

Beginner's Guide to Iridology at Home

Chapter 1 The 3 Options for Taking Photos

Chapter 2 Aajonus' Iridology (not in this ebook)

Chapter 3 Further Guidance and Coaching

Chapter 1 The 3 Options for Taking Photos

These are in order of preference. 1 is best, 2 is good enough when done right, and 3 is good but 99.9% of the time, the shops crop the outer 10-20% of the iris for some reason, and the sclera is obviously not visible.

Option 1 - Professional Photographer

I have not gone out of my way to find a photographer yet, but if you want to go down this route, find someone who does macrophotography in your area. Examples of macro-photography:



(stock)



@macro.photos.only IG



[Aajonus Pictures](#)

Things to ask for:

- No image cropping (easy)
- Lighting as done above
- Light reflection centered inside the pupil (no obstruction of iris) - can then edit the reflection out if you like
- True colours (no editing or may need minimal colour correction, have the photographer show you the colour correction and why it shows true colour better)
- Alignment - try to have your chin and the camera on a flat surface to make the image straighter. If you have access to a headrest like in either photo, use it

Option 2 - Best Smartphone Guide

- A windowless room (any windows, outside light will cause unwanted reflections)
- A smartphone with a good camera

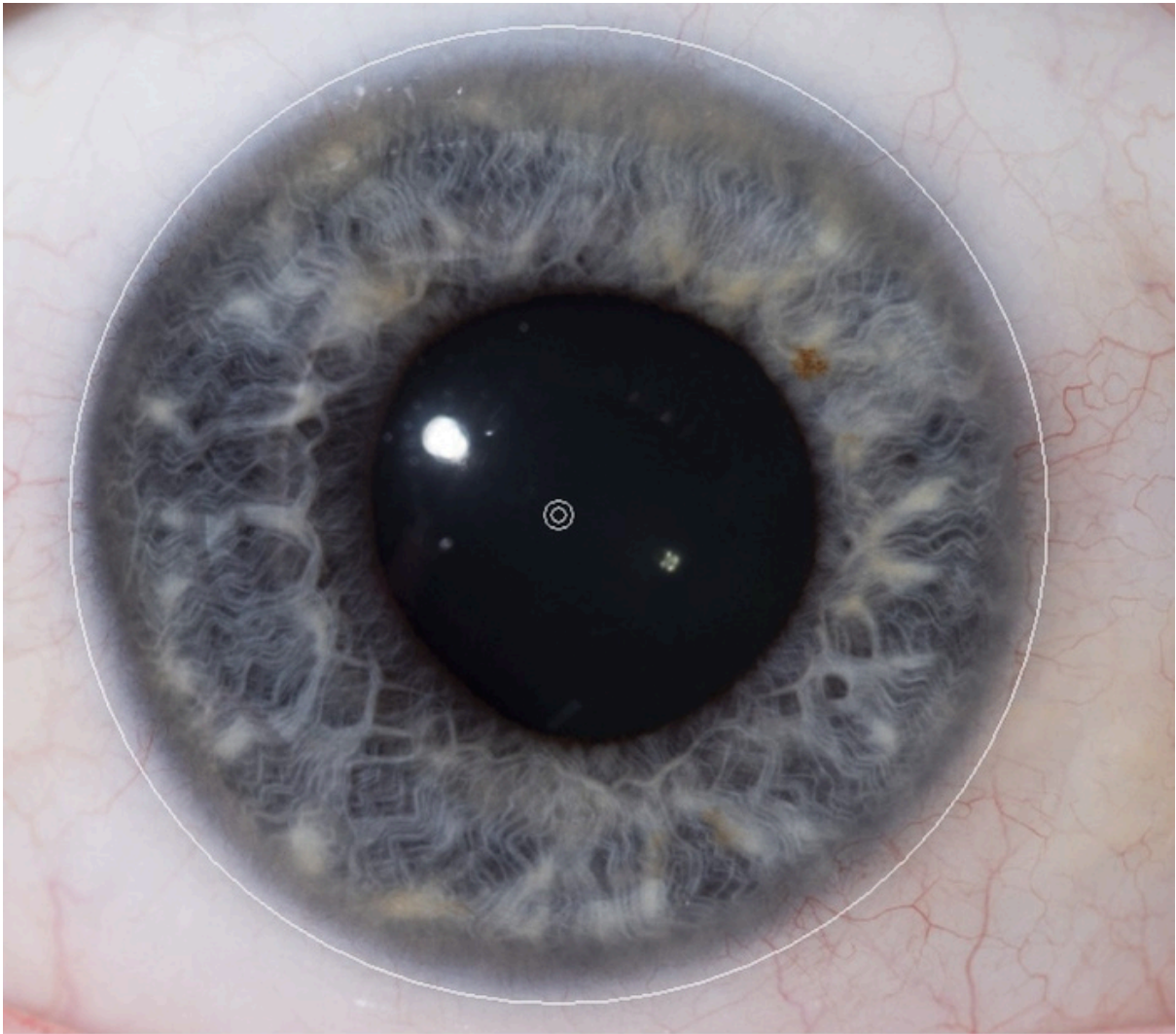
Face the back camera at your eye, open wide, and take a photo with the flash on

Option 3 - Iris Art Shop (+Homemade Photos)

Although I've done these photos 3 times, I wouldn't actually recommend it. If you simply cannot figure out or have a good enough phone to take good photos with Option 2, do option 2 and get this done to pair it with.

[Iris Galerie](#) - The shop I've used. Some places may want you to book for 2 people if you want both eyes done, which you do. This is because they often get people come in to get one eye done as artwork, not both. Ask for minimal editing and that you're getting it done for an iridologist to analyse. You can do your best to ask them not to crop any outer edge of the iris, but it probably won't work. Show this photo to show

them you want it cropped no smaller than this white circle:



Benefits

No need to find a photographer
Guaranteed quality
Inexpensive if done only every 6-12 months

Drawbacks

Often crops skin area out entirely, lymphatic system out partially to entirely, sclera out entirely every time

This company does not offer raw photos (unedited ones sent along with edited ones due to their policies). Some other smaller iris art companies may. Search on Google Maps for 'eye art' or 'iris art' or 'iris photography'

