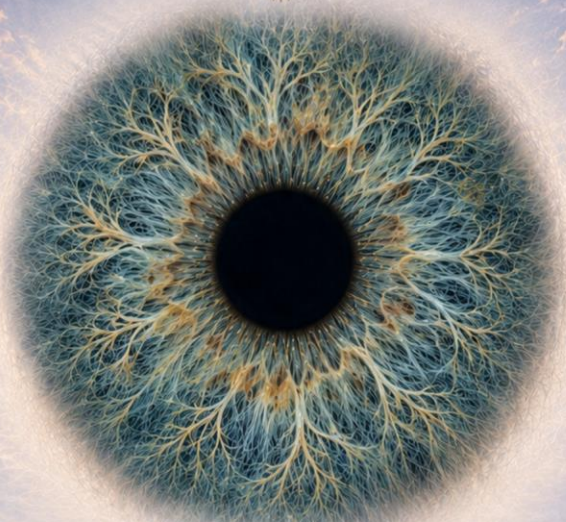


BEHAVIORAL IRIDOLOGY BOOKLET SERIES



WHAT IS BEHAVIORAL IRIDOLOGY?



A Revolutionary Understanding of
Pain, Healing, and Human Behavior

JIM VERGHIS

AN INTRODUCTION

What Is Behavioral Iridology?

*A Revolutionary Understanding Of Self,
Family And Healing.*



JIM VERGHIS

Founder

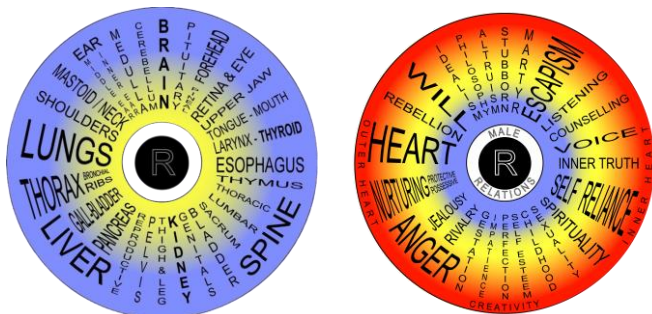
Your Eyes Tell a Story

Most of us have wondered why we think, feel, and relate the way we do. Why are some people naturally analytical while others experience life through their feelings? Why do certain relationships feel easy and familiar, while others repeatedly touch our deepest pain? And why do patterns sometimes continue through a family for generations, even when everyone sincerely wants something different?

Behavioral Iridology offers a way to see these questions from a larger perspective. It is a holistic model that combines the structural patterns of the iris with birth order, genealogy, family history, and the lived experience of the body. Together, these elements reveal the behavioral tendencies, emotional patterns, communication styles, and inherited influences that shape our personality and relationships.

The eyes reveal the itinerary of your soul.

Traditional iridology has most often looked at the eyes for information about physical health. Behavioral Iridology looks through another window. It asks what the patterns in the iris can teach us about sensitivity, emotional expression, stress, relationship dynamics, and the life lessons we are here to engage.



Physical Body • Behavioral Map

A Personal Blueprint

No two irises are exactly alike. The markings in your eyes form a personal blueprint—one that reflects both the gifts you carry and the ways you have learned to protect yourself. Some of the most important structures we read are established at the very beginning of life. They do not simply appear because you had a difficult year, and they do not disappear when circumstances improve. They are part of the original pattern you brought into this life.

We identify two primary structural and personality types within our model.

Psora—dotted pigmentations that activate linear and logical thinking.

Lacunae—rounded openings that stimulate emotions and creativity.

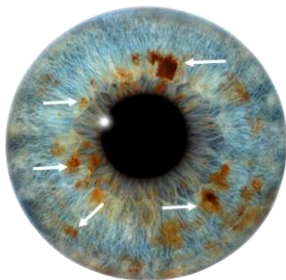
Neurogenic fibers modify the two primary types, adding sensitivity and empathy and influencing how strongly the body receives information from the surrounding environment.

In the eyes, we also identify right/left brain dominance, introversion/extroversion, iris positions, rings, and zones. Each adds another layer to the personality. The right eye connects us with our father's lineage; the left eye connects us with the maternal lineage. When these patterns are considered alongside your history, a remarkably personal picture begins to emerge.

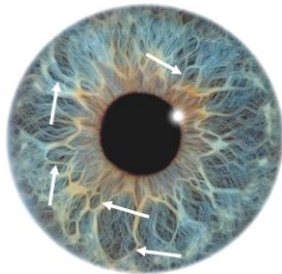
Behavioral Iridology does not use one marking to make a sweeping judgment about a person. The meaning comes from seeing the whole pattern—and from listening to the human being whose eyes we are reading.

The Two Primary Personality Types

At the foundation of Behavioral Iridology are two primary orientations. Thinking-oriented people tend to process life through the mind. They seek clarity, logic, facts, order, and an understanding of how things work. Feeling-oriented people tend to process life through the emotional body. They seek connection, meaning, creativity, intimacy, and an understanding of how an experience feels.



Thinking Type (Psora)



Emotions Type (Lacunae)

Neither way is better, in fact they are opposite of each other in every way, and each has its gifts and its vulnerabilities. The thinker may need time and space before speaking, while the emotional person may need contact and expression in order to discover what is true. One may become overwhelmed by emotional intensity; the other may feel abandoned by silence or distance. The irony is that they end up in long-term relationships over 75% of the time.

Understanding opens the door. Acceptance takes us through it.

This is one of the great gifts of the work: it gives us a language for difference without making anyone wrong.

We Are Continuing a Story

We do not arrive in life as blank slates. We enter a family already shaped by love, loss, loyalty, silence, survival, expectation, and unfinished experiences. Our parents received patterns from their parents, who received them from the generations before them. Some patterns are beautiful resources. Others are burdens no one yet knew how to resolve.

Behavioral Iridology recognizes that many emotional and behavioral patterns are transgenerational. Families can pass down fears, coping strategies, relationship roles, and ways of responding to stress. Even

when a story is never spoken, its influence may still be felt in the body, in our attractions, and in the situations that repeatedly activate us.

This does not mean our lives are predetermined. It means we are not starting at the beginning—we are continuing a story. Once the pattern becomes visible, we have more freedom in how the next chapter will be written.

Your specific birth order position adds an essential dimension. Every position within a family carries a distinct relationship to mother, father, siblings, responsibility, belonging, and identity. When iris patterns, birth order, and genealogy are viewed together, we begin to understand not only what a person does, but why that response made sense within the family system.

From Judgment to Understanding

Behavioral Iridology does not label a pattern as good or bad. A trait that becomes difficult under stress may also be one of your greatest gifts when it is grounded and consciously worked with. Sensitivity may become overwhelm, but it is also the foundation of empathy. Strong emotion may become reactivity, but it also carries creativity and passion. A powerful mind may become controlling, but it can also bring, clarity, focus, and vision.

The purpose is not to place you in a box. It is to help you recognize the hand you were dealt—and then consciously choose how you will play it.

When we understand the unconscious patterns influencing our thoughts, feelings, and behavior, we gain the ability to respond rather than react. Pain can become information. Conflict can become insight. Relationships can become pathways for healing rather than battlegrounds for suffering.

Your life is not simply happening to you. It is unfolding through you.

Personal responsibility, in this model, is not blame. It is the growing awareness that we can develop a new relationship with what we feel, communicate our needs more clearly, and allow support and love to reach us.

Why Relationships Touch Us So Deeply

The people we love often awaken the very places within us that are asking to grow. Behavioral Iridology helps explain why we love the way we love—and why we struggle the way we struggle.

By understanding the iris patterns of two people, we can see differences in communication, emotional needs, stress responses, intimacy, and the ways each person gives and receives love. What one person experiences as closeness, another may experience as pressure. What one experiences as healthy space, the other may experience as rejection.

The same understanding is invaluable in parenting. Children are not simply smaller versions of their parents. Each child arrives in a specific birth order sequence, we work with six positions. Each has an individual design, a particular sensitivity, and a unique place within the family. When parents understand that design, discipline can become guidance to support each child to manifest their unique gifts and strengths.

Instead of asking, “What is wrong with you?” we begin asking, “What is happening within you—and what does your pattern need in order to feel safe, seen, and supported and ultimately successful?”

We do not get wounded alone, and we do not heal alone.

Awareness Is the Beginning

Assessment and understanding are important, but they are not the whole of healing. Once the eyes and family history help us recognize a pattern, the next question is: What do we do with what we now see?

Our therapeutic model works with two primary movements. The first is learning to develop a relationship with your own inner experience. Through the [Grounding Chaos](#) process, you learn to slow down, notice the sensations and feelings moving through your body, name what is happening, and remain present without immediately acting it out or pushing it away.

The second movement is learning to express what you need and to receive nourishment from others. Our [Access Your Inner Knowing Method](#) helps you listen beneath the noise, ask more clearly, and let

love in. For many people, giving is much easier than receiving. Yet healing requires both.

The body is central to this work. Our thoughts can explain a great deal, but the body carries what has not yet been fully felt, expressed, or integrated. As we learn to stay present with ourselves, old reactions can become new choices.

Behavioral Iridology is therefore both educational and transformational. It helps us see the pattern, understand its origins, and engage it in a practical way.

How This Work Began

My own journey into healing began after a 44-foot fall in 1978 shattered my pelvis in six places and left me living with constant pain. What could have become a lifetime of limitation became the doorway into a much larger inquiry: How does the body heal—and why do we experience pain in the first place?

Over the next four decades, I immersed myself in natural medicine, nutrition, cleansing, meditation, and the study of human behavior. I apprenticed with five powerful teachers, including pioneers who developed their own systems of healing and personality assessment. Each gave me a piece of a greater whole: body, mind, emotion, relationship, family, and spirit.

Through years of study, observation, and lived experience, I began to recognize that our struggles are not random. Since 1987, I have read the eyes as a map of personality, life lessons, and soul expression. In 2001, I founded Behavioral Iridology to bring these pieces together and make the work available to others.

I have since written three books and trained practitioners and teachers in this work since 2004 worldwide. Yet the heart of it remains simple: when people finally understand the pattern beneath their pain, compassion becomes possible—and compassion creates room for change.

Begin with Your Own Eyes

The best way to understand Behavioral Iridology is to begin with your own eyes. A clear photograph can reveal your primary personality orientation, sensitivity, emotional style, inherited themes, and many of the patterns that influence how you communicate and relate.

At BehavioralIridology.com, you can:

- Learn how to photograph your eyes with a smartphone
- Download free Behavioral Iridology charts
- Compare your iris patterns with real examples
- Listen to free personality readings
- Explore personal readings, relationships, and training

If you would like personal guidance, schedule an eye reading or private consultation. We can explore your core personality structure, emotional triggers, communication dynamics, relationship patterns, and the family themes that may still be shaping your life.

When you understand your patterns, you gain choice.

And with choice comes the power to heal, grow, and evolve consciously—for yourself, for the people you love, and for the generations that follow.

Continue Your Journey

Explore eye readings, relationship consultations, books, courses, and professional training.

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[PHOTOGRAPH YOUR EYES](#)

Your eyes do not simply reveal
where you have been.

They illuminate the path forward.



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