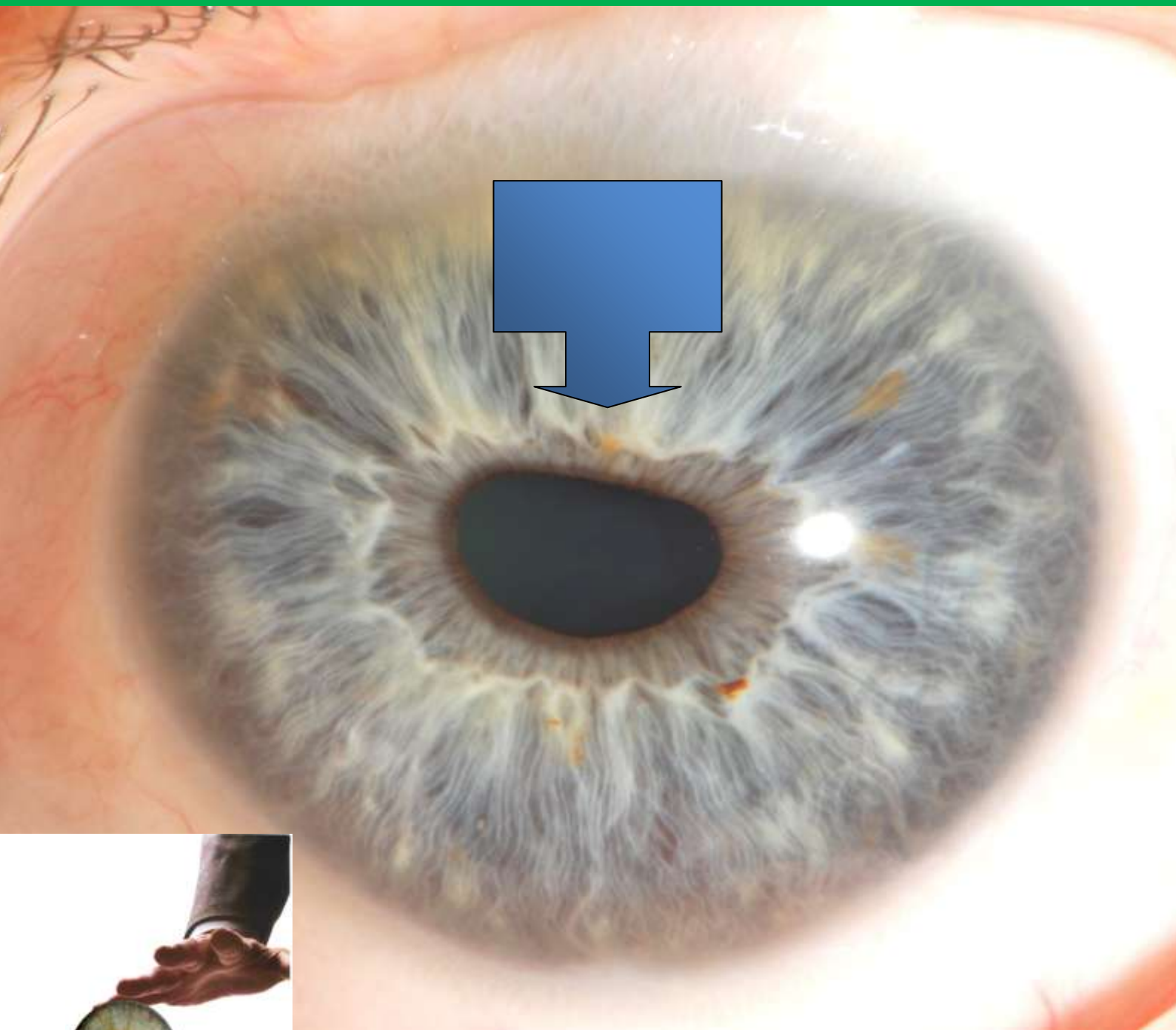


IRIDOLOGICAL RESILIENCE

Dispositions e diathesis



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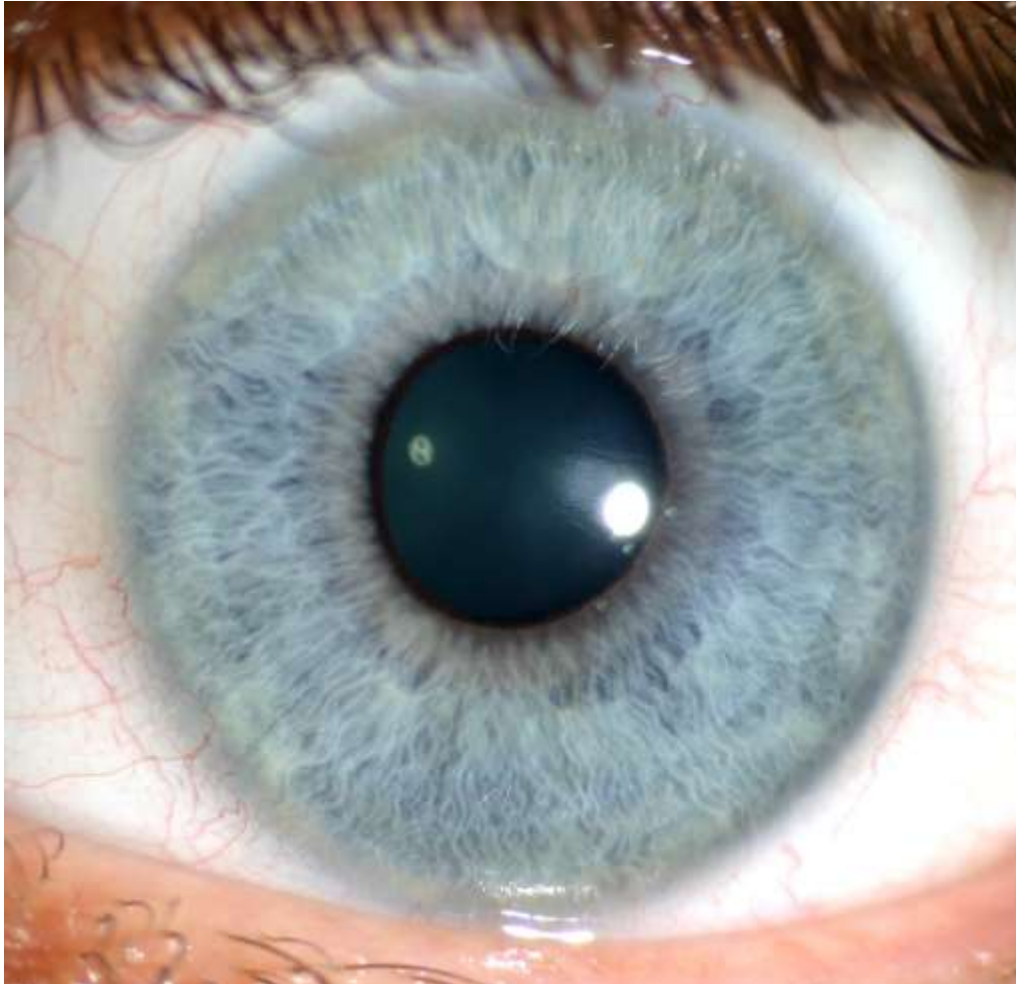
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The wind of existence
blows on my soul
moving the grains from the dune
determining the unanticipated ways
Will I have the capacity to greet the new
with a process of resilience?
Without breaking me,
Without molding me,
Without deforming me,
but only find a new equilibrium
with some happiness and admiration,
The present bursts
in the fertile emptiness of unexpected freedom,
fruit of a vicarious resilience,
become an unstable evolved continuum.

Daniele

Resilience: the dispositions and diathesis

Neurogenic disposition

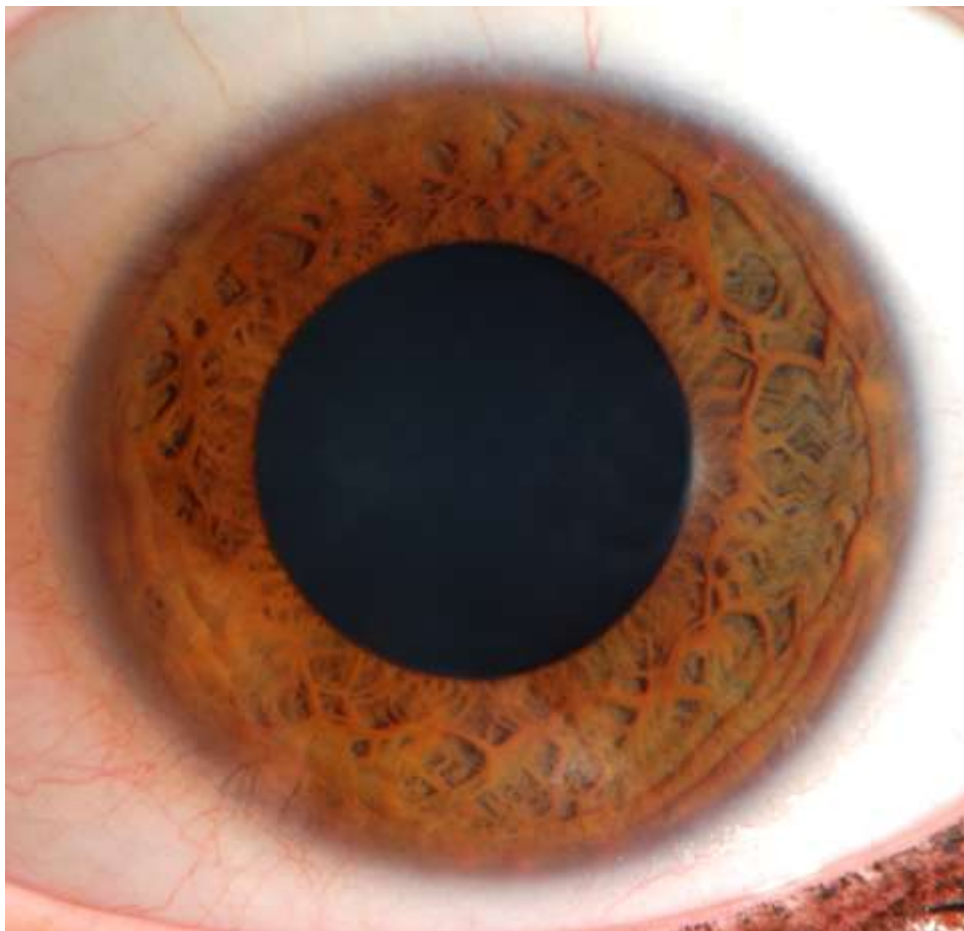


Left Iris

The predominate functions in these subjects is thought. They learn easily, have good memory, are neat and methodical, respect rules, rational and good stewards. We already have resources that can be used for resilience, chances are other signs, considering the map with the eight characteristics that we present in this book, can be integrated. The above subject should be sensitive to listening more to his bodily feelings or his emotional feelings.

The gateway is through the cognitive level, once good partnerships are established between the client and the iridologist, the path will tend to facilitate the integration of all his parts.

Weak connective disposition



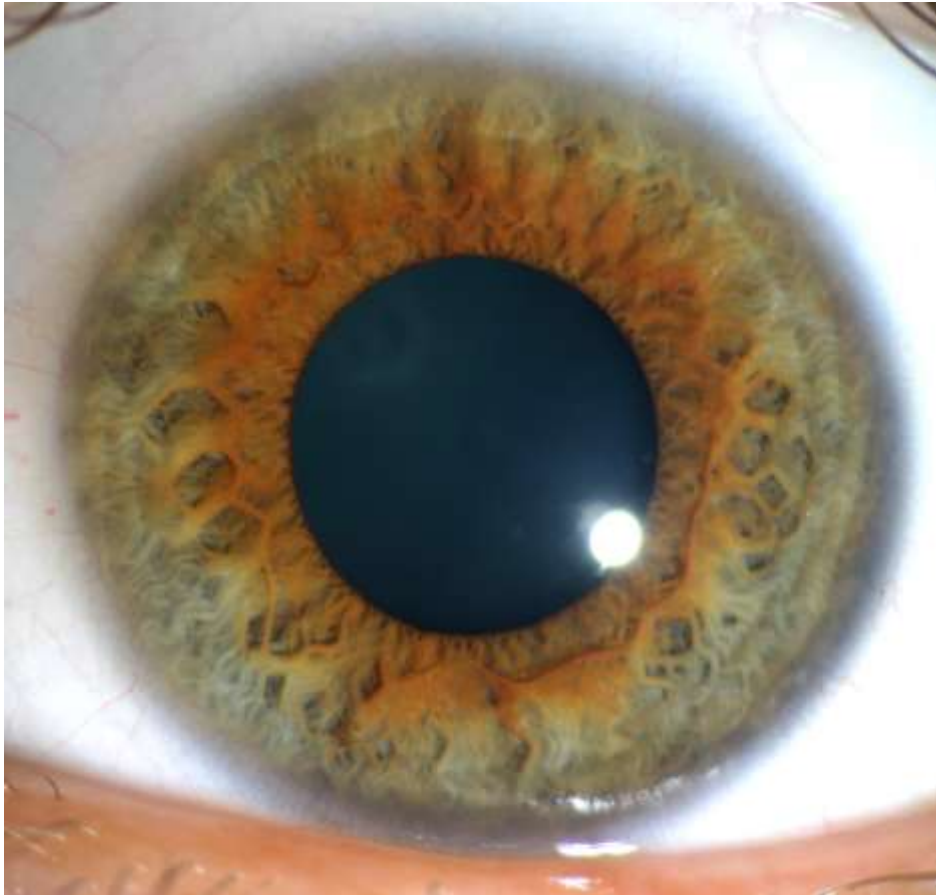
Left Iris

This person needs support from the outside world. If he has a position of command he will have around him a staff that can efficiently support him. He has an influenced mind, can be insecure, needs to draw strength even from his past, from his history, the team partly protects him from the influences of the world. He has a sense of justice as well as to the social world, everything must be done in plain sight.

To integrate and balance this individual it is important to understand the style of attachment or IOM (internal operating model), if he is avoiding major help to gain confidence in the world, to make better use of resources and external support. It's a necessity, integrating all with his perception of justice.

If the individual is anxious, afraid we will help reinforce the strengths of his roots, of his personal history, through the use of *time risk*.

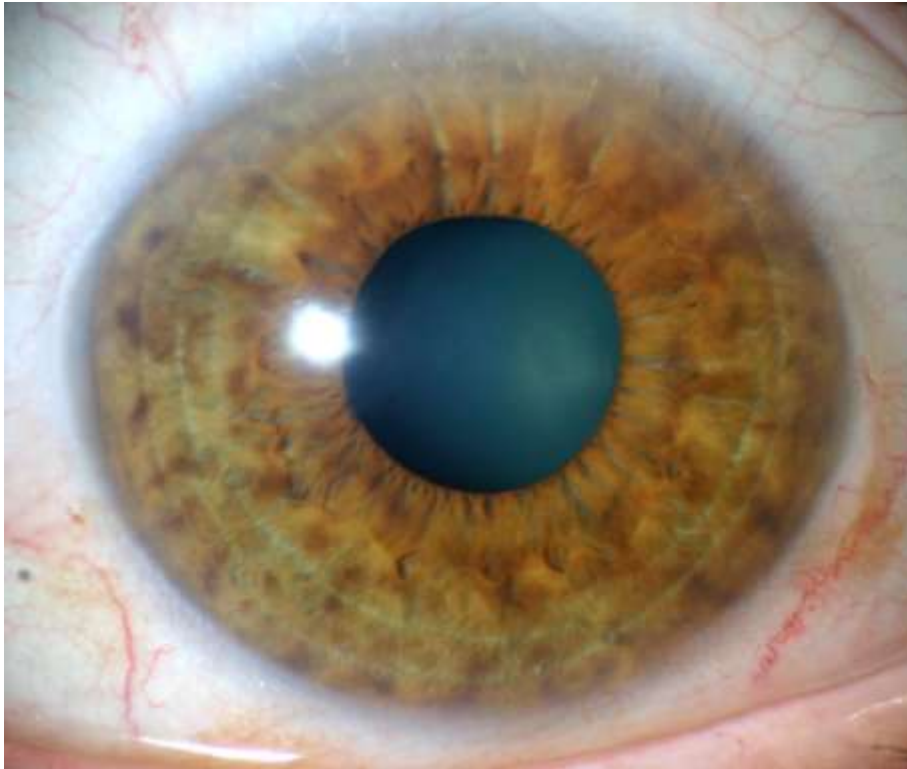
Weak glandular disposition



Left Iris

This subject is looking for an inner tuning to be able to meet the demands of the world, actually searching for synchronicity. Often misunderstood, they interpret how the world communicates in their own way. Through a process of iridology counseling we facilitate the client to an inner clarity integrating body, feelings, emotions, thoughts, and how this can be communicated in a more authentic and harmonious way. We will use reformulation a lot because verbal communication is a channel to be perfected as phenomenology, in order to search for synchronicity.

Vegetative spastic disposition or tetanic

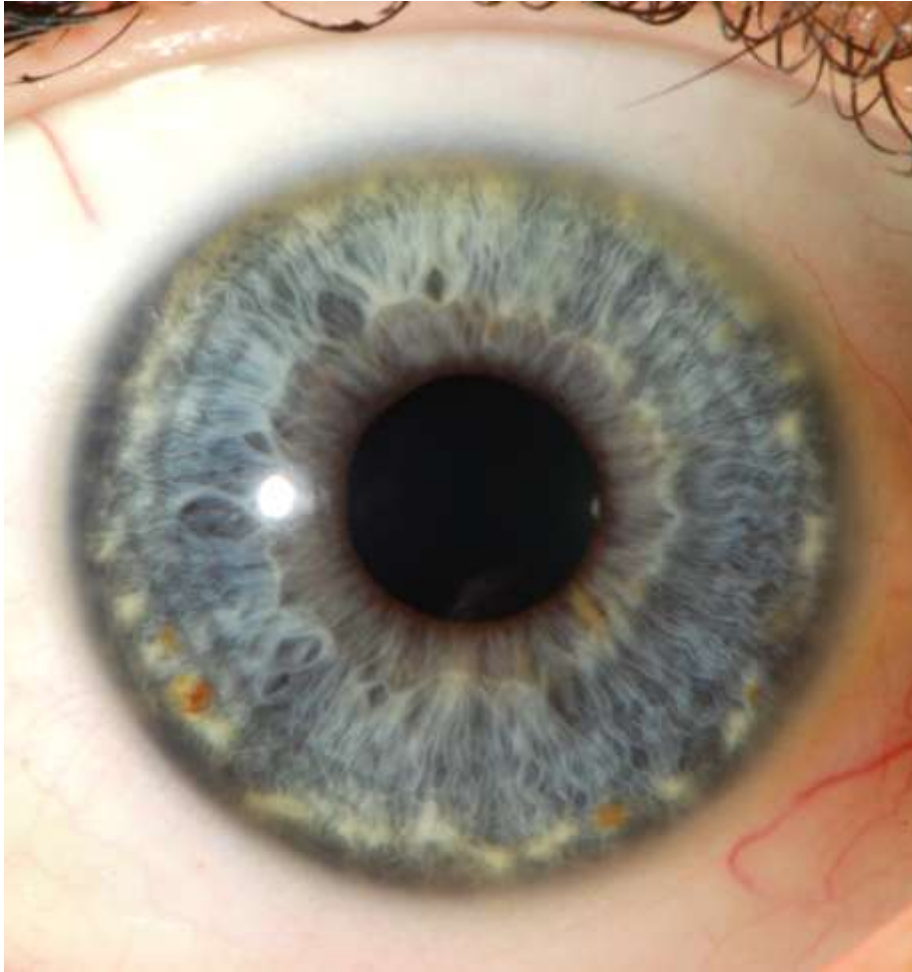


Right Iris

This type of person is very sensitive to external stimuli inwardly and can live in invasive fear of being touched or hurt by the experience. They are afraid that the world can destabilize them. They are not empathetic, communicative, nor particularly open to the world. In decision-making roles they could present themselves as invincible, untouchable, super controlled, that never lets go. Instead, they need to feel safe and protected from any external intrusion. They feel easily invaded, entering immediately into a defensive or offensive mode.

I would recommend using more initial meetings where one could strengthen the alliance between the client and the iridologist; they will be conquered by sympathy, friendship, and trust. It will not be easy for them to open up, but once conquered, you will never let them go, of course, until they are disappointed. In the first meetings, it is essential to be welcoming: authenticity, empathy, unconditional acceptance are important. We arrange the setting to make them feel in a familiar, safe, and secure place.

Tuberculinic disposition



Right Iris

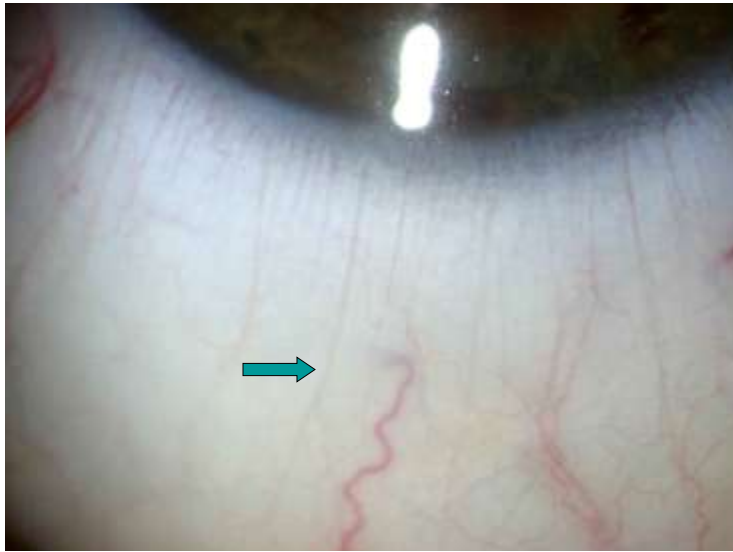
This person will always tend to favor the new, the need or the desire for experiences, open to change, to travel the world and make new experiences. They have empathy, but can use it for personal goals. They love stimuli, variability, movement, are full of new ideas, and thoughts of projects. These are innate traits of resilience, but they are not always able to achieve them. They do not like planning, organization and implementation, although in life they may have developed these skills, perhaps as resources through integrated acquired resiliency.

This subject is a good researcher and their best side is the freedom to be. They love living in the moment living in instinct, they use the visceral brain, love art and harmony, philosophizing about life, knowledge.

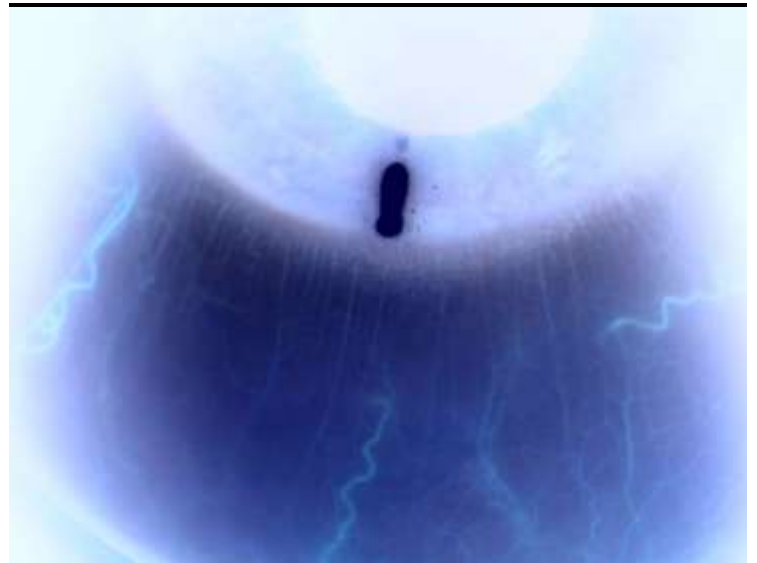
They love to live in the here and now, then through the empowerment of their needs can accompany self-listening, and sometimes in acceptance and integration. A spirit so free and hungry for stimuli will often need guidance, to be accompanied to his freedom and supported in his personal evolution. I suggest an active communication, without longing, especially solutions that the client may not receive well. Here it is important that both the client can conduct himself freely, no specific direction if not earlier agreed with the client, for example more gestalt. Good techniques of expression and communication through sensations are helpful.

The innate qualities of resilience are: freedom, harmony, beauty and experimentation of the new. From the shape of the fibers, and then compacted too long, we can imagine a tendency to deflect and remain in full contact experience. From our map, it is interesting to see what other areas contain signs and if these are: to strengthen the features already highlighted, such as independence, creativity and joy, which will complement each other (other areas).

Allergic Diathesis



Right iris

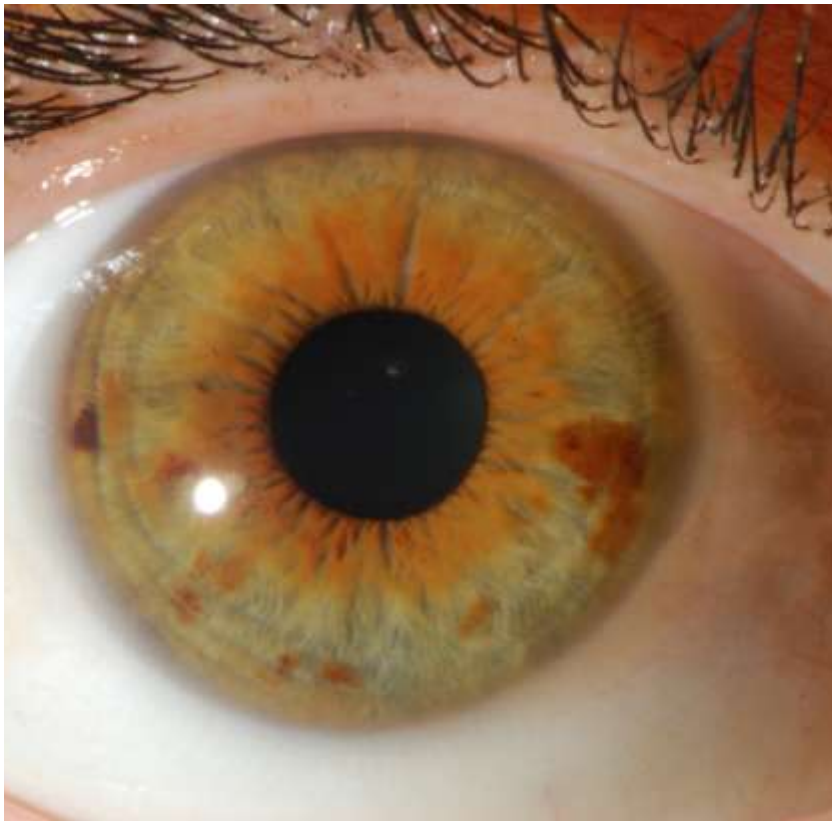


Right iris (elaborated)

This person may feel ‘attacked’ by environment, emotion, current or short lived circumstances and then defend themselves by attacking or fleeing. They do not reflect, do not meditate on all modes, alternatives, opportunities or existing variables. Our task would be accompanying them in broadening their mind maps, our maps are often not the territory. They may express intolerance when finding trouble integrating. Our task is to facilitate integration, even helping him feel less threatened by the world. We will help them observe positive exceptions in their lives. Where life episodes did not make them feel threatened and we will put them in contact with those times in their life. We could even use *time risk* here, the intreflections on the edge of the collarette or signs in the iris that are the most striking.

In this case it is important to express feelings that they feel when you see the irises and the sign they have chosen. Knowing how to accept oneself is the first step.

Dyscratic Diathesis



Right iris

This person lives with a very intimate and personal concept of justice. They are often people who feel like victims of misconduct, any pigment might be an open door to past experiences still present in the "here and now" expressed through emotions, such as: anger, resentment and pain. Experiences are not lived fully as past emotions that have failed to be resolved as they have not been digested and not integrated. Warning, there may be a perception of present injustice, that could reopen and give life to overreactions because they are added to past experiences. They could respond with a reactive stasis.

Resources innate resilience are: the search for balance, justice and the real sweetness of expression.

In front of this subject, it is important to create a good initial alliance. One should be careful to establish a clear contract and agreement. Once the client has identified, by the sign or feature of the iris that strikes them

more, which need they wish to meet; it will be easier for old unexpressed emotions to come out. We must leave time and space to make contact and to express these emotions through expressive art or their body in a way that the client can discover together with you.

Exudative diathesis



Left iris

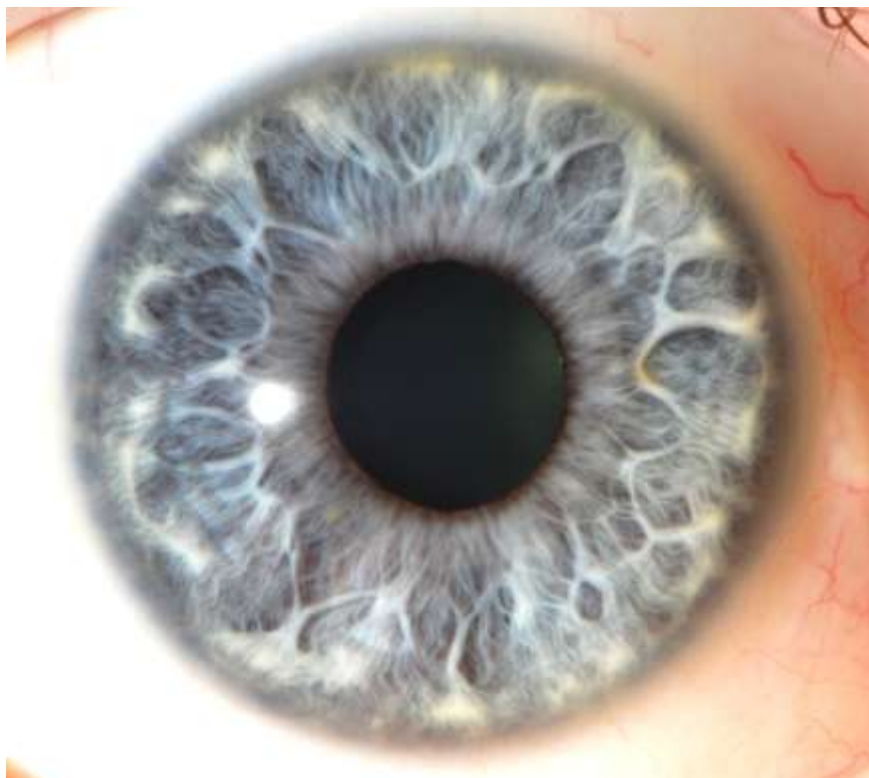
This person finds it difficult to grasp the world around them. They fail to grasp external inputs and this does not facilitate in decision-making situations. They sometimes do not make decisions because of this, but expect others to take control. They can be disconnected from listening to their needs, lack pre-contact, 'listening to oneself and therefore will not have direction.' This brings on insecurity and creates masks and untrue self-images of inspiration, and they will ask, "Who am I?" Here we iridologists and facilitators can accompany this individual to remove the various masks and to resume contact with their true self, through the iris and good self-listening.

These individuals are likely to care and to comfort others, a strong maternal instinct. We can help them find balance in “Thou shalt love thy neighbor as thyself.”

The resources of resilience are: to have clarity inward and outward, care, protection, nurturing mother.

In the iris we look for signs (the bridge, wavy fibers and the ladder) that make up for their propensity towards the outside (innate), and signs in the nasal area, the signs that are reflected in man, propensity to look inside, everything for proper integration.

Hyper-acidic Diathesis

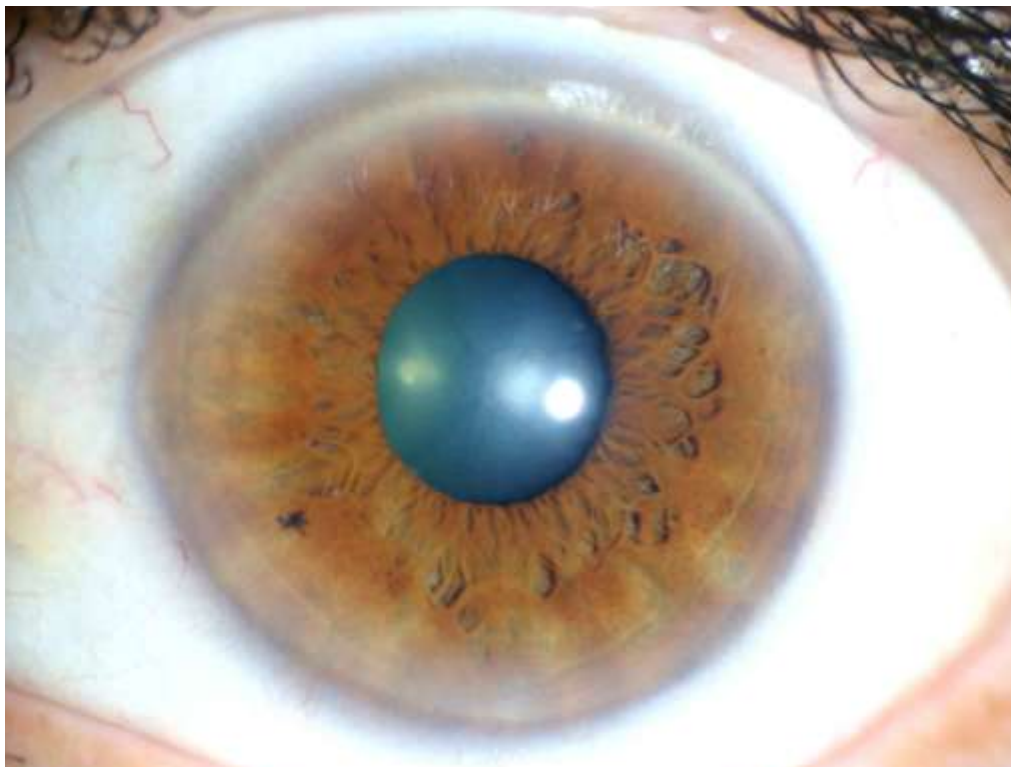


Right Iris

This person has been put to the test over time with repetitive stimuli or stress and can respond in two opposite ways: crash or explode. We recommend to welcome in oxygenated environments, keeping windows slightly open, if possible. These are people who tend to lead, so

we have to be careful not to monopolize or overshadow them. I would use reformulation and phenomenology a lot, reporting what you see in nonverbal communication, (what you do not control or monopolize) and would leave a lot of time for contact with parts of the body, using the amplification as an expression. They need to express themselves, especially those who react with immobility. They are voracious people who do not take time to assimilate; perhaps many life experiences will still be absorbed and integrated into historical dimension and growth.

Lipemic or Lipid Diathesis



Left Iris (frontal lipid arch)

This person is rigid in the face of change and to proposals and initiatives, although initially seems collaborative. They have the need to feel that everything in their environment is not "toxic", then they will be open and available. They are sensitive to mistrust and rejection, in this case they

might decide not to cooperate or to terminate the alliance. It is important to accompany the subject in an evolutionary process often asking for feedback to evaluate their status together as a relationship alliance and watch out for signs of "toxins" or defensive barriers, breaks in the exchange and possibly to work on them.

Awareness through the discovery of their resilience resources in iridology, accompanied by a good approach in support of freedom and responsibilities that every human being has to himself is what is needed to help this person. It is a full 360 degree path, through space and time with a final goal to find unity within themselves, in full harmony with the world.

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