

Andrew Harry, Polarity Therapist and Healer



Andrew Harry was born in the beautiful county of Cornwall and lived with his parents until the tender age of 17 when he entered the Royal Navy. He graduated with Honours in Aeronautical Engineering, qualified in Bridge Watchkeeping at sea and achieved his wings as a Royal Navy Pilot, flying multi-engined helicopters.

During his flying training he endured an intense period of pressure as he had begun to suffer the debilitating symptoms commonly associated with ME. With no health professional prepared to acknowledge the condition, he struggled to complete his flying training at the expense of his health and family life."

The pressure to hold down the job whilst managing his condition led him to embark on a spiritual journey that ultimately led him to becoming a Healer.

In order to cope he turned to the practice of the discipline of *Vichara*, espoused by Sri Ramana Maharishi: a very simple meditation system that cuts straight through to 'The Self'. It enables devotees to live in the "now" and directly experience the screen on which the movie of life is projected. This was his foundation as he stayed in the Navy and struggled to support his family whilst still unwell. He could no longer cope with flying, and didn't feel that he would cope with the rigours of sea-going life again, so trained within the Royal Navy as a Chartered management accountant. He qualified after 4 years and worked in the Defence Logistics organisation in Bath, but soon found that his attention focussed elsewhere, as his health improved, as a direct result of his choices and his meditative practice.



So, after more than 22 years service he decided to leave the Royal Navy to follow his true vocation as a healer and Polarity Therapist. He has since travelled throughout Europe, South America, New Zealand and Australia refining his healing and coaching skills and has now returned to the UK where he has established a successful practice.

Vichara (Self- Enquiry)

This process of meditation has its roots in the eastern tradition and is well suited to the rigours of modern western lifestyles. It can be fully integrated into everyday life and ultimately leads to self-awareness, and clarity and is highly proficient in promoting health and vitality. In a nutshell, Vichara is about identifying the Self. By asking oneself in any context "who is experiencing this....." the only answer can be "I am". In the gap that precedes the stating of "I" the individual progressively experiences the undefinable, the root of being or ones own consciousness. It is the same as in the Kabbalistic discipline where scholars seek to separate out consciousness as an experience all and of itself. Andrew has a good example from his own life that clearly and simply explains how anyone can engage with this process and it entails of all things his love of the game of Cricket!

Andrew says:

I love Cricket, but was never really any good. I especially loved the challenge of batting. A situation whereby I stand in front of three stumps made of wood and try to stop the bowler hitting the wicket with a very hard ball, that is bowled, or hurtled, at great speed. It can be a terrifying experience for the ball is hard and I as the batsmen am standing in front of the stumps, that the bowler is trying to hit, with only a willow

bat in my hands as a means to deflect the ball. With the bat I am supposed to stop the ball hitting the wicket whilst at the same time directing the ball to score some runs. It is a complex three dimensional battle that requires a clear head, nerves of steel and good timing. The only problem is that if the batsmen is nervous, this nervousness gets in the way and hinders the batsmen's performance. I had to concentrate very hard just to stay there and was used to getting out quickly, having scored few runs. I was, however, enamoured with the sport and determined to improve my batting skills. It was during the period when I was still suffering from M.E. that I decided to use Vichara to see if it could help me improve my game. It had startling results, but before describing my method I must just give you a bit more background that I hope will help put things into context.

My dad is a very gentle man, a giant of a man, caring, considerate, sensitive and very intelligent and he used to recount a tale to me about his youth when he played Cricket and why he chose to give it up. When he was in his late teens he was a good fast bowler. One Sunday afternoon when he was bowling for his village he "let one go..." a fast delivery of the ball that is. On a good length it hit the ground but reared up quickly after hitting a divot on the pitch. The ball climbed higher than it would normally and struck the batsmen on the temple. The batsmen died!!!! My dad never played again, though he did recount the tale to me when I was young and I can remember my first taste of Cricket on a grass pitch playing with a hard ball. I was terrified, I froze and was quite useless at the game. From that day on the extreme fear I experienced never went away, but I loved the game and tried to "feel the fear and do it anyway.."

Vichara changed all that. The discipline I was following in being attentive to Self through Vichara ultimately helped me conquer my fear and transform my ability as a batsmen. I found it difficult at first in asking the question "who is it who is standing here trembling as the bowler is pounding in?" the ability to experience my Self in the answer of "I am" was swamped by my terror. So I devised a variation of the meditation in order to make headway. I put my attention on my breath. Whilst still looking intently at the bowler I would focus my feelings on my breathing. By and by instead of feeling terror I was able to just experience my breathing as the bowler bounded in to release the missile. I noticed that I was more relaxed and I had a bit more time to hit the ball. My muscles were not as tense and my performance and confidence grew progressively. I also found I did not need to concentrate so hard, in fact I found that if I concentrated on my breathing my mind seemed to have more than enough capacity to deal with anything anyone could throw at it! My scores increased and my enjoyment soared. I then progressed to put my attention elsewhere as I found that focussing on my breathing did in fact hinder my performance. So I placed my attention half way between the bowler and myself and focussed on my attention and nothing else. Again, I found my capacity increased, I relaxed more and my confidence soared. The runs would come thick and fast and the small Cricket ball looked the size of a football. Eventually, I moved on to pure Vichara, by asking the question that illicit the response "I am" immediately the bowler began his run up. I found I was aware of my consciousness, my consciousness was the centre of my attention and my ability to bat continued to improve. Instead of needing to "get my eye in" by staying at the crease (ie in front of the wicket) for say 10 minutes or so I could be totally ready to bat within seconds, I could "get out of the way" at will.

I then started to use this method whenever I found myself under pressure, whatever I was doing. In so doing I was always centred, always in the here and now. Vichara pervaded my existence and naturally became my habitual state. Over the years I became more vibrant, more healthy, had greater clarity of thought and was just more present. In time I noticed that when in this state my whole body would feel warm, I would sense more energy and I would feel at peace. I especially noticed the energy in my hands when in this state, they would buzz. I could turn it on or off at will. I had become truly responsible for where my attention lay and Vichara had become a

training ground in honing my awareness, for developing spiritually and genuinely engaging in my own existence.

This eventually, and inevitably, led me to training as a Polarity therapist. It was only three years ago that I first had hands-on experience of healing and I can remember, or even feel now, the amazing experience. I was participating in a training weekend, presented by Dr Douglas Diehl, in Bio-Energetics. I had been invited by my friend Tom Grant, himself an experienced Polarity therapist, from Cornwall. After the theory came the practical, I remember the "First Contact", I addressed the Client, got "out of the way" and WOW! I knew instinctively what was going on. My meditative discipline, first used to face my fears, had been my apprenticeship to the multi-disciplinary world of Energy therapy.

Now a fully qualified Polarity therapist Andrew sees that Science is rapidly catching up with the theory of the Energy Anatomy espoused by healing modalities. Scientific observation is validating the concept and he believes it will not be long before Energy therapies, such as Polarity therapy, will become a significant asset within fully integrated NHS provision. Andrew finds himself working professionally with total congruence. His life is his hobby and Vichara has been central in this. Vichara is a method of Spiritual development that is available to all. It can be used to benefit your life in any situation. Above all it delivers clarity, capability and consistency in life and its benefits are truly unlimited.

Is it any wonder that his favourite saying is the ancient Maori proverb:

"Turn your face to the sun and the shadows fall behind you."

Andrew practices in the Bath area and can be contacted on 07717 293029

or via his website www.bioenergycentres.com