



The Institute For Family Healing is a non-profit corporation, and parent company of Behavioral Iridology. Behavioral Iridology utilizes family history, health history, birth order and patterns in the eyes combined with our proprietary healing methods. Behavioral iridology is best understood through the lens of holistic psychology that emphasizes the integration of mind-body-spirit.

### **Holistic Psychology: Soul Lessons and Feelings**

#### **Merriam-Webster's Definitions of Psychology:**

1. The science of mind and behavior.
2. a. The mental or behavioral characteristics of an individual or group.  
b. The study of mind and behavior in relation to a particular field of knowledge or activity.
3. A theory or system of psychology (e.g., Freudian psychology, the psychology of Jung).

At the Institute for Family Healing we take the foundation of modern psychology and integrate a holistic approach. To truly understand a human being, we must examine both the Human and Being. The human aspect encompasses the physical body, emotions, and mind, while the Being refers to the soul, which is intangible. In order to treat the entire person we need to address all four bodies, the essence of Holistic Psychology.

While the physical, emotional, and mental bodies are scientifically measurable (or their effects can be observed), the spiritual body or soul remains intangible and etheric. Yet, it is the soul that carries the lessons and purpose for an individual's journey.

#### **The Soul's Mission**

Every soul arrives on Earth with a unique purpose—a blueprint for growth and learning. It selects a family lineage and parents that provide the optimal environment for this journey. The question then arises: where can we find the specifics of this mission?

The adage, "The eyes are the windows to the soul," offers answers. At the Institute for Family Healing, we use patterns in the eyes to assess the physical body, personality traits, and life lessons chosen by the soul for this incarnation.

When individuals fail to engage with these lessons—whether by "skipping school", avoiding challenges, or numbing themselves with distractions—the consequences manifest as physical illness, accidents, life-altering events, or the onset of behavioral or learning disorders. Pain and suffering often serve as indicators of misalignment with the soul's intended path.

#### **Pain as a Teacher**

Pain and suffering are not arbitrary; they are directly tied to unresolved feelings and unlearned lessons. Experiences gain significance through the feelings they evoke, whether positive or negative. Negative feelings, particularly those repressed or unconscious, often lead individuals to seek relief through unhealthy coping mechanisms such as substance use or avoidance behaviors.

Drawing from the groundbreaking work of Dr. John Cervenka and his system of Embodiment, holistic psychology categorizes feelings into five distinct categories:

1. Physical Body – Sensations.
2. Emotional Body – Emotions.
3. Mental Body – Self-Images and Beliefs.
4. States – Fears (e.g., masculine/feminine archetypes, God).
5. Essence – Soul or Higher Self.

Our model asserts that psychology creates our physiology, not the other way around. By addressing the energy behind feelings, we can address the root cause of suffering.

### **The Role of Feelings in Healing**

Fear, for example, is not inherently problematic; it serves as a messenger, drawing attention to something significant. A cornerstone of the Embodiment approach is not to rationalize or analyze feelings but to develop a relationship with them. Naming a feeling grounds it in the body, which will alleviate the overwhelm associated with a barrage of negative experiences. By focusing on the primary feeling—often an emotion or self-image—the body naturally begins to relax, allowing other concerns to diminish.

This process establishes healthy emotional boundaries, breaking cycles of enmeshment and codependency. Recognizing and naming feelings enables individuals to stand firm in their values, building inner strength, self-confidence, and self-esteem—the core goals of holistic psychology.

### **Conclusion**

Holistic psychology emphasizes the integration of physical, emotional, mental, and spiritual lessons to understand and support the whole person. Addressing unresolved feelings and lessons carried by the soul in the body fosters healing, resilience, and personal growth.

### **The Mental Body**

*A theory of The Institute for Family Healing states:* all human beings conceived through the union of a man and a woman intrinsically have the feeling something is missing in them, creating self-doubt and low self-esteem.

### **Soul and Identity**

As the soul's energy grounds itself in the physical body, the infant begins the process of creating its identity, who it is and what it stands for. Our identity, the “I am” of life, is formed in the logical and rational left hemisphere of the brain. Our identity is based in the mental beliefs and self-images of who we *think* we are. The sum total of our beliefs and self-images create our identity; our identity is the foundation of the self-esteem.

### **Forming an Identity**

- From birth and throughout early childhood, our logical mind (left brain) works tirelessly to build images of who we think we are. Especially in the first two years, infants interpret their experiences as being entirely about them. As the infant is developing its identity 24/7, it believes that everything it is experiencing is happening because of “me.” Now we know why “selfies” are so popular.
- For example, an infant whose father leaves shortly after birth, never to be seen again will internalize thoughts like:  
*“Where is my daddy? Why did he leave? There must be something wrong with me.”* Conclusion: I am....., we work with nine negative very painful beliefs and self-images. These deeply painful views of oneself often become, covered up by emotions, denied and stored in the subconscious mind as a coping or survival mechanism. Our early years are a creative and vulnerable time, attaching lasting imprints in our memory that profoundly influence the images we have of ourselves and beliefs about who we think we are. Positive environments, where children are nurtured by loving and kind parents, imprint self-images such as, “I am worthy, and good,” “I deserve love,” and “I am lovable.” These affirmations build confidence, inner strength, and the courage to take risks as the child grows into teenage years and adulthood. Conversely, negative self-images, often born from trauma produce fear, anxiety, self-doubt and a diminished sense of self-worth, fueling addiction and self-sabotaging behaviors.

### **The Mind and Self-Esteem**

As the Buddhists teach, the root of all suffering lies in the mind. The mental body—particularly the left, logical hemisphere of the brain—is the driving force shaping our beliefs about who we think we are.

The mental body craves stimulation to maintain its control, using caffeine, sugar, or nicotine as fuel. However, these short-term fixes exacerbate an already overactive mind, making sitting still rest and relaxation nearly impossible, let alone sleeping through the night without external aids. The payoff; a lot can be done and accomplished with a good caffeine or sugar buzz!

Think of all the people you know, is there anyone that can go to bed between by 11:00pm, and have restful sleep till 5 or 6am, without any natural remedies, alcohol, herbs, gummies, over the counter sleep aids or medication. I personally know very few people that can fall and stay asleep without something to support a good night's rest.

### **Physical Effects of The Mental Body**

The mind, like a “jealous lover,” demands attention, more information, or to tell you what it thinks. Its insatiable appetite for control often amplifies the inner critic, that fearful voice in our head that beats us up with worry and self-doubt. Negative self-images and beliefs, fueled by painful relationships interactions, lead to cycles of pessimistic thinking and thoughts. Those thoughts lead to worry, anxiety and panic attacks, at a deeper level nervous breakdowns and mental disorders. A run-away mind over time fueled by repressed emotions overheats the nervous system and burns away the myelin sheath protecting the nerves, similar in electronics to melting insulation from an overheated wire. Parkinson's disease and multiple sclerosis are two examples of this condition. It is virtually impossible to be diagnosed with any form of PTSD or chronic health condition and not have mental as well as emotional trauma, denied and buried in the body along with a very compromised self-image of ourself.

### **Healing With Compassion**

Life's imperfections and the soul's journey ensure that everyone carries some level of pain and trauma. Understanding how self-images shape our thoughts and confidence reveals a universal truth: self-esteem challenges for everyone are part of the human experience.

Einstein wisely stated, “We cannot solve our problems with the same thinking we used when we created them.” We interpret that to mean, true healing requires getting out of the head and into the body. As we say, “The issues are in the tissues.” Deep healing begins with compassion—removing judgment from our pain and allowing the energy to flow through the body. Acceptance for ourself and others allow the intuition and personal truth of the real you to be your guide, not your mind's preprogrammed agenda.

There's a Native American saying: “Do not judge a man until you walk a mile in his moccasins.” Compassion is the ability to embrace another's pain without pity. To do so for others, we must first have compassion for our own pain. Compassion for our own pain just may be the ultimate form of Self-love. Naming our feelings and developing a relationship with them—whether they are good, or bad, —is the key to wholeness and healing. When we take the judgment off of what we feel, we stop judging others with the same beliefs or behaviors.

### **Integrating Proven Therapies**

Understanding the origins of pain, combined with focused healing techniques, transforms our fears into our personal power building inner strength and self-confidence. Our most effective therapies, rooted in love and acceptance, utilize color, sound, light, breath and stillness: the core gifts of the feminine. This level of compassion, allows us to transform our pain and awaken to our unique gifts as core expressions of our True-self.

### **Conclusion**

We believe that self-esteem lies at the heart of our pain and suffering. By addressing damaged self-images and fostering self-acceptance, we empower individuals to rebuild confidence, inner strength and health, and improve relationships.

We would be honored to explore potential collaborations with you or your behavioral health organization. Whether through shared projects, workshops, or educational programs, we are committed to advancing our mutual mission of promoting vibrant health and conscious relationships.

Let's connect to create a brighter, healthier community and future—together.