

winter 2001

# energy currents



THE NEWSLETTER OF THE ONTARIO POLARITY THERAPY ASSOCIATION



*It's a small world after all...*

let the new year bring peace.

*happy holidays*



Mary Jo Ruggieri is a consultant, two-time Olympic coach, author, speaker, columnist, teacher, holistic healthcare practitioner with specialty areas in health sciences, integrative healthcare, physiology of exercise and education of complementary alternative medicine. With thirty years experience in education, administration and physiology, Mary Jo has managed and developed several university programs in sports medicine, medical school education and business programs. Director of the Columbus Polarity Institute, she also has a clinical practice in complementary and holistic healthcare and works with many physicians on integrative healthcare issues.

is pleased to welcome

## **Mary Jo Ruggieri PhD RPP**

Director of the Columbus Polarity Institute  
for a 3 day seminar presentation

May 31<sup>st</sup> - June 2<sup>nd</sup>

# **Cancer Rehabilitation and Cancer Prevention through the Polarity Model**

- **Energy concepts in relation to cancer prevention.**
- **Interfacing cancer treatments and polarity treatments.**
- **Pre, Post, during surgery use of polarity techniques.**
- **Energy medicine and it's process.**
- **Polarity techniques.**

This seminar will review the medical aspects of cancer and how to interface allopathic and complimentary therapies. The Polarity paradigm and how to integrate Polarity and Cancer Rehabilitation will be explored. Hands on techniques will be practiced. Includes a take home manual "Options for Cancer Care and Cancer Prevention Using an Integrated and Complimentary Approach to Cancer Rehabilitation • Models for a New Millennium".

Friday May 31<sup>st</sup> • Evening Keynote Address - open to all (time to be announced)  
Saturday June 1<sup>st</sup> & Sunday June 2<sup>nd</sup> • Full Day Polarity Based Seminar - intended for those with Polarity experience.

Seminar to be held at the True Blue Orange Lodge  
11181 Yonge Street, Richmond Hill, Ontario.

## **Register Now • Space is Limited**

\$30 for Friday Evening Only.

\$350 for Friday through Sunday (Polarity experience requested)

**Register before March 1<sup>st</sup> to receive an Early Registration Special \$300.**

Send your cheque or money order to OPTA, 306 Markland Drive, Etobicoke, Ontario M9C 1R8. Call (416) 913-9232 or email [info@polaritytherapy.ca](mailto:info@polaritytherapy.ca) for more information.

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Enjoy...



## Board Notes

Can you believe how fast this year has gone!!! Time flies when you are having fun. The year was full. And so much more is on the way. Following are some updates:

**NEWSLETTER:** "Energy Currents" requires an advertising committee. It is the intention of the board that the newsletter eventually pay for itself. This means that advertising sales are necessary to meet the costs of production. As our circulation increases, more interest is generated in sales. Soliciting potential advertisers can be easy and effortless with the right team involved. If volunteering a minimal amount of time to grow our publication would be of interest to you, please contact Pam McDonald at 416-532-0653 or Victoria Lorient-Faibish at 416-916-6066.

**EXTRA NEWSLETTERS:** Additional newsletters are available for purchase. These have become a popular Polarity education and promotional tool for members who wish to give and/or sell them to clients, friends and prospective clients. For more information please contact OPTA at 416-913-9232.

**CORPORATE WELLNESS EVENTS:** OPTA will support any members who wish to participate in a corporate wellness event. We have been approached by a couple of companies including Telus, GE and an organization called F.A.C.T (Friends of Alternative and Complementary Therapies) that sponsor these events and they would like to know if we have members who would be interested in participating. These events can range from a couple of hours to an entire day. An OPTA representative/practitioner would have a booth to offer free sample mini-sessions and information packets (flyers, etc.). The practitioner would be answering questions about our modality and getting the name Polarity out there. OPTA offers printed materials for your support at a nominal fee and encourages you to solicit your own Polarity practice. Those participating would be representing Polarity Therapy as an OPTA member and thus subject to our standards for practice. Victoria, having experience at these events, has found that it was a great way to advertise, make contacts and generally put the word out to a focused audience about her practice and Polarity Therapy in general. Anyone who is interested in participating in these types of events is asked to contact Victoria at [info@visualizationworks.com](mailto:info@visualizationworks.com) or 416-916-6066.

**IMPORTANT NOTICE OF ELECTIONS:** The end of the year has arrived and it is time to consider OPTA representation. Currently, we have 7 board members. Our by-law allows for up to 10 representatives. We invite active-oriented and committed new members. Board members are asked to serve a minimum three-year term. If you are interested in joining the board, or have any concerns/questions regarding current board members, you are encouraged to contact any of OPTA's representatives before the January 14th Annual General Meeting.

### AWAKENING

slowly remembering through the dark  
mysterious smell of earth  
reaching up stretching my awareness  
pushing my envelope my cocoon  
I lay there buried in thoughts  
smothering my heart

as it tries to sing  
my heart begins to shake  
lumps of earth begin to crumble  
slowly a few needles of light  
pierce my cocoon my thoughts  
tearing holes in my pride my theories  
eventually I can press my hand  
up toward the sky

grasping for the morning air  
pressing it to my lips  
it trickles into my lungs  
like water  
speaking with my heart

breathing light  
renewal

Jim Fulton, Feb 2001

### SOMETHING TO THINK ABOUT....

Once upon a time, there were four people  
Named: everybody, somebody, anybody, and nobody.  
There was an important job to be done  
And everybody was sure that somebody would do it.  
Anybody could have done it, but nobody did it.

Somebody got angry about that because it was everybody's job  
Everybody thought anybody could do it.  
But nobody realized that everybody didn't do it.

It ended by everybody blaming somebody when -  
actually, nobody could accuse anybody.

A Wise Author Unknown



[www.polaritytherapy.ca](http://www.polaritytherapy.ca)

OPTA On-Line • January 2002



# Your Letters

*For Polarity Therapy Certification, candidates are asked to write about what Polarity means to them. This is one such letter.*

## My Thoughts To The Polarity Community,

On the 11th day of September, 2001, or as it has been referred to in the media, the day of the "911 wake-up call for humanity", I wrote my final Registered Polarity Practitioner examination. At the time, my heart was firmly attached to and sending loving support to our brothers and sisters in New York City. Indeed, I became anchored in both polarities – the quiet, peaceful tranquillity of the Polarity exam room and the awareness of the unspeakable horrors unfolding by the minute at the World Trade Centre.

My intentions for this letter, about what Polarity means to me, were quite different several days ago, but the events of that day have forever changed things for everyone on planet earth. This physical world of time and space is presenting us with extreme polarities of negative and positive experience. However, in this dark time, I do see tremendous possibilities for Polarity Practitioners to strongly hold the space to be, moment by moment, ever increasingly more of who we really are. Through that extraordinary thought, we pass on to those more fearful and unsure, the assurance of Truth, Beauty and Goodness. Polarity teaches us to hold the space for change and possibilities, and now more than ever we are called to do that with mindful intention and focus. With our ability to "be" in the present, we allow for a clear connection with our client on many levels.

In finding this incredible art of Polarity Therapy by Dr. Randolph Stone, we are gifted with the long lost secrets of living the human life to its full potential. It is like finding the lost how-to manual, misplaced eons ago! This is a key to re-settling humanity into a higher, more loving and peaceful vibration and awareness. It is the ability to balance ourselves multi-dimensionally and to release locked energies that have held us back. The discovery that we each contribute to the collective consciousness with our increased awareness and healing is both astonishing and comforting. Not only is Polarity Therapy health

building, it is faith and trust building in a benevolent universe. We are all that we need to be, we need only to learn how to better use our abilities.

I am so pleased to have found this wonderful art and science of Dr. Stone's, at a time in my life when I can more easily understand and appreciate it. When I look back on all of my research in the workings and wonders of Life, never in my wildest dreams did I think a modality with such healing opportunities existed. With Polarity, I have learned never again to subscribe to limiting thoughts! My plan is to continue to study and expand my knowledge of Dr. Stone's immense contributory work to this field. I feel like I can now begin to use Polarity as a practitioner and look forward to more consciously following the path laid out for me in my own blueprint. I am especially grateful to all those Polarity Practitioners who, until now, have held the torch for those of us coming after. Their strength and endurance has made travelling the path much easier and faster.

Patrick Overton wrote that faith is as follows: "When we come to the end of all the Light we know and we are about to step off into the darkness, Faith is knowing one of two things will happen. There will be something in the darkness to stand on or we will be taught to fly." Polarity teaches us to fly!

Peggy Barrett, RPP

*Peggy Barrett, RPP, practices Polarity, Brain Gym and Flower Essences in Toronto. She is the Treasurer/Membership Director of OPTA.*

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*Peggy Barrett*

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Dear Opta,

Greetings from Peterborough. It's been quite the year on so many fronts. We are keeping a pretty positive view of the world here at the Daunt Healing Centre in response to global events. I think Dr. Stone would encourage that attitude and Franklyn Sills teaches us to see the 'Original Health' in all aspects of life as much as possible.

Many of us have mentioned that we feel even more committed to our spiritual practices than ever. To be able to offer meditation classes, drumming, yoga, polarity and biodynamic craniosacral therapy sessions and trainings here, seem to be such a privilege.

Besides meeting as a polarity association monthly, a number of Peter Deyman and my students and graduates of the 2000 APP program give community talks and appear at health shows. Barb Staples, who is an OPTA board member, has been an inspiring representative of Polarity, from organizing the healing arts section of the Peterborough Folk Festival in August and other community events to liaison work between Toronto and Peterborough and attending the centre for other functions. Thank you, Barb and all the polarity folks.

The centre has been hosting Jan Pemberton for beginner and advanced biodynamic craniosacral trainings. This has been most exciting. Franklyn Sills work has grown out of the polarity garden which he has carefully tended and it has been an honour to offer Jan's very present and intelligent sharing of his material. I was fortunate to have attended his advanced training in Boulder Colorado with Jan, on 'The Inherent Treatment Plan'. If I was in love with the union of polarity with the craniosacral work, I am even more committed now.

There are sometimes painful growing pains with expansion. For a number of months after the training with Franklyn, I experienced a mind, body, soul journey that brought a host of symptoms and low energy. It was as if I now had the resources to grapple with the culmination of life patterns which now were ripe for transformation. My partner, Dhoog, supported me on this journey with the Faith I would indeed find my deeper expression of Health, and I did. At times I was in the forest and couldn't see the Light but somewhere

under all that was belief that if I could just keep on being open to the Universe's Love and All-Healing Compassion this would all make sense, as it always had in my healing journeys. Because this was such a challenge I knew I needed all the help I could get. Many sessions were received and in one particular polarity session with Maggie Bakker I was able to see the core work and began to get better. A seven centimetre cyst on my left ovary and a smaller one on the right, had my doctors encouraging surgery. At the time of this writing, they are shrinking, much to my doctor's surprise. I will continue with energy sessions, meditation, castor oil packs, crystals, homeopathy and especially the five pointed star work. Barb Shaw (APP) from Bridgewater Nova Scotia had a dream I needed to do this (the 5 pointed star) and I believe this has been one of my healing medicines.

Sharing some of my story of how polarity has been a trusted friend in my time of need feels important. I am more present to the work than ever and am ready to begin sharing Dr. Stone's teachings with new APP students. As I have repeatedly observed, when I work on me, the Universe responds by sending souls ready to work with their stuff. (Patience was required, because when I was low, I didn't receive many calls for sessions or training.)

Thank you for the chance to share personal and centre events from one of your Peterborough polarity connections

Lilli Swanson RPP, RCST, Peterborough, Ontario

Please direct your letters, opinions or questions to:

**energy currents**

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*Polarity Therapy*

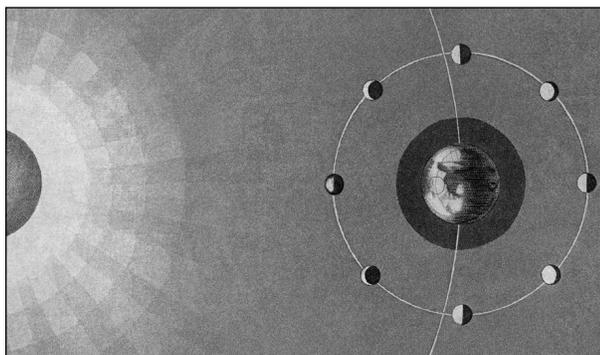


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Dear Members,

As Founding President of the Craniosacral Therapy Association of North America (CSTA/NA), I am pleased to have this opportunity to share with you the history and the ongoing developments of the organization.

CSTA/NA, not unlike OPTA, acts as a resource for its members in keeping them abreast of what is new in the craniosacral field, offers networking opportunities for practitioners and assists in building a spirit of community.

During the spring of 1998, a small group of people got together and began the process of establishing a non-profit organization. Incorporation was granted in January 1999, policies and procedures were formed, conference planning got underway, work on completing the Standards of Practice and Code of Ethics began and various committee's, ranging from a Newsletter Committee to a Research Committee were established.

It was amazing to watch an idea come into manifestation and become something that I am proud to be a part of. I am so grateful for the creation of such an organization.

To date CSTA/NA has had 2 successful conferences, one in Winter Park, Colorado with Franklyn Sills as our keynote speaker. Our most recent conference was held in June of this year in Niagara Falls. Michael Boxall, also from England was the keynote speaker. As you may be aware, both of these individuals are leaders in their field.

There were a few OPTA members in attendance at the conference in June and their feedback assured the conference committee of the success of the three day event. The next conference has not been scheduled, as yet, but the Fall of 2003 is the proposed date.

A new Board of Directors was elected in June 2001. With the infrastructure in place they will have the opportunity to increase the awareness of craniosacral therapy throughout North America and continue to expand the organization. The membership is around 150 strong, consisting of students and graduates of the Sutherland/Sills biodynamic model of craniosacral therapy. The new Directors have just recently decided to expand its membership to include the general public. Further information regarding membership and the association can be obtained from our website: [www.craniosacraltherapy.org](http://www.craniosacraltherapy.org).

It is exciting to think that we are on the leading edge of a developing therapy and have the chance to educate and inform the public of this powerful, subtle healing art. Let us continue our great work together, in raising the collective consciousness about the benefits of complementary therapies.

Thank you.  
June Crinnion RCPP, RCST  
Founding President CSTA/NA

Happy Holiday Wishes

from OPTA



# The Tendon Guard Reflex

By Sher Smith, RN, RPP, RCST

The Tendon Guard Reflex (TGR), also known as the Shock Reflex, is an unconscious response by the body to messages transmitted by the reptilian part of the brain. The oldest part of the brain, responsible for survival instincts and reflexes, it is believed to have evolved from the time when people were under constant physical stress for survival in the world. When the body encounters a real or a perceived threat, this reflex automatically activates and causes the tendons at the back of the ankles to contract. The purpose of the tendons contracting is to hold us back until we are neurologically organized and it is safe for us to choose to take flight or stand and fight. The TGR serves the dual purposes of preparing the body then the reflex decision to stand and fight or turn in flight. Thereby protecting the legs to enable them to perform efficiently regardless of the action ("fight or flight") chosen. Although today these same survival needs may not be physically present, other forms of stress remain which can and do trigger the TGR response. The dilemma in today's society is that there is often so much stress in people's lives that the TGR can be constantly over-stimulated and remain locked in the contracted or stressed position without a person's conscious awareness.

Although at first this may seem like a small occurrence, it has significant systemic ramifications. When the tendons at the back of the ankle tighten, a chain of events occur:

- the muscles of the lower leg contract, resulting in
- the tendons at the back of the knee contracting, resulting in
- the knees locking, resulting in
- the muscles, fascia and connective tissue of the upper leg and thigh contracting, resulting in
- the lower back tensing and contracting, resulting in
- the complete spine becoming stressed, resulting in
- the neck muscles becoming tightened and shortened, resulting in
- the head being pulled back.

For efficient functioning of the vestibular system, which keeps a person balanced, the eyes must remain parallel to the ground. When the neck muscles tighten and shorten, the head is tilted back triggering a counter reflex - the Oculomotor Reflex, which exerts a counter pressure through the muscles of the TMJ (jaw joints) to assist the return of the head to its proper position.

This simplified description shows an overview of the whole happening and the systemic pattern that can be worked on in Polarity Therapy. From one neurological impulse response, the whole body's physiology becomes involved - from the top to the bottom and back again. It's just like that old song... "The knee bone's connected to the thigh bone, the thigh bone's connected to the..."

When tissues tighten, the resulting effect resonates into the life energy of the CSF (cerebrospinal fluid) found in the sacrum, spine and brain. When the tissues surrounding the spine contract, the system must work harder to keep pumping the CSF to maintenance

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## Winter 2002

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**9:30 - 11:00 am Ongoing**

**1:30 - 3:00 pm Beginners**

Jan. 14 to Apr. 1

**Free Intro Jan. 7 at 1:30 pm**

### Tuesdays at:

Beaches Presbyterian Church  
65 Glen Manor Dr.

**6:00 - 7:30 pm Ongoing**

**7:45 - 9:15 pm Beginners**

Jan. 15 to Apr. 2

**Free Intro Jan. 8 at 7:45 pm**

### Saturdays at:

Dancing at Twilight  
2448 Danforth Ave. (at Main St.)

**10:00 - 11:30 am Beginners**

Jan. 12 to Mar. 30

**Free Intro Jan. 5 at 10:00 am**

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its' own rhythm and pulse - a process Dr. Stone talked about, all motion being triune and that to bring balance, all the three poles need attention: the positive, neutral & negative and the top, middle & bottom.

In the field of Educational Kinesiology, Dr. Carla Hannaford Ph.D. in her book "Smart Moves" discusses the far reaching effects of releasing the TGR. She gives examples of working with school age children who were not talking and after release of the TGR, started to talk. Many children with learning difficulties are often toe walkers. When the TGR is released, they start to walk normally and their disabilities improve. Dr. Hannaford teaches parents how to apply pressure to the tendons to release them and encourages them to flex and extend the feet of their child while they are sleeping. Encouraging results have been noted.

In my own practice I often start with work on the TGR. I am still in awe of the results that clients vocalize. Some immediately report their TMJ muscles relaxing, and many times, that they were unaware of how tight they were before I started holding the tendons. Or, they may state that they are aware of their low back, knees, neck or the area between their shoulder blades. Often times they will release a deep sigh as their whole system commences to relax, release and unwind. This simple application, I find, has such a wide systemic influence.

One way to assist the system to release the TGR is to grasp each ankle and apply a firm pressure on the posterior aspect of the

Achilles tendon in an anterior direction, within the client's tolerance. It is important to keep the thumbs on the lateral side of the ankle while applying pressure to the tendons found on the posterior aspect of the lower calf just superior to the ankle bones, all the while encouraging the client to breathe. In fact, some clients, with a little encouragement, may be willing to make loud sighs, groans or toning sounds on exhale. Sound often assists the movement of energy, so much so, that when feelings are repressed, clients have been known to begin sobbing. During a session, the legs may start to tremor as excess energy in the tissues is released. This technique is often to the body system what a valve is to a pressure cooker. Flexing and extending the foot after applying pressure to the tendons brings more releasing, as does applying a lengthening movement to the toes in a downward motion. Dr. Stone talked about releasing the negative pole first, so I often start a session with this application. Where the practitioner and/or client notice congestion and/or release of energy, affords valuable insight or information as to what might possibly benefit from more direct work in an area during the session.

As an application in private practice or as a home activity for clients, the results of this work have been very dramatic. With a clear intention, visualizing of the tissues as relaxed, presence, and the ability of the practitioner to be with the client, then a safe, sacred space is created for the client to unwind, let go and release.

*Sher Smith, R.N., R.P.P., R.C.S.T. is a Registered Nurse, Registered Polarity Practitioner, Registered Cranial Sacral Therapist and Educational Kinesiology Teacher for Brain Gym who has been involved in the holistic healing field since 1979. Her professional training is varied and comprehensive including studies in Neuro-Linguistic Programming, Reiki and Touch for Health. Sher was the founding President of the Ontario Polarity Therapy Association and is a member of the American Polarity Therapy Association, the Craniosacral Therapy Association of the United Kingdom and a Director of the RYP school of Polarity Therapy. To study Polarity Therapy, Cranial Sacral, Brain gym or to experience a session, call (905) 944-8867 for training information or to book an appointment.*

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## Stone Quote

"Polarity Therapy is the name I gave to this art of correspondences of body spaces and functions, through attraction and repulsion of electromagnetic energy waves as the roots of the five senses - sensory and motor - functioning in the body. Linking it with the cerebrospinal fluid radiation and circulation brought it into the realm of physiology and through the brain, the spinal cord and nerves and its meningeal coverings made it a tangible asset in research and in practice of the Healing Art. Polarity Therapy provides a definite location for the electromagnetic fields and their directive life-giving energy in man, which can be used as a definite art in therapeutics."

*Dr. Randolph Stone, founder of Polarity Therapy Health Building, The Conscious Art of Living Well; page 32.*



Ask me HOW...



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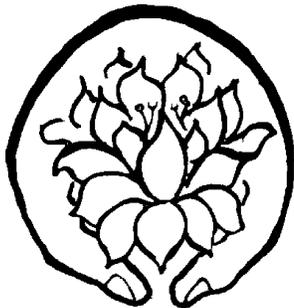
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# On Inter-Connectedness

By Jim Fulton

The international reactions to the tragedies which occurred last September began my pondering again about how incredibly inter-connected we all are and how we are affected by each other and the world around us on so many different levels.

Years ago, quantum physicists split the photon of a single atom. One travelled in one direction and the other in the opposite direction at great speed. They found that when they deliberately changed the direction one was spinning, that the spin of the other paired photon changed instantaneously. Another phenomena is that the mere act of observing sub-atomic particles changes their mass, density and direction. This makes me think of my energetic reaction, when someone leans over my shoulder to read what I have been writing. This can influence one's concentration and comprehension.

Rudolf Steiner wrote, "The eye perceives the light, but without the light there would be no eye. Beings that pass their lives in darkness develop no organs of sight. In this manner, the whole bodily organism of the human being is created out of the hidden forces lying within what is perceived with these bodily members."

In the book, *The Secret Life of Plants*, experiments were done with plants connected to sensitive equipment, which showed signs of stress at the same time as their owner was experiencing stress. Also in the native teachings are tales of man's relationship with the plant kingdom, the animals and the elements. Trees radiate the essence of wholeness and are vital to the perpetuation of every life form in one way or another, and they are sensitive to our thoughts.

Aborigine in northern Australia choose sensitive youths in late childhood, one of whom is eventually chosen by their aging shaman, to be his apprentice. This youth is carefully trained, through a complicated process, to communicate directly with bottlenose dolphins. Books and stories abound detailing this intricate relationship between man and cetacean, and the amazing methods they use to communicate with us and each other. The Nalungiaq Eskimos believe there was a time when man and animal spoke the same language.

Rupert Sheldrake, a biochemist from Cambridge University, published *A New Science of Life* in 1981, which proposed that the characteristic forms and even behaviour of physical, chemical and biological systems are determined by invisible organizing fields that act across space and time. He called these morphogenetic ('form coming into being') fields. Energy fields of this nature have been implied and discussed by such pioneers of energy medicine as Paul Weiss and Wilhelm Reich, and deeply understood by Dr. Randolph Stone as seen in his work on the human energetic template, which he calls the wireless anatomy of man. Sheldrake proposes these fields have built-in memory, recording our thoughts and emotions.

To get physical evidence of the influence that our thoughts and emotions can have, visit [www.adhikara.com/water.html](http://www.adhikara.com/water.html), to see the changes that thought forms, prayer, music and even words can

affect on frozen water crystals. Remembering that we are mostly composed of water.

Our hearts generate a charge as small as one hundredth of a volt, yet the electromagnetic field associated with our cardiovascular systems can be measured several feet away from the body. (visit [www.heartmath.org/ResearchPapers/Touch/Touch.html](http://www.heartmath.org/ResearchPapers/Touch/Touch.html)) Another clue to our interaction with electromagnetic fields was discovered at Caltech Institute, where they found a high concentration of magnetite in the pineal gland. This mineral is very sensitive to geomagnetic and electromagnetic fields.

In her book, *Energy Medicine*, Donna Eden talks about the vivaxis field around our bodies, which is greatly affected during the first three months of life by magnetic orientation. Many esoteric teachings speak of other energy bodies which surround our physical body. One teaching says that man is a floating biological sub-system existing between magnetic fields. These magnetic fields affect the embryological lines of growth and relate to the other magnetic fields in the body. Also taught is how a fifth circulatory system linked to the acupuncture lines, is connected to certain nodal points of cellular memory which are called spin points. These points receive their energy from axiatonal lines, which tie together the magnetic grid of the body, as well as working with the perfect blueprint of the body via our Higher Self. These lines also link us to the invisible energy grid pulsing through the earth and the universe.

Now we can sense how we are energetically connected, via our thoughts, emotions and our own energy structure, to the elements, plants, animals, the earth, the universe, and especially to each other. This awareness is expressed in the following quote from Abraham Kawai'i, an Hawaiian Kahuna; "Attune yourself to everything in existence and life becomes harmonious. Everything comes to you. The basic principle of Kahuna is an encompassing one - the spiritual understanding that everything is related to everything. Once you get into this principle of Family, everything is willing to communicate - everything extends itself to communicate with you."

*Jim Fulton is a student of Polarity Therapy, and has also studied Reiki and Shiatsu. He can be reached at [jfulton@primus.ca](mailto:jfulton@primus.ca).*

## Stone Quote

"Clear thinkers try to find the causes, while the average look for escapes from effects."

*Dr. Randolph Stone, founder of Polarity Therapy Health Building, The Conscious Art of Living Well; page 27.*



# Shock/Trauma and the Craniosacral System

By Michael J. Shea, PhD

We live in the age of post-traumatic shock. This fact that we see written on the bodies and in the craniosacral systems of our clients is epidemic. It is changing the way biodynamic craniosacral therapy is practiced. Let's take time to define terms and then look at how to integrate this new information into practice.

1. Trauma is a challenge to the coping mechanisms of the mind and body. It triggers fight/flight responses in the body.
2. Shock occurs when mind-body resources are overwhelmed. Some of our physiology freezes leading to endogenous depression or it collapses leading to anxiety responses.
3. Traumatization is repeated shock that is driven deeper and is compressed into one's body and brain. Traumatization leads to complex post-traumatic stress disorder and/or moderate to severe dissociation, fragmentation of personality structure and psychopathology.
4. Shock affects are the results, both behavioural and physiological, that are coupled to one's body and mind as a result of the hyper-arousal and "freezing" responses from shock.
5. Resources are anything brought to a situation to help resolve it. Biodynamic craniosacral therapy is a crucial resource in the treatment of shock and trauma.

Traumatization to the craniosacral system occurs when shock/trauma is recapitulated over a period of time. These repeated traumas are layered throughout the body and nervous system. One's natural resources for healing become overwhelmed. Resources are anything I bring to a situation to resolve it. Resources are external -- friends, family, nature and internal -- journaling, art, breathing, visualization, etc. Resources are frequently lost in cases of sexual abuse, rape, surgery, car accidents, and orthopedic injuries. Even witnessing violence on TV is shocking to the nervous system. Resources constitute ways to help resolve a situation in a healthy manner. They also include breathing, visualizing a safe place or contacting a safe person. Resources are found within the soma and psyche and within one's social and cultural milieu.

A survival resource is a primal defensive strategy such as dissociation, freezing or death feigning. These survival mechanisms are deep and must be respected. Biodynamic craniosacral therapy looks for the health within the survival resource without challenging it, which can lead to re-traumatization.

When the body's resources are overwhelmed, three things occur: the first reaction is called hyper-arousal. The nervous system speeds up and activates body memories and adaptive physiological systems such as the fight/flight mechanism and the Hypothalamic Pituitary Adrenal system. The second event involves dissociation. Dissociation is the loss of sensation in the body. The common

theme in dissociation is a partial or complete loss of the normal integration between memories of the past, awareness of self-identity and immediate sensations and control of bodily movements.

Dissociative disorders and their study are gaining momentum in the psychological community for two reasons (Spiegel 1994). The first is because of the speed and volume with which bodily experience occurs in our modern environment. The second reason is the magnitude of childhood abuse that has come to light in the last several decades. The first dissociation is contemporary and the second dissociation is historic. The latter has been in place for a long time. The body has thoroughly adapted to ignoring sensation because of multi-generation shock and trauma.

The third event that occurs is the implosion and immobilization of one's physical energy. This implosion causes a freezing response or a collapse in the body. Whether one gets stiff or goes slack is genetically programmed in the individual and a natural response to being overwhelmed. This immobilization of physical energy causes the body/mind to fragment. Mental and physical experience becomes segmentalized. We are able to feel some parts of our body but not others. Basically, the parts don't feel like they fit together. Typically implosion and immobilization occur within the extremities of the body, the arms and the legs. It is here where the fight/flight mechanism is thwarted. A client may report parts of their body being numb or having no sensation. The cranial rhythmic impulse becomes erratic and loses its therapeutic relevance.

The right hemisphere of the brain stores shock memory. Past traumas and shocks are stacked there like poker chips. It is hard to find a client with only one trauma in their life given the constancy of trauma in the culture. When the emotional intensity of a shock or trauma memory begins to flood the body, it may have the affect of re-traumatizing the client by placing them (once again) in a situation where they feel powerless and overwhelmed. Therefore, it is necessary to bring resolution to shock trauma without physical collapse and psychological disintegration. I ask questions to myself while I'm working such as, How has the shock affected the whole body? Where is the health in all of this? When craniosacral therapists are able to hold these as questions, they make space for different possibilities for the client to heal.

It is important to establish a contract regarding the use of touch with a client. This provides a boundary for the relationship. It also involves a deep ethical sense of informing the client of exactly what the therapist's training and experience is and how to bring it to the therapy relationship. It is essential to enter into a dialogue about the quality of the touch and what feels comfortable. In this way, the therapist is able to assist the client in re-associating with sensations that underlie emotional states.

Only one layer of shock and trauma is worked with at one time. So the touch and boundaries of the body ego are constantly renegotiated in order to avoid re-traumatization of the client. The therapist becomes a skilled observer of all the effects and nuances at the edge of the trauma. It is the skill of the craniosacral therapist that re-connects these micromovements one by one through slowing that builds resources and develops a sense of wholeness in the client.



In this regard, it is important for the craniosacral therapist to be able to evaluate how ready or prepared a client is to contact shock/trauma issues. Criteria to look at includes:

1. The client's capacity for body awareness.
2. The client's capacity for containment (making space for strong emotions).
3. The client's ability to maintain boundaries.
4. The client's ability to have a sense of grounding.
5. From what age does the client function?
6. How available is his/her observing ego? Have they formed a relationship between the situation and an internal unbiased observer or witness?

The resolution of shock/trauma comes about through skillful pacing in biodynamic craniosacral therapy; therefore, exquisite sensitivity to the client's boundaries is required. The most powerful tool the therapist has is to bring awareness to the value of the client's defensive strategies such as contraction and withdrawal, rather than trying to remove them. Biodynamic craniosacral therapy helps the client re-associate to sensations in their body as a healing resource. Re-association to sensation is a way of uncoupling claustrophobic thinking from emotional flooding and states of overwhelm. This means that rather than thinking about emotions, one should drop into the sensory experience of the body and pay close attention to body sensation in order to uncouple it from the emotional state. Very often a client can focus on the edge of body sensation rather

than the heart of the feeling so that the body sensation becomes safe and trustworthy.

Pacing and slowing of biodynamic craniosacral therapy requires the ability to track the mutual experience of both the therapist and the client during the session or the biosphere as Dr. Becker called it. This tracking skill becomes an artistic ability to see and listen with presence. Observation and deep listening are linked to sensitive hands. Honouring boundaries means symbolically placing the therapist's ego outside the room. This is called right distance and sets the context for deep listening. Making space in this way is one of the antidotes that the craniosacral therapist uses when encountering shock and trauma.

*Michael J. Shea, Ph.D., is owner and director of the International School for Biodynamic Craniosacral Therapy. He has a Masters degree in Buddhist Psychology from the Naropa Institute and a Doctorate in somatic Psychology from the Union Institute. Dr. Shea has over 20 years experience teaching and practicing craniosacral therapy. Dr. Shea is an approved instructor of the Craniosacral Therapy Association of North America. He specializes in the resolution of pre- and perinatal shock and trauma in both adults and infants. For further information, he can be reached at 13878 Oleander Avenue, Juno Beach, FL 33408; by phone at (561) 627-7327; by email at Sheacranial@Aol.com. For information on certification programs, visit his website at [www.SheaCranial.com](http://www.SheaCranial.com).*

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# Book Review

Submitted by Tina Garchinski

## Restored Harmony: An Evidence Based Approach for Integrating Traditional Chinese Medicine into Complementary Cancer Care

by Dr. Stephen M. Sagar, MD

Restored Harmony weaves the science and art of Traditional Chinese Medicine into the conventional treatment for cancer. It takes the reader on a poetic journey through the diagnosis, therapeutic plan, and supportive care of patients with cancer. The author blends current scientific knowledge of mind-body medicine, psycho-neuro-immunology and quantum physics with the ancient wisdom of acupuncture, herbs, and energy medicine. The evidence for specific complementary therapies are clearly stated. A new model of holistic cancer care is presented in which the patient and all healthcare providers work together as a seamless system, focused on care of the body, mind, and spirit.

Dr. Sagar received his graduate training in pharmacology and medicine at the University of London, UK. His postgraduate training was in internal medicine and clinical oncology.

His special interests include mind-body medicine, spirituality and consciousness, the psycho-biology of healing, and Oriental Medicine. He is an educator and researcher for the developing healthcare model of integrative and humanistic medicine, and is an international speaker on these topics. He has appeared on television and in news print to discuss mind-body medicine and the role of spirituality in healthcare.

Dr. Sagar is an associate professor at McMaster University, Hamilton, Ontario. He is a cancer specialist who practices radiation oncology in Canada. He is a founding director of the Complementary Medicine Section of the Ontario Medical Association. He is also proud to serve the Centre for Mind-Body Medicine, Washington DC and contribute to many of its educational programs. He is on the international editorial board of the evidence-based journal, Focus on Alternative and Complementary Medicine.



# Restored Harmony

An Evidence Based Approach for  
Integrating Traditional Chinese Medicine  
into Complementary Cancer Care

Stephen M. Sagar M.D.

"This book is compelling reading for all those who look after cancer patients, regardless of whether they are healthcare professionals or lay family members. Cancer victims will also find it helpful and encouraging, and even 'hard nosed' researchers, like myself, can learn a great deal from it".

Edzard Ernst M.D. Ph.D. F.R.C.P. (Edin.),  
Professor, Department of Complementary Medicine

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## a testimony to the Tendon Guard Reflex

By Rick Barrett, RPP

*When people are startled or surprised they get stupid and stiff.*

As inelegant as this sounds, it describes an important quality. This was something I noticed throughout my martial arts training and I used it to my advantage, particularly when competing in taijiquan pushing hands. Present an opponent with something he hasn't trained for in a way which threatens his comfort zone and he tightens right up, oftentimes freezing with that "armadillo on the road" feeling.

I noticed that my polarity clients would often exhibit "holdings" that echoed that state. Clients would come to see me with a pelvis, buttocks, neck, shoulders, etc. that would be locked into a position that seemed to say "Stop!" or "Go away!".

When I saw Sher Smith's article on "Tendon Guard Triad", it all came into focus. Sher wrote, "When a person experiences a perceived or real threat (stress), the body's first response is a reflex action of the tendon guard reflex (TGR) or "Shock Reflex". When a person is continually under stress, this reflex becomes frozen in a position of held tension." The ancient, "reptile brain" response to a real or imagined threat was to activate the tendons of the ankle (preparing for "fight or flight"). This caused tissues all the way up the back of the body to tighten as well. If the stress was considered "constant", the individual might eventually forget how to let go at all.

The inability of many in modern society to differentiate between a real threat to survival and something which is a "damn nuisance" has led to a very large problem. The TGR now doesn't wait for a physical attack by a Kodiak bear, it goes into action if we're 10 minutes late for an appointment or there is too much traffic on the drive to work.

Something happens in the brain when the TGR gets activated, probably at the amygdala. Information stops there and a

red alert is sent out to the lower levels of the nervous system to handle the emergency. The higher functions of the brain often are frozen into inactivity, only overridden by the will of the individual. Most of the clever ideas that we might have about handling emergencies are inaccessible in this state.

### Clinical Applications

The technique described by Sher in her article was a godsend. It quickly released areas that used to require much more attention. It gave a deep, earthy release that affected the whole body. Some examples:

**Pain:** A man, age 55, saw me after several years of fruitless attempts to handle the cramping and pain in his feet. He had seen numerous specialists, including a neurologist who told him that he was "just getting old". Chiropractors, massage therapists, acupuncturists, etc., had not been able to give him relief. His legs and hips were unbelievably rigid, but he was oblivious to that. I worked the TGR and the piriformis, then slowly started to move his legs in a supported way. By the end of the session all pain was gone. Each subsequent session would include some TGR work. He would announce at the start of each session that the pain was "still gone".

**Headaches:** TGR release is particularly good for many headaches, particularly tension headaches. TGR pulls back and down on the occiput, causing a ridge of pain at the base of the skull. Occiput is pulled against the atlas, creating a mighty traffic jam at the sub-occipital ridge and foramen magnum. You can release it with craniosacral, but it keeps coming back whenever the TGR kicks in. Several clients with chronic headaches for over a decade, requiring extensive medication and resistant to other forms of treatment, responded brilliantly to this type of release, coupled with other polarity treatments. It seems to help greatly to explain the mechanics of the problem to the client, removing the pain from the "demons and humors" category and giving them something to do about it. Headache sufferers who had been reconciled to a life of continual pain are amazed and delighted.

**TMJ:** It has also shown to be effective for

many types of TMJ distress. Clients unable to find relief with other treatments often respond immediately to this. The powerful neck muscles pulling down on the occiput rotate the eyes upward. Sher says, "For efficient functioning of the vestibular system (the system that keeps a person in balance as s/he moves upright in space), the eyes must remain parallel to the ground. When the neck muscles contract pulling the head back, a counter pressure of muscular tension, including muscles of the TMJ, responds to return the head to its proper position with eyes parallel to the ground." There is a push/pull of two competing intentions that is neutralized by removing the artificial emergency of the TGR. You pull the fuse and the sirens and flashing lights cease.

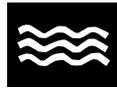
**Sciatica:** The sciatic nerve exits the sciatic notch of the sacrum in tandem with the piriformis muscles. Sometimes it is actually inside the piriformis. The TGR will trigger contraction of the piriformis, pulling the ilia tighter against the sacrum and freezing the sacroiliac joint. Fear makes us "tight-assed". Those muscles get shorter and thicker over time and that irritates the sciatic nerve, sometimes causing a highly debilitating condition. TGR, piriformis, and psoas releases have been very effective in assisting those with sciatic conditions, as well as various lower back problems.

### A Valuable Model

The principles and techniques described by Sher have proven to be very helpful in a wide variety of situations. In the post - September 11th New York City, many people are in a continual state of hyper-vigilance. I find a way to work some TGR release into most sessions. It gives access to areas of deeper holdings in a way that is quite agreeable. I have been using this technique for a few years now and find it to be one of the straighter arrows in the quiver.

The above examples by no means limit application. Anything that may have its roots in a stress response will be better understood in the light of this information.

*Rick Barrett practices Polarity and teaches Tai Chi Chuan in New York City and in workshops throughout the U.S. He can be reached at Tcalchemy@aol.com.*



# Intuition As A Spiritual Faculty

By Lynn Walden, RPP

Since I've not yet imagined how to teach people to be more intuitive in one article, I decided instead to offer some reasons for my love of this exploration and why it is a subject that can not only knock your proverbial socks off, but deserves consideration as a serious and reliable tool - in all walks of life.

Apart from enhancing any existing skill base, the very act of evolving your own unique style of intuition is one of the best and most direct ways to begin a programme of self discovery. And let's be realistic. No matter how much theory we read, and no matter how deeply we aspire to live the highest ethical ideals, we are never going to be able to do this in any sustained and enjoyable fashion without the requisite self exploration. Self discovery is the only doorway to integrated spiritual awareness. There is no quick fix, no one course that will pronounce you "done" at it's completion. The best you can hope for is a course that will enable you to pronounce yourself more prepared to continue.

What is self discovery but a process of inner reflection and honest self examination of who and what we are? And how is this relevant to evolving intuitional abilities? Intuition has long, and erroneously, been considered a gift. As such, many of us have assumed it to be beyond our limited capabilities, much like the ability to heal, de-materialize, or materialize vabuti. The beauty of exploring the faculty of intuition then, is that it takes us beyond the limits of our beliefs. Each time we step beyond the limits of what we "think" we can do we are forced to look at the personality we have come to identify ourselves as. And as we question ourselves, taking responsibility for the thoughts and beliefs of this personality, we move inward. In Dr. Stone's language it moves us inward towards expressing the "virtues" of humility, contentment, forgiveness, detachment, courage. The act of projecting outward, leads to blaming others and moves us towards expressing the "prides" cited as being pride, greed, anger, attachment and fear.

As we unflinchingly choose the inward path we move through the emotional insights available to us via conscious experience of the energetic realities of each related element. And yes, I lied earlier. Sometimes we do this VERY flinchingly because it is where we experience the angst and schmerz associated with our shadows and dragons. But when simultaneously felt and observed, the natural energetic momentum of these emotions will always move us towards the earth element where we have the miraculous (if somewhat "trepidatious") opportunity to re-evaluate our ego personalities in light of these new discoveries. We then have the freedom to give up whatever identifications are preventing us from living "source" more fully through our individual natures.

As we identify our own personal dragons, surrendering up whatever behaviours and attitudes we are able to at that moment, and in so doing claim a closer association with our Divine natures, we move back up to the Ether element and the blessed cycle of spiritual evolution begins again its downward movement into the realm of emotion via the chakras and associated elements. This time, happening with increased awareness from our last expedition inward, we reveal a new layer of things to ourselves; new insights and indicators of where we have chosen limitation over freedom.

This is all a learning process, helping us to identify those beliefs and subsequent behaviours which have kept us from embracing more fully the abilities that are ours by virtue of our Divine nature - our deepest, truest nature. These are the abilities (one of which is intuition) that years of conditioning caused us to believe we had no dominion over, believing they were gifts bestowed upon people willy-nilly by some outside force, rather than abilities which are generated out of our own energetic being. Because we have been virtually hypnotized to disbelieve in the reality of our Divine nature, a very disempowered state to say the least, we continue on to perpetuate the illusion with

auto-hypnosis - or if you will, self-conditioning. Because this is where the hook now lies, the only reconditioning can be done is within the realm of the self. The only person who can go there is YOU.

Now I ask you to read the title of this article again, *Intuition As A Spiritual Faculty*. Consider some of what we know about quantum physics. What we focus our attention on materializes. When we focus, then, on an ability which is of the spiritual faculty, we are enhancing the spiritual energy. Since the process of moving inwards with self reflection towards the virtues is part of the spiritual process, one feeds the other. They fit like hand in glove. Moving naturally towards self awareness will enhance the ability to evolve intuitively, and to move intentionally towards developing a spiritual faculty will move you towards self awareness. Of course the decision as to how far one takes it, or how quickly, or even the ethics with which they will be used, will be up to the individual. These explorations will take you to the edge of your safe personal constructs, including those beliefs you hold onto which hold you back in a safer more familiar reality.

But why is it considered a spiritual faculty? Energetic channels which facilitate a more evolved intuitional capability are associated with the neutral core of energy, the primary energy in which all reorganizational potential resides. It is most closely linked to the 3rd eye and throat (ether) chakras. Taking the observer/witness position while deliberately taking action through experimentation automatically moves you towards parasympathetic nervous system functions - those most closely linked to the meditative state and the functions of the 'right' brain. We know that most spiritual practices designed to awaken personal consciousness focus on exercises to do just this. They move us beyond the rajasic (fiery, action oriented) mind and into a more quiet space from whence we can listen to the murmuring of our desires, the illusions behind the fears and our creative inspirations. This is the space in which we can hear with ears that are tuned to a higher frequency, picking up information that is non localized, non time specific, not logical, and beyond the prejudices of our personalities. This is a simple explanation of



personalities. This is a simple explanation of a rather beautifully intricate energetic dynamic that happens within us every time we choose to sit still and open our minds to higher wisdom, creative input, and intuitive information.

Now let's get practical. How can you, by reading this article, move beyond an interest to application? First, remember that defining an honest desire to develop this innate ability will automatically open up the unified field to present you with possibilities. When the desire is clear, the right books, teachers, experiences tend to present themselves. That is the beauty of this energetic reality - it flows in dynamic response to our desires, intention and focus. Connect this desire with the Divine field. Define in your own mind how this is going to make the Universe a better place. Get the support of the Universe behind you and then let "IT" determine the avenue of fulfillment.

When you begin to paddle around in the waters of intuition, remember that it is much like reading a recipe book. You can read about how to bake a cake, but until you roll up your sleeves, mix up the ingredients, and give it time to cook, you will not have baked the cake and you will still have nothing to eat. You must ACT, experiment, watch, acknowledge. Be happy with every little successful experiment and "own" it. Let the experience imprint on your subconscious mind the fact that you DO have this ability (what you think about magnifies...). The more you do this, the more consistently it will happen and the more accurate it will become. It

will become integrated into a way of being in the world and perceiving that one day no longer needs constant attention to invoke.

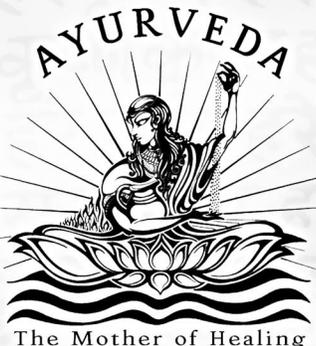
Be as grateful for the mistakes and set backs. It is said that behind our addictions, disabilities and psychological barriers lie our greatest gifts. So adopt a loving attitude to the process, understanding that it is NOT about developing an ability. It is, well and truly, about evolving yourself and your divine rights and responsibilities in the creation of this world and the quality of your experience in it. Have fun. Laugh. When you get too serious know that you have contracted your energy and awareness. In those moments, choose to be gentle with yourself. Breathe a lot! Share this with friends who will be excited for you and not try invalidate your efforts because your investigations are threatening their world view, or their view of you.

Above all else, please remember that you are perfect the way you are. You are doing this because you feel like it. Period. It is not about living up to some ideal that you think you "should" have. Let yourself follow that which makes you joyful and free, for these kinds of desires are the beginning whispers of your spirit through personally directed intuition. So start there, and then hang on to your socks, because I can guarantee that if you fully engage yourself while on the trip, you will see scenery you have not even begun to imagine. Oh. And do yourself a favour...set your intention to enjoy the journey!

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## building a business

# Polarity Yoga

By Kirsten Potvin, RPP

Thinking back to Level 1 of my Polarity training program, the thought of running an exercise class was terrifying. After about only 3 weekends, the instructor had suggested that teaching yoga would be something to seriously consider when building my Polarity practice. In spite of personal fears, there was a deep sense of knowing that she was right. *Trying to resist these knowings serves only to prolong the path of the inevitable!*

After much trepidation, there was only one thing to do. BEGIN! At this stage, encouraging friends was all that was within my comfort zone. "How would you like to come to my house so I can practice instructing these new Polarity exercises with you?" I think they were partly being good friends and partly curious. Wouldn't you be intrigued with the name "Polarity Yoga"? Anyway, showing the energy exercises to people was one of many, and seemingly endless, necessary "ticks" on the checklist for completion of my RPP program.

I was off to the print shop to make copies of the basic Polarity postures and consent forms. And so it began... It was truly fun and simple. My friends took my teachings very seriously and were sore the next day, but still wanted more!

During my subsequent Polarity exercise classes, I wrote vigorously so as to not miss any new techniques. I found there were always new tricks and treats to delight friends with when my awareness was focused on learning. It became a fun challenge to find more diversity to add to the class. Drawing from past studies in Iyengar and Hatha Yoga, meditation workshops, chakra workshops, etc., added a nice balance and flow to my developing classes. As with any Polarity session, no two classes were alike.

We soon grew out of my house, my neighbours' basement, and eventually the beach became too cold with winter setting in. So, the search for a new space began. I began by putting out the word, going to local churches and the library. It became fun playing on the computer to make up flyers and to post them at the library, video store, grocery store, health food stores... anywhere with a board. I even went to my daughters' school principle to ask if I could hold a demo class in the school gym, which, after huge red tape and an investment, actually paid off!

Simple!? Fun!? Who was I trying to kid? Was I cut out for this? After all, I don't speak in public! *One of those grade school, childhood trauma layers still not released yet!* I showed up in my yoga garb, bottle, mat and music in hand. I set up, all the while flushed and nervous. The gym seemed so huge!!! What if no one, other than my trusted friends, were to show up? This was the point of perturbation. That moment of change when everything is in chaos. I was having my own moment of chaos.

Eventually, people started to arrive. Everything was set. There were

pens ready for the participants to sign their consent forms and the music already playing. As if in slow motion; looking around, loosing track of everyone... 38 people showed up!!!! What was I supposed to do now? Oh, yes - speak... introduce myself and P.A.C.E. (from Brain Gym®)! *More for me than them.* I know that words were coming out of my mouth. I talked and demonstrated my way through the next hour. Whew! It was almost over. We were on our mats experiencing the Ether element, doing our breathwork and visualizing when I came to and realized...I had done it! After class I had many people coming up to me with questions, wanting to know where was I going to hold regular classes, etc. It was truly exciting and overwhelming at the same time.

That is how I began. I continued by renting the library conference room and the Church basement (by donation) and held 2 classes per week. That was in 1996.

Today, I currently hold 3 classes. One at a yoga/pilates studio in Collingwood, one at the Collingwood Martial Arts Centre and one in Thornbury at The Louisa Street Studio. My intention is to address all of the elements within each class. A broad range of exercises are brought in such as: The Swimming Dragon, The Sunrise Salutation, group arm activation, group train owls with glorious massage thrown in, standing partnered pelvic releasing and unwinding, awareness exercises for walking and stance, classic yoga postures, free movement and dance, energy releasing, Brain Gym® exercises and stress releasing techniques, body awareness and thought process awareness exercises all within movement, noticing of restrictions in the body, pranic breathing, breathwork meditations, visualizations and ANYTHING that pops into my awareness. I experiment with new inspirations all of the time. From here; meditation workshops are in the making. Possibilities are endless.

So as we all know, we are always striving to reach our potential. We all have hidden gifts waiting to be birthed. The beauty of it all is there are no two people alike, so your class can take on any flavour. Have fun and let us all learn from each other. Share ideas and watch your practice grow! Namaste.

*Kirsten Potvin is an RPP, living in Collingwood, Ontario. Kirsten can be reached by email at [kpotvin@lynx.org](mailto:kpotvin@lynx.org).*

## Stone Quote

"The human body is bipolar like the cell. This applies to the anatomy and the physiological function as well. The anatomy forms the fields of location and relationships, while the physiology follows the cerebrospinal fluid radiations in their functions as electromagnetic waves, and can be applied as therapy with the hands as polarity of positive and negative poles."

*Dr. Randolph Stone, founder of Polarity Therapy  
Health Building, The Conscious Art of Living Well; page 33.*



# What Are You Having For Dinner Tonight??

by Pamela McDonald



## Creative Holiday Entertaining and Gift Giving

The holiday season is upon us as we gather together to celebrate with food, drink and gifts. This season is steeped in tradition. We gather our holiday recipes and decorations to honour this time of year.

Food is but one venue that draws us as family and friends together, no matter the occasion. On each occasion we bring ourselves to the event with our energetic intention, the food that we create, and our physical selves. What would it be like to consciously create all your meals and events? I would ask you to ponder the gift of intention. As you embark on creating your holiday fare, set an intention for each occasion and its preparation. Have fun with your intentions. This is your opportunity to explore your creative self. Your family and friends will experience everything you put into the food you prepare. What gifts do you wish to share with them?

The following are a few of my favourite recipes. Share these recipes with your family and friends as you entertain and create those home made gifts. (\*\* Indicates great gift giving ideas.)

- Beef Tenderloin with Shaved Parmesan, Crispy Onion\*\* and Balsamic Vinaigrette
- Sautéed Rapini
- Black Olive Tapenade\*\* with Grilled Pita
- Peggy's Welcome Salad (by popular demand)
- Home Made Pumpkin Bread\*\*
- Hazelnut Spelt Shortbread\*\*

### Beef Tenderloin with Balsamic Vinaigrette, Crispy Onion\*\* and Shaved Parmesan

- 3 lb. tenderloin, cleaned and trimmed\*
- 1/4 -1/3 cup oyster sauce
- 2 tblsp. coarsely ground black pepper
- 2 large cooking onions
- 1 cup all-purpose flour
- 1 litre vegetable oil, for frying
- 1/3 cup balsamic vinegar
- 2/3 cup olive oil
- Celtic sea salt and pepper to taste
- 1/2 lb. piece parmesan cheese

\* You can substitute beef with grilled Portobello mushrooms or chicken breasts.

Preheat oven to 425° F. Line a baking tray with aluminum foil. Place the tenderloin onto baking tray. Generously cover the entire surface of the tenderloin with the oyster sauce. Dust the entire surface of the glazed beef with the coarsely ground black pepper. Roast for approximately 20-30 minutes for medium to rare meat. Roasting time will vary according to the size and weight of meat.

### Crispy Onions:

Preheat the oil over medium-high heat, in a deep saucepan. Peel onions, and slice as fine as possible (paper thin). Place in a bowl and mix with the flour. Shake off excess flour and drop a handful of the onions into the heated oil. Deep-fry until golden brown and crisp. Drain on paper towels. (These make a delicious snack for before dinner or as a hostess gift. I always double my quantity because of all the sampling! For gift giving, package in an airtight jar and wrap)

### Balsamic Vinaigrette:

Dissolve sea salt and pepper into the vinegar. Slowly whisk the olive oil into the vinegar to make an emulsion. Your vinaigrette will be a tasty, thick emulsion.

### Shaved Parmesan:

Shave thin slices of parmesan cheese for garnish with a vegetable peeler or cheese slicer. You need just a few parmesan curls for each serving.

To serve: Carve the beef into 1/2 inch slices. Mound the onions in the centre. Spoon the vinaigrette over the beef. Place the shaved Parmesan onto the beef. Serves 8 - 10.

### Sautéed Rapini

- 2 Bunch Rapini
- 1 tsp. pureed garlic
- 1/4 cup pine nuts
- 1/4 cup raisins
- 2 - 3 tbs. olive oil
- crushed chillies
- Sea salt to taste

Wash the rapini and trim the tough stems. Blanche the rapini in a pot of salted boiling water until the green gets brighter (approx. 5 minutes). Drain and refresh in cold water. Sauté the garlic, pine nuts, raisins and chillies in the olive oil until the garlic is golden. Add the rapini and lower the heat. Cook until tender (approx. 15 minutes). Season with salt and pepper to taste. Serve immediately. Serves 6.

### Tapenade

This tapenade makes a lovely gift during the holiday season. Package in a nice clear glass jar and then wrap for gift giving.

- 1/2 cup whole black olives, pitted (Brine soaked olives)
- 1 tsp capers
- 2 cloves garlic, minced
- 2 tablespoons fruity olive oil
- 1 tsp lemon juice, or to taste
- Freshly ground pepper to taste

Crush the olives against a cutting board with the side of a broad knife lade and remove the pits. Place the olives, capers, and garlic into a cuisinart. Pulse to a coarse paste. With the machine running, add the oil, lemon juice and black pepper. A slightly chunky texture is ideal. Store in a tightly sealed jar in the refrigerator. Lasts for up to 2 weeks in fridge. Makes 1/2 cup. Serve with grilled Pita.

Grilled Pita: 4 Pita 2 tablespoons Olive oil Sea salt  
Brush the pita with olive oil and sprinkle with sea salt before grilling. Place onto preheated grill to warm and mark the pita. Remove from heat. Cut and serve



### Peggy's Welcome Salad:

2 cups cold cooked rice	1 cup green pepper, bite size
2 cups bean sprouts	3 sprigs parsley
1 pack spinach	1/2 cup green or Spanish onions
3 sticks celery, chopped fine	1 cup cashews
1/3 cup raisins	
1 cup sliced mushrooms, sprinkled w/ lemon juice	

Dressing: 1/4 cup soy sauce, 1/2 vegetable or olive oil  
1 - 2 large garlic cloves, minced  
Mix dressing well & marinate a couple of hours before tossing salad.

### Home Made Pumpernickel Bread

Wrap the chilled bread in saran, your choice of decorator paper and ribbon. This bread is delicious with smoked salmon, with apple butter or for cucumber sandwiches. Make a few extra loaves for gift giving.

3 cups Red River Cereal	1 tsp. Celtic sea salt
1 cup whole wheat flour	1/2 cup molasses
2 tsp. Baking soda	3 cups hot water

Combine the dry ingredients. Mix molasses with the hot water and combine with the dry ingredients. Cover and let sit overnight. Pour batter evenly into a greased loaf pan and cover with foil. Bake at 275°F for 3 hours. Remove from oven and chill thoroughly before serving. Yield: 1 loaf

### Hazelnut Spelt Shortbread

Great as a hostess gift. Use as a cracker to serve with cambazola cheese and sautéed pears, or drizzle chocolate on top to decorate by dipping a fork into melted chocolate and shaking it over the top of the cooled cookies.

1 cup light brown sugar, well packed  
1 lb. unsalted butter  
1 tsp. vanilla extract  
3 - 4 cups all purpose flour\*  
1/2 cup toasted, chopped hazelnuts (skins removed)

Preheat the oven to 350° F. Line baking sheets with parchment paper. Sift the flour into a bowl. Using an electric mixer, cream the butter, sugar and vanilla together until light and fluffy. Stir in 3 cups of flour and hazelnuts. Add more flour until the dough is just firm enough to roll out.

Turn the dough out onto your work surface and roll out to 1/2" thick. Cut into desired shape, with a sharp knife or cookie cutter. Place onto prepared cookie sheet and bake in preheated oven for 15 to 20 minutes, or until pale golden brown.

great holiday  
gift idea



\*For a nutty flavour, you can substitute 1 cup spelt flour for 3/4 cup all purpose flour.



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Before embarking on a career in Polarity Therapy and the Holistic Arts, Pam McDonald had long been involved in the Toronto food scene as both a chef and cooking instructor.



## Stone Quote

"Nature is grand,  
if we but understand."

*Dr. Randolph Stone, founder of Polarity Therapy  
Health Building, The Conscious Art of Living Well; page 29.*

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## spreading the word The Polarity Tree

By Margaret Nightingale

Every tree bears fruit. The fruit from the tree of polarity is you and I. What kind of fruit are you and at what stage of maturity? Are you sharing polarity? Coming from the Annapolis Valley of Nova Scotia, it is not hard for me to think in agricultural metaphors and especially apples - thus the theme for this article.

Dr. Randolph Stone (1890-1981) planted and grew the Polarity tree out of his Western background in chiropractic, osteopathic and naturopathic medicines and blended it with his discoveries in Eastern medicine.

Since our introduction to Polarity, we have been growing and deepening, basking in the energy theory and marvelling at human creation. At this point, some of us are mature fruit, well grounded in the field, others of us are new RPP's (Registered Polarity Practitioners) while still others are students, inhaling the perfume of the blossoms which have so recently enriched our lives.

Just as we experienced the perfume of polarity dancing in our bodies and sought to know more, there are those who have just caught a whiff or questioned this new enthusiasm in our lives. It is a great gift, this Polarity Tree, the question is, how to share it?

Many of us have probably shared Polarity informally with our family and friends, but have we considered a more formal setting with a group, on an evening, day or weekend? Who me? No way, I don't think I could do that! Well, maybe not, by yourself, but what about looking around at the Polarity family, your classmates and plan something together with a team approach.

A few years ago, a request for a day long program came my way. I had an idea of how I would like it to be structured, but seeing this as an impossible task for one, I sought the help of my classmates. I sent each of them a letter to explain the project and asked if they would be interested in developing it. Fourteen eager and dedicated classmates came together for the next eighteen months to shape the day that we entitled EXPERIENCING POLARITY THERAPY. We planned the wording for the main program booklet in which it was to be advertised, developed a health history form, a written evaluation and a detailed schedule of the day from 9:30 a.m. to 4:30 p.m. We set the maximum number of participants at twenty and the need for twelve practitioners to carry it out efficiently. It was a big undertaking. One of the things we tried to do was to have everyone involved at a level at which they were comfortable. *(The facility was a Spirituality Centre in Hamilton with individual rooms for overnight, large meeting rooms and cafeteria facilities on site.)*

Finally, the day came and our plans unfolded. It was a great day! Our planned twelve practitioners were reduced to nine by the flu and/or other commitments so that called for some last minute shuffling. Because we had all been part of the planning and thoroughly familiar with the flow of the day, adjustments were able to be done quite easily.

The morning started with registration and a welcome. After we all shared our expectations for the day, there was an introductory talk on Polarity. Short breaks were interspersed during the rest of the morning which consisted of teachings, exercise and nutrition. In order for the participants to experience energy we shared three take-home techniques: Headache, X-Technique and the Immune Booster. The participants partnered for this aspect of the program. Each technique was explained and demonstrated by a different practitioner. The same practitioner had also prepared a handout on the technique. While one practitioner was responsible for the teaching, the others circulated to check hand placements and answered any questions that surfaced. Participants loved this part of the program and were surprised how easy it was for them to experience energy as they practiced the techniques. The morning concluded with a look at Dr. Stone's nutrition and health building approach.

The morning had been busy with a lot of group interaction, while the afternoon had a more quiet pace with one-on-one sessions, reflection and integration time. The tone was set for the afternoon with a guided meditation. The next two and a half hours were spent with participants receiving an hour session from a practitioner, in a private room, and the opportunity to reflect on a Scripture passage about a hands on healing miracle of Jesus. The team had prepared two passages with questions to help participants reflect on the miracle, their life and the events of this day. Afterwards, the group was called back together and given time to do a written evaluation. We finished the day with a closing circle ritual and a verbal evaluation. Our long awaited day was over. Later on, a team debriefing meeting enabled us to enjoy the written evaluations and savour the good work we had done.

I leave you with a couple of questions for your reflection: How can each one of us deepen the roots of the Polarity Tree in today's world? How can we help to make an abundant harvest?

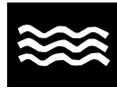
*If you would like to know more, or use the format, handout sheets, health history and evaluation forms for your Polarity Day, or as a spring board for planning a day, it is all yours for the asking. You are invited to contact Margaret and perhaps either she, or one of the other team members could help you. Also, if you, your friends, or family members are interested, an upcoming Polarity Weekend is being offered in Hamilton this January. Please call for more information 905.637.9765.*

*Margaret Nightingale, SC, has been a Sister of Charity of Saint Vincent de Paul for the past thirty-four years. She has professional training and experience as a secondary school teacher, a dietitian, a religious education co-ordinator, a retreat director and a pastoral assistant. Margaret reflects this wide range of experience in her work as a Holistic Practitioner.*

### Stone Quote

"All things except the wind cast their shadow."

*Dr. Randolph Stone, founder of Polarity Therapy  
Health Building, The Conscious Art of Living Well; page 28.*



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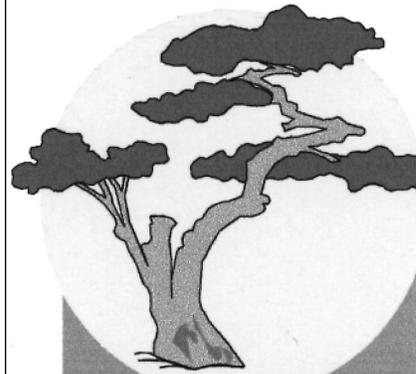
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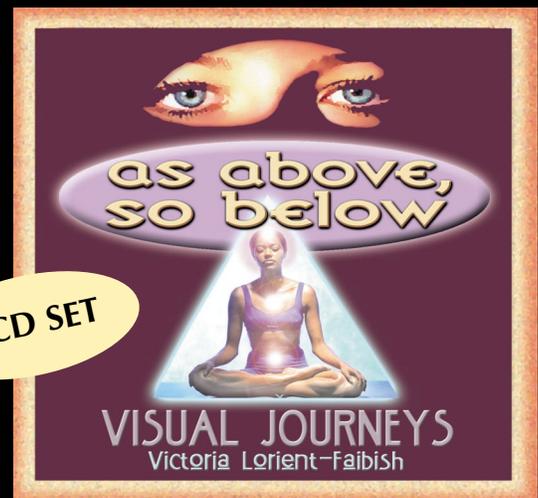
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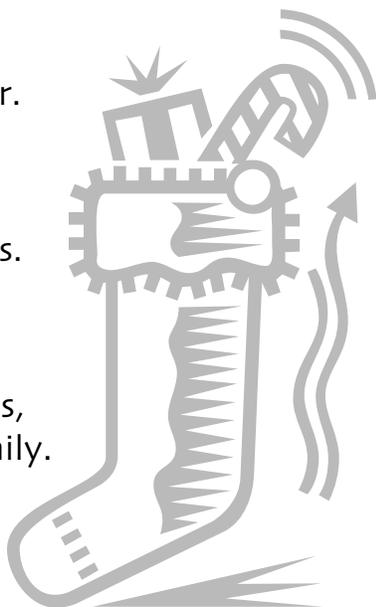
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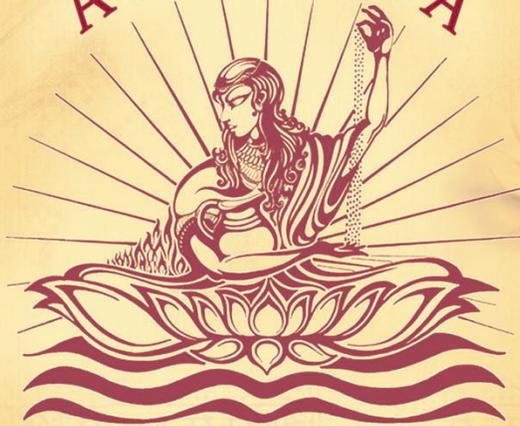




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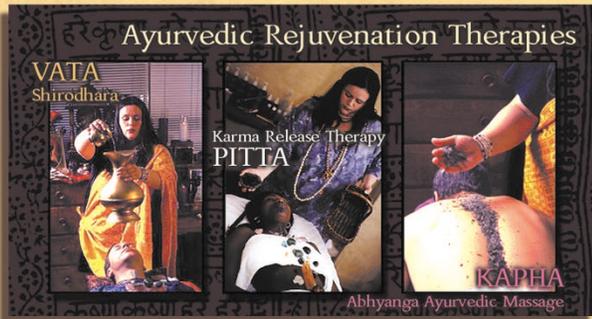
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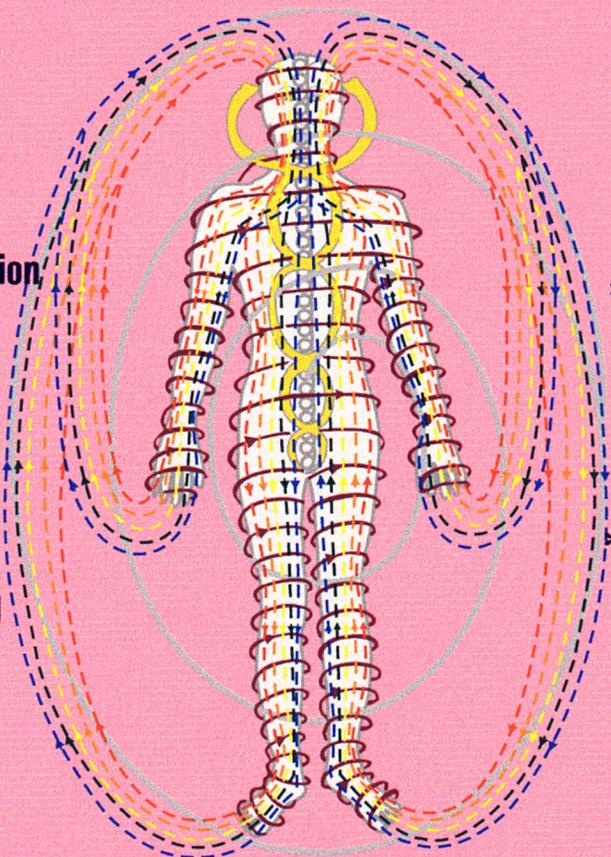
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