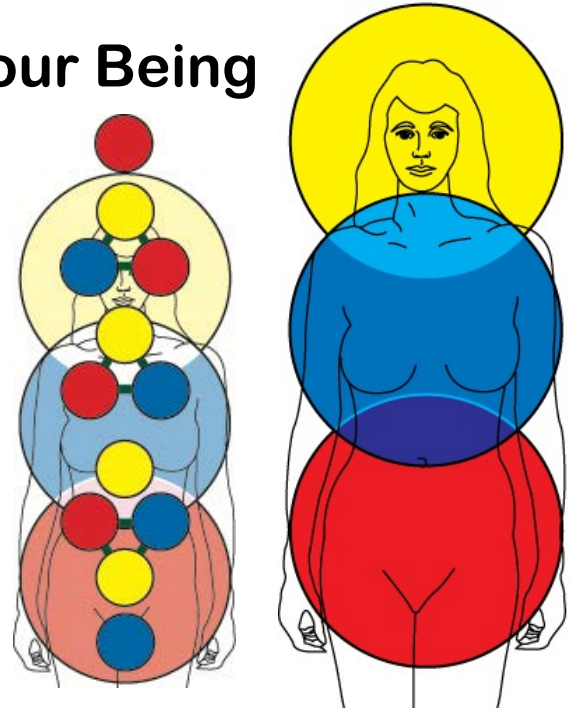
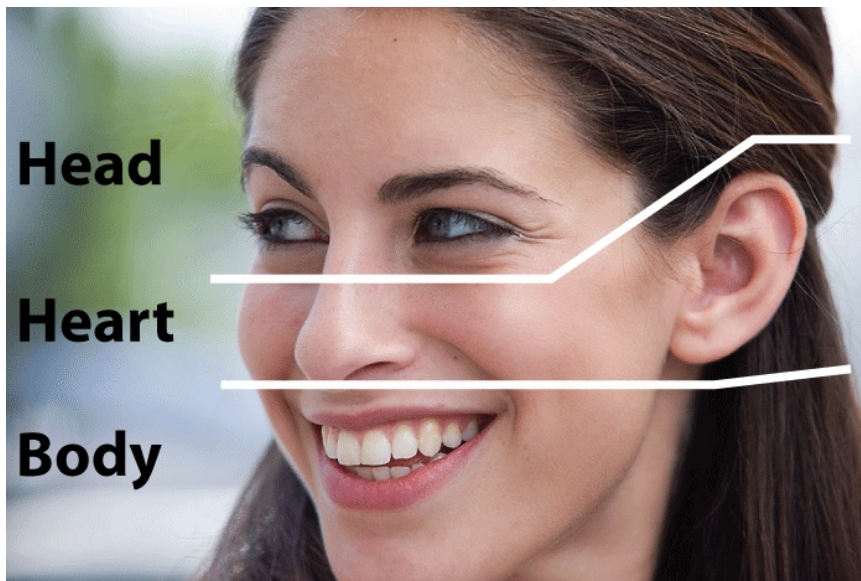


## The Three “Worlds” of our Being

- The “World” of the Head (Brain)
  - Thinking, mental, mind
  - Parent, elder, superego
- The World of the Chest (Heart Brain)
  - Emotional, spiritual, feeling, social
  - Friend, partner, adult, ego
- The World of the Abdomen (Gut Brain)
  - Physical, doing, action
  - Child, id



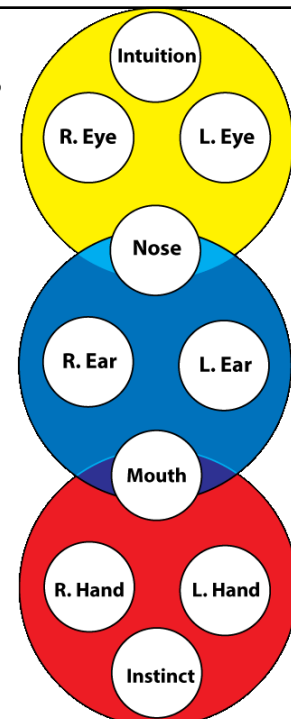
## Three Worlds and Sensory Systems



**Head**

**Heart**

**Body**



## Learning Types

- Mental people are visual learners
- Emotional people are auditory learners
- Physical people are kinesthetic (touch and movement) learners



## Eye patterns

- Looking up engages the visual
- Looking to the side engages the auditory
- Looking down engages the kinesthetic
- Looking left engages the right (emotional – past) brain
- Looking right engages the left (logical – future) brain



Left Brain  
Visual



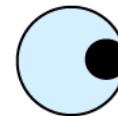
Right Brain  
Visual



Left Brain  
Auditory



Right Brain  
Auditory



Left Brain  
Kinesthetic

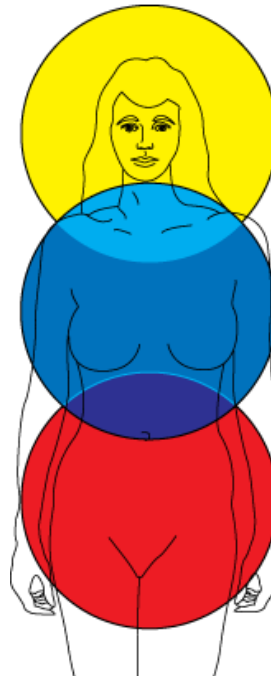


Right Brain  
Kinesthetic

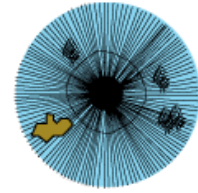


## Basic Rayid© Iridology Types

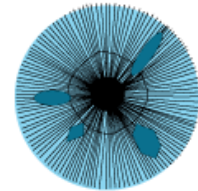
- Jewel
  - Mental type
  - Visual learner
- Flower
  - Emotional type
  - Auditory learner
- Stream
  - Physical type
  - Kinesthetic learner
- Shaker
  - Mixed learner type



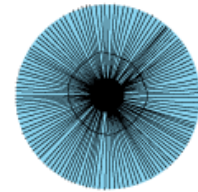
**Jewel**  
Mental/  
Visual



**Flower**  
Emotional/  
Auditory



**Stream**  
Physical/  
Kinesthetic

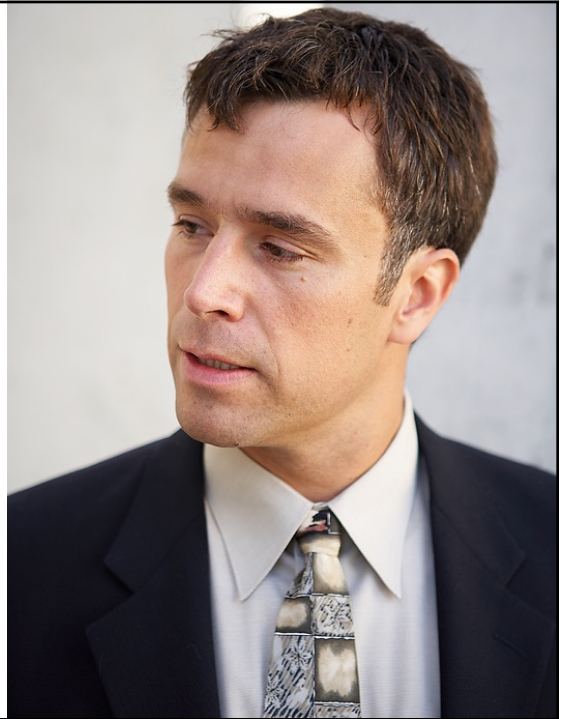


Analytical/Thinking Type (Rayid Jewel)



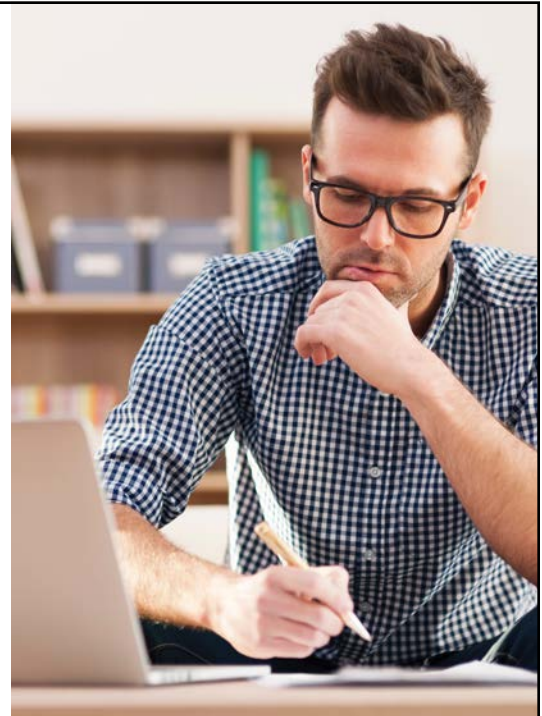
## Jewel Characteristics

- Thoughtful, perceptive, focused personalities
- Decisions based on: thought and analysis
- Visual learners: respond well to reading or visual instruction
- Auditory communicators: use words with precision, but use few gestures or facial expressions
- “I” perspective



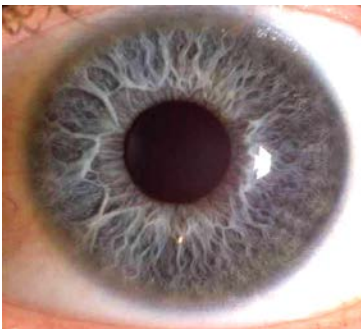
## Jewel Personalities

- Do well as leaders, teachers, directors, computer programmers, architects
- Self-controlled, like to maintain control, have a strong need for organization and classification
- Fear criticism
- May have difficulty letting go of the past or changing their minds



## Communicating with a Jewel

- Show them a book, a picture or a demonstration
- Show them love – write them a love note or poem, give them a greeting card, anything they can see
- To motivate them tell them what you think, “I think...”
- Positive response: Ah, Uh, Huh



Emotional/Spontaneous (Rayid Flower)



## “Flower” Characteristics

- Flexible, spontaneous, changeable, creative and passionate
- Decisions based on: what feels right or good
- Auditory learners: respond well to verbal direction and encouragement
- Visual communicators: tend to use a lot of hand gestures and facial expressions when talking
- “You” perspective

## Flower Personalities

- Do well in jobs that involve creativity and self-expression, such as: inventors, authors, dancers, artists, musicians, singers, actors and actresses
- May be overly dependent on external praise and recognition for self-worth, especially if extroverted
- May feel depressed and empty if unable to be creative
- May have difficulty with follow-through
- Flower personalities do not do well with rigid structures and details





## Communicating with a Flower

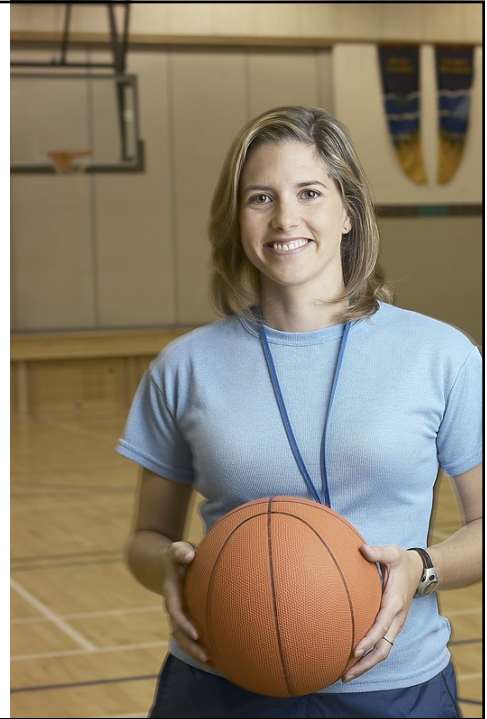
- Talk to them, give them something to listen to
- Tell them you love them, give them positive verbal feedback and appreciation
- To motivate them tell them what you feel, "I feel..."
- Positive response: Oh, Wow, Ooh



Active/Kinesthetic (Rayid Stream)

## “Stream” Characteristics

- Grounded, balanced, stable, physically and intuitively sensitive
- Decisions based on: experience, gut instinct
- Visual/auditory learners: learn from both verbal and visual information
- Communicate through: posture, touch and delicate gestures
- “We” perspective



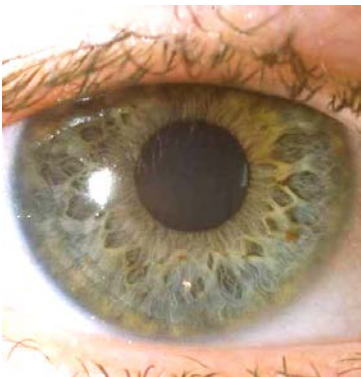
## Stream Personalities

- Physically active
- Good implementers; good at about doing just about anything that requires “getting the job done”
- Very empathetic, good mediators, create a sense of belonging and help people feel like they belong
- May have trouble recognizing their own limits



## Communicating with a Stream

- Do something with them or for them
- Demonstrate that you love them by action, touch them (hold hands, give them a massage, cuddle)
- To motivate them speak in terms of belief, "I believe..."
- Positive response: Mmm, Hmm



Extremist/Innovative (Rayid Shaker)



## “Shaker” Characteristics

- Restless, progressive, dynamic, discontented
- Vacillate in decision making
- Learn by doing (trial and error)
- Visual and auditory communicators
- “They” perspective
- Will have a dominant jewel, flower or stream characteristic

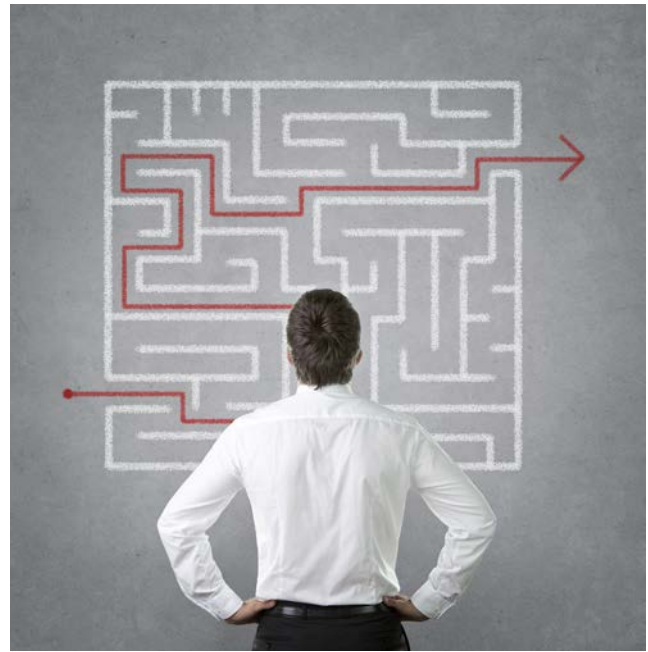
## Shaker Personalities

- Driven to achieve
- Do well as inventors, motivators, explorers, leaders of a cause
- Like to be physically active, dislike confinement
- Tend to be independent
- Need to learn balance and take time to rest and get centered



## Communicating with a Shaker

- Use their dominant communication mode to both communicate and express love
- To motivate them, give them challenges or problems to solve, step back and let them figure it out
- Positive response will align with their dominant mode



## Relationships (Opposites Attract)

- Flower-Jewel
  - Flower visual output, jewel visual input
  - Jewel auditory output, flower auditory input
  - Jewels help to stabilize and ground flowers
  - Flowers inspire and motivate jewels
- Shaker-Stream
  - Shakers auditory/visual output, streams auditory/visual input
  - Streams kinesthetic output, jewels kinesthetic input
  - Streams help to balance and organize shakers
  - Shakers provide excitement and innovation for streams





## We Don't See the World the Same Way

- Our senses and personality filter information and cause us to see and process life differently
- Understanding this is an important key to resolving our differences
- Listening and being willing to acknowledge another person's perspective is a great starting point

