

# METHODOLOGY – THE 5 P's

## 1 PREPARATION

### FOR THE ROOM AND SELF BEFORE THE SESSION BEGINS

- Set Up** – Room / Chairs / Laptop / Camera / Form / Water / Smell Nice / Brush teeth
- Sit down and take a deep breath in and out
- Mentally & emotionally prepare yourself

#### SAY AFFIRMATION:

*I am ready to be fully present and serve my client with integrity.  
I choose to put aside anything that will not serve me or my client.  
I am putting aside \_\_\_\_ and \_\_\_\_ and \_\_\_\_ (name distractions)*

- Take 1 more deep breath in and out
- Smile and go and open the door to welcome your client
- Coach**
  - Research consult questionnaire prior to consult

## 2 PRIMING

### THE CLIENT WHEN THE SESSION STARTS (PAGE 1 OF CONSULT FORM)

- Welcome greeting and introduce yourself – hug or shake hands
- Ask and fill out their name/age/weight on the form
- Ask and fill out their main reason/s for being here on the form
- Ask and fill out any other important information – conditions, medications, other
- Ask and fill out their goal for the session

## 3 PHOTOS

### TAKEN DURING THE SESSION

- Explain the procedure**
  - I am going to take some photos of your eyes using this special eye camera that captures images of your iris (the coloured part of the eye) and the sclera (the white part of the eye). This is called iridology and sclerology.
  - In order to take the photos, I will have to come quite close to you and your face and may need to touch your face with the camera.
- Ask Permission**
  - Are you ok with that?
  - If they say yes – move to next step
  - My computer may make some noise, but please just follow my instructions and it should take less than 5 mins. It doesn't hurt but please let me know if you feel any discomfort.
- Adjust set up as needed**
  - Bring chair closer to them if needed
  - Refocus your camera on your hand if needed
  - Move laptop so it's easy to see it
- TAKE PHOTOS**
  - Say, 'look at my nose' "or finger"
  - Make sure you can see (most or all of Iris)
  - Get them to tuck their chin if needed for full view of iris
  - Bring camera with light up from the side/front to their eye to let their pupil adjust
  - Anchor the position of the camera with pressure touching their face in the eye socket
  - Focus the camera again if needed

**\*\*ORDER (Start from Right Eye)**

1. Straight 2. Look left 3. Look right 4. Bottom

- Pull camera away and ask them to pull down their under eye and look up – show them
- Say: open wide
- Retake any that turned out too blurry

*Give them a break from the camera light if you see or they say they need it*

Save Photos

- Into a folder on your desktop – name folder with First & Last name

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## 4 PEN IT

### DISCUSSING FINDINGS AFTER PHOTOS HAVE BEEN TAKEN (PAGE 1-2 OF CONSULT FORM)

- Name 3 organs you see something mentionable in
- Name and explain them as a psora/lacuna/congestion/weakness/toxicity/stress
- Fill them out on the sheet (tick the organ – write the finding word on the line provided)
- Look up the 3 organs or systems together in the ref guide or workbook and discuss
- Open RIGHT eye iridology and sclerology photos x 4 (Front, Right, Left, Bottom) and align them in this order on your screen
- Open RIGHT eye iridology and sclerology charts to the right of those photos
- Talk them through anything major you see on the right that shows in both the iris and sclera (genetics and current status) – 1-2 things
- Now do the exact same process for the LEFT – iri and sclera – name (1-2) things  
*(Note: Reason for not doing all systems and organs is time & not wanting to overwhelm client)*
- List the main 3 organs/systems + level of condition (ie acute/chronic)
- Ask relevant questions pertaining to the organs you choose – injuries, ailments, pain, dis-ease, emotional mental correlation
- Open the reference guide and start to look up what to do/say/eat for each one – make some notes on the form (not full plan yet)
- Touch on Emotional Connection
- Read emotional affirmations to them in the moment – if they seem responsive and time permitting

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## 5 PLAN

### (PAGE 3 OF CONSULT FORM)

- Use the form – turn to back page and create a day to day plan including all foods, oils, teas, herbs, exercises, affirmations, 7 principles of health
- Discuss with the client and get commitment each step of the way
- Ask them if they would like to commit to a 90 day coaching program with you for follow up, continued correspondence and assistance or if they want to think about it to contact you and tell you their decision about next steps

**AFTER they have left do the following steps**

- Take a photo of form and plan
- Send it to yourself and save in their eye photo folder
- Send their photos, form and plan to them along with any other videos, studies etc that you promised or discussed
- Include your coaching options with the email 90 day coaching program/30 day program etc