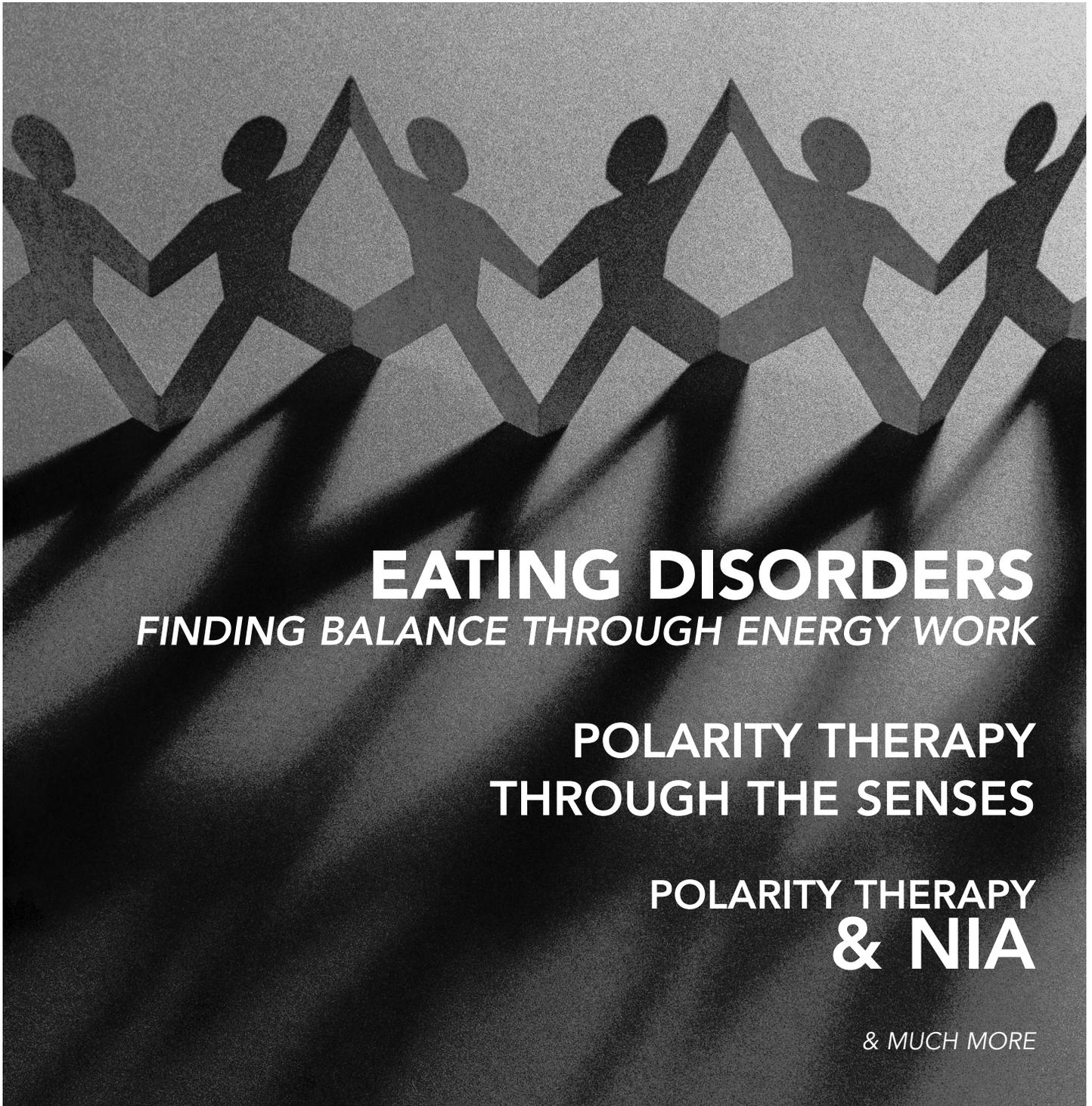


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THE NEWSLETTER OF THE ONTARIO POLARITY THERAPY ASSOCIATION



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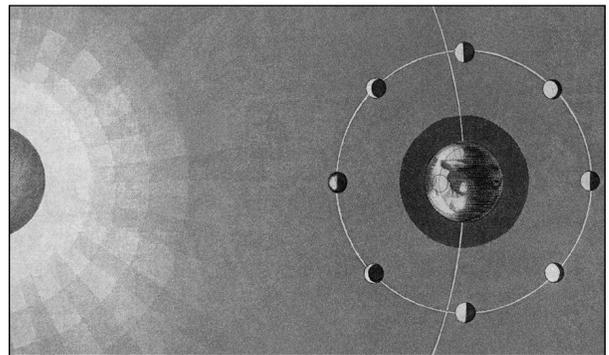
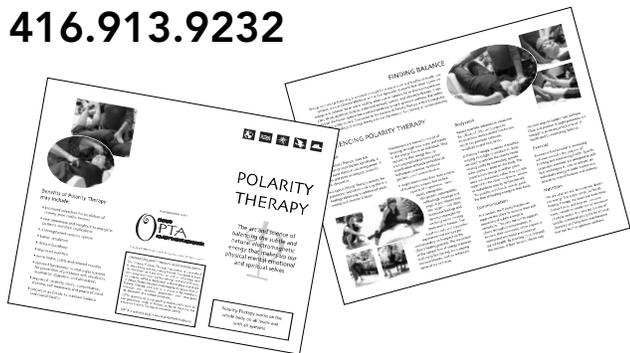
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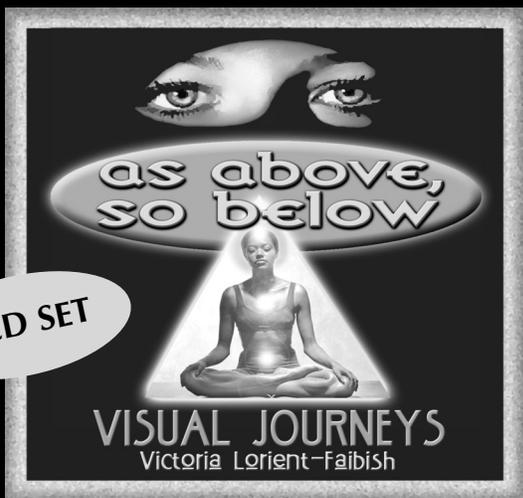
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Board Notes

Articles Archive

From time to time, OPTA is made aware of articles, publications, website notes, etc., written by our members on Polarity Therapy or related health topics and/or issues.

To broaden the resources available for practitioners, students and ultimately, their clients, we are asking that anyone who is published, please share a copy of your article for our archives. Please also consider authorizing your articles for re-publication in "Energy Currents" or on our website. Articles can be submitted to Energy Currents (Archive), c/o Inzane Visual Communications, Studio 203, 61 Elm Grove Avenue, Toronto, Ontario, M6K 2J2, or emailed to info@polaritytherapy.ca.

APTA Conference 2003

The APTA 2003 National Conference, entitled "Living in the Elements: The Heart of it All", is scheduled for October 17, 18 & 19, 2003 at Kelleys Island in Ohio, USA.

Please contact a member of the OPTA Board of Directors if you are interested in participating in our "OPTA on the road" ride-share program. The deadline has been extended to June 15, 2003.

Tradeshaw Support

In response to member requests, OPTA has updated Tradeshaw support materials. Professional booth display materials now include:

- carpeting & tablecloth
- a 3'x1 1/2' "Polarity Therapy" sign
- various laminated colour posters (includes *Wireless Anatomy*, *Polarity Exercises & Bodywork photos*, *Polarity Zone Chart*, *Core Energy Patterns - chakras & ovals*, *Benefits of Polarity Therapy Listing*, etc.)
- access to refundable quantities of OPTA's "Polarity Therapy" brochure.

These materials are available to all OPTA members. For more information about these materials, or to reserve materials, please contact OPTA at 416.913.9232 or by email info@polaritytherapy.ca. *All materials will be available to view at the upcoming June 2nd General Meeting.*

CONGRATULATIONS & WISHES FOR SUCCESS!

To OPTA's New RPP, Pat Ransom. Also to APP, Janice Ische. 🙌

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Michael J. Shea, Ph.D. is the owner of the International School for Biodynamic Craniosacral Therapy located in Rome, Zurich and throughout North America. He is on the Adjunct Faculty at the Santa Barbara Graduate Institute. He is the author of "Somatic Psychology: The Body in Culture, History and Spirit" and a forthcoming book, "Biodynamic Craniosacral Therapy: A Primer".

For more details please contact Beth Small at 905-666-0681, email bacrsml@sympatico.ca or by mail at 12 Sato Street, Whitby, ON L1R 2E6





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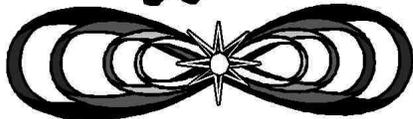
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eating disorders

FINDING BALANCE THROUGH ENERGY WORK

By Merrill DeVito

Reprinted with permission from *Massage & Bodywork* magazine - 800/458-2267.

Have you ever heard a 9-year-old call herself fat? Seen her squeeze her thighs and say, "I need to go on a diet"? Do you ever wonder where a growing child gets these ideas?

I went on my first diet in fifth grade. I lost 10 pounds and my mom bought me the Laura Ashley skirt I had been wanting. I gave up milk and cookies after school for fresh fruit. This was in 1985, and I felt like I was the only one on a diet then. Today, studies show that 42% of first- through third-grade girls want to be thinner,¹ and 81% of fourth and fifth graders are afraid of being fat. Like their mothers, they feel better about themselves when they are on a diet.²

In eighth grade, I led aerobics in the class lounge after lunch at my all-girls school alongside pictures of Twiggy and Naomi Campbell in bathing suites. By springtime, I was skipping lunch on Tuesdays and Thursdays to study in the library, and I even missed my own birthday party when my birthday fell on a Thursday. My friends waited 45 minutes for me in the lunchroom with the cake. I was half tormented, half proud of my self-discipline. I could be the thinnest.

It wasn't until that summer when my hips really started to form and my chest filled out that I tried to give up food all together. I would give anything to be thin and food started to scare me. So I ate as little and exercised as much as possible until I no longer wanted to be alive. Then it was back to milk and cookies after school. I was banned from the field hockey team until I gained 15 pounds. My mother policed my every meal, literally forcing food through my tears, so that I wouldn't have to go to the hospital.

Two months later, I weighed 113 pounds and was playing field hockey. I ate like a "normal" person, saw a psychotherapist and went to the doctor each week to "weigh in." I never gained another ounce. I continued to exercise off every "extra" calorie I ate, and while I thought I was fine and had a healthier relationship to food than most girls in my class (who were beginning to face their own battles with bulimia and anorexia) my hair began to fall out, and I never got my period. Even worse, my stomach was so sensitive to food that there were times I couldn't eat, even when I wanted to. My body remained trapped in a pattern my mind had set, and no doctor offered any escape. They gave me labels – chronic fatigue syndrome, irritable bowel syndrome, Reynaud's disease, amenorrhea, etc., but none went to the root of the problem. I was stuck between a fragile, frail body and a strong, determined mind, knowing I wanted to be better, but not knowing how to get there. Until I discovered energy work.

There are many kinds of energy work, ranging from less specific (reiki) to highly specific (craniosacral). All forms acknowledge and treat the energy body - a seemingly intangible, yet very palpable system that permeates and surrounds the physical body. Being abstract and invisible, the energy body has been written off as the imagination by many modern-day scientists. Others have set out to prove it is real.

While scientists like James Oschman describe the quantifiable mechanisms behind energy medicine, Candace Pert shows how the mind is linked or rather permeates the body. In her book, *Molecules of Emotions*, Pert reveals the science behind the mind-body connection.³ "The mind actually becomes body...the body is the actual outward manifestation, in physical space, of the mind," writes Pert. "The traditional separation of mental processes, including emotions, from the body is no longer valid."⁴ Her research shows that emotions actually trigger the release of neuropeptides, which are the messengers that carry information between the major systems of the body. She calls emotions "cellular signals that translate [felt] information into physical reality, literally transforming mind into matter."⁵ Her scientific research has transformed the way we think about our bodies and our health. With it we can begin to understand how the self-loathing that accompanies eating disorders gets trapped in the entire body. The ideas and judgements we hold about how our bodies are meant to look are literally held in our stomachs, our thighs and our breasts.

In her book, *Anatomy of a Food Addiction*, Anne Katherine explains how food and food abuse are linked to the role of neuropeptides in the body. Specifically, she cites serotonin, a "neurotransmitter known to alter mood, decreases appetite, decreases pain and facilitates sleep."⁶ Carbohydrate intake boosts serotonin release, so people may crave carbohydrates both because carbs make them feel better and because they correct imbalanced chemical levels, said Katherine. Furthermore, carbohydrates provide immediate energy to the body, including the brain, so we may crave them in times of stress. Carbohydrates also stimulate the secretion of endorphins, another neurotransmitter known for relieving pain and giving feelings of pleasure. So it is natural that we are drawn to these foods, and while diet advocates encourage us to reduce and eliminate these foods for weight loss, it is important to acknowledge their role in shaping both our emotions and our figures.

continued on page 8



Eating Disorders continued...

Over the past decade, psychotherapy has begun to take an increasing role in the treatment of illnesses, particularly eating disorders. Talk therapists play a crucial role in bringing people into awareness around their relationships to themselves, to other people and to food. This awareness is critical in treating eating disorders. My experience has been that psychotherapy only takes me so far. I understand my patterns and tendencies and I try to let go, but somewhere I stay stuck. Somatic therapy, which is body-oriented therapy, helped me break through those last barriers.

An example of somatic therapy is Polarity Therapy. Therapist and teacher Avi Khadir calls Polarity Therapy "a somatic journey" that works by facilitating awareness of who we are and how we are in our bodies, in the world. Khadir seeks to integrate an individual's experience by bringing the soul into contact with the body. He touches in a way that facilitates the release of energetic blocks. This allows for the release of physical blockages and creates a sense of expansion and space in the body. For me, it's as if literal walls break down and my body begins to flow as one integrated entity. I get off his table saying, "Oh, this is what it feels like to be in my body."

Bodywork brings us back into awareness of our body and shows us how to listen to it. In eating disorders, we learn to ignore our body's cravings and hunger signals. We overeat, under-eat, and instead of eating what we truly crave, we eat non-fat diet foods or fatty feel-good foods. Food choices come out of the brain instead of the body, and the body doesn't get what it needs. Deprivation leads to bingeing and unhealthy food choices. We get caught in cycles and lose touch with what our body really needs or wants. Polarity Therapy is a way of re-educating ourselves to listen to our bodies, not the magazine ads and diet trends that surround us.

Energy work can also create space for the emotions that get confused around food. My observations are that in bulimia, women use purging as a way of expressing their feelings of upset and anger. In anorexia, women are avoiding food as a way of avoiding feelings; and in overeating, sufferers seek to drown out their emotions with food. All of these patterns seem to use food as a way of dealing with feelings. Polarity Therapy can help make us more aware of these patterns and can physically create more space where we can hold our emotions.

Diane, a Polarity Therapist who is recovering from her own eating disorder, said "Bodywork teaches us to actually sit with our feelings and to process them in a safe environment. It teaches us to cope without using self-destructive behavior." She has found that bodywork lets her go to the core of her healing experience without having to intellectualize or re-live the pain, as so often happens in psychotherapy.

Furthermore, Polarity Therapists are educated in the energetic

qualities of foods. They see both food and the body in terms of the elements: ether, air, fire, water and earth. Food and the body are manifestations, in different proportions, of these five elements. So Polarity Therapists offer nutritional advice based on this model for understanding different body types and needs. In cases of extreme eating disorders, patients should seek the help of an expert nutritionist.

Craniosacral Therapy is another form of somatic or body-oriented therapy inherent within Polarity Therapy, but also practiced as a stand-alone technique. I have heard it described as "psychotherapy for the body." Without talking, a therapist can access the emotional body and potentially release the stress, tension or depressing emotions being held there. Naturopathic doctor John Beaulieu said, "Depression is always present [in cases of eating disorders]." Starvation and vomiting are both ways of getting a high, a relief from the darkness that surrounds an addict's life.

In cranial work, contacts to the skull, the spine and the sacrum help put a person into his core being where deep-seated emotions can be worked out. Scientifically speaking, these gentle contacts help send an individual into his/her parasympathetic system, the branch of the nervous system associated with states of relaxation, where organs function optimally and digestive processes occur. Its opposite, the sympathetic system, is engaged in times of stress. Our blood goes to our limbs to prepare us for "flight or fight." Many of us in this country spend too much time in sympathetic mode. Our lifestyles and work ethic cause significant stress, and food obsessions add another layer to it.

... the body senses it even before the brain does ...

In anorexia, people suffer the stress of not eating enough to sustain their bodily functions. So the body enters into survival mode where the functioning of central organs, first the reproductive and then the digestive, shut down. Their bodies are further stressed by the lack of fat to protect the nerve cells (myelin sheath). In bulimia, the body is stressed by binge eating, throwing up and over-exercising. In both cases the body enters into the sympathetic nervous system and digestive processes shut down. So Craniosacral helps shift the body back into the parasympathetic system. It gives the body a chance to reposition and possibly repattern itself so that central organs can function and restore balance to the entire body.

Apart from the science of how these bodywork systems work, it is the somatic body-to-body experience that seems to affect the most profound shifts. Both forms of touch therapy communicate a deep sense of love to the recipient. The body senses it even before the brain does, and it begins to let go of both its long held ideas about how it is supposed to hold itself, as well as the trauma that occurs around mis-using food. As this letting go occurs in the tissues, profound shifts occur emotionally and physically. A softening or melting happens, and the brain and body begin to integrate again. The divorce of mind and body that created disordered eating habits

continued on page 9



Eating Disorders continued...

begins to heal. And, if the recipient is willing, she can learn to love herself, understanding that she is her body.

After years of psychotherapy, medical examinations and my own explorations into yoga, nutrition and other forms of alternative medicine, I discovered Polarity Therapy, and it is only through this form of intuitive, compassionate touch that I can find peace with food. 🙌

References

- 1 Collins, M.E., "Body Figure Perceptions and Preferences Among Preadolescent Children." *The International Journal of Eating Disorders*. 10, no. 2 March 1991.
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- 4 Ibid, p. 187.
- 5 Ibid, p. 189.
- 6 Katherine, Anne. *Anatomy of a food Addiction*, p33.

Merrill DeVito earned a degree in English and Spanish literature at Stanford University in 1997 and went on to study alternative medicines including ayurveda, herbalism, nutrition, massage, polarity and craniosacral therapy. She completed her bodywork training at the New Mexico Academy of Healing Arts and moved to Boulder, Colo., to start a private practice. She continues to study alternative medicine in the form of Chi Kung healing touch.



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Your Letters



What Polarity Therapy Means To Me

Four years ago when I first heard of Polarity Therapy, it would have been a lot easier to explain what it meant to me. Now that I have 'caught' the 'Polarity Therapy fever', it has become a bit more complicated. What first attracted me to this modality was the idea that it would be the solution to my own health concerns. This thought excited me, because if I could become healthier myself then I would be able to share my newfound secrets with others and develop my own practice.

Before I studied this modality, I did not grasp the true purpose or process of illness. Through my studies, I have come to a deeper understanding of 'dis-ease' and from this change in perception, an opportunity for my own healing and that of my clients' is allowed to proceed. *The Course In Miracles* gives us as one of its lessons to practice, the statement that, "It is not this that I will focus on. I trust my brother, as he is one with me". My own healing has been in the form of taking the emphasis off of what I considered my health issues and fanning the flames of my health wherever I find them. This is all I can share with my clients, my brothers, and I trust in their ability to heal their own issues while I hold a safe sacred space for them.

In the Christian tradition, Jesus taught, "Thy will be done on earth as it is in heaven." Dr Randolph Stone learned from the ancients and passed onto us, "As above, so below." The sun, moons, planets and stars follow their energetic patterns without change and thereby create a perfectly ordered Universe. Within the human being, every molecule, cell, organ and system has an innate energy pattern which when flowing unobstructedly brings us to a state of health. What I have learned through Polarity Therapy is that 'dis-ease' occurs when we change the natural flow of these patterns and, having accomplished that, we forget the patterns for flow and cause a blockage. Health of body, mind and spirit is ours to remember. As a practitioner, that means I will trust the laws of the Universe and know that the more I flow and manifest my own health, on all levels, the greater will be my effectiveness with my clients.

Polarity Therapy has become an integral part of my own transformational process. The training I received in Polarity Therapy and the wealth of resources that I have found through this process, have created a hunger and an appetite for greater joy, which is the by-product of becoming what you have been created to be. What I 'heard and felt' in my deepest being, produced a desire to learn more, in order to become more. I have developed a broader, more inclusive worldview that has impacted on every aspect of my life from my own personal journey towards wholeness, to the relationships I have with family, friends and the community.

On a rather structured, earthy note, I am comfortable being part of the family or community known as APTA. As a member of a

regulated healthcare profession (nursing), a Code of Conduct and Professional Standards of Practice are important to me. There are few complementary modalities that are as prepared for self-regulation as is Polarity Therapy. I also appreciate the work that has been done scientifically to support the positive effects of the work that we do. On a local level, I am proud to be a member (director) of OPTA, where I can liaise with other like-minded individuals for support and continued growth and friendship.

I consider it a blessing to have found this wonderful health-building tool and trust the process will continue. I create and manifest vitality for the body, peace for the mind and joy for the spirit.

Pat Ransom, RN, RPP

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POLARITY therapy THROUGH THE SENSES

By Sher Smith, RN, RPP, RCST

All energy comes from nature! In Polarity Therapy, we look at the various aspects of universal energy found in nature and name these aspects as they relate to elements found in nature - ether, air, fire, water and earth. Contained within each of these elements is an associated main sense.

The element of ETHER energy relates to space and as such, relates most to our sense of hearing. Sound waves travel through space and are picked up by the human ear when they impact on the eardrum.

The element of AIR energy is about the quality of movement. As things move and impact on our body, we are thus 'touched'. Therefore, it is our sense of touch that most relates to this element. The human being needs to be touched. It is a well know fact in institutions that babies who are not touched can die. A loving touch can be very nourishing to the body and produce many of the "feel good" chemicals that elevate our mood and sense of well-being.

The element of FIRE energy relates to our sense of sight. It has often been said that you can see the fire in a person's eyes. Others say the eyes are windows to the soul. The eyes see more and work better when the quality of fire energy in the body is kept in a balanced state.

The sense most related to WATER is taste. As we chew our food, the food passes over the taste buds and a taste is registered. The liquid saliva commences the breakdown of food and assists in our being able to distinguish specific tastes. The sense of taste closely relates to the sense of smell. Without a sense of taste, the pleasure of a delicious meal is lost.

It is the sense of smell that is most related to the quality of energy

referred to as EARTH. Oh, and there can be such pleasant smells and such annoying smells! Whether it is a walk in the woods, the salt filled breeze at the ocean side or the sweetness of a newborn baby, smell plays a large part in the enjoyment of our activities.

It is through our senses that we interact with our world. Often in a Polarity Therapy session, the practitioner will take advantage of this knowledge to assist in the Health Building process. The practitioner does so by utilizing as many senses as possible. For example, there may be soft, relaxing music in the background, the gentle touch of the practitioner's hands, a room that is pleasing as well as soothing to the eye, a refreshing glass of water available and perhaps a mildly scented candle as well. When all of this information is utilized, the nervous system often responds by sinking into a state of relaxation.

Once the body is in a state of relaxation, the inherent drive to health will be activated and the level of health thus enhanced.

The overall results can range from relief of symptoms, enhanced performance, and an increased level of general health and well-being. 🙌

Sher Smith RN, RPP, RCST has been involved in the Holistic healing field since 1979. Her professional training is varied and comprehensive including studies in Cranial Sacral Therapy with Franklyn Sills and the Upledger Institute and certification in Neuro-Linguistic Programming, Educational Kinesiology, Reiki and Touch for Health. Sherry is the founding President of the Ontario Polarity Therapy Association, a member of the American Polarity Therapy Association, a member of the Cranial Therapy Association of the United Kingdom, and is a Director with the RYP school of Polarity Therapy teaching an approved APP & RPP course. See the advertisement on the back cover of this issue.



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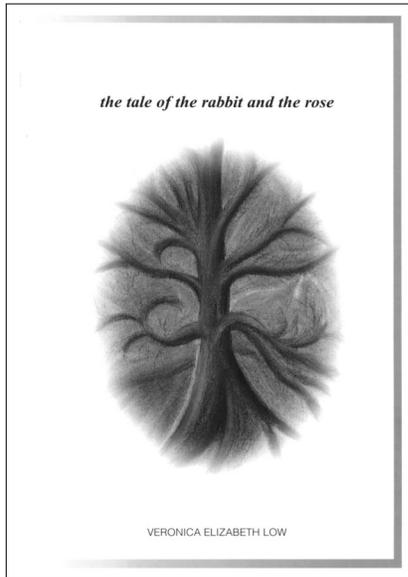
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POLARITY THERAPY & NIA

By Sharol King-Cordner, BPE, RPP

Nia (Neuromuscular Integrative Action) is a fitness program developed by Debbie and Carlos Rosas. Like Dr. Stone's exploration of health modalities, Debbie and Carlos explored the various fitness protocols and movement forms and blended the energy or essence of a number of these to develop a fitness program for the body, mind and soul.

When I took my first degree training in Nia, referred to as the White Belt, imagine my surprise when the instructor said, "Energy follows intention." We proceeded to discuss the chakras and the flow of energy in the body. We learned how to move with the energy of the different elements. In fact, I learned that the third level of teacher training in Nia is referred to as the "Energy Belt". Recommended reading for the Nia training includes several books about energy work, for example, "The Anatomy of Change" by Richard Heckler, who refers to Dr. Stone in his book.

I recently completed my Blue Belt in Nia, the second level of teacher training. My experience with both the white and blue belt training, was a tremendous personal growth experience. In fact, I felt like I was in a week long Polarity Therapy course. Through the teachings in Nia, I became more clear on how far I have come with some of my personal processes and how much more progress I have yet to experience. I learned where in my body I hold energy, or more to the point, where the energy does not move freely.

It brought more awareness to the physical manifestation of emotional and mental processes and patterns.

My experience with Nia has greatly enhanced my Polarity process. I often describe Nia as Polarity Therapy through movement. Dr. Stone included movement, primarily Yoga, as an integral aspect of Polarity Therapy, believing that exercise helps restore and maintain balance in the energy currents. With Nia's focus on the joy of movement and experiencing or remembering how to move our body in a natural way, I find that I move completely differently than I used to, more freely and naturally. I am more aware of the physical manifestations of my processes and have used movement to help move through these processes.

I have incorporated some of the Nia techniques and movement patterns with my Polarity Therapy clients with good results. An example of this is with a client that is having difficulty moving forward in life. I have worked with a Nia routine that is done to a song called, "Total Success" where the client visualizes what he/she

wants, moves forward, reaches out and grabs it while shouting yes. This incorporates the physical movement forward and the reaching out and grabbing, the visual of what he/she wants, and the auditory of saying yes. The benefits of this, paired with bodywork and communication, are powerful. The elements are experienced through movement with Nia. The energy of ether is experienced through free dance and modern dance, exploring space; the movement of air with Duncan dance and the Alexander technique; the energy of fire through Tae Kwon Do and Jazz; the flow of water with Aikido and modern dance; and the grounding of earth with Tai Chi, the form and structure with Yoga, the conscious feeling of movement with Feldenkrais. Some of my Polarity clients have joined my Nia classes and I have had the honor of witnessing their joy as they find release through movement. 🙌

Sharol King-Cordner, BPE, RPP is a Registered Polarity Practitioner and Certified Nia Instructor. For more information, see Sharol's ad on page 14 of this edition.

Stone Quote

The over-all picture is that of waves of wireless function. The specific functions are through nerves as conducted energy currents. Matter itself proves this in the atom and in the solar systems and their planets. Why not in man? Are the words which hurt cruelly, conducted by nerves? Are love and life tied to wires?

*Dr. Randolph Stone
Polarity Therapy, The Complete Collected Works,
Volume Two, pg. 4*

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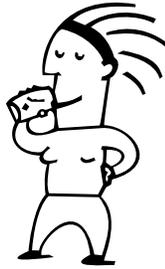
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Energy Wise

Exercise Tip

By Sharol King-Cordner, BPE, RPP



Some people have asked me about contraindications (what not to do) for exercises. The following are general guidelines when considering exercise. Be clear on what your intention with the exercise is. In general, exercises should be done slowly, and with complete awareness.

1. If you experience pain when doing an exercise, stop. Consult an exercise specialist or therapist before continuing.
2. If you have a history of shoulder dislocations, or have a hypermobile shoulder joint, I would not recommend the "cliff hanger."
3. When doing exercises that require bending forward from the waist, keep your knees slightly bent. If you are or have experienced lower back problems, you may want to sit or lie on your back to do the exercise, depending on the intention of the exercise.
4. If you have problems with your knees, I would not recommend the "squat" or any form of deep knee bends.
5. Avoid fast swinging of the leg, as in side leg raises.
6. Do not perform any exercises that require you to two foot bounce on the spot.
7. Never stretch your muscles beyond the point of pleasant comfort. You will achieve greater results if you allow your muscles to lengthen.
8. Avoid exercising vigorously in very humid or very hot climatic conditions.
9. Avoid holding your breath during physical activity.
10. Pay attention to the surface you are exercising on. Avoid exercising on hard concrete surfaces.

A book that I highly recommend is "Exercise Danger" by G. Donovan, J. McNamara available from Activetics. Some common exercises that they rate as extreme or high danger include:

- standing side bend
- standing straight-leg toe touch
- windmills
- ballistic push-throughs
- hurdle stretch
- rapid spinal twisting
- sit ups with straight legs, or with hands behind head
- double straight-leg raises
- straight leg scissors
- jack-knife kicks
- sagging push-ups
- plow
- cervical hyperextension
- jumping jacks

Sharol King-Cordner, BPE, RPP, is owner of My Choice Healthbuilding. She can be reached at 905-985-4912. A Registered Polarity Practitioner, she also holds a degree in Adapted Physical Education. She has worked for a number of years, in rehabilitation settings, with exercises to restore muscle balance.



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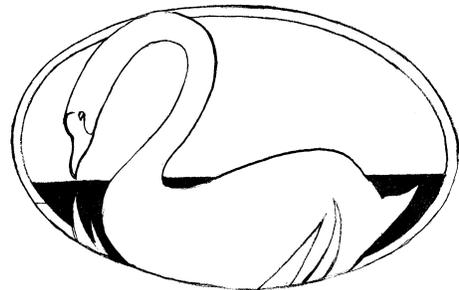
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Reviews



Course Review

THE HIDDEN PILLARS OF POLARITY

by Jim Fairman

held at Reaching Your Potential, Richmond Hill, Ontario

Reviewed & Submitted by Peggy Barrett, RPP

The focus of Jim Fairman's new introductory course "The Hidden Pillars of Polarity" is to provide a deeper understanding of the Kabbala, and an age old mystical system which uses the Tree of Life to explain creation and physical energy.

After 34 years of study, Jim has an incredibly deep knowledge and understanding of the ancient texts on which Dr. Randolph Stone based so much of his Polarity Therapy. Jim gave us the history of the Tree of Life and showed us its function and meaning in a simple and comprehensible manner. The attending students were thrilled to see the many connections to the field of Polarity Therapy.

There is so much in this course that kept us hanging on Jim's every word. The beautiful coloured manual, and the many sidebars of discussion to the practical and powerful exercises all contributed to our ability to grasp this simplified in-depth knowledge. The practical applications to take away and implement into our practice provided many user-friendly tools.

I highly recommend this course for all Polarity Therapy students and Practitioners. Look for it to be offered again! 

Peggy Barrett is a Registered Polarity Practitioner, Educational Kinesiology (Brain Gym) Teacher and is Treasurer of the Ontario Polarity Therapy Association. She incorporates into her practice Cranial Sacral Therapy, Matrix Repatterning, Specialized Kinesiology, Vibrational Essences and Reiki and can be contacted at 416-626-8120 or peggy.barrett@sympatico.ca.

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Book Review

BODY WISDOM

by Sharon Giammatteo, Ph.D., 2002, North Atlantic Books

Reviewed & Submitted by David Pinto, RCPP, RCST, IMP

Body Wisdom is a very user-friendly guide for self/other treatment in Neurofascial Process (NFP), developed by physical therapist and Doctor of Manual Medicine, Sharon Giammatteo. NFP is a way to help lift off layers of blocked physical/emotional/mental/spiritual energies that inevitably contribute to the dis-ease or injury that so many of our clients present with. I have used it extensively on myself and with my clients over the last 3 years, and because there are obvious parallels with Polarity, it was easy to use:

1. It involves contacting and connecting energy centers ("Neurofascial Process Centers") with each other and with target sites to release stored negative energies and also to allow the sites to communicate with each other and re-integrate into the larger community that is the bodymind.
2. It presumes that energy and consciousness are the primary realities and that they manifest as physical form, i.e., as us. It presumes that the energies can be in all realms--physical, emotional, mental, and spiritual.
3. Both health and illness are functions of balance, or lack of balance, in the energy flow.
4. Many of the body's anatomical structures also have an energetic significance, which can be utilized for healing. Some of these will be familiar to energy workers: liver - anger, kidney - fear, adrenals - stress, limbic system - survival/rage, frontal region - cognitive/learning issues. Others might not be so familiar: forearms - belief systems, spleen - disappointment in humankind, upper arms - self-control.

The development of this way of working came out of Dr. Giammatteo's life experiences and healing journey, recounted in the first chapters. Suffice it to say that her early childhood was a living nightmare that involved ongoing sexual abuse. As harrowing as her story was, she makes clear that at the same time, these events served as the matrix out of which her subsequent spiritual unfolding occurred. This included a near death experience in which she was contacted by an Inner Voice which was to guide her not only through the fire of her young life and the healing it would require but which would also eventually lead her to evolve a vast and comprehensive form of bodymind rehabilitation called Integrative Manual Therapy (IMT), of which Neurofascial Process is one small part.

I offer my story because anyone who has suffered can heal themselves the same way I have. It is a long, slow process, but is highly rewarding. The many benefits include freedom from emotional and physical pain, the ability to live in the present, and



Book Review: Body Wisdom continued...

more meaningful connections with friends and family. But the real reward lies in the discovery of the Self, its place in the world, its connection with everything in the universe and its relationship to, and identity with, God.” (p. 16)

Sounds like a description of healing I read in one of Dr. Stone’s works, once upon a time.

In the second part of the book she describes the Neurofascial Process Centers and instructs in how to connect them. It is not assumed that the reader can sense energy or thinks in terms of energy. The description reads in such a way it doesn’t matter, and the energy worker will read between the lines:

Leave your hands in each position for at least 15 minutes at a time. If you feel anything at all - a tingle, a movement, an easier breathing pattern - anything - then continue with that position for half an hour... If it still feels as though something is happening to your body - if tissues are shifting or even if you feel as though you are relaxing - then hold the position for up to an hour. (p. 45)

As a Polarity Therapy worker, you may choose to suggest NFP as homework, or do it with the client in the office, according to your comfort in facilitating “process” as it arises. Because you know the sensations that tell you when a release happens and because you know how to maintain an open and non-judgmental presence, things will happen faster than if the clients just place their hands and leave them there. I like to teach my more motivated clients how to begin to read what’s under their hands, and what they are experiencing inside themselves. Clients are also encouraged to have more than one set of hands on them at a time to save time when there are many sites involved.

The remainder of the book is devoted to suggested protocols for addressing a large assortment of anatomical regions, including but not limited to: each of the major joints and issues associated with them; abdominal problems like gastritis, ulcers, irritable bowel; low back issues including L5-S1, ureters, kidneys, sciatica; neck and

disks; pelvic issues; spleen and immune system, teeth, eyes, ears. Stress and learning disabilities are also presented.

If I have any quibbles with this book, it is that I would have liked the descriptions of the Process Centers to have been fleshed out a little more. I would also have liked a little more discussion about dealing with emotions or memories that might surface. She believes that this is to be welcomed as part of the healing journey and in one sentence advises the reader to observe and acknowledge all that arises. That’s it.

Apart from this, I believe there is a lot worth exploring here. I have journeyed several hundred hours with NFP both with myself and with my clients. It’s a very meditative experience and, especially when in a deeply relaxed state, has led to many insights that have led to the resolution of issues both in body and mind. I also note that some blocks seem to have resolved without conscious awareness of what set them up in the first place. 🙌

David Pinto currently specializes in Integrative Manual Therapy, the larger context in which Neurofascial Process occurs. He has been studying and practicing this work intensively over the last 3 years. He is certified in Polarity Therapy, Trager® and Craniosacral Biodynamics, and also uses EFT and Somatic Experiencing® in his work.

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POLARITY THERAPY BUSINESS BUILDING

By Peggy Barrett, RPP and Laurie Copeland, RPP

Following are some business ideas for the successful and potentially successful entrepreneurs of Polarity Therapy.

• An Informal Approach

Take advantage of those closest to you. We all belong to some organization that once approached, would love to hear about something new. Contact your church, health club, cooking club, bowling or baseball team, daycare centre or peer group, to set up an informal discussion on how Polarity Therapy works in your life, and how it may benefit each of them. Demonstrate a few simple techniques to get everyone involved. Get together at a local coffee house, or someone's home. Host a barbeque or picnic.

• A More Formal Approach

Contact your local bookstores, colleges, hospice groups, community centres, corporate offices or other professional groups to set up a free formal Polarity Therapy seminar. Provide a focused approach geared directly toward staff, students or faculty members, practitioners, etc.

• Fun and Focused

Start an exercise class at your local church, public school or even out of your own basement. Invite friends and neighbours to begin. Start small and grow with your increasing confidence level.

• Become Involved

Check with your local health food store, health centre, or even your kids sports teams, to see if you may be able assist or teach them for one hour every week. Teaching relevant techniques to participants, such as PACE, the Immune Booster, the Headache Technique, etc. will demonstrate the benefits of Polarity Therapy.

• Be Useful

Go to senior citizen homes or retirement communities and offer to volunteer for 3 hours a week, providing bodywork, simple exercises/movement classes, or merely offer your Polarity inspired energy for friendship.

• Be Resourceful

Do you have business cards or flyers? How many of your business cards and flyers do you hand out in a day? Be sure that you have cards and/or flyers with you everywhere you go. Hand them out to everyone you meet.

• Keep in Touch

Contact old clients, family members or old friends that you haven't spoken with in some time and share with them what you have been up to. Have them spread the word for you!

• Provide Continuing Education

Apply to teach your own four week "Intro to Polarity Therapy" course where colleges and local recreation departments offer adult education programs.

• The Buddy System

Check with other practitioners to see what they are doing to promote their business. Form a partnership or start a peer group that meets regularly to brainstorm and support one another in business. Learning never ends.

• Know Your Resources

Do you have a mentor, or a successful someone to call on when you do not have all the answers? Connect with another student, teacher, teaching assistant or experienced practitioner for advice

Check with "Reaching Your Potential" for manuals, such as "Polarity To Go". Contact them about getting a wholesale price for bulk ordering.

Check with OPTA for promotional pieces that you can buy or borrow, to boost your image, such as brochures, signage for fairs, charts, etc.

You are not in this alone!

• Consider What to Say

Consider whether the person or the group to whom you are speaking is going to benefit most from hearing about Polarity Therapy, seeing it or experiencing it?

Ask questions to open minds, such as:

"Do you want to feel more energetic?"

"What does healthy feel like for you?"

"Do you want to feel positive and enthusiastic about life?"

Always be positive and concentrate on benefits. We know that bodies and minds will orient toward benefits. Model this.

Have an understanding of both the scientific and esoteric basis for Polarity Therapy. Talk it out with other students, teachers, colleagues, mentors or friends ahead of time so that when approached, you are comfortable in your understanding and clear in your presentation.

Remember, you are not "selling" Polarity Therapy - you are "sharing" it!! 🙌

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Andrea Olivera is a multi-disciplinary therapist, lifestyle consultant, Ayurvedic Neuro-therapist, teacher, and Ayurveda visionary. Her commitment to mind-body medicine and ancient healing practice is both genuine and profound. Trained extensively in Vedic temples and ashrams in India, Andrea Olivera is a certified Ayurveda specialist. She sees the world through an Ayurvedic lens.

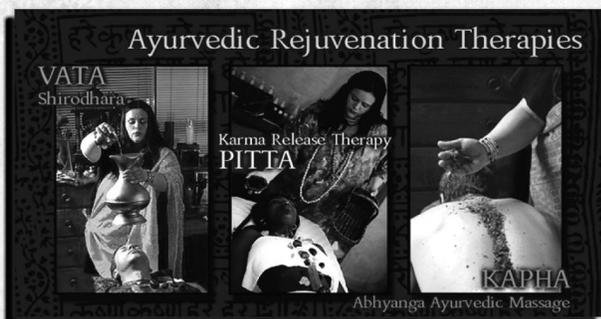
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The Big Move

By Jocelyn Smith

I have never written an article before, so I am excited and enthused to be able to write this one since it is going to be all about what I love, Polarity Therapy, and the major move that I'm about to embark on.

This move is possible because of Polarity Therapy and the road that I've traveled since I first started studying it in October of 2000. I was sure that this was my true calling and was really enthralled to learn it all. After the first weekend, I found myself with a sick child and major financial burdens to face (not to mention the added pressure of the cost of the course). So, it turned out that it really was not the right time for me. I dropped out of Polarity, got a job, bought a new car, and after a year realized that something was missing. That something was Polarity Therapy. I am back now and am in the last trimester of my second level. I'm ready to apply all that I have learned and have yet to learn, in this incredible course. It has taken me so far, to my next level: *the big move*.

In the middle of July, I plan on moving to Huntsville where I have the opportunity of a partnership in a very successful alternative wellness centre, called The Muskoka Healing Arts and the Yoga Room. My sister, Allie, and her partner, Laurie, founded this centre three years ago and have watched it grow and grow in popularity and diversity. I will be joining as a Polarity Practitioner, Kripalu Bodyworker, and Hatha yoga instructor (after I am qualified through my YTT course). I am excited about being able to really use all of the tools that I've learned; to be able to integrate the different modalities to best serve each individual client; and to have my own office with a table that stays in one place and a

desk with files right there! Since I have spent the last six to seven years as a travelling bodyworker, doing Kripalu Bodywork and Polarity Therapy on my clients here in Toronto, it will be very exciting to be able to put my table down and leave it down. I look forward to being better organized in my practice. I am also very excited about being able to use Polarity Therapy on a truly consistent basis, in all its facets: nutrition, exercise, lifestyle coaching, and energy work, and to be able to continue to integrate it all with massage and yoga.

It has been almost seven years since I took the Kripalu Bodywork course, which I loved and have been using on my clients ever since I got my certificate. However, I always felt I needed more - that I didn't have all the information to satisfy my sense of validity in an accountable form of bodywork. Now I have found what it was that I was lacking. It was all that has been taught in the course of Polarity Therapy. It was the anatomy, the nutrition, the exercise, the energy theory, and the time taken to allow us to integrate everything. I thank all of the teachers, facilitators, and teaching assistants, who really have given me what I needed to get out there in the world and do what is my true destiny to do - *this integrative bodywork*.

So, here I go on my new and exciting road, travelling up the 400 and landing in downtown Huntsville, to do what I really love - bodywork, and sort through and decipher the pieces of each individual's unique, personal puzzle of life experiences. Now I have a wide range of tools, and will continue to learn more, that will enable me to walk in to any client and say: "Yes, we can do some really good work here together". 🙌

Jocelyn Smith is a student of Polarity Therapy with Level 1 certification from Reaching Your Potential. She is also a Certified Kripalu Bodyworker, Reflexologist, and soon-to-be yoga instructor. Jocelyn lives in Toronto and works in Huntsville at Muskoka Healing Arts. She can be reached at (416) 487-7818 or by email at jocelyns@istar.ca.

Stone Quote

Health is the measure of man, not disease. There are over 1,500 "diseases", few of which are cured permanently. But there is only one life energy, which created all and supports all life and heals it, like the tree's life supports the trunk, branches, buds, leaves and fruits. The unit, the tree, the whole, needs attention more than the leaves and branches. It is the living current which supports all. Everything depends on it, in the life and well-being of that tree. It is the cause, while the details are the effects. Remove the cause of a disease and the effects will vanish. It is the disturbed energy in its flow which causes pains and disease symptoms. The electromagnetic forces are out of balance and must be restored.

*Dr. Randolph Stone
Healthbuilding, pg. 174*

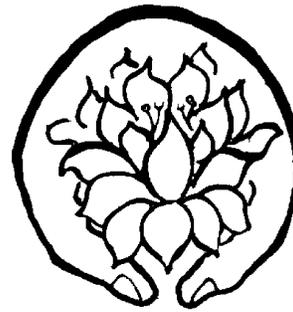


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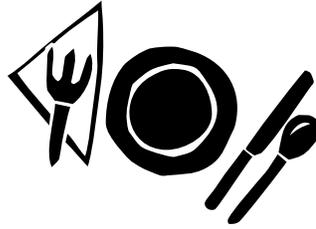
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By Appointment Only



What Are You Having For Dinner Tonight??



by Pamela McDonald

Here are a few menu ideas featuring delicious summer salads to take sailing, on a picnic or to serve with your favourite barbecued dinner. These recipes highlight the air and water elements which can be easy to digest and can help us cool down on those fiery days of summer. Enjoy!

Snow Pea Salad

- 1 lb snow peas, trimmed and threaded
- 1 red pepper, julienned (thin strips)
- 1 tsp black sesame seeds

Dressing:

- 1/4 cup sugar
- 2 tbsp red wine vinegar
- 1/2 cup soya sauce
- 1/4 cup oyster sauce
- 2 tbsp sesame oil

Bring a pot of salted water to boil over high heat. Drop snow peas into water and return water to boil. Blanch for 2 minutes and then remove from heat. Refresh in cold water immediately and then drain.

Add the julienned red peppers together with the drained snow peas. Mix in the dressing and black sesame seeds. Serve immediately. Makes 6 to 8 servings.

I serve this salad along side Thai BBQ Chicken (Summer 2002). Try it with red snapper wrapped in a banana leaf with grated ginger, garlic and tamari, baked on the barbeque.

Oriental Coleslaw

- 1 finely shredded green cabbage
- 2 large carrots, grated
- 1 finely sliced red onion

Dressing:

- 2 cups mayonnaise
- 1/4 cup red wine vinegar
- 1 1/2 tbsp salt
- 1 tsp sugar
- 1 tsp caraway seeds
- 1/4 cup Dijon mustard
- 2 tbsp sesame oil

Place all ingredients in a large bowl and mix with the dressing at least a 1/2 hour before serving and refrigerate. After

sitting, the salad volume will reduce by approximately half. Serves 6 to 8.

This salad is a delicious addition to any summer meal. I love it with crab cakes and jicama salad.

Jicama and Orange Salad

- 1 lb Jicama, peeled, cut into 3/4" cubes
- 1/2 cup lime juice
- 1/2 tsp salt
- 1 small green skinned apple, in 3/4" cubes
- 1 small red skinned apple, in 3/4" cubes
- 3 oranges, skin cut away, cut into sections
- 2 tbsp coarsely chopped mint and/or coriander

Mix the jicama, lime juice and salt together. Cover and let stand at room temperature for at least 1hour. Just before you are ready to serve the salad, add the remaining ingredients and toss well.

Note: This salad is delicious with quesadillas and along side grilled chicken or Pork Tenderloin smeared with a bit of honey cup mustard just before it is finished cooking. Along with being tasty and refreshing it has the added appeal of being oil free. Makes 6 to 8 servings.

Mediterranean Salad

- 1 English cucumber, cut into 1/2" cubes
- 1 red pepper, cut into 1/2" pieces
- 1 yellow pepper, cut into 1/2" pieces
- 1 green pepper, cut into 1/2" pieces
- 1 bunch parsley, coarsely chopped
- 2 cups large bread croutons
- 4 roma tomatoes, cut into 1/2" cubes

Dressing:

- 1/3 cup red wine vinegar
- 1 1/3 cup vegetable oil
- 1 tsp each minced garlic, Celtic sea salt, ground allspice and ground cinnamon
- 1/2 tsp each ground black pepper and ground coriander

Stir salt, pepper, spices, garlic and vinegar together. Slowly whisk in the vegetable oil.

Mix all salad ingredients together in a large bowl. Toss with dressing 1/2 hour before serving. (This allows the croutons to absorb some of the yummy dressing.)

Feature this exotic Middle Eastern gem at your next barbeque along with black bean salad, tabouleh and baba ghanoush!

Black Bean Salad

- 3 cups black beans
- 1/2 seedless orange

Soak the beans in fresh water overnight. Then strain and add to a large pot of boiling water. Reduce heat to med-low and add orange half. Cook until tender, approximately 50-60 minutes. Drain and place into a bowl (discard the orange).

Dressing:

- 3/4 cup vegetable oil
- 1/4 cup red wine vinegar
- 1 clove garlic, crushed
- 1/2 tsp ground cumin
- 1/2 tsp rubbed oregano
- Celtic sea salt / fresh pepper to taste
- 1/4 tsp ground coriander
- 1/4 tsp ground cinnamon

Dissolve all seasoning into the vinegar and add the garlic. Slowly whisk in the oil to make an emulsion. Pour dressing over the warm, cooked beans. When mixture has cooled, add the remaining ingredients:

- 1 red pepper, finely diced
- 1 yellow pepper, finely diced
- 1 cup green onion, finely diced
- 1/2 English cucumber, finely diced
- 1 cup coriander, finely chopped
- 4 seedless oranges, peeled, in segments

With a sharp knife, carefully cut out each segment of the orange, leaving any skin behind. Add segments to the beans and gently mix in all remaining ingredients.

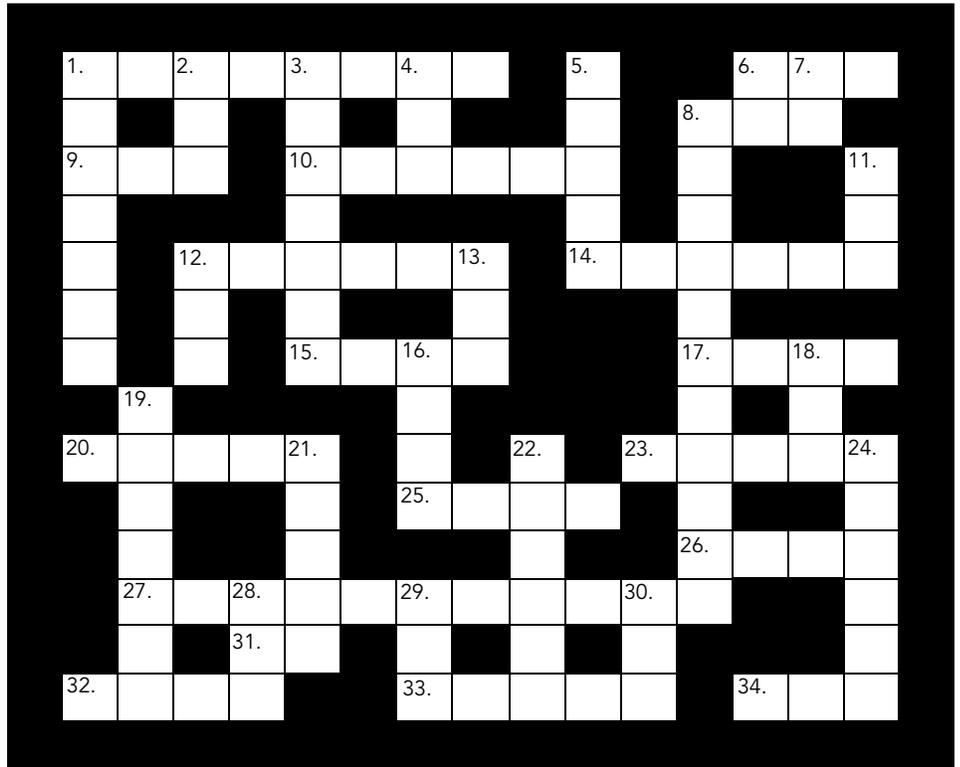
This salad is delicious with any grilled fish and can be used as a filling in a cheese and jalapeno quesadilla.

Pam McDonald teaches cooking classes in downtown Toronto and was recently featured in the National Post for "Holiday Entertaining".



Play Time

created & submitted by Pat Ransom, RN, RPP



CRYPTOGRAM

A Ghandi Quote

CLUE: G = H, Q = S

"ZGL JLDKZEUMQGeo

SLZALLM ZGL SUWR KMW

ZGL IEMW EQ QU

EMZEIKZL ZGKZ, EH

LEZGLJ UH ZGLI PLZ UCZ

UH UJWLJ, ZGL AGUDL

QROZLI AUCDW QCHHLJ."

Quoted from *Healing Practices - Alternative Therapies For Nursing*, pg. 67

Answer: "The relationship between the body and the mind is so intimate that, if either of them get out of order, the whole system would suffer."

Crossword Answers: Across: 1. Confused; 6. How; 8. Few; 9. Bow; 10. Immune; 12. Orange; 14. Toxins; 15. Yoga; 17. Bile; 20. Renew; 23. Flows; 25. Feet; 26. Ions; 27. Receptivity; 31. Or; 32. Play; 33. Cysts; 34. Arm Down: 1. Cabbage; 2. New; 3. Urinary; 4. Elm; 5. Chest; 6. He; 7. Ow; 8. Flexibility; 12. Out; 13. Era; 16. Golf; 18. Low; 19. Neutral; 21. Water; 22. Felt; 24. System; 28. Coy; 29. Tic; 30. Tis

Crossword Clue:

Spring is here with showers of this element.

Across:

1. Thrown into disorder.
6. In what way?
8. Not many.
9. To bend down or kneel.
10. No possibility of contagion.
12. Globular reddish-yellow fruit.
14. Poisons causing disease.
15. A technique suited to prevent physical and mental illness.
17. A bitter fluid secreted by the liver to aid digestion.
20. To issue again.
23. To glide along as a stream.
25. Terminations of the legs.
26. Ernie Ford's hit song "Sixteen ____".
27. The ability or willingness to receive.
31. Either's partner.
32. "All work and no ----" make Jack a dull boy.
33. Sacs containing liquid.
34. An upper body appendage.

Down:

1. Remember those ----- Patch Kids.
2. Not Old.
3. The system containing the kidneys, ureters and bladder.
4. Freddy Kruger's street.
5. Part of the body enclosed by the ribs.
6. Masculine pronoun.
7. Exclamation of pain.
8. The ability of willingness to bend easily.
11. Past tense of am.
12. Three strikes and you're this.
13. A long time in history.
16. Mike Weir's game.
18. Not high.
19. Neither positive nor negative.
21. Two parts hydrogen and one part oxygen.
22. Lower abdominal cavity.
24. A set of connected things or parts.
28. Shy and quiet.
29. ____, tac, toe.
30. It is poetically.



Plan Ahead...



June 2, 2003

General Meeting

featuring *Sharol King-Cordner, BPE, RPP*
Movement from the Polarity Perspective
Incorporating NIA and Polarity Yoga

October 17 - 19, 2003

APTA Conference

November 17, 2003

Annual General Meeting

followed by a *Members' Holiday Party*

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Doors open 6:30 pm • Meeting commences 7:00 pm

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For more information call 416.913.9232

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Reservation deadline for ride-share is extended to June 15th!

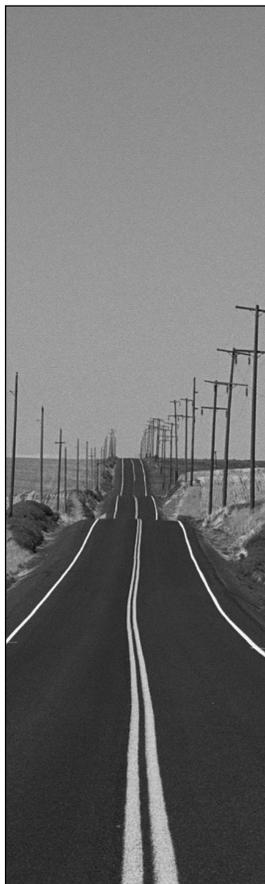
Are you interested in attending the upcoming American Polarity Therapy Association's National Conference, October 17 - 19, 2003 at Kelleys Island, Ohio?

Contact OPTA for information about transportation to and from the conference. Reserve today!

416.913.9232 •

info@polaritytherapy.ca

For more information about the APTA National Conference, please refer to their website at www.polaritytherapy.org



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Polarity, EDU-K & Cranial Info

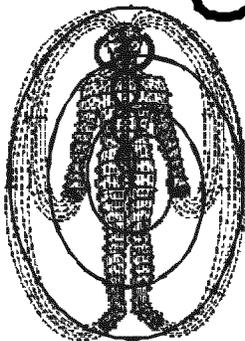
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FALL 2003 COURSES

September 6/7	Brain Gym® 101 - Wknd 1 of 2
September 13/14	Synergy*
September 21/21	Polarity Therapy Introduction
September 27/28	Brain Gym® 101 - Wknd 1 of 2
October 4/5	Polarity Therapy Level 1
November 1/2	The (Hidden) Pillars of Polarity*
November 8/9	EDU-K Indepth
December 4/7	RCST Biodynamic Cranial Intro

* Workshop



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***Approved Polarity Therapy Training School by the American Polarity Therapy Association and Continuing Education Unit Qualified & Listed with the College of Massage Therapists of Ontario**

Brain Gym® is a registered trademark of the Educational Kinesiology Foundation, Ventura, California