

The Lamp of the Body is the Eye

by

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Some people attribute the phrase “The eyes are a window to the soul” to the Bible. Although that is not a quote from the Bible, does it have scriptural merit? Some Iridologists say that the science of iridology has a scriptural basis. Some Christians say that iridology is not of God, and should not be meddled with because it borders on the occult. So let us begin.

Although the Bible is a spiritual book, it many times illustrates natural principles to help us understand the spiritual. Thus there are correlations between the natural and the spiritual. To say it another way there are operating principles that are analogous between the spiritual and the natural world. This is illustrated when Jesus Himself makes this type of correlation in the *Parable of the Sower* in Matthew 13:1-23.

For example, *Proverbs 15:30 says: The light of the eyes rejoices the heart, and a good report makes the bones healthy.* (1) There may be a spiritual significance to that verse, but science tells us that:

- Obtaining vitamin D from sunlight wards off depression and supports bone health.
- Sunlight to the eyes enhances brain serotonin levels, which prevents depression. (2)
- The suprachiasmatic nucleus (SCN), a tiny region in the hypothalamus, is situated directly above the optic chiasm. The SCN receives input from specialized photosensitive ganglion cells in the retina via the retinohypothalamic tract. The SCN is responsible for controlling circadian rhythms. The SCN interacts with many other regions of the brain and affects neuronal and hormonal activities such as body temperature, cortisol, and melatonin. (3)

The Biblical passages on eyes usually referenced by iridologists are Luke 11:34-36 and Matthew 6:22-23. Both passages read almost alike. Both are listed here with surrounding verses to help us understand the context.

Matthew 6:19-24

19 “Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; 20 but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. 21 For where your treasure is, there your heart will be also. 22 “The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. 23 But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness! 24 “No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon.”

The Matthew passage seems to indicate that Jesus is talking about the treasure of the heart and that what the eye treasures is a reflection of what is in the heart. Proverbs 28:22 seems to support this: *A man with an evil eye hastens after riches, and does not consider that poverty*

will come upon him. So we conclude that his eye was bad because he had greed in his heart (darkness in his body). Let's expand on the Luke version.

Luke 11:32-36 (The numbers by some of the words are the numerical reference to the Strong's Concordance of Greek words.)

32 *"The men of Nineveh will rise up in the judgment with this generation and condemn it, for they repented at the preaching of Jonah; and indeed a greater than Jonah is here.*

33 *"No one, when he has lit a lamp <3088>, puts it in a secret place or under a basket, but on a lampstand, that those who come in may see the light <5338>.*

34 *"The lamp <3088> of the body <4983> is the eye <3788>. Therefore, when your eye <3788> is good <573>, your whole <3650> body <4983> also is full of light <5460>. But when your eye is bad <4190>, your body <4983> also is full of darkness <4652>.*

35 *"Therefore take heed that the light <5457> which is in you is not darkness <4655>.*

36 *"If then your whole <3650> body <4983> is full of light <5460>, having no part <3313> dark <4652>, the whole <3650> body will be full of light <5460>, as when the bright shining <796> of a lamp <3088> gives you light <5461>."*

Below are the Strong's reference numbers with associated meanings to the original Greek word

- *lamp <3088>* - a lamp, candle, that is placed on a stand or candlestick
- *light <5338>* - light of moon or lamp or candle
- *body <4983>* - body
- *eye <3788>* - eye
- *good <573>* - good, simple, single, whole, good fulfilling its office, sound
- *whole <3650>* - all, whole, completely
- *darkness <4655>* - darkness
- *full of light <5460>* - full of light, bright, light, composed of light, of a bright character
- *bad <4190>* - bad, evil, wicked, wicked one, evil things
- *full of darkness <4652>* - full of darkness, dark, covered in darkness
- *that the light <5457>* - light, fire, emitted by a lamp
- *part <3313>* - part, portion
- *dark <4652>* - full of darkness, dark, covered in darkness
- *bright shining <796>* - lightning, light shining, of the gleam of a lamp
- *light <5461>* - give light, bring to light, lighten, enlighten, light, illuminate, make to see

Verse 32 tells us that the theme of the passage is really about Jesus and His message... *"a greater than Jonah is here"*. So the theme seems to be that Jesus is the lamp that shines as a light. Verses 34-36, which we will review later, speak of eyes, body, light, and darkness in the body. The context of Luke chapter 11 continues and tells of Jesus having lunch with a Pharisee. The Pharisee is surprised when he saw that Jesus did not wash before having the meal. Perhaps Jesus did this on purpose, but His response to the Pharisee was: *Luke 11:39 Then the Lord said to him, "Now you Pharisees make the outside of the cup and dish clean, but your inward part is full of greed and wickedness.* From this verse, it appears that Jesus is talking about what the eye of the Pharisee revealed and that it was a reflection of the greed and wickedness (darkness) that was in his heart. So the theme seems to have continued with Jesus as the lamp

illuminating what was in the heart of the Pharisee. So we conclude that the overall theme is that the eye of the Pharisee was evil (bad) because he had greed (darkness) in his heart.

Luke 11:34 starts with *“the lamp of the body is the eye”* thus using something in the realm of the natural to help us understand something spiritual? Before making the comparisons, let’s expand on the Biblical use of the word lamp. Another reference to lamp is found in Proverbs 20:27, which reads: *The spirit of a man is the lamp (<05216> lamp, candle, light) of the LORD, searching all the inner depths of his heart.* This verse tells us that our spirit is a lamp that the Lord uses to search our heart. Our spirit knows what is in our heart, which is stated in: *1 Cor. 2:11 For what man knows the things of a man except the spirit of the man which is in him? Even so no one knows the things of God except the Spirit of God.*

So now we have 4 lamps in our comparison – 2 natural and 2 spiritual.

	Normal lamp	Jesus	Eye	Spirit of man
Purpose	Lamp that shines so we can see naturally.	Lamp of God that shines so the world can see spiritually. <i>John 9:5 "As long as I am in the world, I am the light of the world."</i>	Lamp of the body that allows us to see naturally what is around us.	Lamp of the Lord that searches man’s heart, which is the lamp of the heart that allows us to see spiritually.
Revelation	Natural world - The lamp reveals what is in your surroundings.	Spiritual world - God, through Jesus, revealed to the world what was in His heart. <i>John 14:9 Jesus said to him, "Have I been with you so long, and yet you have not known Me, Philip? He who has seen Me has seen the Father; so how can you say, 'Show us the Father'?.</i> <i>1 John 4:9 In this the love of God was manifested toward us, that God has sent His only begotten Son into the world, that we might live through Him.</i>	Outer man (body) has natural eyes. - Your eye reveals what is in your body. <i>2 Cor. 4:16 For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day.</i> The pupil, iris, and sclera reveal the body’s strengths and weaknesses. (light and darkness)	Inner man (heart) has spiritual eyes. - Your spirit reveals what is in your heart. <i>Lu 6:45 "A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks.</i> <i>Eph 1:18 The eyes of your understanding being enlightened; that you may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints,</i>

Illumination	A lamp illuminates because it has light.	Jesus illuminated people because He received light from the Father. <i>John 5:19 Then Jesus answered and said to them, "Most assuredly, I say to you, the Son can do nothing of Himself, but what He sees the Father do; for whatever He does, the Son also does in like manner.</i>	Our eye illuminates the body because it receives natural light. Sunlight to the eyes enhances brain serotonin levels. The suprachiasmatic nucleus (SCN) receives input from photosensitive cells in the retina.	Our spirit illuminates our heart because it receives spiritual light. <i>2 Cor. 4:6 For it is the God who commanded light to shine out of darkness, who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.</i>
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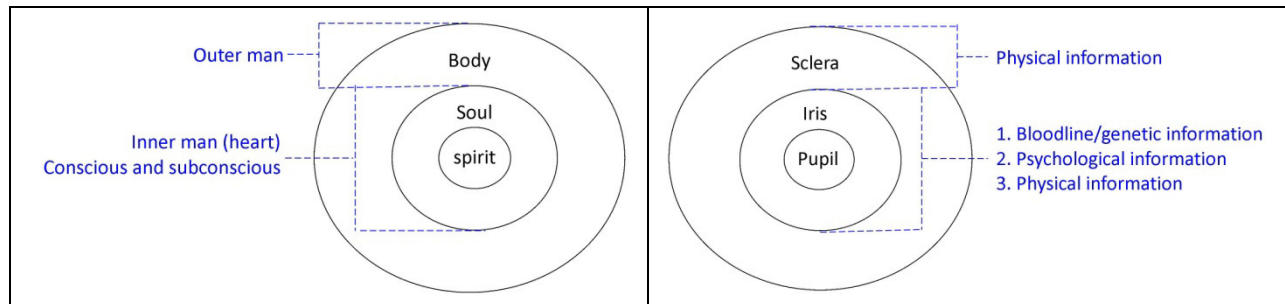
Applying the correlations, the spiritual versus the natural renderings would read as follows.

Spiritual rendering	Natural rendering
The heart projects the light and darkness that is within our heart to our spiritual eyes. The Pharisee had an evil eye because he had darkness in his heart. The darkness in the Pharisee's heart influenced his spiritual eyes and revealed what was in his heart.	The body projects the health or weakness that is within our body to our natural eyes. Man has a bad eye because he has darkness (weakness) in his body. The darkness (weakness) in a person's body influences their eyes and reveals what is in their body.
The lamp of the heart is the spiritual eye of man. Therefore, when your spiritual eye is good, your whole heart also is full of light. But when your spiritual eye is evil, your heart is also full of darkness.	<i>The lamp of the body is the eye. Therefore, when your eye is good, your whole body also is full of light. But when your eye is bad, your body also is full of darkness. Luke 11:34</i>
If then your whole heart is full of light, having no part dark, the whole heart will be full of light, as when the bright shining of God's light (Jesus) gives you light.	<i>If then your whole body is full of light, having no part dark, the whole body will be full of light, as when the bright shining of a lamp gives you light. Luke 11:36</i>

There is another Interesting correlation seen when comparing the makeup of man to the design of the eye and the information revealed in the eyes. In addition, science and history has shown that our physical health does correlate and respond to our psychological health. Please note the following points in support of the image that follows.

1. We are born a three part being - spirit, soul, and body. *1 Thess. 5:23 Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.*
2. Biblically our heart is our soul and our spirit. The two are so intimately connected it is difficult to discern one from the other. *Heb. 4:12 For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.*
3. Our soul is our conscious self and is composed of 3 parts: mind (thoughts), will (desires), and emotions (feelings). Our spirit is our subconscious.
4. The sclera reveals mostly information about current physical conditions in the body. If the body has a significant issue, a sclera line will appear. When that issue or stress is resolved the sclera line will regress until it is gone.

5. The iris reveals information about predispositions and genetics. The iris can also reveal personality and behavioral tendencies as well as information about ongoing physical conditions.
6. Time Risk analysis of the iris reveals the exact time of psychological traumas in the life of an individual, such as a traumatic divorce, a traumatic birth, or even a mother's traumas during pregnancy. This is a physical marking revealing a wound to the spiritual heart.
7. The pupil isn't really an anatomical structure, because it is a hole through which light passes. We know from iridology that the pupillary border represents and reveals information, yet the pupil itself is unseen. The pupil is like our spirit, you don't see it, but it does reveal information.
8. Bernard Jensen, the father of American iridology, wrote in *The Chemistry of Man*, pg. 386: "I am convinced after all this time that as our soul emerges into expression in a physical body, from the time of conception onward, our body attracts the nutrients it needs to become structured according to mental qualities".
9. *Exodus 20:5b-6 For I, the Lord your God, am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generations of those who hate Me, but showing mercy to thousands, to those who love Me and keep My commandments.*



In conclusion, although iridology has been verified by science, the Bible does indicate that the eyes of our body do have purpose beyond just giving us sight. Just like the "eyes of our understanding" which are our spiritual eyes reveal and illuminate our heart, the eyes of the body also reveal and illuminate our body.

- *Psalm 19:8 The statutes of the LORD are right, rejoicing the heart; The commandment of the LORD is pure, enlightening the eyes;*
- *Proverbs 23:26 My son, give me your heart, and let your eyes observe my ways.*

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(www.LifeTrainingInstitute.org)*

References:

- (1) *Scripture taken from the New King James Version®. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved. All verses quoted are from the New King James Version.*
- (2) *Lancet. 2002 Dec 7;360(9348):1840-2. Effect of sunlight and season on serotonin turnover in the brain)*
- (3) https://en.wikipedia.org/wiki/Suprachiasmatic_nucleus