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ENERGY



CURRENTS

Journal of the Ontario
Polarity Therapy Association

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Polarity Therapy works on the whole body, on all levels and with all systems.

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Polarity Therapy
exploring the basis

A TRIBUTE TO DR. STONE



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SPRING SUMMER 2004

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The Ontario Polarity Therapy Association

is proud to present

POLARITY & TRAUMA

a workshop with Dr. Chandana Becker, PhD, MTI, RPP, SEP

October 16 & 17, 2004

Saturday & Sunday • 9am to 5:30 pm at The Loyal True Blue and Orange Lodge, Richmond Hill, Ontario

REGISTER EARLY! \$275 OPTA members • \$325 non-members

Apply for a \$25 discount if you register before August 1st with a \$100 non-refundable deposit to reserve your space. Fee includes morning snacks and catered lunches.

- This workshop draws on clinical experience, integrates body-centered Trauma Healing conceptual and verbal skills with Polarity Therapy body-work and energetic evaluation.
- Come immerse yourself in the healing context of the Polarity Community while you practice empowering yourself and your clients through awareness, dialogue, energetic boundaries, and self-regulation with a very seasoned Polarity and Trauma expert.
- Ease and power arise from awareness and effortless effort - learn how to integrate these life skills into your Polarity practice.
- Energy medicine and integrative therapies are an emerging force in health care today - come study with an expert.
- Chandana fills her classes with practical skills, laughter and play, and support for your success as a practitioner.

Chandana Becker, PhD, MTI, RPP, SEP, is dual-licensed in the USA as a psychologist and a massage therapy instructor, is one of the 30 original APTA-honored registered polarity practitioners, and a certified somatic experiencing practitioner. She is a past president of the APTA, is a certified polarity educator, and has taught Polarity Therapy throughout the USA and internationally since 1977. Chandana's focus is on the health of the whole person. She specializes in applying a holistic, energy-based perspective to self-care, integrative therapy, and prevention and resolution of stress-related conditions and trauma-based disorders. With 32 years of experience in mental health and 27 years in holistic health, Chandana is a knowledgeable, caring, and dynamic teacher who speaks clearly from the heart about healing.

For more information contact OPTA at 416.685.5172, email info@polaritytherapy.ca or check out details at www.polaritytherapy.ca

Message From The



Editor

Welcome to the new and improved, grander edition of Energy Currents!

Our decision to enlarge the publication, and reduce the number of publications per year was based on the idea of creating a more formal journal for study, contemplation and distribution. The intention of this journal is to broaden the perspective and circulation of information relating to the field of Polarity Therapy and related complementary modalities.

As usual, we encourage all OPTA members, subscribers, authors and artists, to participate in building this journal. Only by continuing to convey and disperse the compounded benefits and all encompassing scope of Polarity Therapy, will individuals come to know and appreciate it's awe-inspiring potential.

In the same playful and inquisitive manner as that of Polarity

Therapy's founder, Dr. Randolph Stone, we encourage your resourcefulness and experience, your talent, interpretations, questions and comments. 🙌

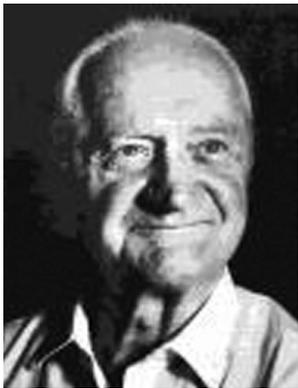
Stone Quote

“Specifics” is the cry of the day; do the one thing which does all. But Nature does not respond that way. Life is a mystery. All motion is triune. Nothing in the manifested universe is an independent unit. The lesser depends on the greater, and the superior rests on the inferior.

Dr. Randolph Stone, Polarity Therapy The Complete Collected Works, Volume Two, Book IV, Volume pg. 13.

A Brief Biography: Dr. Randolph Stone DO ND DC

compiled by Peggy Barrett, RPP



Polarity Therapy was developed by Dr. Randolph Stone, DO, ND, DC (1890 to 1981).

As a young boy, Dr. Stone immigrated to Chicago from Austria with his family. He learned English by comparing his well-studied German Bible, with the English version. Thus began his un-ending and voracious appetite for learning and knowledge. In 1914, he received his degrees in Osteopathy, Chiropractic and

Naturopathy. As an ardent student of philosophy, theosophy and world religions, he travelled the world several times in search of underlying and corresponding truths and tenets, devoting much of his time to the study and understanding of the mysteries of life.

Dr. Stone remained dedicated to tireless study and enthusiastic observation of natural laws. He was aware that various cultures had the ability to employ these laws for healing by integrating the body, mind, emotions and spirit. This led him to the discovery that disease and pain would occur when the natural flow of the body's energy was disrupted or blocked due to stress or other invading factors. As a result, he developed methods to find blockages in a person's energy field and to release any held energy in order to restore their system to a higher degree of health. Rather than concerning himself with

symptoms, he always looked for the health in an individual in order to build upon it, thus Polarity Therapy has come to be known as a health building process.

Through his research, Dr. Stone discovered that it is the blending of electromagnetic energy with the chemistry and physiology of the body that is the true secret to health. He called his work Polarity Therapy based on the principles of positive and negative energy flow within the body and applied these energy principles in his Chicago medical practice. In the 1960's, he began to teach other doctors. By 1970, he was leading numerous, well attended seminars. Of course today, research has proven that indeed there is a flow of electrical energy in and around the human body, examples of which are found via brain waves, heart rhythms, etc. Dr. Stone was once referred to, by Dr. Robert K. Hall, MD, founder of the Lomi Institute, as 'the father of a new field of energetic studies'.

Dr. Stone's first work was published in 1949, and was followed by 7 more books. His writings encompass the rich tapestry of experience and knowledge that he had acquired. They are evidence of his fervent discovery of the intersecting aspects of Eastern, Western, Medieval, Scientific, Ancient and Modern understandings of man and health. He eventually retired at age 83 to spend his remaining years in contemplation and meditation in India. In 1984, a core group of his students founded a national organization, the American Polarity Therapy Association, to support the continuation and expansion of his work. The depths of his writings continue to be unravelled and explored. 🙌

Plan Ahead...



For more information call
416.685.5172

Monday June 7, 2004

OPTA Evening Workshop • Osteopathy with Anne Hartley, BPHE, dipATM, CAT(C), DOMP

at the North York Central Library, 5120 Yonge Street
(at the North York Centre Subway and near the 401)
Doors open 6:30 pm • Meeting commences 7:00 pm

Anne, who has been practicing for 32 years, will tell us about Osteopathy today and where it fits in the field of healing. She will focus on assessments and treatment, and will demonstrate ways to increase palpatory skills. This will be an incredibly informative evening with an exciting, knowledgeable speaker!

Anne Hartley, BPHE, dipATM, CAT (C), DOMP, is a Canadian athletic therapist and osteopathic manual practitioner. She is a full time professor in the sports injury management program at Sheridan College, Oakville, Ontario and has lectured extensively in Canada and the United States.

Saturday October 16 to Sunday October 17, 2004

OPTA Weekend Workshop • Polarity & Trauma with Dr. Chandana Becker, PhD, MTI, RPP, SEP

9am to 5:30 pm daily at The Loyal True Blue and Orange
Lodge, Richmond Hill, Ontario

Register Early! • \$275 OPTA members / \$325 non-members
(See advertisement on page 4 and article on page 23.)

In the two day workshop that she will facilitate for OPTA, Chandana will teach skills to add to what we already know from Polarity, hone our awareness and apply dialogue techniques to capitalize on the innate and instinctual capacities for self-regulation.

Dr. Chandana Becker, PhD, MTI, RPP, SEP, is a clinical psychologist who practices and teaches integrative therapy. She is a licensed massage therapy instructor and a certified somatic experiencing practitioner. Her focus is in mind-body/health psychology from a holistic, energy-based perspective for addressing stress-related disorders, trauma and self-care. Chandana teaches internationally and uniquely integrates Polarity Therapy, Trauma Healing and Psychotherapy to meet the needs of the whole person. Thirty-one years in mental health and twenty six years in holistic health make her a knowledgeable, caring, and dynamic teacher who speaks clearly from the heart about healing.

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Practitioner of:

Polarity Therapy

Reiki

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Board notes

The Ontario Polarity Therapy Association • May 2004

Congratulations

To OPTA's newest Registered Polarity Practitioner (RPP), Lesley McCloskey, a graduate of Sher Smith's *Reaching Your Potential School Of Polarity Therapy*.

To OPTA's newest Certified Polarity Educators (CPE's). The following individuals are now qualified to teach Polarity Therapy in an APTA approved school:

Jim Fairman, RPP, Victoria Lorient Faibish BA, RPP, Shirley Prouty, RMT, RPP, Sharol King-Cordner, BPE, RPP, Mary MacDonald, RPP, Natalie Pequeux, RPP, Jessica Reaske, RPP, and Lilli Swanson, RPP.

Members - If you have recently received a new or updated designation, please keep us informed. Contact OPTA at 416.685.5172 or by email at info@polaritytherapy.ca.

Fall Workshop

We are delighted to announce that OPTA is sponsoring a workshop this fall featuring Chandana Becker, PhD, MTI, RPP, SEP, CPE. Chandana will be presenting "Polarity and Trauma" Workshop October 16 and 17, 2004 at *The Reaching Your Potential School* in Richmond Hill. For a preview of the workshop, please read her article on page 23 of this edition of *Energy Currents*.

Chandana is a longtime member of the American Polarity Therapy Association, having served also at one time as President. She is an accomplished teacher with a long list of impressive credentials. We are looking forward to seeing many of our members in attendance. See the corresponding ad on page 4 for further details. Get your registration in early to reserve your space and save money!

OPTA Board Sub-Committees

We have now established specific subcommittees for greater efficiency. Please contact one of these committee members should you wish to offer your time, services or suggestions to making OPTA and Polarity Therapy more visible in Ontario.

MEMBERSHIP COMMITTEE:

Mirja McAdam, RPP, Jim Fairman, RPP, and Angela Greco.

FUNDRAISING/EVENTS COMMITTEE:

Virginia Hanspiker, RMT, and Pat Ransom, RN, RPP.

COMMUNICATION COMMITTEE:

Laurie Copeland, RPP, Tom Russell, APP, and Peggy Barrett, RPP

Reminders

Energy Currents Publishing Schedule

Energy Currents, the Newsletter of the Ontario Polarity Therapy Association, has been changed to *Energy Currents, the Journal of the Ontario Polarity Therapy Association*. We are now publishing two journals per year. The new publishing dates are as follows:

Spring/Summer Issue - May 1st (with April 1st content deadline)

Fall/Winter Issue - November 1st (with October 1st deadline)

It is the intention of the board that these changes inspire new energy, larger and even more informative, collector editions.

Tradeshaw / Meeting Support

Tradeshaw/Meeting support materials are available to all of our members on a first-come, first-serve basis. For more information, or to reserve materials, please contact OPTA at 416.685.5172 or by email info@polaritytherapy.ca.

Professional display materials include: carpeting; tablecloth; a 3'x11/2' "Polarity Therapy" sign; various laminated colour posters; and a bin of essentials that includes tape, nails, clipboards, and more.

OPTA Board Resignation

Director, Pam McDonald has recently announced her resignation from the OPTA Board. While we are pleased to support Pam in her future endeavours, we are sad to see her go. Pam has provided dedicated enthusiasm and support for OPTA over many years and has been a joy to serve with. On behalf of the entire board and membership, we wish Pam great success and happiness and thank her for her gracious efforts. 🙏

Discover your Self by awakening the ♥ within.

Polarity Therapy • Reiki • Flower Essences
Cranial Sacral • Brain Gym®
Health Building • Energizing • Actualizing Potential

Peggy Barrett RPP

Health & Life Essence Practitioner
(416) 626-8120 • peggy.barrett@sympatico.ca



The Magical Menopause Workshop

Dedicated to the Physical, Mental, Emotional and Spiritual Well-Being of
the Peri-Menopausal, Menopausal and Post-Menopausal Woman

Saturday June 19th and Sunday June 20th, 2004

9:00 a.m. to 5:00 p.m.

At the 57th Royal Canadian Legion Hall (lower level)
351 Silverthorn Avenue, Toronto
(corner of Rogers Road and Silverthorn Avenue)

Facilitators and Speakers

Anna-Kria King and Susan M. Fairman, C.Ac.

Cost: \$200.00 for 2 days.

*Pre-registration: \$175.00 by April 8, 2004

This Workshop is intended to instruct those women that are not yet in menopause so that they know what to do when their time approaches. It is intended to help those that are already in the throes of menopause and those women who have come out the other side of it and need validation and guidance in their "new" identities. The feelings, the changes that accompany this most sacred time are most intense.

This Workshop will deal with health issues, emotional issues, spiritual issues that occur. It will include self-help, information on alternative therapies and practitioners, meditational practices, energy work (Qi Qong, physical exercises), song, dance, astrology, ritual and much, much more.

For further information please contact:

Susan M. Fairman, C.Ac.

416-658-7557

email s.fairman@sympatico.ca

* For those pre-registering, there will be an astrological chart drawn giving indication when the person will be experiencing their menopause and the changes that will occur. Please include your date of birth, the time, the city and the country in which you were born.

Reminder: Pre-registration deadline April 8, 2004.



Springtime

By Sher Smith RN, RPP, RCST

Winter is the quiet time of year for rejuvenation. It is about being in a heavier energy that is internally working to rebuild and restore the system as it awaits the lightness, freshness & newness of Spring. A Polarity Therapy session will bridge these energies to bring balance to the system. At our *Reaching Your Potential Polarity Therapy School* we follow the teachings of Dr. Stone, DC, DO, ND, who was the founder of Polarity Therapy. He never did work with symptoms, he only worked with natural electromagnetic energies of the body. His is a Health Building process that empowers the client. The client takes part in this process.

Nutrition is a big factor in anyone's health. In winter, one naturally gravitates to the heavier foods, the root vegetables of the earth to assist in the re-building process. Moving into Spring, people who are able to follow their natural rhythms and inclinations, will find themselves gravitating toward lighter foods to match the energies created in nature, as the solid ice melts and the waters in the rivers start to flow once more. There is an increase also in the warmth of the sun and the wind in the air. We start to have an inner desire for fruits and salads and perhaps some additions of spicier foods to awaken and support these inner drives. Dr. Stone was a big supporter of sprouts, as they contain many nutrients that assist in developing a healthier state in the body.

On the level of exercise, there is an inclination and desire to move outside into that newness, that freshness, with a longing for the open spaces of parks, for being in and with nature. People naturally want to get outside walking and often have a drive to start gardening. These are natural ways of grounding all the newness of Spring and the lighter energies it activates.

We also plant in our mind with our thoughts. Dr. Stone states in his collected works on Polarity Therapy (Vol 1, Bk 1, p. 92), "*For as a man thinketh, so he is. As a man soweth so shall he reap. That is the inevitable Law of Life.*" At heavy times, such as the world is now in, people can take charge of their thoughts by choosing to read uplifting books or attending light-hearted and funny movies. These choices change the chemical soup in our brains, as explained by Candice Pert in her book "*Molecules of Emotion*" and by Paul Persall in book "*Super Joy*".

When people resist the natural flow of these energies in nature then their internal energies can become slightly chaotic, often felt as a restlessness or edginess referred to as "Spring Fever". Here, a Polarity Therapy bodywork session is of great benefit in assisting the body to move into a state of rest and relaxation. In such a state the

innate wisdom of the body always chooses to move toward Health. At this time, the Polarity Practitioner can support the client in their activities by offering a selection of positive choices for Health in the aspects of Nutrition, Exercise and of enhancing one's thought processes. We do have choices, and it is in our best interest to make choices that support our own Health Building process. 🙌

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.



Registered Polarity Practitioner	\$50 per annum
Associate Polarity Practitioner	\$35 per annum
Student Polarity Practitioner	\$25 per annum
Business Membership	\$100 per annum
General Membership	\$25 per annum
Magazine Subscribers	\$25 per annum

To become a member, to subscribe to Energy Currents or for general inquiries regarding the benefits of an OPTA membership

call 416.685.5172
email info@polaritytherapy.ca
check out our website at www.polaritytherapy.ca

OPTA Workshop Review

A POLARITY PERSPECTIVE



Notes compiled by Pat Ransom, RN, RPP and Peggy Barrett, RPP. Confirmed by Phil Young, RPP, CPE

On January 19, 2004, OPTA was fortunate indeed to have as our guest speaker the current President of the American Polarity Therapy Association, Philip Young. Many of the twenty-six people assembled knew about him, or had met him at conferences and attended his workshops there, and others had read his book entitled, “The Art Of Polarity Therapy: A Practitioners Perspective.”

Phil, who trained with Dr. Alan Siegal in California, now lives with his partner Morag Campbell in England where they teach and practice Polarity Therapy. Morag, with Phil’s support, has spent the last 12 years running trainings in Oslo, Norway where there are now hundreds of Polarity Therapy practitioners.

All in attendance listened intently as Phil spoke passionately about the path that led him to Polarity Therapy. He described his journey into the healing arts, which began when studying various martial arts at the age of twelve. Some of his teachers were practitioners of Acupressure and because of the way they shared their knowledge of Eastern philosophy, Phil became curious and began his own exploration into these intriguing traditions. One thing led to another and Phil eventually began to study the Hermetic/Alchemical teachings of such early pioneers in the field of energy theory as Aureoleus Phillipus Theostratus Bombastus von Hohenheim, better known as Paracelsus, the great healer and occultist of the sixteenth century.¹

When Phil eventually heard about Polarity Therapy and experienced the effectiveness of bi-polar contacts on the body, he was amazed. Later, when he discovered that the work Dr. Stone had done to develop the practice of Polarity Therapy was based

essentially on the pioneering efforts of Paracelsus and the early Alchemists of the 14th century with whose work he was already fascinated, he was hooked! Phil spoke of Paracelsus and Dr. Stone as both being constant seekers. In Dr. Stone’s writings, we read: “Paracelsus emphasized the Energy Potential more than the chemistry... The alchemist always deals with Life and its Energies in all his research, observation and practice”.² Dr. Stone was a colleague of Manly P. Hall who wrote a book on ancient Hermetic teachings including Paracelsus, entitled, “The Secret Teachings of All the Ages.” We need to look deeply into Dr. Stone’s writings to better understand as the mystery is not spelled out - that was the way the secret writings were done in olden times.

Our imaginations can
produce anything we
focus on!

Listening to Phil’s stories and experiencing the passion and enthusiasm he maintains for our chosen modality, was inspiring and encouraging. We can learn a great deal just by sitting at the feet of our elders (figuratively) and assimilating their insights and wisdom. He talked at length of Dr. Stone’s life and the development of Polarity Therapy. Stone said that in order to gain an accurate perspective of our client’s energy fields we need to work towards making sure that our own energy fields, through which we look when doing our work, are clear. The clearer we are, the clearer our perception of others will be. When we think negative thoughts, it disturbs our energy field, so controlling our thoughts is

important to maintain balance. Our imaginations can produce anything we focus on! Dr. Stone’s positive thinking came from a popular book called, “As A Man Thinketh.”

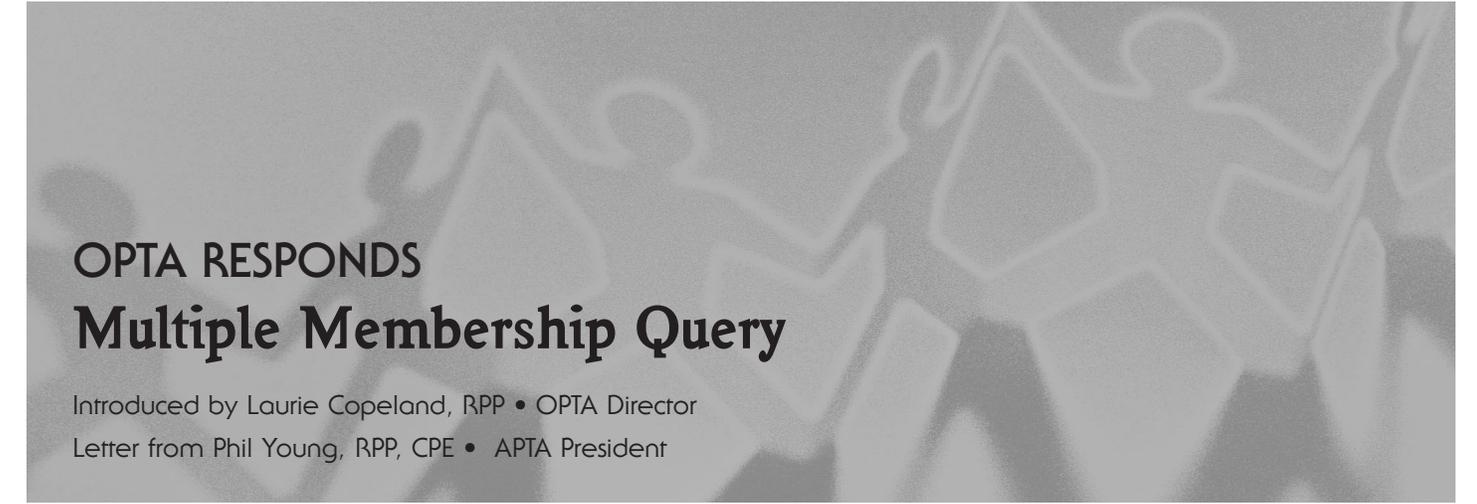
Phil also reminded attendees that Dr. Robert Fulford was a student of Dr. Stone’s, and from 1959 onward trained with him. There are tapes of the two of them talking. Dr. Stone was about 70 years old at the time and Dr. Fulford was about 35. There is a new book about Dr. Fulford entitled, “Vibratory Touch” which is what we, as Polarity practitioners, would refer to as *Rajasic* touch. Similarly, Edgar Cayce, in his work, recommended something called a *General Treatment*, which is akin to Polarity Therapy’s *General Session*. Phil has recently produced tapes of some of Dr. Stone’s such lectures. These have been digitally cleaned and are now for sale in Canada at the *Reaching Your Potential School*.

During his brief visit, Phil also offered some insights into building successful practices. One of the main ingredients to that end is the development of our own spiritual tradition for transformation of the ego. This happens as we grow spiritually and increases our faith and trust in our own gifts and the innate ability of the body to heal itself. This in place, a couple of clients with contacts and referrals will be headed our way! That is how he has developed his client base and encourages us to ‘go forth and do likewise’. 🙌

References

¹ *Polarity Therapy, Dr. Randolph Stone, Vol. 3 pg. 19.*

² *Polarity Therapy, Dr. Randolph Stone, Vol. 3, pg. 81.*



OPTA RESPONDS

Multiple Membership Query

Introduced by Laurie Copeland, RPP • OPTA Director

Letter from Phil Young, RPP, CPE • APTA President

Over time, OPTA has had many inquiries from our members as to the benefits of membership with the American Polarity Therapy Association (APTA) and Ontario Polarity Therapy Association alike.

Founded in 1984, APTA serves as the governing body for Polarity Therapy in North America, and acts to support the competence and professionalism of the practice of Polarity Therapy through the development and maintenance of Standards for Practice and Education, Code of Professional Ethics, approved training programs, practitioner registration, educational and promotional events (conferences), public relations programs and the distribution of educational materials and publications.

In order to increase opportunities for legislation regarding Polarity Therapy as a viable health care alternative, a governing body (such as APTA is to Polarity Therapy) insures unified intention, professional modeling and fulfilled expectations in the management and presentation of the modality. This is the basis for the importance, and ultimate development and maintenance of both the APTA Code of Professional Ethics, and the Standards for Practice and Education (currently in its 4th edition). As a governing body, APTA is responsible to its members and to the general public for its presentation of Polarity Therapy.

Albeit a challenging role to play in a society as diverse and intent on self-regulation as ours, the organization of an association such as APTA, and ultimately the support of it from its members, is necessary to ensure the growth and popularization of Polarity Therapy.

OPTA's role is to support the Ontario and cross-Canada Polarity Therapy membership base. It is our intention to be responsible to our membership as representatives to APTA and likewise, as representatives of APTA to our membership. It is not the intent of OPTA to reinvent the wheel, to provide within our more modest means, that which APTA has worked to successfully provide. It is the vision of OPTA, that we work in unison with APTA to extend their parameters, to service our own community, with whom they may not be as familiar with in terms of the needs and wants of a growing international membership. It will only be through the forging of alliances, cooperative management and the sharing of knowledge that Polarity Therapy will afford the opportunity to grow with credible rhythm and professional fortitude throughout the world.

Having set out to satisfy our members' inquiries, we also invited the perspective of the current APTA president:

Why Join APTA?

By Phil Young, RPP, CPE • APTA President

I believe that the reasons why a person should join a therapy association based in another country is a fascinating question. As I myself am resident in the United Kingdom and yet support both the local United Kingdom Polarity Therapy Association as well as the American Polarity Therapy Association it would seem that I should be able to answer this question easily but in reality this is far from the case. The reality of the situation is that any local association in your country of residence is going to be the more vital membership for you in terms of your work and your right to practice locally. I believe it's essential that all practitioners support local organizations. It is through these associations that you establish a referral network and get immediate help and support relevant to any practice issues in your own country. Of course this is a local and somewhat parochial viewpoint. We do live in a global society which has been accentuated over the last ten years by the all-pervasive World Wide Web and the relative ease of international air travel. So whilst we need to take care of local situations and local politics we also need to have a broader perspective. In the case of Polarity Therapy it has become very much a worldwide phenomenon and much of that growth and expansion has come through the work of the American Polarity Therapy Association.

So to return to our original question; why should a practitioner or student who is a resident of any country outside of the United States of America join the American Polarity Therapy Association. Firstly, let me say that I do believe there are good reasons why you should join, the fundamental one being that it is the only truly international organisation in existence. It might be argued that the American Polarity Therapy Association is not an international association but the reality is that over 10% of its members are international and this figure is a likely to increase over the coming years so whilst its name indicates a predominately American viewpoint the reality is that it is an international association. It is also quite likely that sometime in the not-too-distant future some form of name change will take place within the organisation which will allow it to embrace an even larger global perspective and scope to its work. A partial list of other reasons as to why it would be fruitful to join are:

1. To be part of a larger more global network. To look beyond your national boundaries and concerns that arise in your own country.

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"Multiple Membership Query" continued...

2. To support an organization that has done more to further the growth of Polarity Therapy than any other through the introduction of educational standards, codes of ethics and the creation of an overall sense of professionalism within the work. Prior to the establishment of the American Polarity Therapy Association some countries had minimal training standards but most did not, the standards set by APTA have become the basis of nearly all training standards worldwide.
3. To help fund the growth of an organisation that has the resources and talent necessary to create solid scientific research into Polarity Therapy.
4. To enhance the prestige of your work locally by being able to say that you are member of the largest and leading Polarity organisation in the world.
5. To participate in high quality conferences, as the American Polarity Therapy Association is the only organisation that runs regular conferences that attract presenters and attendees from all around the world. 🙌

For more information about the American Polarity Therapy Association (APTA) please refer to www.polaritytherapy.org, or more information about the Ontario Polarity Therapy Association (OPTA), visit www.polaritytherapy.ca.

For Spirit & Thought...

Above & Beyond

By Krista Burda

Many spiritual teachers say that we humans are merely tourists, visiting this planet Earth only for a brief stay. In that case, I see us all wearing a certain well-known travel outfit with many deep and hidden pockets, filled with all kinds of memories and emotional issues. We are like needy hoarders, ever carrying around a huge backpack, so heavy, that we can hardly bear the weight. Some of us may complain ceaselessly about our burdens, but also find it unimaginable to part with anything.

It's a fact that we have our return ticket back "home", but prefer to deny our date of departure. Also, it seems unbelievable, that we will not be permitted to take along our 'souvenirs'. Everything will have to be left behind. All that will remain is a record of what we thought, said and did in all the many "testing" situations sent our way to determine if we have earned the right to graduate to a higher level.

Krista Burda is a level one student of Polarity Therapy, studying at Reaching Your Potential in Richmond Hill, Ontario.

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POLARITY THERAPY

energy medicine to balance
and heal the life force

By Lisa A. Megidesh, MS, RPP, RYT

(Reprinted with permission • *Alternative & Complementary Therapies*, October 2001)

Polarity Therapy is the science of balancing the life energy in the human body, an underlying field that is viewed as the basis for all health and disease. This therapy uses energy-based bodywork and education to promote energetic and cleansing principles of eating and increased self-awareness in addition to using polarity yoga to balance the human energy field (HEF). Polarity Therapy places healing back under the guidance and responsibility of the clients and empowers them with the tools and resources to create and maintain health.

A Polarity practitioner, skilled in locating obstructions to, and imbalances in, energy flow, rebalances that flow through gentle bipolar contact bodywork and deep relaxation. The Polarity practitioner educates the client to support this state of balance by way of a variety of techniques that may affect detoxification of the internal environment, stress levels, lifestyle, aspects of human interaction, awareness and exercise routines.

If appropriate changes are not made and sustained in the client's lifestyle and/or attitude, the same imbalance in the energy field may be created repeatedly. As the energy blocks are released, normal body function and alignment are restored and maintained. This is health.

Polarity Therapy, developed and introduced by founder Randolph Stone, ND, DC, DO (1890 - 1981), has quietly been helping people to regain their health and their sense of well-being, and to gain a clarity of awareness that helps them to maintain their health and guide their healing processes. This therapy has been reported to be helpful in many cases of chronic and acute conditions. Practitioners throughout the world have recorded case studies showing that Polarity Therapy has helped people with arthritis,¹ eating disorders,² autism,³ attention-deficit hyperactivity disorder,⁴ cancer,⁵ and cerebral palsy.⁶ Pain reduction has been achieved in many situations.

I personally have witnessed that clients previously diagnosed with lumbar sprain, resulting in sciatic-type pain, digestive disorders, chronic fatigue syndrome, fibromyalgia, athletic-induced asthma, depression, insomnia, infertility, debilitating menopausal symptoms, and plantar fasciitis have experienced improved health and sometimes a complete absence of their symptoms, after a series of Polarity sessions. Some clients may be treated with multiple modalities, in conjunction with Polarity Therapy, while others respond to Polarity Therapy as the sole modality. It should be noted, however, that Polarity Therapy is used to treat the whole person, more specifically the human energy field, not the set of symptoms or disease. Proponents of Polarity Therapy do not claim to cure any medical condition.



Dr. Stone's protege, Pierre Pannetier, ND (1914 - 1984), who continued Dr. Stone's teaching after 1974, made this simple statement about Polarity practitioners. "We do not do *anything*. The *life energy is doing everything*." We, the practitioners, are life forces interacting with the life force of the client. Surprisingly, our intention is not to heal, but rather to create an interaction for the highest good of the client. Our intent, while communicating, and applying specific protocols, is to be neutrally present and create a safe space for the client to simply "be". Here the client is accepted compassionately, just as he or she is, in that moment, regardless of whatever crisis, pain or stress brought him or her in for Polarity treatment. This is sometimes called the "therapeutic presence."⁸ Healing happens when both the practitioner and client are present in the moment. This process is a combination of action (doing interventions that typically support healing) and inaction (accepting what is comfortable and uncomfortable) and being guided by the results of both.

History of Polarity Therapy

The origins of Polarity Therapy are founded in Dr. Stone's research and understanding regarding the ancient healing traditions of the world. Dr. Stone felt a sense of incompleteness with the limitations of the manual treatments he was trained in. He sensed that there was more to healing and set about studying the healing traditions of indigenous cultures around the globe. He studied the medical and spiritual traditions of the Near East, China, and India. The concept of opposites or polarities of *yin* and *yang* in Traditional Chinese Medicine and the philosophies and practices of Ayurvedic medicine and yoga greatly inspired his understanding of the HEF (sometimes called the *life force*, *prana*, *chi*, *qi*, or *ki*) and how it manifests in human existence and health. Dr. Stone found that *energy* was the missing link. These Eastern traditions regard energy as the foundation for healing. Western medicine has only recently considered the HEF as possibly being important. Scientists have begun to investigate its existence, influence on health and illness, and possible use of this field's measurement as a barometer of health.^{9,10}

According to information provided on a Website about Polarity Therapy, "between 1947 and 1954, Dr. Stone wrote the seven books that contain his published findings. While practicing medicine in Chicago, he applied the energy approach to a wide range of conditions and achieved considerable success treating patients. He taught his method during the 1960s, finally retiring in 1974, at the age of 84.

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“Polarity Therapy” continued...

Many of [Dr.] Stone’s students have continued to research and apply his teachings, and to teach the next generation of practitioners.”¹¹

In 1984, a core group of advanced practitioners launched the national organization, the American Polarity Therapy Association (APTA). It has set standards for practice and education, established a code of ethics, and currently supports practitioners all over the world and helps to educate the public about Polarity Therapy.

The Science of Polarity

Polarity Therapy is based on the recognition that health and *dis*-ease reflect the state of the human energetic foundation. The theory suggests that the HEF is not static but is a dynamic influx and outflowing of energy influenced by the mind, emotions, past history and traumas, current health maintenance, and connection to the spirit or inner guidance.

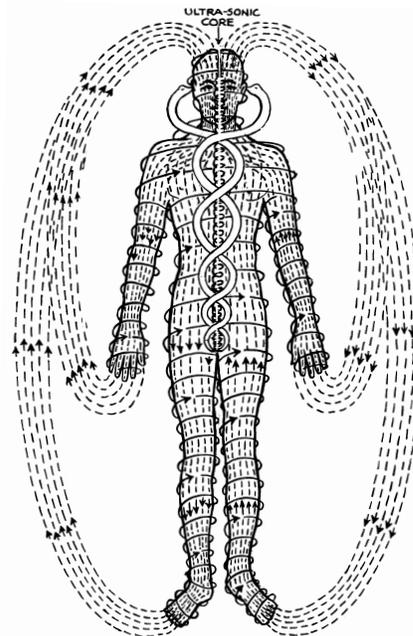
Dr. Stone described these energy pathways in detail as the “wireless anatomy of man.”¹² His description of the HEF uses electromagnetic terms and defines the relationship of the neutral source of energy (consciousness) and its positive and negative actions of the creation of human anatomy and physiology and its eventual return to the neutral source. He said that: “all matter, emotions, mind, substance, and energies move by the three modalities of 0 (neuter), + (positive) and - (negative) polarity.”¹³ These three principles are also known as *Sattvas*, *Rajas*, and *Tamas*. Neutrality and stillness are the qualities of the *sattvic* principle. It is the space or nothingness from which all arises.^A *Rajas* is the positive, expansive phase of energy movement responsible for physical movement, warmth, healing, and the creation of all that is. *Tamas* is the centripetal or returning phase of the energy movement having the qualities of inertia, completion, and receptivity.

One of Dr. Stone’s maps of the wireless anatomy is shown in the diagram in this article.¹² It is reminiscent of a typical drawing of the earth’s magnetic field. The subtle energy flows into the body as the ultrasonic core, giving rise to the *chakras* and the elements of earth, water, fire, air and ether, the craniosacral rhythms, and an interrelated combination of energy patterns of flow. These patterns and energy are the blueprint upon which the physical body is formed. Obstruction of the flow of this subtle energy is experienced as ill health. The proper flow or proper potentials to help establish this flow can be influenced by the placement of the Polarity practitioner’s hands at specific points on the body. One can imagine that hands are like the poles of a battery or the ends of a magnet, with opposite qualities that affect the HEF when placed in two different locations on the body (bipolar contacts). When held in these positions for 2 minutes or longer, the hands help to release the obstruction and reestablish the proper energy flow.

It is theorized that these shifts may, in turn, affect cell functioning,

^A Even in particle physics, during the collision of atomic particles, we see virtual particles of opposite charges arise from this energetic interaction and then disappear back into nothing. The void contains the potential for energy to be transformed into matter.

^B Emotional charges refer to the “hot spot” emotional issues that drive a person’s physical health and mental well-being.



COMPOSITE PICTURE OF THE PATTERN FORCES OF THE BODY AND THEIR WIRELESS CIRCUITS.

Human energy field map from Randolph Stone, ND, DC, DO (1890-1981) concept of “wireless anatomy”. In this diagram, one can see long line currents running up and down the length of the body. They are formed from the energy spinning off the *chakras*. Formed in a similar way, there are the East-West currents spiraling around the body almost horizontally. Emanating from the umbilicus are the spiral currents, not shown in this diagram. Adapted from Ref.12, chart number 3, with permission from the American Polarity Therapy Association.

release long-held emotion, and even realign the structure of the body. In addition, this natural flow is affected by the type of food and medicine one ingests, the way one moves and exercises, and the way one thinks and interacts with the rest of the world. Thus, Dr. Stone developed cleansing and health-building eating regimens and Polarity exercises, based on yoga postures.

Dr. Stone taught the importance of being connected with “the source.” He meant this, energetically, meaning having the flow unimpeded from whatever the source of all energy is, into and out of the HEF, and spiritually, meaning having a more subtle connection to a higher power or simply one’s inner awareness that provides guidance. There is no religion or dogma associated with the practice or use of Polarity for healing.

Polarity Sessions

A client coming for a Polarity session is usually asked to fill out a detailed questionnaire that addresses medical history, perceived stress level and stressors, exercise habits, food habits, spiritual/religious awareness, emotional charges^B, living situation influences, information on past traumas, major life changes, and perceived location of tension in the physical body and the relative balance of the five elements. A consultation follows, to elaborate further on the client’s history and to answer the client’s questions. An energetic evaluation proceeds as the practitioner observes the client’s body structure, alignments, voice, eyes, skin tone, level of awareness, pulses, and breathing patterns.

The client’s energy field is most often balanced while he or she lies on a treatment table fully clothed. Throughout the treatment, the client’s energy field and physical and mental responses are observed and/or elicited by the practitioner. During Polarity treatment, contacts to the body are made with both hands, usually located at separate locations. Because of the bipolar nature of the body and hands, the practitioner uses the contact with positive and negative poles to stimulate energy

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“Polarity Therapy” continued...

movement and balance. The intention of the contact is to access the energy field and balance it through a variety of contact types. These contacts vary from deep (*tamasic*) held contacts to release blocked energy, moving (*rajasic*) contacts to disperse the energy, and light (*satvic*) contacts to balance the field.

Protocols may be very simple and defined or may be more improved “energy tracing” as the practitioner becomes aware of different areas or levels of the energetic imbalance.

The description of what is felt by participants in a Polarity treatment session varies from practitioner to practitioner as well as from client to client. Tingling, movement, pulsation, pressure, intensity, dispersion, warmth, expansion, and contraction are some words that describe the subtle sensation that the practitioner feels while holding these light contacts. The practitioner may sense them in the hands, body, and personal energy field. The client’s experience often differs from a practitioner’s, but they often correlate. When the person on the table feels a release or relaxation, the practitioner feels a shift in the HEF. The most common descriptors my clients report are warmth, relaxation, and movement (for example: “it feels like there is a flow or movement from my leg to my shoulder”). Also, as the energy releases, the client may experience a wide range of emotions and insights.

Dr. Stone said that the bodywork was only 15 percent of the healing process. The other 85 percent occurs off the table via the changes the client makes in his or her life. This is why client education is so important. Depending on the individual’s needs, the practitioner may suggest exercises to keep the client’s energy moving and balanced, or may teach meditation or visualization, or recommend a cleansing diet. Clients may be referred to outside practitioners for support of the healing process. By the end of a session, a client is often deeply relaxed and revitalized. The complete effect of a session may take as long as 48 hours to manifest.

How many sessions may effect an improvement depends on how chronic the imbalance in the energetic pattern is and on the willingness of the client to make the necessary lifestyle changes. Sometimes a person needs one session for a little stress relief. Sometimes a client will continue for weeks, months, or years, if he or she finds the sessions helpful. I usually suggest a minimum of 6-8 sessions.

Integrating Polarity with Other Therapeutic Modalities

Integrating with other types of health care treatments comes naturally to Polarity. Andrea Axt, PhD, RPP, a registered Polarity practitioner at Polarity/Cranialsacral Associates in Montreal, Quebec, Canada, has worked integratively with many children with Down’s syndrome, cerebral palsy, autism, and hyperactive children with special needs. Polarity Therapy has been shown to activate and to help balance many of the neurotransmitters, including serotonin and beta-endorphins, and to decrease levels of stress-related hormones.³

During a 6-month period, at Atlanticare Medical Center in the Boston area, Donna Clifford, RN, RPP, a registered Polarity practitioner, worked with 70 hospital clients with a variety of illnesses (headaches, high blood pressure, arthritis, chronic back pain, chronic constipation,

and mental depression). Clients reported pain relief and improved mental clarity and felt more energized. Polarity treatments were provided in the cardiac care unit. At first, doctors were skeptical about sending their clients for Polarity. As they heard the positive reports, the number of prescriptions for Polarity greatly increased.

Holly Dudley, RPP, a registered Polarity practitioner of East Otto, New York, reported major improvements in many areas for a young child with cerebral palsy when Polarity was included in his care. Physical therapy, occupational therapy, psychotherapy, other forms of allopathic care, and Polarity Therapy were all part of his ongoing treatment program. “One of the roles Polarity Therapy has played... was to take all that his caregivers were doing and bring it together to move Evan forward. It is a wonderful confirmation of the integrative power of Polarity Therapy,” noted Ms. Dudley.⁶

Mary Jo Ruggieri, PhD, RPP, leads a team of alternative practitioners at the Columbus Polarity Therapy Institute, Columbus, Ohio, where she serves as the Center’s director. This group also teaches alternative medicine classes at Ohio State University College of Medicine, also in Columbus. One of the group’s focuses for the last 10 years has been working with clients who have cancer and on cancer prevention. Ms. Ruggieri reports that her team and the allopathic doctors find an integrative approach using Polarity, herbs, and use of other types of complementary treatments help clients, whether they are undergoing surgery, chemotherapy, radiation, or using other medications. Patients are supported pre-surgically, during surgery - via Polarity treatments given in the operating room - and during postsurgical continued care. The patients receiving Polarity support have consistently experienced quicker recoveries; fewer side-effects such as nausea, neuropathy, and hair loss; reduced radiation burns; and reduced or no hardening of tissue (in those patients who have undergone mastectomies).

Seth Kantor, MD, a rheumatologist/administrator at the Ohio State University College of Medicine, believes that three components are key to helping patients with autoimmune disorders: (1) exercise; (2) bodywork; and (3) nutritional support. Dr Ruggieri reports that practitioners at the Columbus Polarity Therapy Institute have provided the bodywork component for some of Dr. Kantor’s patients, leading to successful improvements.

Anthony Deavin, PhD, a lecturer in anatomy, physiology and pathology at the Raworth Centre, Dorking, England, has reported on the use of Polarity Therapy in trauma release,^c and resolution. He integrates the work with focusing^d, trauma energetics^e, journey work^f, herbal medicine, and nutritional counseling.¹⁴

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^c Trauma release is based on the concept that trauma may be locked in body tissues, blocking energy flow. According to this idea, connective tissues has memory that registers all impressions that are experienced throughout life. These impressions affect form, structure, and energy flow. Subtle Polarity bodywork aims to release the energy so it can flow properly while resolving tissue distortions and releasing the stored traumas.

^d Focusing is a technique that helps patients to connect with the feeling content in their bodies. The therapist touches the client to help him or her focus on the area of the body where there is a disturbance.

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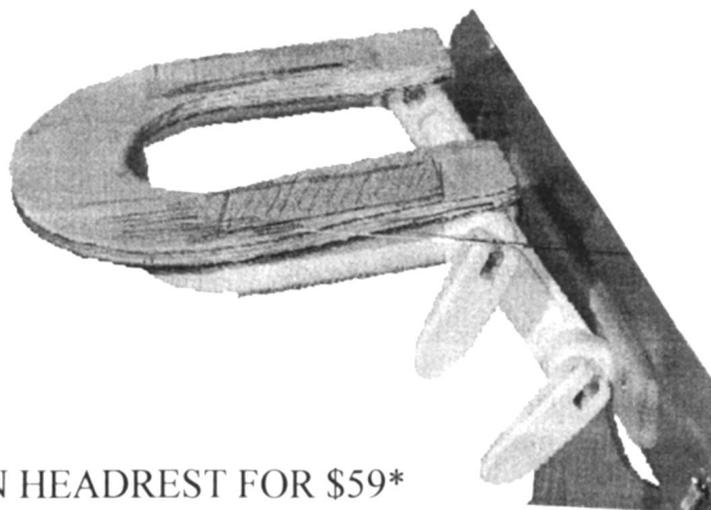
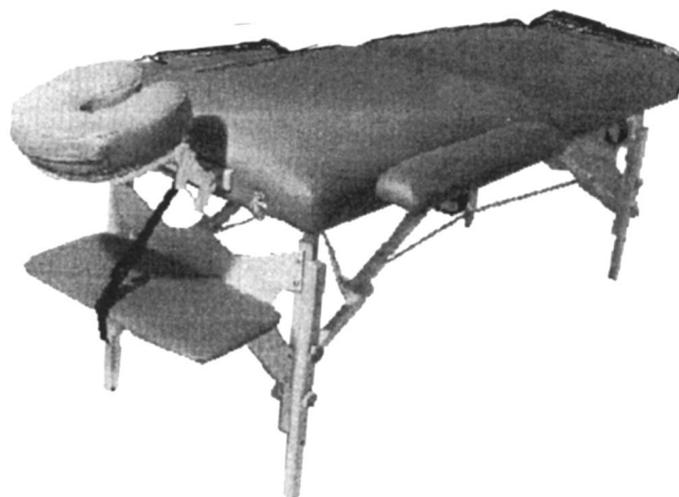


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“Polarity Therapy” continued...

I have seen Polarity integrate well with many other modalities of health care. Chiropractic physicians report that adjustments that have not been holding start to hold after Polarity treatment. Patients who receive conventional oncology therapies have found Polarity to be helpful in reducing the side-effects of chemotherapy and radiation. Additionally, clients with cancer have reported that Polarity treatments help to reduce anxiety and improve clear thinking, which is helpful in decision making and in accepting healing processes. Psychotherapists have found Polarity Therapy useful because it helps patients to gain access to core issues, creating possibilities for transformation in their individual sessions with clients.¹⁵ Sometimes, accessing memories via the body can be a lot quicker than months of therapy. Clients report enhanced emotional stability and clarity of mind.

Physical therapists also have found Polarity Therapy to be helpful, especially with clients who do not seem to improve. Moving the energy through the blocked - and usually painful - areas of the body often results in pain reduction and a freer range of motion.

Research Not an Easy Task

I visited a student who had been hospitalized after sustaining a severe accident. Among other injuries, her shoulder had appeared to be completely frozen for more than 2 weeks since the accident. Magnetic resonance imaging showed possible damage and she was preparing to make a decision about undergoing orthopedic surgery. While I visited her, a half-hour of Polarity appeared to help her to relax. Later, when the doctor came in for the consultation and she was asked to move her arm, to everyone's surprise, including her own, she was able to move her arm. Surgery was determined to be unnecessary. Was it the relaxation? Or was the restored movement of energy through the joint the reason for the major improvement? We do not know for sure. A Polarity practitioner will tell you it is the restored energy flow. This brings us to the question of research in Polarity Therapy.

Research in Polarity Therapy is in its infancy compared to research in other alternative and complementary modalities. There are few scientific and clinical studies completed and published. Susan M. Benford, PhD, the chief executive officer of Precomp, Inc. and Public Health Information Services, Inc., both in Dublin, Ohio, and her research team collaborated with Polarity Practitioners of the Columbus Polarity Therapy Institute, Columbus, Ohio. Their research measured gamma ray radiation emitted at four different sites on the client's body, before and after Polarity sessions. The results clearly established a significant decrease in gamma radiation in 100 percent of the subjects tested. Control groups without intervention and “sham” groups with

placebo intervention did not experience the same effects.⁹

Dr. Benford's research explores the mechanism of how treatments of hands-on healing may affect health. The question is: “how does the placement of a practitioner's hands on a subject influence the subject?” One hypothesis is that the electromagnetic fields of the practitioner interact and change the electromagnetic fields of the client. Perhaps these changes in the electromagnetic fields affect the cell functioning and body alignment.

Clinical research into specific illness populations has only begun. A pilot study in use of Polarity Therapy in patients with cardiac disorders has been proposed to the University of Michigan Complementary and Alternative Medicine Research Center for Cardiovascular Disease, Ann Arbor, Michigan, by a group of Polarity practitioners in that state.¹⁶

Some concerns about the design of research into Polarity are now being addressed. One difficulty is that, within a series of sessions, every session can be different. Even when all the study participants are manifesting the same illness, different individuals are likely to be treated via differing protocols and personalized education. One could study, for example, whether Polarity sessions improve the health of patients with asthma compared to similar patients undergoing conventional medical treatment or none at all. However, the study could not be limited to the use of a single defined Polarity protocol, because, over a series of treatments, many different protocols are used, depending on the energetic imbalance that presents itself *at each session*.

Another thing to remember is that Polarity Therapy would not be used to treat the asthma, it works with the whole being and the individual's HEF as it is presented in the moment. Some practitioners feel that a single-protocol type of study would compromise the essence and effectiveness of Polarity Therapy and would not be a study of Polarity Therapy at all.

Standardized questionnaires that include useful information about spiritual shifts and other subtle shifts in awareness (often important in Polarity healing process) have not been readily available. Perceiving and responding to the guidance the body gives, awareness, messages of an illness or accident, and insights that change a person's outlook, are all hard to measure; yet these are critical to the healing process. There are as many factors that represent healing as there are clients.

One more hurdle to overcome is that few Polarity practitioners are trained scientists. Our community has much to learn about doing good research, and practitioners are proceeding to educate themselves and collaborate with others in the research field.

Training

Practitioners are trained at two levels at certified schools. The associate polarity practitioner (APP) has completed 155 hours of training. The registered polarity practitioner (RPP) has completed 615 hours of training and supervised practice. The education received in Polarity Therapy is standardized for all schools, with many possible supplemental classes offered in addition to the core

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^E *Trauma energetics is a technique in which a client closes his or her eyes and scans the field of the mind looking for color. Awareness is directed in areas of black, perceiving the black until it shifts to another color. After the session a client may discover that certain problems have been resolved although they were not confronted directly during the session.*

^F *Journey work is based on the theory that traumas come in layers and as patients experience each layer they can move to the next one, experiencing each one through the “felt sense” in the body until he or she reaches the Source within.*

"Polarity Therapy" continued...

courses. The core training includes principles and theory, anatomy and physiology, energetic evaluation and integration, Polarity bodywork, communication and facilitation, energetic nutrition, stretching postures, clinical supervision, professional ethics, and business skills. Teachers and schools are certified. A code of ethics and standards for practice are followed, monitored, and updated by the APTA. Practitioners often come from other health care fields and incorporate Polarity into their specialties.

Conclusions

Polarity Therapy is energy medicine for all aspects of the body, mind, and spirit. This paradigm sees ill health and healing as a process of discovery not as a set of symptoms to be eliminated. The practitioner is more of a teacher or assistant to help the client back to a state of vital balance, with the client guiding the process. ☺

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ANNOUNCEMENT



LOCAL APTA BOARD NOMINEE

OPTA is pleased to announce that our own Jim Fairman, RPP, CPE, has been nominated for the APTA board of Directors in their upcoming elections.



Jim has served with the Ontario Polarity Therapy Association's (OPTA) board of directors since July 2001 and proven himself an invaluable asset. A skilled author, interpreter, philosopher and researcher, he is a regular contributor to the OPTA journal, *Energy Currents*.

Jim is a life long student of esotericism - both Eastern and Western, a Reiki Master third degree of the Usui Shiki Ryoho tradition, and a consecrated teacher and ordained priest in the western mysteries. He has taught seminars in western esotericism and assisted in running a western mystery school.

Jim resides in Toronto, Ontario where he operates his own Holistic Business, "Energetics - The Healing Ways of Energy". In his practice, Jim offers Polarity Therapy, Reiki, and Healing Touch Massage. An accomplished herbalist, he also prepares his own herbal preparations and will soon be offering spagyric herbal preparations.

"In my search for a healing modality that dealt not only with physical ailments but also the emotional and spiritual, I found no other modality that addressed all concerns better than Polarity Therapy. I realized that here was a system of healing that did not shy away from the spiritual truths of the past, but one that boldly embraced those truths. I was 'caught' and I had to help 'spread the word'." Jim - March 2001

Jim envisions two major directions for APTA's future: First and foremost is to continue in the education of the general public in the ideals and practice of Polarity Therapy; the second is to bring the mystical and spiritual aspects of Polarity back into the awareness of the Polarity community on the whole.

"Jim Fairman is balanced and grounded in his total approach to life. He is a good listener, non-judgmental and capable of seeing the big picture. He is a hard working team player with a zest and passion for learning and consistently demonstrates an attitude of patience, peacefulness and compassion. I highly recommend him to APTA as a candidate for the Board of Directors."

Peggy Barrett, RPP • President, OPTA

POLARITY THERAPY in a CLINICAL setting

By Jade Altravilla-Castaldo

Ever since I was first introduced to Polarity Therapy, I have wanted to bring energetics to the forefront of contemporary health care. The potential for health, growth and self-understanding made possible through Polarity Therapy is what inspired [founder] Dr. Randolph Stone to devote a lifetime of study to this work - and what inspires me to make it my life's work today.

I currently work as a Registered Polarity Practitioner (RPP) in a multidisciplinary health clinic in Markham, just north of Toronto. My colleagues include three Doctors of Naturopathic Medicine, a Clinical Nutritionist, a Registered Massage Therapist, and a practitioner of Specialized Kinesiology. Clients come through referral, direct marketing, intention, curiosity and happenstance (if such a thing were possible). Some come as a first resort to improve their health, others as a last. Some are new to the concept of energy medicine, others are seasoned practitioners. Working with other health care professionals enables me to position Polarity Therapy as a vital contributor to the healing arts.

One of the benefits of working with other practitioners is the opportunity to collaborate on different cases. For example, Liz, a 38 year old high school teacher who had been struggling with her weight for years, was referred to me by the Clinical Nutritionist. Although she had tried a number of different approaches to weight loss and had managed to shed some pounds, she felt frustrated over not having found the long-lasting success she desired. In the meantime, she had developed high blood pressure and a hypothyroid condition for which she had been taking medication. My colleague felt there was more to the

story than what was happening nutritionally and recommended my services.

As a Polarity Practitioner, I used the energetic window to help Liz gain insight as to what was keeping her stuck and preventing her from moving forward. In addition to Polarity bodywork, I provided her with Ayurvedic food options more in line with her mental and physical constitution, specific energy exercises to support her energetic patterns, and Brain Gym® exercises to help her integrate. As her physical, mental and emotional health increased, her dependency upon medication was beginning to decrease. At that point, I referred her to one of the Naturopathic Doctors who was able to provide her with options to safely reduce her intake of drugs.

Today, Liz is in the middle of a career change and feels much better about herself. Her weight is closer to what she wants and, more importantly, she has shifted her focus from treating the symptoms to treating the cause and tending to her overall health. Excess weight had been her first window in.

The benefits of working in a clinical setting are numerous, as are the challenges. As far as benefits go, I have gained greater understanding of the dynamics behind health and dis-ease and my skills continuously take on a new dimension. That keeps me curious, motivated and inspired. As far as challenges go, there are a couple.

First and foremost comes the task of educating clients and colleagues about the benefits of Polarity Therapy. Finding a place where Polarity Therapy complements rather than competes with what the others do is key. My colleagues have to understand

the process well enough to know how and when Polarity could best support a client's path to wellness. The second challenge lies in creating a seamless process for clients as they begin to understand the concept of working with more than one practitioner.

Finding a place where Polarity Therapy complements rather than competes with what the others do is key.

Our clinic has been open for 15 months now and, admittedly, the process is not yet entirely smooth. Like any relationship, the first year has its joys, challenges and learning curves. Overall, it has been a very positive experience for me as I learn more about myself, Polarity Therapy, and its place in contemporary health care... I firmly believe Polarity has a crucial role to play in shaping the future of health care.

As I think back to my own interesting experiences over the past year, I strongly urge fellow RPPs to consider working with integrative clinics. The challenges are definitely there, but the benefits far outweigh them. As shifts in health care begin to take place, Polarity practitioners have a lot to offer. 🙌

Jade Altravilla-Castaldo is a Registered Polarity Practitioner, Certified Brain Gym® Consultant and Reiki Master. In addition to private consultations, Jade teaches Polarity Yoga and offers seminars in energetic nutrition at Naturopathic Foundations. She can be reached at 905-940-2727.

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Brain Gym®

Simple Effective Tools to Make Learning Easier

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Educational Kinesiology, or Edu-K, is a comprehensive whole-body integration program that includes Brain Gym®, a system of developmental movements that reduces stress and integrates the hemispheres of the brain to enhance and accelerate the learning process. When the mind-body connections are integrated, academic performance improves, confidence and self-esteem increase, and behavioral problems are reduced or eliminated. The Brain Gym® movements have been shown over years of clinical experience, in field studies, and in published research reports, to prepare children with the physical skills they need in order to learn to read, write, and otherwise function effectively in the classroom.

Children, who are unable to retrieve and to integrate what they know, do not perform at their true potential. A frequently held belief in our culture is “*learning is all in our head.*” Neurophysiology and educational research have demonstrated that movement supports the development of neurological connections necessary for effective learning. The Brain Gym® program provides a simple and elegant movement-oriented environment that honors unique learning styles and developmental readiness, where children feel safe to learn and explore. Individuals using Brain Gym® effectively integrate knowledge into their daily life activities and enjoy participating more fully in the events of their lives.

The National Learning Foundation, a branch of the White House Task Force on Innovative Learning, recognized Educational Kinesiology as one of the top innovative learning programs in the United States. When a Brain Gym® program was implemented by one skeptical high school teacher, the students' academic performance, self-esteem, and confidence increased and social relationships improved. Specifically, the academic performance areas of reading, math, spelling and comprehension showed outstanding improvement. Students of all ages, who use Brain Gym®, are finding learning the joy it was meant to be.

Dr. Paul Dennison, a pioneer in the field of brain organization, developed Edu-K while serving for 19 years as director of the Valley Remedial Learning Centers. His work grew out of his passion to understand why people have learning difficulties. Dr. Dennison found that the early inability to perform well was often the

beginning of stress patterns and low self-esteem. He also found children and adults, who seem to perform well, are often not able to respond with ease to specific tasks and, instead, perform through compensation. The Edu-K process is designed to allow the mind-body system to relax, release ineffective compensations, and integrate brain functioning so that one can develop full potential.

From the time of conception, a child's nervous system goes through specific chronological stages of development. Emotional, environmental, structural, or academic stress inhibits the effective completion of these key developmental processes and influences our learning ability, health, attitudes, and relationships. Individuals can complete important developmental steps by using Brain Gym® to build new neurological connections within the brain and body for effective coordination of eyes, ears, hands and the whole body.

When this whole body coordination is not developed, an automatic response to stress is the use of one hemisphere of the brain at a time rather than access to whole brain processing. Research shows a high correlation in the relationship

between patterns of one-sided processing and children who have learning disabilities or other at-risk kids. Brain Gym® movements reduce stress and support crosslateral and whole-brain processing, opening communication within the brain, especially between the hemispheres. This whole brain communication is the foundation for symbolic and abstract thinking and the key to multi-sensory learning.

The whole brain approach suggests that, optimally, learning occurs through all the senses simultaneously. One approach, currently gaining credibility in our schools, seeks to identify and teach to the “favored” sensory modality of each student. Yet, by simply changing the environment to teach to the “favored” modality, dependence on that modality is encouraged.

Brain Gym® movements support full sensory development and integration, which allows students to easily learn in all sensory modalities and to remember what they learn. As whole brain integration grows, the development of multiple intelligences unfolds naturally and joyfully.

continued on page 22

“Brain Gym®” continued...

Brain Gym® movements can be effective in as little as five minutes with no special equipment or space. This developmental learning process adapts well to any curriculum or teaching style. In addition to the use of regular Brain Gym® movements, an Edu-K facilitator may use a “Balance” session with an individual or a group to support the release of visual, auditory, and kinesthetic stress patterns.

A “Balance” routinely takes one-to-two hours and focuses on a specific goal. The balance session offers movement to allow the brain-body system to reorganize neurologically for new and more effective choices in relation to the goal. While several balance sessions are the norm, dramatic results are often obtained from a single balance. The benefits of Edu-K are accumulative and progressive and will generalize as participants continue to use Brain Gym®. Many who have experienced Edu-K sessions and the accompanying positive results opt for periodic balances when a need arises or as a part of their overall wellness program.

The effectiveness of Edu-K in reducing stress and developing new habits and effective behavior patterns can benefit everyone. Everything we do depends on the effectiveness of the brain in receiving input and translating it into desired responses. The use of Brain Gym® to wake up and support the integration of the mind-body system allows us to relax and do our best in any situation. Anytime we feel stuck or have difficulty moving forward in our lives, transformative changes can be facilitated by experiencing an Edu-K “Balance.” People of all ages, abilities, and interests have used the Edu-K process to improve skills in academics, sports, vision, communication, and self-esteem, as well as to reduce or alleviate emotional stress, phobias, anxiety, pain, or depression.

When under stress, a person may become frightened and irrational when the mid-brain breaks its circuit with the cerebral cortex, where logical decision making takes place. This makes it difficult to think or to process language. Brain Gym® movements restore circulation to the frontal lobe of the cortex, moving the blood away from the fight or flight centers of the mid-brain so that one can choose more rational behavior.

Brain Gym® proved effective in helping a group of juveniles in a California probation camp qualify for release, when previously many of them had been unable to stay out of solitary confinement despite other efforts. As mental, physical, or emotional stress is released, we are able to hear, see, and move better. We are also able to think and respond more clearly and to create more meaningful endeavors and relationships.

Individuals participating in a Brain Gym® program will discover simple, practical movements that they can use at any time in any place to reduce stress and enhance all aspects of living. Participants enjoy improved communication, comprehension, and academic skills. This improvement in neurological organization enhances confidence and self-esteem and encourages responsible choice-making. As learning experiences become less stressful and more satisfying, learning abilities reach a new state of balance - Life offers new possibilities. 🙌

Brain Gym® is a registered trademark of the Educational Kinesiology Foundation, 1575 Spinnaker, Suite 204 B, Ventura, CA 93001, (800) 356-2109, www.braingym.org

Don Wetsel, M.A. has studied extensively with Dr. Paul and Gail Dennison, who developed Brain Gym® and Educational Kinesiology. He has broad training in health and education where as a generalist he focuses his expertise in the Brain Gym® and Educational Kinesiology model. He enthusiastically shares his love of learning and living and teaches people how to achieve their goals and to embody excellent health and well-being. don@wetselwholistic.com



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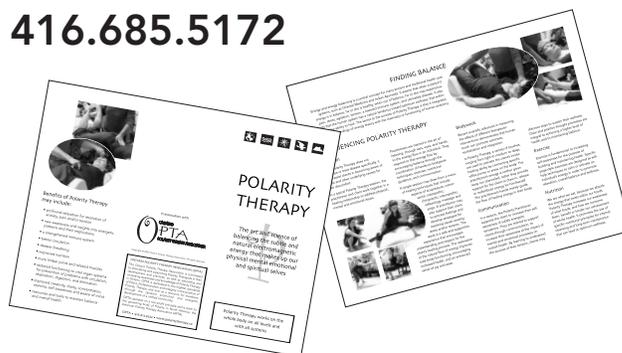
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Polarity & Trauma

By Chandana Becker, PhD, MTI, RPP, SEP



Polarity Therapy is a comprehensive health building system. It is designed to involve the client in a conscious process of living well. To accomplish this objective, a Polarity practitioner needs a variety of skills: (1) skills in presenting and conveying the methods of Polarity Therapy including bodywork, energy exercise, and nutrition and, (2) meta-skills for creating the kind of atmosphere and relationship that is therapeutic, leads to a fruitful exchange, and engenders a positive change process for the client.

Trauma is overwhelm. A person is traumatized when she gets overloaded by a stimulus and can't thoroughly process and respond to it. Since the nervous system is the main body system for processing our experiences, we say in trauma that the nervous system has been overwhelmed. As a result, many psycho-physical symptoms begin to show up and impair the client's health and functioning. From a Polarity perspective we'd say that there is an "energy block" - that the life energy of a highly stressful event is bound in the body-mind-spirit and creates the symptoms of traumatization. Polarity Therapy specializes in recognizing and resolving energy blocks and imbalances.

Who among us has no history of traumatization? Living in the world today almost guarantees multiple incidents of life threat leading to overwhelm from such common phenomenon as exposure to accidents, medical procedures, abuse, war, natural disasters, and severe loss. Polarity clients come for sessions for many different reasons. However, if the Polarity practitioner obtains thorough symptom and trauma inventories from his clients, he will find that unresolved trauma is a likely factor in the presenting concerns of any given client.

Registered Polarity Practitioner (RPP) training equips practitioners with technical proficiency for addressing energy imbalances in our clients. With time, experience, supervision and reflection, a practitioner becomes more confident, relaxed, and competent in her capacities to supply clients with what they need. There are ways to purposefully create a receptive field that fosters fluid engagement and progress for our clients. I call these meta-skills - they are the overarching skills that pervade who we are, what we do, and how we share ourselves with others. From my perspective, the primary meta-skills involve awareness, dialogue, energetic boundaries, and self-regulation. When embodied, these skills are naturally transmitted to our clients and help to create a context for health that comes from and leads to deep self-care and healing. These meta-skills are crucial for trauma prevention and resolution, and are fundamental for optimal therapy of any kind for any client condition.

Self-care

Reflecting on my decades of therapy and teaching experience I've developed a strong bias: I prefer that health care practitioners attend to their own wellbeing first. Then, we can share information and skills with our clients from a practical, lived experience rather than just some intellectual or theoretical basis. Therefore, when I teach, I focus on practitioner self-care as the foundation for all other therapeutic skills. I believe that when the practitioner embodies the principle of self-care, clients automatically get it through somatic resonance; and it's also easier to overtly discuss daily self-care practices that will assist clients to move toward greater balance and health. For me, self-care is a

way of life that arises out of repeatedly applying the meta-skills of awareness, dialogue, energetic boundaries, and self-regulation.

Awareness

From the developer of Polarity Therapy, Dr Stone, down to today's Polarity practitioners, we recognize the importance of consciousness as an essential ingredient for health and a life well lived. Honing awareness is one of my favorite activities; it includes awareness from the inside out as well as from the outside in. Learning how to process information and to discern when a response is indicated is a fine art. Awareness is a key to answering two potent questions that initiate and sustain the healing journey: "How am I?" and "What do I need for my wellbeing?"

Dialogue

When you combine awareness with dialogue you begin to get a conscious feedback system. The dialogue is with yourself and with the wisdom of your body-being. You cultivate a body-centered communication process that gives you ongoing information and guidance about what is happening in you and what you need for your health and balance. When a practitioner knows how to tap his own awareness and enter a felt sense dialogue with himself, he can of course teach his clients how to do the same. Practitioner-client dialogue then informs the practitioner how best to serve the client, empowers the client since the therapeutic process is arising from within, and does away with the role of practitioner as savior.

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The (Hidden) Pillars of Polarity

A Look at the Esoteric Foundations of Polarity Therapy

with Jim Fairman RPP

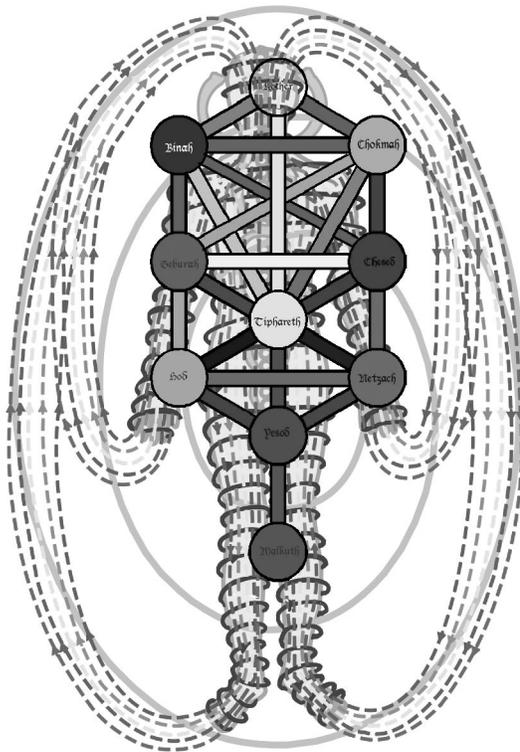
The Tree of Life

An Introduction to Kabbala

The purpose of this weekend is to explore the esoteric currents that helped shape the thoughts and practices of Dr. Stone in his creation of Polarity Therapy.

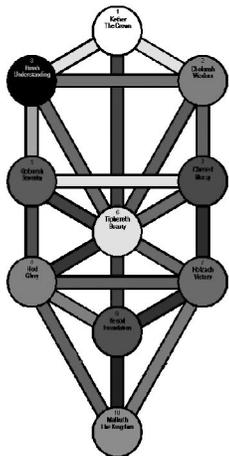
The weekend introduces people to the magickal and mystical system of the Kabbala in theory and practice while focusing on the Tree of Life.

The theory expounds upon the Path of Creation as put forth in the Sefher Yetzirah, the Book of Creation, an early text of Jewish mystical thought. It includes discussion of the Four Worlds, the Three Veils of Negative Existence, the Four Veils of the Tree, the Sefhira, the Paths, the Three Mothers, and various Divine attributes.



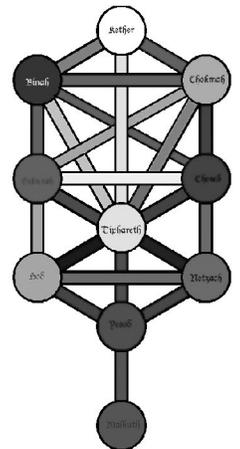
The philosophy will introduce the concepts of the Lightning Flash/ Flamming Sword, the Path of Return, and the Serpent of Wisdom.

The Practical applications include breath work, meditation, visualization and chanting.

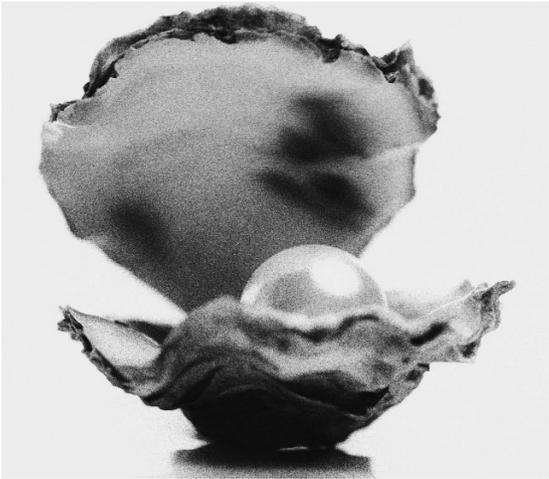


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The Power of Polarity

By Virginia Hanspiker, RMT

Awareness of duality in all phases of life has grown, but we still don't always acknowledge the ebb and flow, or push and pull between two opposites, as being 'polarity'. Yet, 'polarity', is what causes the movement.

When the flow of energy is interrupted, its function is impeded. Within our body, an interruption of energy flow affects both the energetic component as well as the physical function of body tissues. Polarity Therapy works with subtle energetic systems to positively affect electromagnetic flow within the body. A polarity balance session enhances both energy flow and the function of body tissues to a higher state of health.

Sounds simple enough. Can you imagine someone attending a weekend course on the subject of Polarity Therapy and staying for a couple of years? Well, that's me, and possibly a number of others.

Perhaps the best explanation is revealed in the introduction to [founder] Dr. Stone's Book One, where we find Polarity Therapy offers something for everyone, regardless of age and their exposure level to various therapies. It states that "Dr Stone drew freely from a tremendous variety of spiritual, philosophical, healing and metaphysical traditions, utilizing any concepts that seemed fruitful, incorporating in Polarity Therapy the essence of truth that many traditions and teachings share. Polarity Therapy roots can then be found in many traditions of energy language... including Hermetic Philosophy, Khaballa, Ayurvedic Medicine, Yoga, Reflexology, Zone Therapy, Astrology, Acupuncture, and Traditional Chinese Medicine."

This begins to describe the depth of Dr. Stone's work. Where else will you find such

an array of healing traditions linked together under one broad canopy? It means that the study of Polarity Therapy provides solid, comprehensive learning for young people attracted to any of these therapies while also providing deeper integration for the older people who may have found their interests touched upon a number of these subjects already. Being in the latter category, I can attest to the delight in discovering how this program more deeply integrates the knowledge and becomes an outgrowth into your work.

What a broad foundation to have for customizing a therapy session to individual client needs. Given these roots, it's no surprise to find Polarity Therapy not only expands the concepts found within many individual therapies, but also blends them into a format that addresses every aspect of attaining inner balance and wellness. In a nutshell, this ranges from nutrition to exercise, attitudes and the balancing of the five element energy phases or qualities within body, mind, soul and spirit.

...Polarity Therapy not only expands the concepts found within many individual therapies, but also blends them into a format that addresses every aspect of attaining inner balance and wellness.

I soon realized the excitement of falling into a course that blended all of these interests into one in-depth study. It was a deepening of those independent studies that had attracted me over the years,

subjects not previously examined long enough to ripen within to the degree of assimilation I sought. So what has the study of Polarity Therapy done for me?

To begin with, it helped access a realization of this lifetime's experiences. It brought those energies to a point of integration with deeper understanding and acceptance. Many people begin the course simply to learn a new therapy, and soon find it transformational for self-growth. As you continue with the course, you gradually unfold energy or thought patterns that lie unrealized within you. These are the good parts and the rougher parts that living brings to you. Those 'rough spots' are the ones you need to access in order to accept them, dissolve the associated energy and grow past them. Quite possibly, some of this power of realization is brought about by not rushing through the course, but by having time to absorb. Each individual workshop sees the class/group becoming part of the energy section and concepts they are studying. We watch that energy manifest within the group as we learn about it and work with it. Taken in a condensed time-frame, would it allow enough time to integrate the learning with the experience? I tend to think not. Although, one could argue that the integration time would occur after the course. What in fact we are doing, is accessing our potential.

As always, it's about the journey... not the goal. How often and easily we forget this. The Polarity Therapy course has taught us how to "get in the process, stay in the process and let the process do the work", as we are so often reminded by our teacher. This is much easier than you doing the work - although still a trick at times, to remember to allow it.

continued on page 26

"The Power of Polarity" continued...

Another benefit? Learning with a like-minded group of people adds to the energy of discovery and growth. It's a rewarding journey. The wide range of people you meet within a Polarity Therapy course is no surprise considering its' wide base of philosophies. They range from osteopaths, naturopathic doctors, nurses, massage therapists, physical fitness instructors, yoga instructors, life coaches, aromatherapists, Khaballa instructors / practitioners, and let's not forget those who leave various business backgrounds to move into the health field. Best of all, these people are open-hearted individuals who love the same blended philosophies that have attracted you. What a comfortable place to be.

And what else? Well, as you grow, your work grows. Such an excellent benefit! There's a deepening of what you do as you begin to allow the process to show the way. It is this peeling off of the layers within self and all that you do, that adds so much interest to the course and where it takes you.

At this point, it would be an injustice not to mention what an asset we have in Ontario's, 'Reaching Your Potential' Polarity Therapy school founder, Sher Smith. Formerly a registered nurse for 10 years, she incorporates her medical knowledge with her graduate metaphysical studies, always working to clarify Dr. Stone's Polarity Therapy teachings. She continually works to simplify his texts, putting it into easily understood formats and charts, incorporating new work that further validates and reinforces the scope of Polarity Therapy. Most importantly, she shares all that she has learned and continues to profess that she is still learning from her students. It's not surprising that her dedication to Polarity Therapy and her method of teaching has resulted in the school receiving visiting students from other countries. In short, she offers an amazing course.

Oh yes, did I mention fun? That's the best part! I'm finally having fun and loving the journey. Whether you stay for a weekend or a year, knowledge of Polarity Therapy can only add to who you are and where you are going. Take a peek, you won't regret it! 🙌

Virginia Hanspiker, RMT, is a level 2 student of Polarity Therapy. She has practiced various health therapies as well as Massage, for 10 years and currently works in Mississauga, Ontario. For more information, please visit her website at www.atouchofhealth.ca.

"Polarity & Trauma" continued...

Energetic Boundaries

Boundaries are breached and altered by traumatization. When a client has her own space and can be with her own experience, optimal change can take place. It is only by being where we are that we can truly move somewhere else. It's easier for a client to find herself and tolerate the reality of her experience (even pieces of a traumatic experience) when she is met by her practitioner on the edge of her energetic boundaries. Honoring and restoring energetic boundaries fosters a return to wholeness and allows you to keep what's yours and clear what's not yours, and discern what is and isn't good for you. You can see why this is so important for trauma healing specifically, healing in general, and for healthy living as a routine.

Self-regulation

Self-regulation is the basis of homeostasis, it is the capacity of the body-being to bring itself back to the best balance it can. Self-regulation can also be improved when we relate to it, you guessed it!, with awareness. Given all the energetic, spiritual, mental, emotional, physiological and structural, as well as relational imbalances that commonly occur in the wake of traumatization, trauma therapy must hinge on effective ways to elicit, support, and enhance self-regulation.

I view the meta-skills as essential components of the receptive field necessary for a health-building process. I believe that the more a polarity practitioner embodies the meta-skills, the more her clients will receive the benefits of them through osmosis as well as through overt instruction. When the practitioner has got it, she gives it to her clients, when the client gets it, he gives it to himself and to the others in his life. Polarity and Trauma meta-skills for healing, for self-care, and for the conscious art of living well - ahhhhh. 🙌

Chandana Becker, PhD, MTI, RPP, SEP, will be welcomed by the Ontario Polarity Therapy Association to present an in-depth weekend workshop to take place in Richmond Hill, Ontario October 16 -17, 2004. For more information about this workshop and for her detailed biography, please see the advertisement on page 4 of this publication.

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REALIZING THE *Depths* OF POLARITY

By Sher Smith RN, RPP, RCST

From the time of my first reading of the works of Dr. Stone DC, DO, ND, founder of Polarity Therapy, I had the feeling they were written in code. There were so many things that he touched on and then left it up to the reader to follow up on. Reading his writings one finds a vast amount of knowledge available for sure. Taking the time to study some of what he mentioned, one begins to understand the true depth of his understanding of the healing process in the human being. He was definitely a gifted doctor, well ahead of his time. He did however leave pathways in his writings for us to follow.

It is in the exploring of those pathways that I began to expand my own learning. Along the way I realized that I had lost track of some of what I had found, which set me on the endeavor last year of collecting and formulating a very in-depth Index on the writings of Dr. Stone. As in-depth as I did make the Index, it could be even more so. The reason I stopped where I did was to keep it from becoming too daunting. In following his works, one has to remember that bit by bit is easy and all the bits eventually integrate into an amazingly large whole. Every journey begins with one small step.

The more I read, the more I studied, the more I came to realize I was on a magical, mystical, alchemical journey. I find all that he has guided us toward is absolutely fascinating. Sharing all of my discoveries and learning with the students and with my clients in my private practice brings great joy. It is a pleasure and an honor to be allowed to follow in his footsteps. The results of the work speak for themselves and give more than enough validation for Dr. Stone's ideas and teachings.

Even though Dr. Stone wrote for the doctors of the time, his thoughts were often beyond them. Only today are some of his ideas and teachings being able to be substantiated. Often times people who spent time with Dr. Stone would notice the light on in his room way into the wee hours of the morning. It is said that to truly get some of the depth of Polarity one needs to "burn the midnight oil". He surely did that, and left so much for us to follow up with, as his legacy.

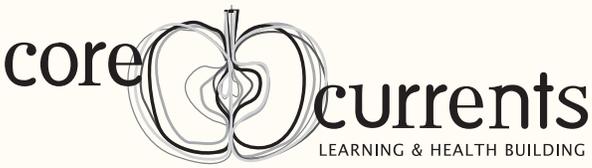
What one understands from his books and manuals (like ours) that have been written since his time, is very informative. It is however only the tip of the iceberg. For true Polarity is caught not taught. A true student of Polarity is one who allows themselves to learn by getting in the process, staying in the process and allowing the process to teach you and to do the actual work.

Dr. Stone's work that he put all together for us and called Polarity Therapy is a Health Building practice. Rather than looking for symptoms and what's wrong, he looks for the health and what's right

and already working within each person. Finding the health and fan it. Whenever a person reaches a state of rest and relaxation, such as in a session, it is the body's innate wisdom and inner drive for health that takes over and does the actual healing. The body knows how to heal itself. The practitioner acts as a conductor of the process or a facilitator to activate that inner wisdom so the body can re-member and start the journey to a higher state of health.

Experience is the true teacher - including the personal experience of reading Dr. Stone's writings, of following up on some of the pathways that he eluded to and the actual implementation in private practice. His Polarity Therapy is Wholistic in the true sense of the word. It covers body, mind, soul and spirit. This is accomplished through the avenues of his body work protocols, his nutritional suggestions, his exercises, his acknowledging the need to address thought processes and of course his special interest in viewing the world through spiritual acknowledgement. Whether in taking the courses or experiencing his work through private practice, it is a whole complete process for tapping the true potential of every unique human being who does so. ✎

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.



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WWW cool web sites

Researched & submitted by Jim Fulron, RPP

<http://geometry.wholesomebalance.com>

An educational site on sacred geometry.

www.affs.org/html/biomagnetism.html

Biomagnetism and Bio-Electromagnetism: The Foundation of Life

www.amtamassage.org/journal/win02/polarity.html

Polarity Therapy article from the American Massage Therapy Association - excellent.

www.gwc.maricopa.edu/class/bio201/skull/skull1t.htm

An educational site - a skull anatomy tutorial.

www.vin.com/mainpub/websites/websites991022.htm

Skull and brain anatomy websites.

www.bioenergyfields.org/index.asp?secid=4&subsecid=0

Bioenergy fields - some good articles on energy in the body.

Double Meditation CD Set
by Victoria Lorient-Faibish, B.A., RPP (Registered Polarity Practitioner)

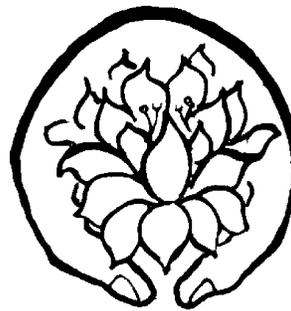
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Stone Quote

Life is a song. It has its own rhythm of harmony. It is a symphony of all things which exist, in major and minor keys of Polarity. It blends the discords, by opposites, into a harmony which unites the Whole into a grand symphony of life. To learn through experience in this life, to appreciate the symphony and lessons of life and to blend with the Whole, is the object of our being here.

Dr. Randolph Stone, Polarity Therapy The Complete Collected Works, Volume Three, Volume pg. 5.



Polarity Balancing Therapy

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Optimum Health and Spiritual Growth

By Iva Lloyd, RPP, RHN, ND

What is the link between optimum health and spiritual growth? In our society we often define health as the absence of any discomfort or disease; whereas, spiritual growth can involve change, challenges, chaos, and discomfort. Polarity Therapy provides a wonderful road map to obtaining both.

Sara, a well dressed, active 48 year old woman going through menopause had complaints of hot flashes and irritability. Initially herbs helped, but the symptoms lingered. When we discussed her thoughts about menopause in more detail, she revealed that she was uncomfortable with moving into the next phase of her life as she was uncertain as to what was ahead. Over the next couple of sessions, the focus moved more into the energetics and less towards herbs. Sara gained a new perspective about herself and was able to embrace this change. The symptoms disappeared and need for herbs was gone.

The language of the body is full of wisdom. At times the messages are gentle and clear - your lower back hurts when you don't feel supported or your eyes are blurry when your future is uncertain. At other times the messages are very complex and involved. The key is to recognize that the symptoms contain the messages. When we really understand the messages and make the necessary changes in our life or thoughts the symptoms often disappear.

Awareness is such an integral part of spiritual growth and the body is a vehicle for conveying our lessons. What happens if we successfully 'quiet' the symptoms without awareness of the lesson? The strength of Polarity Therapy is its ability to interpret the language of the body, to recognize that physical symptoms are a manifestation of energy in chaos. Shifts in energetic patterns accompany changes in lifestyle, behaviour, thoughts and emotions, not just the elimination of physical symptoms. To assist a client in becoming aware of the link between their physical symptoms and their life is one of the most rewarding aspects of health care because that is where the opportunity for achieving optimum health and spiritual growth occurs.

When most people seek out a health care practitioner they are looking for someone who can 'fix' them and remove their symptoms. This ability to 'quiet' the body is a valuable tool. It provides people with an opportunity to breathe, to experience relief, to take time to gather thoughts and to plan for change. Every modality, whether it be allopathic, naturopathic, homeopathic or polarity has the ability to 'quiet' the body, to suppress and to drive things deeper.

Energetic patterns or shifts are initiated because of a life lesson. These progress to the mental or emotional sphere and then, if not resolved,

move onto physical changes or symptoms. Polarity Therapy has the ability to take physical manifestations and trace them to their origin. It assists clients in their journey of spiritual growth. It is also effective in relieving symptoms and in providing a sense a health. The challenge is being aware when health is being sought at the expense of spiritual growth. The aim is achieving both. 🙌

Iva Lloyd, RHN, RPP, ND, is the founder of Naturopathic Foundations, an alternative health clinic in Toronto, Canada that focuses on the integration of Naturopathic and Energetic modalities. She is a Naturopathic Doctor (ND), Registered Polarity Practitioner (RPP) and Registered Holistic Nutritionist (RHN). Dr. Lloyd teaches in the areas of energetic assessments, business and communication skills and does group facilitation in both Canada and the United States. For more information contact Naturopathic Foundations at 905-940-2727. (See advertisement on inside front cover).

David Pinto IMP, RCPP, RCST, CTP

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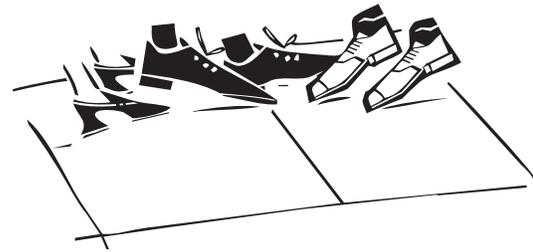
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Exercise Tip

By Natalie Pequeux, RPP



SOUL TO SOLE

Exercises for lengthening and opening the tarsals and metatarsals

Begin by placing thin polished or smooth stones between all of your toes (stones that would be good for skipping on water).

- point and flex the feet with your legs out parallel in front of you
- point feet and flex and point your toes
- flex feet and flex and point toes
- rotate ankles
- then flex the ankles alternating with one foot pointing and the opposite foot flex back toward the knee
- lying down or sitting with your back against a wall bend knees and tap the balls of your feet on floor
- then in the same position tap your heels on the floor

- lift your big toe opposite to the other four toes up and down then switch
- with the soles of the feet only together, touch toes together one at a time like a fan
- standing – point, flex, point, feet flat, then bend your ankles
- lift up on the balls of your feet with the toes curling up

You may notice a more stabilizing effect on the whole body, feel more grounded, and more integrated to work with gravity. 🙏

Natalie Pequeux, RPP, is a Registered Polarity Practitioner, Pilates instructor and Brain Gym® consultant. She runs a practice in the Leaside area of Toronto. For more information she can be contacted at 416.429.0462.



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THE DYNAMIND TECHNIQUE

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What Is It?

The Dynamind Technique, or DMT, is a safe, easy, fast, and effective method of healing based on a special blend of words, touch, breath and, sometimes, imagery. It has been designed so that most people can use it themselves to help relieve most conditions most of the time in less than an hour. It can also be used in combination with other treatments to help all people with all conditions in varied times.

All healing comes from within. DMT by itself does not heal anything, but it helps prepare the mind and the body so that healing may happen more easily. It has proven effective as an aid to healing a wide variety of physical, emotional and mental conditions, and it is being tested with more and more conditions every day by an international team of practitioners.

DMT can be used alone, or it can be combined with any other conventional, alternative, or complementary healing method. It can be used by children as well as adults, and has been used successfully in the healing of animals as well.

The Dynamind Technique is simple to learn and use. You will not need to accept any system of beliefs or philosophy for it to work and, in fact, it will even work if you don't believe in it. However, an actively negative attitude will diminish its effects. You may use it for yourself and share it with family and friends and those in need.

How Does It Work?

The effectiveness of the Dynamind Technique is based on a theory that all physical, emotional and mental problems are related to excessive tension in the body.

The theory proposes that tension accumulates in layers, with focal points that produce specific symptoms. Healing takes place when tension layers are relaxed.

According to this same theory, when the body is in a state of dynamic tension - a wave-like cycle of tension and relaxation - the body immediately and automatically goes into a healing mode whenever unusual stress is encountered. As long as the dynamic state is maintained, healing is very rapid. During this same state the mind also recovers quickly from stress and, emotional upsets are temporary and moderate.

If the body enters a state of static tension - a wall-building cycle of increasing resistance - then the healing response is inhibited, allowing disease and dysfunction, confusion and negative thinking, or anger and fear to flourish. Any method that helps the body to move from a state of static tension to a dynamic one will release or stimulate the natural healing response of the body.

You do not have to accept the theory in order to use Dynamind effectively.

Why Does It Work?

Each segment of the Dynamind Technique is a separate healing technique itself. While the specific source for these techniques happens to be ancient Hawaiian tradition, similar techniques are found in many other parts of the world. It is the combined and cumulative effect of these techniques together that produces the amazingly rapid results of DMT.

The Hand Position

The Dynamind Technique begins with bringing both hands together with only

fingertips touching, as if holding a globe. This is a position used in some kinds of meditation to help induce relaxation. It also has the benefit of serving as a subconscious signal that a healing process is about to begin. In practice, the Hand Position is maintained throughout the process except during the touching segment.

The Statement

The Basic Dynamind Statement, composed of three parts, is neither an affirmation nor a request. It is, instead, an acknowledgement of the problem, a declaration of expectation, and a specific directive. Let's analyze the Basic Statement in this way:

"I have a problem..." This is an acknowledgement that the problem exists. It works best if the problem is clearly defined in terms of symptom, intensity, sensation and location. Even simple acknowledgement often initiates a process of relaxation.

"... and that can change." This is a declaration of expectation that the problem is not permanent and that relief is possible, also a relaxing idea.

"I want that problem to go away." This is a directive. Whether you want to think of it as being directed to the body, the subconscious, the brain, or anything else doesn't matter. When you speak such a directive to yourself it begins to take effect to some degree. This Basic directive was chosen because it works for most people most of the time.

Any part of the Statement can be modified to produce a better effect. What follows is what helps the effect to be even greater.

continued on page 32

Help Yourself With DYNAMIND

English Version - Basic Format

1. Choose a physical, emotional, or mental problem to work on.
2. Bring both hands together with your fingertips touching.
3. Make the following statement, aloud or silently: "I have a problem, and that can change; I want that problem to go away."
4. With two or three fingers tap these points 7 times each: the center of your chest; the outer area between the thumb and index finger of both hands; the bone at the base of your neck.
5. Inhale with your attention focused on the top of your head; exhale with your attention on your toes.
6. Symptoms may change in intensity, location, or type. Repeat the above steps for continued benefit.

The Touch

Touching the body anywhere stimulates an energetic response that affects the entire physical, mental and emotional system. Touching the body in certain places and in certain ways can evoke a specific response that is both energizing and relaxing at the same time.

Dynamind uses four specific areas of the body for the Touch segment of the technique in the following sequence:

1. The Thymus area in the center of the chest. Touching this area in certain ways is known to help relieve anxiety, relax the chest and lung muscles, and stimulate the immune system.
2. The Hoku points of both hands. Well-known in Chinese acupuncture, these points are often stimulated for headache relief, and are considered by some to

have a revitalizing effect on the whole body. They are located in the area where lines that follow the sides of the thumb and first finger intersect.

3. The 7th cervical vertebra (the bony hump at the top of the spine/base of the neck). Used in Hawaiian bodywork, stimulation of this area is considered to have a revitalizing and relaxing effect on the upper body, spine, and pelvic area.

Many other points or areas could have been used, but these have the advantage of covering the front, sides, and back of the body, as well as being convenient to reach. Each of them is highly effective when used alone, and more so when used together. It is only necessary to touch the general area of the points mentioned above in order to get the proper effect. Massage or strong pressure are not required.

Four methods of touch are generally used in the Dynamind Technique:

1. Light Tapping.
2. Gentle Vibration.
3. Extended Contact (with light pressure).
4. Extended Contact with humming.

Each form of touch is maintained for a count of seven, not for any esoteric reason, but because it is an easy rhythm to remember, and is neither too long nor too short.

The Breath

The Dynamind Technique concludes with a special type of breathing called "piko-piko" in Hawaiian. This type of breathing consists of inhaling with the attention on one point, in this case the top of the head, and exhaling with the attention on a second point, in this case the toes. The concept is that this produces a wave of energy between the two points, but in any case the effect is both relaxing and vitalizing.

The Round

Each sequence of Statement, Touch and Breath is called a "Round." After each round you check the status of the symptom and either stop the process, repeat the process, or change the process (usually by

changing the Statement) if the nature or location of the symptom has changed.

Imagery

Symbolic imagination may be added to the Dynamind Technique with very good results. The process simply consists of translating the symptom into a symbol in the mind. When this is done it is called a "symbolic key" or "symkey" and is usually intended to open an "emotional lock," or "emlock" which occurs when emotional resistance inhibits the healing process and words are not effective. When a symbolic key is used it is inserted after the Statement and before the Touch.

For many people, simply imagining what the symptom feels like will produce a symbol that can be worked with. For example: "It feels like a knife;" "It feels like I'm drowning;" "It feels like someone is choking me;" etc.

The way to work with the symbol is to change a negative symbol into a positive one with the imagination. Using the above examples, one could imagine pulling the knife out and throwing it away; being saved by a lifeguard; or the choking hands letting go and disappearing.

The idea is to change the symbol in some way so that the experience of the symptom is also changed and the condition feels better than it was. Experience has shown that repetition of the change three times in a row is often more beneficial.

For those who find it difficult to come up with a symbol, it is possible to create a symbol by asking a series of questions:

"If this symptom had a shape, what would it be?" "If this symptom had a color, what would it be?" "If this symptom had a weight, what would it be?"

The next step would be to have an imagined friend, angel, or other helper reach into the body and remove this symbol with its specific shape, color and weight. It helps to describe this as it is happening. Again, a three-time repetition has been found to improve the effect.

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Variations

Possible variations of the Statements used in the Dynamind Technique are endless, but the following ideas have been tried and tested with very good results. In all cases the Statements are followed by the Touch and the Breath.

Feeling Statements • The more specific these are the better. Examples:

"I feel pain in the third joint of my little finger..."

"I feel fear/anxiety in my chest..."

"I feel anger in my stomach..."

"I feel an urge to eat when I watch television..."

In this case the directive becomes: "I want that feeling to go away."

Thinking Statements • These are useful for dealing with issues related to the past or the future. Examples:

"When I think of what happened..."

"When I think of giving a speech..."

Power Statements • This refers to Statements that resemble affirmations and which are intended to reinforce or create positive behavior, rather than to resolve a problem. They are most effective after using DMT to resolve any related physical, mental or emotional issues. Examples:

"I have the power to speak in front of people without getting nervous, yes I do. Make it happen, make it so!"

"My body knows how to get rid of my excess fat, yes it does, and my body is starting to do that now!"

The Dynamind Toner

This is useful for general tension relief in the morning, evening, or when needed.

Use the Hand Position to begin and follow each Statement with the Touch and the Breath.

"There may be fear, anxiety, worry or doubt in my body and my mind, and that can change. I want all those problems to go away."

"There may be anger, resentment, unhappiness or guilt in my body and my mind, and that can change. I want all those problems to go away."

"There is love and peace, harmony and happiness somewhere in my body and my mind, and that is good. I want those feelings to grow and spread."

"There is power and strength, health and vitality somewhere in my body and my mind, and that is good. I want those qualities to grow and spread."

Feel free to change the wording according to your needs and desires.

Dynamind for Animals and Children

Dynamind can work with animals and with children or with those who cannot do the technique for themselves.

Step 1

Establish an emotional rapport with the animal or person to be helped. This can be done with gentle words and petting, stroking, holding, or hugging.

Step 2

While maintaining physical contact with the animal or person in a comforting way, make a Statement on behalf of the one being helped. Example:

"(Name of animal or person) has a problem and that can change. (Name) wants that problem to go away."

Step 3

Touch the animal (assuming a mammal) or the person in a preferred way on the chest, on each shoulder joint, and on the back of the neck. If it is too inconvenient to touch the back of the neck, touch the chest again.

Step 4

Do the Breath with one hand contacting the top of the animal or person's head on the inhale, and the base of the spine (or hip joint) on the exhale.

Tips and Suggestions

1. Use an "Intensity Scale." Pick a number to represent the intensity of the problem before using DMT, with 0 being no problem and 10 being a severe problem, then choose a number after each round to monitor progress.
2. Whenever possible use specific sensations or feelings in describing the problem, not abstract labels. "I have a cold" is abstract; "I have a stuffy nose" is specific. "I am angry" is okay. "I feel anger in my solar plexus" is better.
3. If a pain or other symptom changes location after one or more rounds of DMT, assume that the new location represents a different symptom on a different tension layer, whether the symptom is of the same type as at first or not. For example, a DMT session might start with a pain in the chest on the first round, and change to a pain in the shoulder or trembling in the legs on the next round.
4. If a physical symptom does not change at all after three rounds of DMT, assume that a suppressed emotion is involved, whether there is awareness of such an emotion or not. In general, assume anger or fear by trial and error. Use Statements like "There may be anger in my shoulder," or "My eyes may be afraid of something."
5. When DMT doesn't work at all, use something else, or combine DMT with another approach.

Uses For The Dynamind Technique

Here is a partial list of the ways in which Dynamind has been used successfully:

- Relief of Physical Pain and Aches - Back (upper, middle, lower), Shoulders, Joints, and Muscles (including myalgia)
- Headaches and migraines
- Neck pain and stiffness
- Eye soreness
- Teeth, gums and jaws

continued on page 34

"Dynamind" continued...

- Bones / Skin
- Heart
- Tendons
- Uterine, vaginal and cervical
- Generalized pain and relief of other physical conditions
- Numbness and tingling
- Arthritis (pain, swelling, stiffness)
- Cancer (relief of pain, nausea from treatment, related emotional issues)
- Stiffness (joint and muscle)
- Skin conditions (Dermatitis, Eczema, Hives, Swelling, Itching)
- Allergy symptoms
- Nausea (including seasickness)
- Weight management (controlling urges)
- Tinnitus
- Ear pressure
- Diabetic shakiness
- Cold, sinus and flu symptoms
- Shortness of breath
- Fatigue and exhaustion
- Weakness
- Dizziness and vertigo
- Excess energy and nervousness
- Excessive heat or burning sensations
- Menopause symptoms (including hot flashes)
- Insomnia
- Vision Improvement (Nearsightedness, Farsightedness, Distortion)
- General physical, mental and emotional stress and tension
- Emotional pain and feelings / mental pain and issues
- Anxiety (specific and generalized)
- Anger and resentment
- Guilt and grief
- Unhappiness / sadness
- Depression
- Loss
- Abandonment
- Betrayal
- Abuse
- Doubt
- Confusion
- Indecision
- Conflict
- Worry
- Self worth and self esteem
- Criticism and negative thoughts
- Nightmares
- Autism
- Habits - nail-biting, smoking, bed-wetting
- Alcohol intake (urge control)

Serge Kahili King, PhD is the Executive Director of Aloha International, a world-wide non-profit network of teachers, counselors, massage therapists and more than ten thousand individual members, formed for the purpose of sharing his Huna teachings. He can be reached at www.alohainternational.org or www.huna.org.

For more information visit www.alohainternational.org for The Aloha Project, or contact Aloha International, PO Box 223009, Princeville HI 96722, tel: 808-823-8381, huna@huna.org.

There once was a doctor named Stone,
Who tended to more than your bone:

"If energy flow
has nowhere to go,
the pressure will cause you to moan."

submitted by Krista Burda

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Book Review



Women's Intuition / Unlocking the Wisdom of the Body By Paula Reeves, Ph.D.

Reviewed by Andrea Mathieson

There are only a handful of books that I have read more than once. On my third reading of Paula Reeve's *Women's Intuition* I still find resonance and new insights. Why is this book so important to me? Perhaps because I am dominantly an intuitive person, and there is very little written about how to foster this capacity.

Over the years, I have had an ambivalent relationship with my intuition. I was a 'bright' child, nobody recognized that my knowledge came largely through intuitive perception rather than book-learning. Consequently, my untrained intuition was often unreliable, sometimes leading me down blind alleys while occasionally offering astonishingly wise counsel. I felt an immediate affinity with Paula's childhood experiences with gambler's 'luck' and gut instincts. She honed this capacity through an increasingly conscious relationship with her own body, and later as a Jungian therapist with a technique she developed called Spontaneous Contemplative Movement.

Normally we think of intuition as an extrasensory radar about other people and situations. *Women's Intuition* turns this external radar back to us as she invites an intimate exploration of our body as the ground of our intuition. Intuition is our sixth sense, opening the seventh sense, heart-sense, the subject of her latest book (*Heart Sense: Unlocking Your Highest Purpose and Deepest Desires*). Paula Reeves sees this inner journey as a deeply sacred, feminine reclaiming of vital life energy, one that has implications in how we relate not just to each other, but to the planet.

Paula's prose is poetic and full of rich metaphor, similar to the enigmatic language of our dreams and body's own nuanced vocabulary. But it would be misleading to assume Paula is just a poet for she is equally comfortable with mythology (a brilliant section on disembodied Medusa and rational Athena) and science (psychoneuroimmunology and Rupert Sheldrake's morphogenic fields). Marion Woodman is a colleague, and she writes in the forward, "For those of us who have been forced to the edge when body can no longer be treated as a poor dumb animal or a high-tech machine... this book is a revelation!"

In a chapter called 'Meeting the Loathly Lady,' Paula addresses our systemic loathing towards our feminine bodies. With gentle self-awareness exercises, she encourages us to let the rejected parts of ourselves spontaneously move and reveal their stories. Then we reconnect and begin to claim the energy that has been locked away

in these abandoned areas. In fact, she suggests we can take any symptom that bothers us and find the metaphor that best describes it. For example, a migraine can be seen as something that is going against 'my mi-grain'. Seen this way, the metaphor ceases to be merely a concrete symptom as it dissolves into a fluid possibility.

In energy work, beyond our training in various modalities, it is ultimately our intuition that guides us when we are with our clients. The depth and accuracy of our intuition comes from a clear understanding of our own body's messages. We must do this personal work to stay on our own honest, leading edge. For practitioners, both men and women, interested in a soulful, intuitive approach to healing, *Women's Intuition* is an inspiration and work-manual. It cannot be read just from the 'head', but if you resonate with her invitation to explore the soul within matter, this book may change your life. ✨

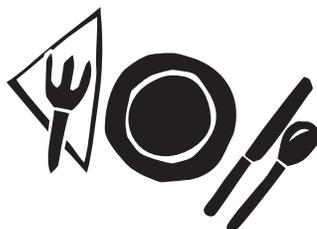
For more information, Paula Reeves' website is www.paulamreeves.com. Andrea Mathieson can be reached at info@ravenessences.com. See Andrea's ad below.

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What Are You Having For Dinner Tonight??



by Pamela McDonald

I love summer in Ontario. I imagine fresh food, longer days full of sunshine and adventures with friends. Now, how do I fit all of this in with my busy schedule?

I have noticed that the most common response to the question “How are you?”, is, “great, but really busy”. In fact, I could name the people who are not busy on one hand - congratulations to those people! Perhaps I could learn a tip or two from you on how to live harmoniously in time.

Given our busy schedules, entertaining our friends can not only be time consuming, but we don't always have the energy at the end of the day to create a meal and then do the dreaded “clean-up”. People with children know this very well. Perhaps we don't need to entertain just at dinner time, though. I love a Breakfast Party! The sun is up early and if you have children, so are the kids. We have just risen from our slumber and are energized for another day.

Here are few recipes to sample at your leisure. Try them with your family in the morning or at your next brunch or Breakfast Party!

A stylized, handwritten-style logo of the letter 'P' followed by the name 'Pam' in a cursive font.

Smoked Salmon, Asparagus and Mascarpone Strata

8 oz challah, or bread of your choice
4 oz smoked salmon, sliced
2 1/2 cups milk
1 tsp salt
pinch of ground black pepper
dash of Tabasco sauce
5 eggs
10 oz mascarpone cheese
6 oz fontina cheese
1/2 lb blanched asparagus, sliced into 1” pieces
1 medium onion, sliced
1 tbsp olive oil

Butter the bottom and sides of a 2 1/2 quart soufflé dish and set aside.

Heat olive oil in a skillet and add sliced onion. Sauté until lightly browned. Blanch asparagus. Slice smoked salmon into 1/2” slices. Then slice the challah and remove crust - lightly toast them and set aside.

Whisk together milk, salt, pepper, Tabasco, and eggs in a medium-size bowl. Set aside.

Lay down the challah in the baking dish. Sprinkle evenly with half the mascarpone, fontina, sautéed onion and asparagus. Cover with remaining challah and then remaining cheeses, onion and asparagus.

Pour the egg mixture over the layers, cover, and set aside for 30 minutes. Uncover and bake in a 350°F oven for 55-60 minutes.

Fresh Cucumber and Dill Salsa

1 1/2 cup finely diced English cucumber
1 tbsp finely chopped chives

1 tbsp finely chopped dill
1 tsp finely chopped capers
juice of half a lemon
salt and pepper to taste

Mix together and set aside. Serve with strata.

Strawberry Ricotta Hotcakes

1 cup all purpose flour
1 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt
2 tbsp sugar
3 tbsp unsalted butter, melted
1/2 cup ricotta cheese
1/4 cup milk
1 egg separated
Grated zest of 1 lemon
3/4 cup thinly sliced fresh strawberries

In a large mixing bowl, sift together the dry ingredients. In a medium bowl combine melted butter, ricotta cheese, milk, egg yolk, and lemon zest. Mix well.

Make a well in the dry ingredients and add the milk mixture, stirring until the dry ingredients are just moistened. In a small, dry, clean bowl beat the egg white until soft peaks form then gently fold into the batter. Add the berries, being careful not to over mix.

Heat griddle over medium heat. The griddle is hot enough when a few drops of water dance on the surface. Use 1/4 cup of batter for each hotcake. Cook the hotcakes on the first side until they are puffed and full of bubbles, looking dry at the edges, then turn and cook for 1 minute or until cooked through. Serve with lemon cream and strawberry coulis

Strawberry Coulis:

1 cup hulled strawberries
1 tbsp sugar
1 tsp lemon juice

Place all ingredients into Cuisinart and puree. Set aside.

Toasted Coconut:

Place 1/2 cup of sweetened shredded coconut onto baking sheet. Toast in a 350°F oven until golden, approx. 5-10 minutes.

Lemon Cream:

2 large eggs
1/2 cup sugar
1/3 cup lemon juice (about 2 small lemons)
Zest of 1 lemon
4 tbsp unsalted butter

Whip eggs and sugar at high speed until double in volume and very light in colour. Mix in lemon juice and zest. Transfer to the top of a double boiler and cook over high heat until very thick (approx. 20 minutes). Once mixture has begun to thicken, stir occasionally with a wire whisk to help the eggs cook evenly. Remove from heat. Cut butter into small pieces, add it to the egg mixture and stir until melted. Set aside to cool. If mixture becomes too thick, add 1 tbsp half and half cream.

Oatmeal Scones

This recipe was inspired by California's Stars Café. One of Stars Café major attractions is their pastry. The following recipe has been adapted.

3 cups plus 2 tbsp flour
1/2 cup plus 2 tbsp sugar
1 1/4 tsp salt
1 1/4 tsp baking soda

2 1/2 tsp baking powder
10 oz cold sweet butter
2 cups oats
1 cup dried cranberries
2 tbsp finely chopped orange zest
3/4 cup buttermilk

Preheat oven to 350°F. Combine flour, sugar, salt, baking soda, baking powder, and butter in the bowl of an electric mixer. Using paddle attachment, mix at low speed until the butter is the size of small peas. Then add the oats, cranberries, and chopped orange zest.

Continue to mix, slowly pouring in the buttermilk just until the dough comes together. Put the dough on a lightly floured board and roll out into a 3/4" thick circle.

Cut the dough with a 2" round cutter. Place onto a silpat or parchment lined baking sheet. Bake for approximately 15-18 minutes, until golden brown. Serves 10-12

Raspberry Butter

Serve with your favourite breakfast breads.

1/2 cup salted butter
1/4 cup fresh raspberries
2 tbsp icing sugar

Puree the raspberries and strain through sieve to remove the seeds.

Place the butter into the bowl of a Cuisinart and puree till smooth. With the machine running, add the raspberry puree with icing sugar. Combine well. Remove from the bowl and place into a serving dish. Chill until firm.

Strawberries with Aged Balsamic Vinegar, Brown Sugar and Whipped Cream

2 pints strawberries, washed and hulled
6 tbsp good quality aged balsamic vinegar
3 tbsp demarrara sugar
1 1/2 cup whipped cream
6 lge basil leaves cut into chiffonade, optional**

Slice strawberries and arrange on 6 chilled salad plates. Sprinkle 1 1/2 teaspoons of sugar onto each plate. Sprinkle each plate with 1 tablespoon of balsamic vinegar. Dollop the cream onto the center of each plate and serve.

***Optional: Sprinkle with chiffonade of basil.*

The One Minute Omelet

12 eggs
250 gram tub of mascarpone
1/2 lemon, zest only
1/2 bunch chives, chopped

sea salt to taste
12 slices of smoked salmon
3/4 cup vegetable oil or clarified butter
1/2 bunch chives, for garnish

Mix together chopped chives, zest of lemon and mascarpone cream cheese. Add the sea salt to taste. Chill until ready to serve.

Beat together 2 eggs for every omelet and season with salt and pepper.

Heat a small omelet pan over high heat and add fat. Reduce heat to medium-high and add the beaten egg. Continue to move the egg mixture in the pan to the center, avoiding browning the egg, until all the egg is cooked. Remove from heat and place 2 tbsp of the seasoned mascarpone cheese with 2 slices of smoked salmon on top of the cooked egg. Roll omelet out of pan and onto your serving plate. Garnish with chives and serve. Serves 6

Asparagus Spears with Lemon Vinaigrette and Shaved Parmesan

2 bunch asparagus, approximately 2 lb

Bring a large sauté pan of salted water to a boil. While the water is heating, wash the asparagus and trim to even lengths. Using a vegetable peeler, peel 1" of the skin from the base of the stem. Fill your sink with ice cold water. When the salt water comes to a boil, drop the asparagus into the pan until desired doneness; firm, but not hard. Remove from heat and plunge into ice cold water. When asparagus are cool, gently place into a colander to drain.

Vinaigrette:
1/4 cup fresh lemon juice
1/2 cup olive oil
salt and pepper to taste

Place lemon juice into a bowl and whisk in salt and pepper until dissolved. Slowly pour in olive oil while whisking to create an emulsion.

Cheese:
2 oz piece of Parmesan cheese, shaved

With cheese slicer, shave Parmesan in 2" slices.

To Serve:
Place the asparagus onto the serving plate and pour vinaigrette over the asparagus. Garnish with shaved Parmesan. Serves 6

Julia Childs' Berry Galette with Vanilla Ice Cream

Makes 2 galette

Galette Dough:
3 tbsp buttermilk

1/3 cup ice water
1 cup all purpose flour
1/4 cup yellow cornmeal
1 tsp sugar
1/2 tsp salt
7 tbsp cold unsalted butter, cut into 6 pieces

Stir the buttermilk and ice water together in a small bowl; set aside. Put flour, cornmeal, sugar and salt in the work bowl of a processor fitted with metal blade; pulse to combine.

Drop butter pieces into the bowl and pulse 8 to 10 times, or until the mixture is speckled with pieces of butter that vary in size from bread crumbs to peas. With machine running, add the buttermilk mixture and process just until the dough forms soft, moist curds.

Remove dough from the processor and divide in half. Chill for at least 2 hours.

Filling:
3 cups mixed fresh berries, blueberries and raspberries
2 tbsp plus 2 tsp sugar
2 tbsp honey
2 tbsp cold unsalted butter

Position a rack in the lower third of oven and preheat to 400°F. Line a baking sheet with a silpat or parchment paper.

Put one piece of the dough on a lightly floured work surface and roll it into an 11" circle that is about 1/8th" thick. Since the dough is soft, you'll need to lift it now and then and toss some more flour under it and over the top. Roll up the dough around your rolling pin and transfer it to the prepared baking sheet.

Spread 1 1/2 cups of the berries over the dough, leaving a 2" to 3" border. Sprinkle 1 tbsp of the sugar over the fruit and drizzle on 1 tbsp of the honey. Cut the butter into slivers and scatter it on top of the fruit. Fold the uncovered border of dough up over the filling, allowing the dough to pleat as you lift it up and work your way around the Galette.

Dip a pastry brush in water, give the edge of the crust a light coating and then sprinkle the crust with the remaining sugar.

Repeat this process to make second galette.

Bake for 35 to 40 minutes or until the pastry is golden and crisp. Transfer the baking sheet to a cooling rack and let the galette rest on the sheet for 10 minutes. Slip a wide spatula under the galette and slice it onto the serving dish. Serve warm with ice cream. 🍷

Play Time

Crossword created & submitted by Pat Ransom, RN, RPP

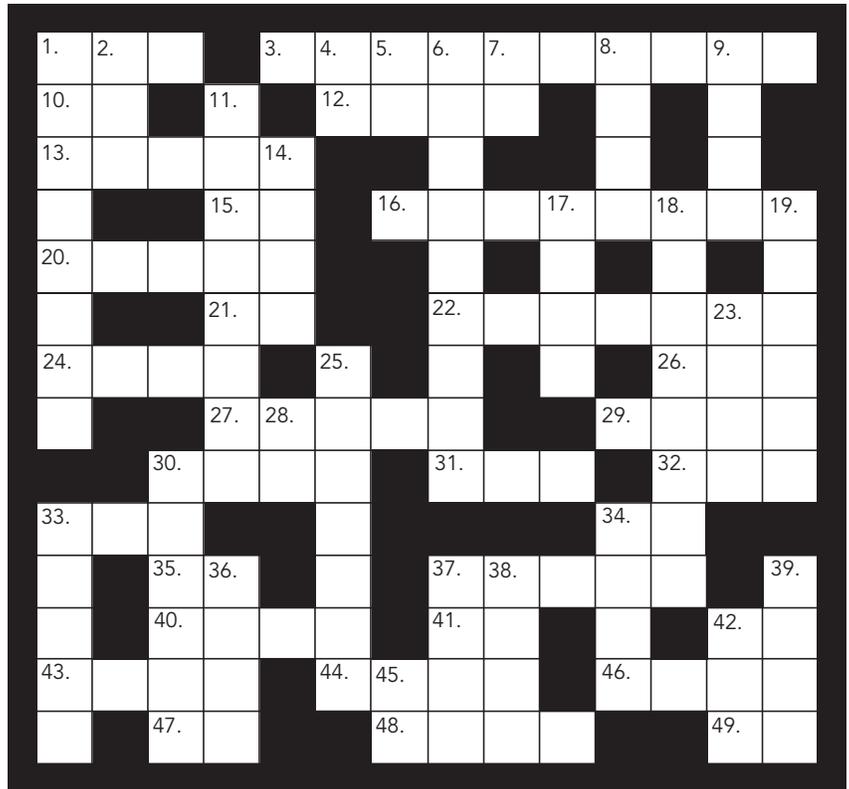
CRYPTOGRAM

A Dr. Stone Quote:

Clue: Z = N, C = R

LZLCMU WN YJL CLXF
 NEPNYXZOL PLJWZB YJL
 XKKLXCXZOL AQ RXYL C XZB
 QACRN.

Answer: Energy is the real substance behind the appearance of matter and forms. - Polarity Therapy V.2, p. 207.



CROSSWORD - "A Little Esoterica"

ACROSS

1. A small portable bed.
3. Scattering or the action represented by the fire principle
10. Opposite of off.
12. Twelve inches equals one of these.
13. Dog used for hunting.
15. That is to say (abbr.)
16. Relating to alchemy or other occult science.
20. Hindu god with powers to destroy.
22. A group of three.
24. Not under.
26. Part of the verb 'to be'.
27. A Finnish-style steam bath.
29. More than a singular lowest integer.
30. The second Greek letter.
31. Not reaching the average level.
32. To obtain.
33. Invisible gaseous substance or the 'glue of creation'.
34. An elevated railway.
35. Exclamation of admiration.
37. Overhead.

40. Borders made by turning edge in and sewing them down.
41. Not any.
42. Preposition expressing position.
43. The capital of Italy.
44. A concept that all physical manifestation is illusionary.
46. Lascivious passion.
47. Aluminum symbolically.
48. An Australian friend.
49. Pronoun denoting self.

DOWN

1. Tendency to remain united.
2. Lennon's wife Yoko —.
4. Conjunction denoting uncertainty.
5. To a degree that demands emphasis.
6. Capable of coming into being.
7. And (Fr.)
8. An undetermined amount.
9. Prefix relating to all things or power.
11. The whole of creation caused by the action of three principles.
14. The head of a college or university.
17. Principal, as in the most important.
18. Geometric figure having three sides.

19. The shyest or most affectedly modest.
23. The Kabbala or 'The — of Life'.
25. A theory recognizing two independent principles.
28. Preposition expressing exact location.
30. In Hindu mythical view, the creator of the universe.
33. Blazing.
34. Devilish.
36. The most posterior part of the foot.
37. Popular New Age singer.
38. An engined or sailing vessel.
39. Advanced payment as in poker.
42. Suffix denoting a belief system.
45. First person of the verb 'to be'.

Answers - Across: 1. Cot; 3. Dispersion; 10. On; 12. Cohesion; 24. Over; 26. Are; 27. Sauna; 29. One; 30. Beta; 31. Low; 32. Get; 33. Air; 34. El; 35. Ah; 37. Above; 40. Hems; 41. No; 42. In; 43. Rome; 44. May; 46. Last; 47. Al; 48. Mate; 49. Me. Down: 1. Some; 9. Omni; 11. Universe; 14. Dean; 17. Main; 18. Tangle; 19. Coyest; 23. Tee; 25. Dualism; 28. Ah; 30. Brahma; 33. Affre; 34. Evil; 36. Heel; 37. Anya; 38. Boat; 39. Antie; 42. Ism; 45. Am.



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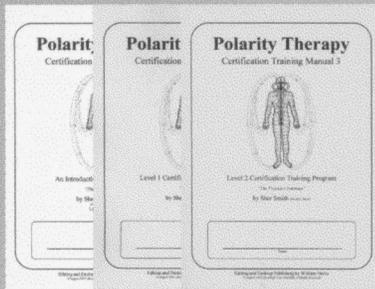
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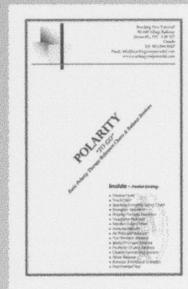
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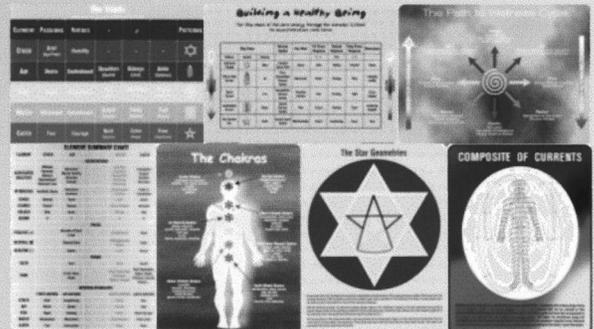
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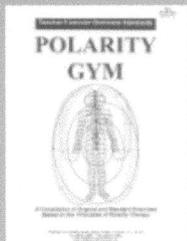
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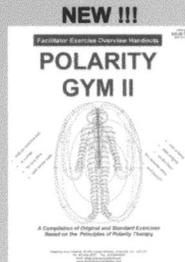
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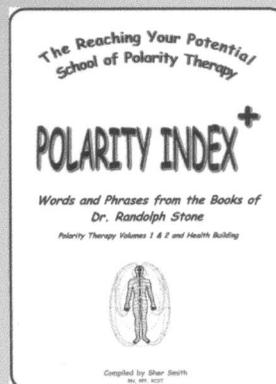


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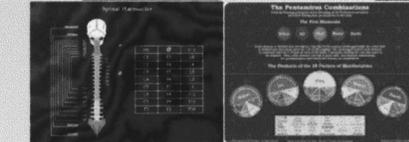


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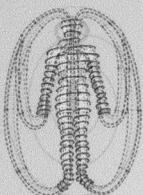
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