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## *POLARITY THERAPY*

*"The Science and Art of Health....embracing the space inside and out through presence and contact"*

*Polarity - energy in balance, intelligence and power:*

A polarity is the quality of being polar, having two equal and opposite charges or poles. A polarity is a state of dynamic equilibrium inherent in all living things and is, therefore, a necessary prerequisite for life to exist. With a polarity energy is available and with energy release there is internal or inherent power. With power there is the ability, whether physical, mental or moral, to act. As such a polarity is the building block of all nature and is inherent in all form and activity.

*"Polarity is the loom on which reality is strung..." Spilsbury and Bryner*

The release of energy as a direct result of balance is accompanied by a number of other qualities that go beyond the mere ability to act. These include an increased creative capacity, a playfulness and an enhanced sense of Self-awareness. In essence the life-force surges. This life force is not only energy - but energy-intelligence. This suggests the energy itself knows when to flow. It can recognise when a polarity exists. This hints at the role of an underlying intelligence, an innate awareness capable of noticing when a polarity is established and releasing itself. It is the causative agent for energy flow.

Intelligence is certain, direct and economical in application. A function of intelligence is the ability to recognize connections. In recognizing connections it is possible to react in another direction than the active force, to be able to surprise with creativity. This is non-linear behaviour and it is not predictable. The level of unpredictability of the reactions is a measure of the level of intelligence and in behavioural terms is depicted by curiosity, accompanied by a willingness to play.

In light of this definition intelligent awareness appears to be a precursive attribute for energy to flow when a polarity is established. Such creativity at play is central to the purpose and function of a polarity.

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So, we have the polarity principle consisting of an interplay of a polarity, intelligence and energy. When these elements combine the play of life, the life force, flows creatively. So the polarity principle defines a mechanism that contains the organising factor for life to unfold.

*“All of nature is a living being, ever seeking greater awareness, freedom and creative unfoldment”*  
*Dr Randolph Stone*

By developing an understanding of how polarities affect life you will be enabled to explore a new relationship with these essential dichotomies and venture into a mysterious and beautiful process, to unlock a doorway that transcends duality. By being aware of how you allow certain issues to dominate your attention you can choose to exercise, to practice, to become familiar with, the ability to build harmony. You can learn to hone, to polish, to refine your power to choose. Engaging with polarities breaks-through existing paradigms, it can lead to unity, to an experience of your source.

The Self, or Soul, is an entity conceived as the essence, substance, animating principle or actuating cause of life! It is the vehicle of individual existence and can be viewed as the source of the energy-intelligence defined within the polarity principle.

Polarity therapy is an exploration of the mystery of this relationship with Self, or Soul. It is a key to safely develop your ability to choose to establish harmony. It is a key to experience the creative use of your intelligence. It is a key to raise Self-awareness, to mature the soul, and to transcend duality. It is a key to directly experience your true nature and end your suffering.

*“If you can treat both impostors just the same...” Kipling*

Addressing polarities at any level of existence will re-acquaint yourself with the core of existence, with source, with your divine nature. The process enables a conscious return to harmony, a responsible engagement with the infinite and ultimately the ability to co-create with the universe. For you can not only re-establish polarities in yourself, but help complete them, or co-create them externally. As the nature of intelligence is economical (ie: leads to minimal use of energy in the long run) this conscious engagement with Polarity principles is also a truly ecological process.

It is the very dual or polar nature of the human experience that enables this recovery to happen, a polar nature that is so often used to justify excess, prejudice, extremism, disease, the judgement of others, instead of transcending it. ***When we allow attention to dominate on only one aspect, one pole, one extreme, we deny the establishment of a polarity,*** we deny establishment of

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harmony, we deny our inherent ability to unify, to transcend. We deny ourselves, our very Self, our very Soul.

*“Stretch your well-disciplined strength between opposing poles  
For it is inside human beings that God wants to know...” Rilke*

## *Polarity therapy:*

Polarity therapy is simply the application of a self-regulating mechanism that enables you to contemplate beauty, to touch your Soul. It is a practical application that enables you to regain full possession of your own power of attention and live through responsible and conscious choice. By addressing Polarity principles at all levels of being, and re-establishing the ecstatic union of energy currents that supports your existence, a Polarity therapy Practitioner seeks to:

- enable innate energy-intelligence, the life force, to operate freely.
- Assist you to raise your Self awareness.
- enable you to better notice imbalance.
- Assist you to accept responsibility and exercise conscious choice to restore harmony.
- Help you to polish your attentive faculties and restore a beautiful relationship with body, mind and spirit.

Polarity Therapy is a “Sleeping Giant” in the therapeutic world. It is unique in its scope and application and has been effectively practiced until now as an esoteric, healing art form, as its founder Dr Stone stated:

*“ to forge the diamond soul”*

With a small but stable base of highly skilled practitioners, and numerous well-established training schools, Polarity Therapy is at the leading edge of exploring the human condition. It is emerging to take its natural place in the collective consciousness and the mainstream of Complementary Medicine.

## *Origins:*

Polarity Therapy was developed by Dr. Randolph Stone, DO, DC, ND (1890-1981), who conducted a thorough investigation of energy in the healing arts over the course of his 60-year medical career. Drawing on information from a wide range of sources, he found that the Human Energy Field is affected by touch, diet, movement, sound, attitudes, relationships, life experience, trauma and

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environmental factors. Through the application of basic but profound Polarity principles he developed an energy based therapeutic system that relies on 4 pillars of intervention - bodywork, the development of self-awareness and process skills, diet and stretching exercises. A combination of these four health promoting techniques can effectively re-establish Polarities, enabling balance to return and energy-intelligence to flow; Restrictions to action whether physical, mental, or emotional are thus released. The Client is then free to play the game of life, to evolve, to unfold through natural, responsible choice.

### *Summary:*

The scope of Polarity practice is often very broad, and potentially vast in its impact and reach. Through its application it delivers:

- A prescription for intelligent, responsible action.
- The raising of Self-awareness.
- The maturation of the Soul.
- The alleviation of suffering (physical, mental, emotional and spiritual). A truly holistic approach which incorporates all aspects of the human condition.
- Greater harmony in relationships.
- The healing science of the future. A science of health to complement and transcend the existing one that dominates its attention on disease.

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