

quiets them, aids weight gain and enhances numerous neurological processes. Maybe the credit belongs to the giver's focused intent to heal, or the unconditional love being given to that frail human being. But the medium for the transfer of whatever it is that heals is . . . the hands.



## Polarity Therapy

Dr. Randolph Stone, an osteopath, chiropractor, and naturopath drew on a lifetime of scholarship, intuition and practice to develop what he called Polarity Therapy. His teachings reflect India's ancient Ayurvedic medicine to a great extent, but also reflect his wide range of studies all over the world over fifty years....acupuncture, Shiatsu, and herbal medicine in China and Japan, the Hermetic and Cabalistic systems of the Middle East, as well as yogic healing arts of India. He studied the work of Paracelsus, the sixteenth century Swiss physician we have already talked about in connection with homeopathy, from which he learned about the subtle electromagnetic fields of the body.

His unique synthesis of East and West was published in 1948 in the book Energy: The Vital Principle in the Healing Art. He began teaching these principles to other health practitioners while continuing his private practice.

Before he died, Dr. Stone appointed Pierre Pannetier to assist with the polarity movement and Pannetier assumed that leadership until his own death in 1984. Today the American Polarity Therapy Association coordinates the various interpretations of the polarity philosophy and creates standards for its practice.

### *Fundamental Principle.....*

The Polarity system holds that, underlying what we call the material world, there is an infinity of universal energy; that every living organism is "engaged in a constant movement of energy, a rhythmic contraction and expansion, both within itself and in its environment."

Other cultures have called this life force or energy by other names. (As you know by now, if you have been paying attention!)

"The Polarity system posits that this life energy moves within and through every cell of the human body. Some exchange occurs in all directions; however, the major energy movements can best be described as following currents (also called channels or meridians) within and around the body. Dr. Stone has referred to this complex network of currents as our 'wireless anatomy,' because it underlies, but does not rely on, transmission by the nervous or circulatory systems. The energy channels of Polarity are somewhat different from, but compatible with, the meridians of Chinese acupuncture." The Holistic Health Handbook, Berkeley Holistic Health Center, 1978.

Polarity sees this body energy divided into five fundamental energy forces which interact with each other. Each element corresponds to certain parts of the body, certain energy centers (chakras), body cavities, and functions. (See Highlight Box.)

1. ETHER. Higher chakras; communication, psychic awareness, and spirituality; throat and head.
2. AIR. Heart chakra; respiration, compassion; lungs and heart.
3. FIRE. Upper-belly chakra (above navel); digestion and assimilation, will and power; stomach and intestines.
4. WATER. Pelvic/genital chakra; reproduction, emotional drive; liquid elimination and glandular secretions.
5. EARTH. Root chakra; physical survival; solid elimination; rectum and base of spine.

If you feel you have read this information before, you are right! At least almost.....these five elements are very similar to the five elements in Chinese medicine which we have brought to your attention: air, fire, water, earth and wood.

(Note: Biomagnetics is a growing field of study that also involves polarity principles. Example from recent literature: "If we were to take a sample of animal or human blood and spin off the fluid (the plasma) and

leave only the red blood cells, then place these red blood cells in a slide and insert them into a good microscope, we would see that when we bring a magnet up under the slide the red blood cells all spin around and point in one direction. This is polarization, or alignment of the iron particles in the red blood cells. When this happens, the blood circulation improves and you have gathered strength, power, and energy. The improved circulation helps reduce body stress because now the body does less work to perform its normal functions.")

### *What Happens in a Balancing Session?.....*

The sessions are gentle and relaxing. They may be for a general balance of the entire body, or work on specific areas.

Polarity Therapy does not manipulate muscles or bones. There is a placing of hands on the body's energy centers (chakras) and *poles* designated as positively or negatively charged. The left hand of the giver is negatively charged, the right is positive. Just like "jumping" a battery, the giver places the left hand (negative) at a positive place on the receiver's body; the right hand (positive) at a negative place on the receiver's body. There is a freeing and recharging of the body's energy.

Polarity sees the body as a core magnet that generates an energy field around it. Diagrams show all the body's energy fields and currents. Connecting certain primary currents is the first intent, but exchanging energy between positive and negative poles on any two parts of the body is effective. When the energy is free-flowing, the body is able to attract what it needs and to repel what is detrimental.

### *More to the Story.....*

Energy manipulation is not the entire program. Dr. Stone taught that adjustments in the flow of energy will not be permanent if poor nutrition, exercise and emotional habits are not also changed. (This should not be a new revelation for you at this point!) There are polarity diets and exercise programs...all designed to balance the duality of our bodies. And students are reminded that organs and fluid systems react to highly charged emotions and thoughts, that stress can sap the body's energy reserves and its ability to balance and heal itself. **ALL PARTS OF OUR LIVES MUST BE IN BALANCE, ON ALL LEVELS OF ENERGY.**

## **SUE - OPTIONS FILE # 186**

### **All aspects of life affected . . .**

It was just a small item in the paper that caught her eye...an announcement about a class for women on how to combat yeast infections. For several years, since the birth of her first child, Sue had been battling recurring yeast infections, so she clipped the item, intending to call.

The classes came and went, but she did make the call eventually and started on a road to healing she never expected to travel. Her yeast infections cleared up, but so did a number of other ailments she had come to accept as a part of her life. "I got more than what I bargained for," says Sue. "These other benefits are great."

Sue's journey began with the Candida diet, which eliminates certain foods and adds others to keep the body in balance. Yeast infections do not occur in the first place. Sue also started herb therapy, taking those herbs her body needed to create healing from within, and she worked with Director Helen K. Cox on energy balancing.

For balancing, Sue and Helen developed a positive, active, affirming goal at the beginning of a session and then did the appropriate therapy - touch therapy, guided imagery, etc. - to achieve the goal. To be most effective, goals and affirmations must be carefully and powerfully worded. Sue says that Helen has a "real gift" for determining "just the right phrasing" needed for the situation being worked on.

It has helped her develop discipline, says Sue, and positive thinking which has spread to other areas of her life. "Everything is better. I can think more clearly, I'm more efficient than I have ever been, and my body parts function better. I'm learning to care about myself more, enjoy life more. I'm learning to appreciate my body."

And her body is healing itself, she says. No longer does she have dizziness and headaches associated with asthma, or the symptoms of allergies to contend with. Symptoms of spastic colon and colitis are gone. Periodic laryngitis is no longer a problem.

"It sure pays to watch what you eat, just to be watchful of how you take care of your body," Sue says, attributing a lot of her new-found health to the diet and herbs.

She also gives credit to God and Helen, in that order.

"God gave Helen the ability to help people," she says. "He used her to help me."

Before seeing Helen, Sue says she would always dwell on the negative, which led to her poor health. But when a person isn't feeling well, it is hard to dwell on the positive, so a vicious cycle of negative thinking and ill health develops that is hard to overcome without help and a conscious effort to change, she says.

"I think people have to want to do these things before they can help themselves," noting she tries not to push her enthusiasm onto others. "I know one thing; I don't want to get off (the program)."



### Trager® Psychophysical Integration

TRAGER bodywork is a body/mind therapy that is a unique blend of psychological, physiological and spiritual theories. It requires a trained therapist, and its practitioners strive to break up and release repressed physical and mental patterns that restrict a muscle's full range of motion. The manipulation is gentle and non-intrusive, reminding the body "of what it feels like to feel good..."

According to TRAGER philosophy, stiffness, restricted movement, tension, pain, etc. are products of an unconscious mental process. The prac-