

autumn 2003 \$4.00

# energy currents



THE NEWSLETTER OF THE ONTARIO POLARITY THERAPY ASSOCIATION

*Special Edition*



**The Power of Thought • The Language of the Body  
The Three Mothers • The Mysterious Fluid within the CSF  
Strain / Counterstrain • Network Spinal Analysis • Brain Gym®  
& MUCH MUCH MORE**



# Naturopathic Foundations

## Health Clinic Focus . . .

Integration of Naturopathic, Ayurvedic and Chinese principles and treatments such as:

- energetic assessment of obstinate and chronic health concerns
- nutritional recommendations based on Ayurvedic principles
- energetic bodywork using Polarity Therapy and other modalities
- use of acupuncture, homeopathy and herbs to support the natural healing process
- lifestyle counselling to bring awareness to energetic patterns and potential for change

## Iva Lloyd, RHN, RPP, ND

*Iva Lloyd 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 CALL

**905-940-2727**

## Upcoming Course . . .

### LANGUAGE OF THE BODY

a course on advanced energetic assessment and interpretation

*Course outline includes . . .*

- *interpreting the energetics during the initial intake*
- *hands and feet diagnosis*
- *detailed energetics of the parts and its systems*
- *how to interpret diseases energetically*
- *integrating the energetic assessment with a treatment including diet, lifestyle, exercises and bodywork*
- *communicating the energetic pattern to the client*
- *case studies*

#### DATES

March 18 - 21st, 2004

#### TIME

9:00 - 4:30 p.m. 18 - 20th

9:00 - 1:00 p.m. 21st

#### LOCATION

Naturopathic Foundations  
33 The Bridletrail, Unit 3  
Markham, Ontario Canada L3R 4E7  
Telephone 905-940-2727  
Fax 905-940-2721

COST \$425

NUMBER OF PARTICIPANTS maximum 12

is published by the Ontario Polarity Therapy Association quarterly by season. It is released on or about: March 1 (Spring) • June 1 (Summer) • September 1 (Autumn) • December 1 (Winter).

Advertising and submissions from writers, photographers, cartoonists and others who wish to contribute are warmly welcomed. Please forward copies of all material with your signature authorizing publication in "energy currents". Submission of material is due one month prior to publication, as follows: February 1 for Spring • May 1 for Summer • August 1 for Autumn • November 1 for Winter, to:

Energy Currents c/o InZane Visual Communications  
Studio 203 - 61 Elm Grove Avenue  
Toronto, Ontario, Canada M6K 2J2  
t. 416. 534.1960 f. 416.531.9123  
e. currents@polaritytherapy.ca

Editing, use and placement of all material will be at the sole discretion of "Energy Currents". Copyright infringement is the sole responsibility of contributing advertisers and authors. No part of this publication may be reproduced without the prior written consent of OPTA.

All articles reflect the view point, thoughts and opinions of the author and are not necessarily those of the Ontario Polarity Therapy Association.

Distribution of "Energy Currents" is free only to members of the Ontario Polarity Therapy Association. Extra copies for your practice or for promotion may be purchased. For more info, please contact OPTA at 416.685.5172.

Layout & Design by Laurie Copeland,  
InZane Visual Communications Inc.

Produced in co-operation with the  
**OPTA Board of Directors:**

**Laurie Copeland - President / Publisher**  
R. 705.466.6593 / B. 416.534.1960  
E. currents@polaritytherapy.ca

**Peggy Barrett - Treasurer / Membership**  
R. 416.626.8120 / E. peggy.barrett@sympatico.ca

**Pat Ransom - Secretary**  
R. 905.939.7519 / E. pattimugan44@aol.com

**Pamela McDonald - Director**  
R. 416.532.0653 / E. pam.mcdonald@rogers.com

**Jim Fairman - Director**  
R. 416.658.7557 / E. jim.fairman@sympatico.ca

**Sharol King-Cordner - Director**  
R. 905.985.4912 / E. jscordner@sympatico.ca

  
ONTARIO  
**OPTA**  
POLARITY THERAPY ASSOCIATION  
polaritytherapy.ca 416.685.5172



## This Edition Features...

The Power of My Thought <i>by Sher Smith, RN, RPP, RCST</i>	pg 7
The Language of the Body <i>by Iva Lloyd, RPP, RHN, ND</i>	pg 9
Practitioners in Training Ask... <i>What Does Polarity Therapy Mean To Me...</i>	pg 11
The Mysterious Fluid Within The CSF <i>By Jan Pemberton, RPP, RCST</i>	pg 13
The Three Mothers <i>A Look at the 3 Principles of Energy Motion</i> <i>By Jim Fairman, RPP</i>	pg 14
Doorways to Structure: STRAIN / COUNTERSTRAIN <i>By David Pinto, RPP, RCST, IMP, CST</i>	pg 19
A Brief Overview: Network Spinal Analysis <i>By Dr. Sara O'Neill, DC</i>	pg 23
Brain Gym® For Preschoolers in a Headstart Program <i>By Gail Dennison</i>	pg 25

## Plus...

Board Notes • <i>Important News</i>	pg 5
Plan Ahead Calendar	pg 12
The Journal Column • <i>Which is Deeper?</i>	pg 21
Exercise Tip	pg 22
What are You Having For Dinner Tonight?	pg 27
Play Time - Crossword	pg 29
Advertising Information	pg 31

# polaritytherapy.ca

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

It is the art and science of balancing, the subtle and natural, electromagnetic energy that makes up our physical, mental, emotional and spiritual selves.

Aspects of Polarity Therapy include Bodywork,  
Nutrition, Exercise and Communication.

# AYURVEDA EXPO 2003

Balance Your Life With the Foundation of Ayurveda • September 27<sup>th</sup> & 28<sup>th</sup>

Featuring guest speaker **Dr. Robert Svoboda**

## Day One

Saturday September 27<sup>th</sup> 2003 \$35 all day 11am - 8pm

- **Ayurvedic Keynote Speakers**  
Dr. Robert Svoboda, Ismat Nathani, Nitan Shah, Ghanshyam Singh Birla  
Ray Civello (Civello Salons), Helen Goldstein (the Yoga Studio),  
Susan McNaughton and Andrea Olivera
- **All Day Ayurvedic Buffet \$7.00**
- **Ayurvedic Workshop Exhibits**
- **Fire Ceremony**
- **Arati**
- **Concert**

## Day Two

Sunday September 28<sup>th</sup> 2003 Ayurvedic Self-care Workshops \$108 all day 10am - 4:30pm

- 10:00am - 12:00pm - Ismat Nathani
- 12:30pm - 2:00pm - Xenia (Anandasakti) Splawinski
- 2:00pm - 4:30pm - Andrea Olivera

To see **Dr Svoboda**  
Call Andrea Olivera 416-504-6049

**Personal Sessions Available**  
Book Now for Saturday 11am-7pm  
Sunday 10am-3pm

**Sessions Available:**  
Ayurvedic Consultations,  
Ayurvedic Massage,  
Vedic Astrology Readings,  
Chakra Balancing Massage,  
Tarot Readings, Vedic Palmistry and more.

EXPO Tickets sold at the following locations:



**The Omega Centre  
Bookstore**  
29 Yorkville Ave.  
416.975.9086  
[www.omegactr.com](http://www.omegactr.com)



**downward dog**  
yoga centre  
735 Queen St. W  
416.703.8805  
[www.downwarddog.com](http://www.downwarddog.com)



**CIVELLO**  
SALON • SPA  
887 Yonge St. 269 Queen St. W  
416.924.9244 416.977.7755  
[www.civello.com](http://www.civello.com)



**AVEDA**  
95 Bloor St. W  
416.413.1333  
[www.aveda.com](http://www.aveda.com)



**the yoga studio**  
TORONTO  
344 Bloor St. W, Ste 400  
416.923.9366  
[www.yogastudio.net](http://www.yogastudio.net)

**swaha**  
sanskrit chanting  
& kirtan

"SWAHA performs a unique blend of ancient sanskrit prayers and modern western music."

The Toronto Star  
June, 2002

"SWAHA's richly textured, transcendental vocals and beautiful melodies make each song a delight."

Dr. Robert Svoboda  
Ayurvedacharya

Kirtan Concert at  
7:30 pm on Saturday

To order or sample SWAHA's new CD "Salutations" visit  
[www.swaha.ca](http://www.swaha.ca)

ॐ नमः शिवाय

The Andrea Olivera  
Centre for



**AYURVEDA**  
The Mother of Healing

For tickets & information call: **416-504-6049** Visit: [www.AyurvedicTouch.com](http://www.AyurvedicTouch.com)

Hare Krishna Temple is located at 243 Avenue Road, Toronto



## Board Notes

### OPTA's New Phone Number

Please note that OPTA has a new contact telephone number. For general information regarding OPTA or Polarity Therapy contact us at 416.685.5172.

Please be sure to update your existing "Polarity Therapy" brochures, as well as your reference files. The OPTA website, [www.polaritytherapy.ca](http://www.polaritytherapy.ca), will be updated a.s.a.p. (Please note that new, updated brochures are also now available.)

### ANNUAL GENERAL MEETING Year-End Update & Elections November 17, 2003, 7 p.m.

Nominations and suggestions for the 2003 AGM are now being accepted and would be appreciated prior to the November 17th meeting. Available positions include President as well as 4 potential Directors. Elections will be made for these positions that evening.

Please direct nominations, suggestions or any questions to OPTA by phone at 416.685.5172, email to [info@polaritytherapy.ca](mailto:info@polaritytherapy.ca), or by mail to OPTA, c/o Peggy Barrett, 306 Markland Drive, Etobicoke, Ontario M9C 1R8.

Business at this meeting will be followed by fun and food at a Member's Holiday Party. Watch for more information regarding the party closer to the date. Plan to attend!

### NEW AGENDA FOR 2004 Energy Currents New Publishing Schedule!! Meeting Agendas Transformed!!

The OPTA executive is initiating changes for both *Energy Currents*, the *Newsletter of the Ontario Polarity Therapy Association*, as well as our meeting agendas, commencing in 2004.

OPTA has a new phone number

**416.685.5172**

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



For the last few years, *Energy Currents*, has been published quarterly. It has been decided that beginning in Spring of 2004, OPTA will publish 2 newsletters per year, as opposed to the current 4. New publishing dates will be as follows:

**Spring/Summer Issue - May 1<sup>st</sup> with April 1<sup>st</sup> content deadline.**  
**Fall/Winter Issue - November 1<sup>st</sup> with October 1<sup>st</sup> content deadline.**

It was also agreed that commencing in 2004, OPTA will be coordinating a minimum of 3 Workshops (as opposed to 'meetings') per year plus 1 AGM/Holiday Party Meeting. Workshop dates have been tentatively scheduled for:

**March 1; June 7; September 13, with the AGM/Holiday Party set for December 6.**

It is the intention of the board that these changes inspire new energy, larger and more informative editions of the newsletter, and quality workshop-oriented meetings that host a greater turn-out of members.

### REMINDER - APTA Conference 2003

The APTA 2003 National Conference, entitled "*Living in the Elements: The Heart of it All!*", is set for October 17,18 &19, 2003 at Kelleys Island in Ohio, USA. We look forward to seeing you there!

### REMINDER - Tradeshow/Meeting Support

Tradeshow/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](mailto:info@polaritytherapy.ca).

Professional display materials include: carpeting & tablecloth; a 3'x1<sup>1/2</sup>' "Polarity Therapy" sign; various laminated colour posters; a bin of essentials, includes tape, nails, clipboards, and more; and access to refundable quantities of OPTA's "Polarity Therapy" brochure.

### CONGRATULATIONS & WISHES FOR SUCCESS!

To OPTA's Newest RPP's, Jim Fairman, Mirja McAdam, Linda Ross, Jim Fulton and Jade Altavilla-Castaldo. All are graduates of Sher Smith at Reaching Your Potential, Richmond Hill, Ontario.

*If you have recently received new or updated status, please keep us informed. Contact OPTA at 416.685.5172 or by email at [info@polaritytherapy.ca](mailto:info@polaritytherapy.ca).*

## Looking Forward...

Be sure to pick up the Winter edition of *Energy Currents* and find out what every practitioner needs to know about **INSURANCE**.

Plus more informative articles, information and recipes!!



## Attention Polarity Practitioners

### Present a Professional Image with **Polarity Therapy Brochures**

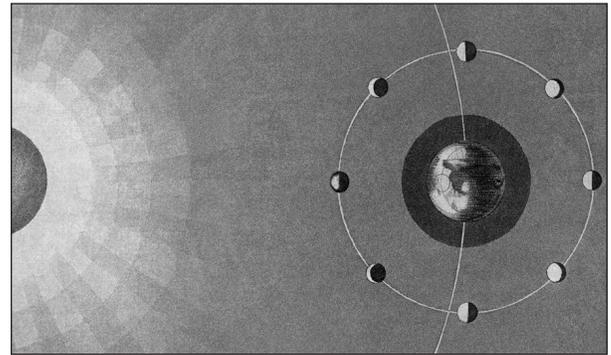
An informative and valuable tool for the promotion of your Polarity Therapy Practice, developed by the Ontario Polarity Therapy Association, with your success in mind.

Keep your friends, clients, potential clients and colleagues informed about Polarity Therapy and its benefits.

Currently available in black and white, 3-fold format on high quality glossy stock. Only \$3 per 10 pack.

Call for more information or to place your order

# 416.685.5172



you are at the centre of your creative universe

## Map Out Your Destiny

Join Pam for a fun and playful experiential vision board workshop that will encourage and solidify your intentions for the future!

Bring all of your old magazines and any special talisman you wish to attach to your vision board. All materials will be supplied.

\$175.00 (includes gst & pst)  
Meal and refreshments included.

Manifest your vision by calling to reserve your spot today!

witness  
yourself...  
pamela mcdonald

416.532.0653  
pam.mcdonaldr@rogers.com

Customized Resource Development Coaching  
Reiki (Master) • Polarity Therapy • Cranial Sacral Therapy  
Iridology & Herbology • New Decision Therapy • Educational  
Kinesiology • Customized Life Coaching • Intuition Development

**David Pinto** IMP, RCP, RCST, CTP

**BodyMind  
Healing**

Integrative Manual Therapy™  
Polarity (Energy) Therapy  
Trager® Movement Education  
Craniosacral Biodynamics  
Somatic Experiencing® (Trauma)  
Emotional Freedom Technique  
Relaxation Training

48 Glen Echo Road  
Toronto Ontario M4N 2E3  
(Yonge/Lawrence Area)

**416 488 2024**  
by appointment

over 20 years  
experience



# THE POWER OF MY *Thought*

by Sher Smith RN, RPP, RCST

I am created in the image of perfection and now is the time for me to acknowledge my spiritual perfection. The real "I" in the "I am" is great and good and perfect.

As I work, play and grow along life's pathway, I learn to remain open to the universal good that is available to all for any ideas of restriction and limitation manifest in kind. I realize that the moment I think something is possible, I make it possible and open the door to universal good.

Since each day is a new beginning and a fresh start on life, I renew my acceptance for taking responsibility for my thoughts and actions. I remember that each day is the first day of the rest of my life.

Although the world has disease and suffering, I remember that disease is caused by the body being in a state of dis-ease. Physical pain is the result of incorrect thinking and I can choose to control my thinking.

My thoughts create a psychic mass of mind energy and when distorted the result is dis-ease. "Mind energy is the first essence of matter, which travels in the media of cerebrospinal fluid in the entire nervous system. It is the pattern energy of geometric proportions in the atomic fields of matter as the shape of things to be... Hence all construction must start first with designs of blueprints and patterns of things to be created built or made. Geometry and geometric proportions are the first process of creation in the great and the small." "God Geometrizes" (Dr. Stone BKIV P. 51)

As I recognize these truths, I sometimes begin to feel guilt over past undesirable outcomes. I realize and understand that guilt makes undesirable outcomes repeat.

"When truth is presented to our mind and consciousness, have we a dial and wavelength of reception for it in our make-up and in our background with which to tune in? Or have we too many private wires of interest in comparatively trivial matters, which keep it out? Have we the time or an ear for Truth? How can it be found and by whom? Has Truth or understanding favorites like the gods of old had, or can any devotee attain that shrine and sanctuary of his devotion?" (Dr. Stone BKV P. 4)

Fear is another feeling I learn to come to terms with, for the negation of love is fear and fear is the pre-cursor of hate. Love removes fear. Fear is the negative use of faith and once reality is given fear, hate is born. Since I choose how I make life, I overcome fear by conscious thought and positive faith.

By becoming aware, I choose to be healthy by releasing the fears I

have regarding ill health. Health comes from within and since I am a co-creator with the divine spirit, I can create health. By the use of affirmations, creative visualization, imagery techniques as well as developing an appropriate, expecting and receptive mental attitude, I create health. I remember that love is the power that heals.

As I journey through life, I learn to enjoy the journey and remember that all experiences are for learning. Ordinary people learn from their experiences and wise people learn from the experiences of others. I also remember that the joy is both in the journey and in the reaching of the destination. It has been said, "most people tiptoe through life so that they can arrive safely at death." I am meant to go through life living, learning, growing, experiencing and loving as I travel and progress onward.

When I develop faith in the divine, my journey becomes easier. Faith moves the universal subconscious mind to creation. The cornerstone of faith is positive thinking, for it is the use of faith that allows me to rise above negative circumstances. I develop faith by sustained effort, spiritual value, persistence and an inner knowingness. To allow faith to work, I trust it completely and take charge of my thinking. Whether I think I can or cannot, I am absolutely right. To achieve success in anything, I think and believe that I can. I act as if I can only succeed. It is necessary to let my thinking govern the conditions that surround me. For it is thought plus faith that creates and as I think I become. It is therefore to my best advantage to build habits of positive thinking. I am what I think and my thinking creates my circumstances. As I refuse to let circumstance alter my thinking, I see circumstances grow into the image of my thought.

As I learn to control my thoughts, I control my destiny. When I use my thoughts to build positive images, I begin to conceive positive results. To acquire a physical result, I first develop the mental skills to conceive of that which I desire. I believe it is truly possible before I achieve and receive in the physical world. Those things that the conscious mind believes are always returned by the universal mind. "As ye believe, so shall ye receive." When I hold an idea in my mind, it is only a matter of time until I hold the physical result in my hand.

What I conceive and accept in my mind, I receive in reality. I get that which I ask for. When I change the idea of a thing, I change the thing. By changing my thinking, I change my results. A thing only becomes a something as a result of conscious thought. To alter my life and results, I alter my thinking.

Poverty is the negation of abundance. I am born rich. I have as much as kings. I think success. It is energy following thought that causes physical results. There is but one substance from which all is made and that substance is all that there is and it is everywhere all the time ... and all there is, is now.

continued on page 8



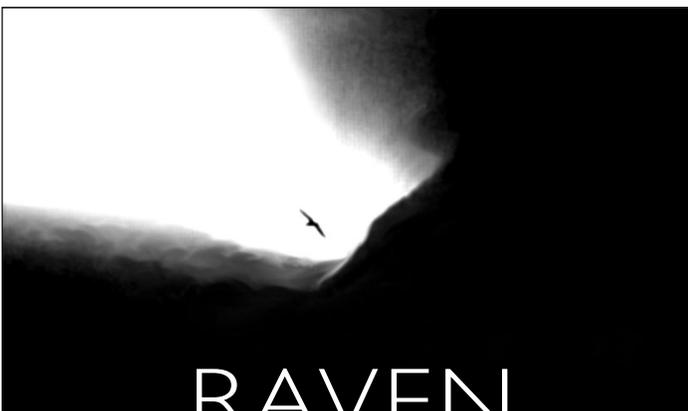
"The Power of My Thought" continued...

Force negates. I release force and go with the flow of life. I get into the process, stay in the process and let the process do the work. I get ready to receive and willingly accept. There is only one force or power in the universe and it serves me or masters me according to my perception. I realize that the choice is always mine. This power creates what I believe and manifests to me what I am prepared to accept. It is my acceptance of this power, greater than I, that brings my desired results. I work with it, open to it, flow with it and accept its gifts. There is only one power and it is available to all.

When I wait for impetus from outside to determine what thoughts I will accept, I become a victim to every wind that blows. I take control of my thoughts. Since I can only hold one thought in my mind at one time, I realize that I can and must choose that thought or the environment will choose it for me. Thought is the great creator. It just needs faith to bring it to reality, for thought plus conviction equals manifestation. I create by my thought and desire.

When I was born, I was given free will to make all my own choices and what I think is the only true choice I have in life. I am what I choose and my choices are made in and by my mind and thoughts.

My mind acts on the most pre-dominant thought. Since the universal mind answers thought, my security lies within. Mind is complete unity and therefore is love itself.



**RAVEN**  
ESSENCES

LOCALLY PRODUCED  
*Flower Essences*

WORKSHOPS & CONSULTATIONS

**Andrea Mathieson**  
**(905) 832-8245 [www.ravenessences.com](http://www.ravenessences.com)**

Love gives meaning to life and love is the motivating force. God is love and love is all. Life is creation and all creation is a labor of love. Life seeks knowledge and creation is the measure of what has been learned; thus creation is the purpose of life and creation springs from love. To know love is to learn and to grow. I remember that love and hate are opposites and that hate is simply love moving in the opposite direction. Love makes the world go round.

All of my impulses spring from my imagination. My imagination is the way into my subconscious. It helps me to think of my mind as a garden. A garden whereby I am the farmer, who waters, feeds and nurtures the seeds I plant. The seeds are my thoughts. I learn to work less and harvest more. The fruits I receive today are the seeds I planted yesterday. As a farmer removes the weeds in a garden to allow for more healthy growth, I also weed my mind to give room for my thoughts to expand, grow strong and be healthy. For as I sow, so shall I reap. 🌱

*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. Sher is the founding President of the Ontario Polarity Therapy Association, a member of the American Polarity Therapy Association, a member of the Cranial Therapy Association of the United Kingdom, and is a Director with the RYP school of Polarity Therapy teaching an approved APP & RPP course. See the advertisement on the back cover of this issue.*

**New New New**

The Reaching Your Potential  
School of Polarity Therapy

**POLARITY INDEX<sup>+</sup>**

*Words and Phrases from the Books of  
Dr. Randolph Stone*

Polarity Therapy Volumes 1 & 2 and Health Building



Compiled by Sher Smith  
RN, RPP, RCST

**Available October 2003**

Reaching Your Potential  
40-646 Village Parkway, Unionville, ON L3R 2S7  
Tel: 905-944-8867 Fax: 905-944-8867  
Email: [info@reachingyourpotential.com](mailto:info@reachingyourpotential.com)  
[www.reachingyourpotential.com](http://www.reachingyourpotential.com)



## THE LANGUAGE OF THE

# BODY

by Iva Lloyd, RPP, RHN, ND

Verity, a 24 year old aspiring actress came into the clinic with the chief complaint of swelling of the knees. Over the last two months she had visited medical doctors, physiotherapist and a nutritionist with minimal relief.

She sits down and begins to tell her story. After the typical physical overview, I ask her to tell me about herself proceeded by what was going on in her life before all this happened. Now the 'true' story begins. She slowly and methodically tells about a young girl, a little unsure of herself, but with a large dream. Her eyes keep looking away, holding back tears, as she justifies why her boyfriend doesn't have enough time for her, why her friends tend to take more than they give, and why she needs to stick to a restrictive diet in order to be 'the best'. When I ask her how this make her feel, she says 'stuck, as if she is bursting inside, unable to move forward'. When asked to describe how her knees felt. She smiles, looks at me and says, 'stuck and unable to move'. A light bulb has gone off in her head. She gets it. She settles back in the chair, a little more relaxed, with better eye contact. The journey of healing has finally begun.

Health is a reaction to life, expressed through our body. When an aspect of our life is out of balance the body will respond, alerting us and providing guidance as to how to address the imbalance. It does this, first with simple signs -- a slight rash, a twinge of pain, a feeling of stiffness. If we don't listen, or understand the body gets louder, stronger and more insistent.

The language of the body is about understanding how your body talks and expresses. It is a conversation that we have with ourselves, sometimes only unconsciously. We train our body to express in certain ways. When we are open to the initial signs the body will usually respond by being gentle and subtle. Part of the process is about learning new ways that can be more gentle, more overt and more conducive to overall health.

The universe has given us a body as the manifestation of our energetic patterns. Recognizing and acknowledging that there is a language and message to symptoms, emotions, diseases and physical structure is the starting point.

Just as there are different languages that people speak, there are different foundations for expression. Polarity Therapy, for example, is based on Ayurvedic and Chinese Medicine principles. Both of these traditional methods have five elements to describe the body, but they use different windows. When I am unsure of what window a client may be using I will ask them what colour is Fire. If they say yellow, than I have a clue that their body is trained to express from an Ayurvedic viewpoint. If they say red, than I will start with the

Chinese perspective. All windows lead to the core or essence of a person, but having practitioner and client walk in the same direction on the journey can smooth out the process.

Learning how to interpret the language of the body is the next step. The more you understand the elements, what they mean and their correlation with emotions, thoughts and the physical body the better your foundation. Energetic patterns will be expressed on all levels - how someone talks, what they say, the initial impression they convey, their physical symptoms, their thought patterns, emotions, dreams, all aspects of their physical body, even their hands and feet.

As a practitioner, the most valuable step is being able to feed this information back to clients, with the aim of bringing awareness, curiosity, and understanding of how the body mirrors life. If one of the reasons for living is to learn lessons, than awareness of those lessons and patterns is essential to learning. As a practitioner myself, I am constantly reminded of the importance of slowing down the process and spending as much time as necessary at the stage of awareness before we attempt to alter the messages.

The language of the body is a wealth of information with subtleties and strengths. Mastering the art of understanding this language is a lifelong journey that provides tremendous personal insight and an increased ability to assist and work with others.

***Be curious, be open and enjoy the art of body language.*** 🙌

*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 the inside cover of this edition.*

## Stone Quote

*Success is the attainment of any goal we set for ourselves, even as a ship's captain selects a port nearby, or one far away, and arrives there in good time. Naturally, our direction under full steam must never vary, or we would not only be off course but might even find ourselves rushing in the opposite direction. To apply power and speed before we have set our goal is to flounder uselessly; but to set the goal first and then proceed under proper guidance, is the certain and ideal way.*

*Dr. Randolph Stone  
Polarity Therapy The Complete Collected Works,  
Volume Two, Volume pg. 74*



Unisthetics...



**MICHELE ALEXANDER 416-239-0707**  
Esthetician 3854 Bloor Street West  
Toronto, ON M9B 1L1

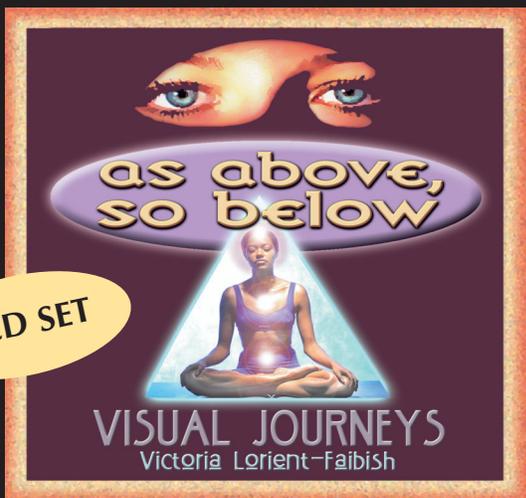


### Willow Books

261 Queen St., Port Perry  
905-985-0888  
Open 7 days a week  
[www.willowbooks.ca](http://www.willowbooks.ca)

### Seekers Books

509 Bloor Street West, Toronto  
416-925-1982  
Open 7 days a week - noon to midnight  
*New and Used • Bought and Sold*



#### Double Meditation CD Set

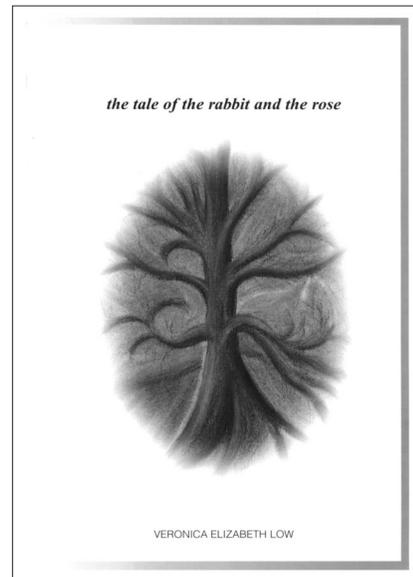
by Victoria Lorient-Faibish, B.A., RPP (Registered Polarity Practitioner)

This holistic practitioner and teacher has been inspiring people to live more magical lives for over 10 years. She facilitates students and clients on visual journeys into the mind, the body and the soul. This CD set takes the mystery out of the meditation process and brings the listener to the soul's centre in a very user friendly way.

Visit [www.visualizationworks.com](http://www.visualizationworks.com) to sample and to order call 416-916-6066.

## *the tale of the rabbit and the rose*

By Veronica Elizabeth Low



ISBN 0-9688438-0-8

"It is strange how we as humans choose inanimate objects to play such pivotal roles in our lives. They become our saviour, they sanctify us, and baptize us, give us the recognition and the confirmation we hunger for. Some would say that those who partake in such rituals are...crazy..."

#### FIRST EDITION - LIMITED PRINT RUN

To purchase your copy today, visit  
The Omega Centre Bookstore or  
order on-line at [www.roarpublishing.com](http://www.roarpublishing.com)

"... a very special book with a timeless message... a story with a moral that all of us can gain something from."

- Don Jackson,  
Host of *Lovers and Other Strangers*  
(Internationally syndicated radio show)



PRACTITIONERS IN TRAINING ASK

## WHAT DOES POLARITY THERAPY MEAN TO ME...



Funny how just when you think you've got everything all figured out, life throws a curve ball at you to see if you're really and truly paying attention. You see, there I was on my merry ignorant way, perfectly content in my discontent thank you very much, when I happened upon a Polarity Therapy session that was to change my life forever. Much to the amusement of my guides, I'm sure.

I was first introduced to Polarity Therapy at a wellness fair some three and a half years ago in Montreal. It was one of those rainy Saturday afternoons in April with nothing else to do but sit around indulging in the pleasures of poutine (a Quebec delicacy of french fries smothered in gravy and cheese curds) discussing local politics ad nauseum with friends on both sides of the political spectrum, or attend a wellness fair at the Health Institute. I chose the latter.

As it turned out, the booths I "really wanted to go to" were booked. The only thing left was this "Polarity stuff". So off I went a yellin' and a hollerin' to myself as usual about always getting stuck with the leftovers (can you imagine what was going on in my life at the time?) Turns out, I kinda liked this stuff. Only I didn't know it at the time. I ended up moving to Toronto some six weeks later to see for myself how learning Polarity Therapy could help my friends and family. Not that I could benefit from any of it. Not that my life could shift in any way. No way, Jose. No siree Bob. This was for everyone else with "issues" and "problems". Not me. Ha!

Well guess what? Polarity Therapy introduced me to me. Yep, Every single part of my soul was being laid out right in front of me, and there was no turning back. It was like peeking through my fingers to watch a scary flick, wanting to know the outcome, but not wanting to sit through the *meantime*. Now here's the catch, day by day, session by session, I was being offered a

choice: Hang on to what was dragging me down and keeping me from exploring greater health and opportunity, or trust the process and discover my limitless potential. Once again, I chose the latter (*hmm, patterns...*)

Through it all, my belief system has been challenged, my ego has taken a beating, and I have learned to accept the fact that I don't have all the answers. And I have grown immensely. Polarity Therapy has led me on a remarkable journey inward that has resulted in positive change, heightened awareness/consciousness, increased self-understanding, deepened compassion and ultimately, metamorphosis. In true Polarity style, I have faced both the best of me and the worst of me and have loved all of it.

Polarity Therapy continues to be an integral part of my life and to permeate every aspect of my being. I feel blessed to have access to the teachings of Dr. Stone and doubly blessed to know that Polarity resides in my heart. By Jove, I think I've "caught" it. It is now my honour and privilege to share these blessings with others. Thanks to Polarity Therapy I have found my place in the web. For this I am and will always be eternally grateful.

Namaste.  
Jade Altavilla-Castaldo



I've been asked what Polarity Therapy means to me. Here's how I've rephrased the question:

*"What drew me to Polarity Therapy in the first place, and what holds me to it".*

I didn't have the benefit of experiencing a Polarity Therapy session before starting the course, so I didn't have that wonderful first hand experience one gets in ongoing care

when a particular modality is working its wonder on you, and you feel like you want to be on the giving end as well as the receiving end. In fact I hadn't heard of Polarity Therapy until just before the intro weekend. So my approach was much more practical. (*And "practical" worked so much better for me back then!*)

I was interested in developing a career in some energy or counseling field, and of course there were many options available. And many of those options could be had much cheaper and in much less time than Polarity Therapy. But that was also the problem (in my mind) with those alternatives. Many didn't feel quite as credible or legitimate, and I wanted to invest my time, energy and money in something that a) resonated with me, and b) would attract clients and ultimately build a business.

As the introductory weekend unfolded, I couldn't help but smile since Polarity Therapy seemed to connect with me on so many levels. Working with the gunas and elements were a wonderful build from my yoga training. And working with a manual that provided such care and detail regarding physiology and anatomy, together with the what/where/why of the protocols, was such a welcome change from my bodywork training to date. I was hooked!

What kept me hooked is all of the above as I delved deeper into this course. I haven't been disappointed. Level I taught me something about the Polarity Therapy basics, and intrigued me to carry on and continue learning. And I don't have to be too hard on myself at this stage since I haven't had the pleasure of working on those THOUSAND BODIES yet. So I have time to feel more comfortable and confident with this work, and that's comforting.

I'm now embarking on Level II and I'm excited about the possibilities this training and field hold in store for me – developing my bodywork skills and my knowledge base; and developing my business skills and my client base. And very importantly, through Polarity Therapy, I'm learning more about ME. These are indeed exciting times, and I thank Dr. Stone, Sher Smith and my colleagues for sharing this wonderful gift.

Blessings,  
Tom Russell



# Plan Ahead...



**October 17 - 19, 2003**

APTA Conference

**November 17, 2003**

Annual General Meeting  
Year-End Update & Elections

*\*see Board Notes on page 5 of this edition for details.*

Business to be followed by  
a Members' Holiday Party

*Fun & Food! Plan to attend - all are welcome!*

OPTA GENERAL MEETINGS are held at the North York Central Library at 5120 Yonge Street • tel. 416.395.5535 (at the North York Centre Subway and near the 401)

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

*Come early to view our information and product table.  
Bring your own products and information to display!*

For more information call **416.685.5172**



## POLARITY THERAPY

*A Natural Holistic Way to Health*

Mary MacDonald, M.A., R.C.P.P.

*(Broadview Subway)*

**(416) 778-8625**

Ask me HOW...



Holistic  
Opportunities  
*for*  
Wellness

Brain Gym® ∞ Polarity

*Daphne Duckworth*

T. (705) 725-0773 F. (705) 725-9386  
E. daphneduckworth@hotmail.com



CORPORATE IDENTITY



LAYOUT & DESIGN



FULL COLOUR PRINTING

**1000 full colour business cards from \$150.00**

# INzane

COREY  
FINKELSTEIN

INZANE VISUAL COMMUNICATIONS INCORPORATED  
TORONTO 416 534 1960 • CREEMORE 705 466 6593

LAURIE  
COPELAND



# The Mysterious Fluid within the Cerebrospinal Fluid

by Jan Pemberton, RPP, RCST

# CSF

The role of cerebrospinal fluid (CSF) is key to opening to the therapeutic potential in biodynamic cranial sacral therapy. The fluctuation of the CSF was considered the primary principle in the cranial system by Dr. William Garner Sutherland, (1872-1954), founder of cranial osteopathy. Dr. Sutherland realized that there was something quite special about the CSF. He became aware of a 'fluid within the fluid', or a 'liquid light' that rode upon the CSF. It is therapeutically important to establish a relationship or synchronization with this mysterious 'fluid' within the CSF.

The central nervous system (CNS), which consists of the brain and spinal cord, has six spaces or ventricles that are filled with CSF. The choroid plexus, which are highly branched blood vessels, produce CSF by a process of active transport and ultra filtration of the blood. The chemical composition of the CSF is very stable. The system maintains this stability regardless of the chemical fluctuation of the blood. The ventricles, and thus the CSF occupy the most central and internal aspect of our brain and spinal cord. The CNS is surrounded by the subarachnoid space, which is filled with CSF allowing the CNS to float in fluid. This provides the functions of shock absorber and buoyancy to the central nervous system.

Dr. Randolph Stone (1890 - 1981), founder of Polarity Therapy, had an enormous appreciation for the function of the CSF to maintain health and order within the human body. "Where this (the CSF), is present there is life and healing with normal function. Where this primary and essential life force is not acting in the body, there is obstruction, spasm, or stagnation and pain, like gears which clash instead of meshing in their operation."<sup>1</sup> Dr. Stone's understanding of the function of this fluid was: "The cerebrospinal fluid acts as a storage field or conveyer for the ultrasonic and the light

energies."<sup>2</sup> Sound and Light, as the subtle vibrations of creation, are not only being transported on the CSF but are also stored with in the fluid.

Dr. Sutherland also perceived the CSF as being a conveyer of finer energies or 'liquid light'. He spent his lifetime exploring the cranial system. His perceptions of the CSF are quite illuminating, (pardon the pun). In his writings and in his lectures Dr. Sutherland would refer to a "fluid" within a fluid. "...the fluctuation of the cerebrospinal fluid has potency with Intelligence, as I found out. This potency is an invisible "fluid" within the cerebrospinal fluid. This potency of the Tide is what we have to consider..... It will function intelligently."<sup>3</sup>

The ventricles in many spiritual traditions have held a place of mystery. The third ventricle in particular has been referred to, as the seat of the soul. I have experienced the potency that rides on the CSF as light. I have experienced this light as filling the ventricles and then permeating through the whole body and the field around the body. Recent research has discovered that the ependymal cells that line the ventricles have the ability to emit light particles called photons.

Buddhist, Christian and Shamanic traditions have all acknowledged that with different states of consciousness the body can become light. Meditation, contemplation and prayer can support the function of the ependymal cells to produce light particles. This light charged CSF bathes the central nervous system and travels through the venous blood returning to the right atrium of the heart. It is at this opening of the internal jugular vein, in the right atrium, where the SA node resides. The SA node is where the electrical impulse originates, initiates and maintains the beating of the heart. This impulse is measurable by day 18 of the embryo and occurs before the heart makes

the journey from the north pole to the chest area. Modern medicine has not been able to explain how this electrical impulse originates. The Potency within the fluid has the ability to maintain health, order and is the ultrasonic and light energies of Creation. It is the Healing force within our body. I believe the Potency to be the initiator of the heartbeat in the embryo.

The study and practice of Biodynamic Cranial Sacral Therapy will expose you to the perceptual experience of this mysterious 'fluid' within the cerebral spinal fluid. The potency of the Breath of Life is palpable as it unfolds throughout the many layers of the body. This biodynamic ordering process expresses an inherent treatment plan to resolve inertial resistance of the body. The inertia is created from unresolved trauma of life experiences becoming encapsulated within the human system.

The practitioner is trained to sense different levels of stillness and thus palpate the expression of the system as the treatment unfolds according to its own Ordering Principle.

It is a gentle and subtle whole body approach to the human experience. This hands on therapy is non manipulative and non invasive. The relationship between the therapist and the client's Potency is one of listening and 'being', as opposed to telling and 'doing'.

This practice can allow the light within the ventricles to increase and thus promote health and opening of the heart to compassion. The experience of Potency within our hearts can be felt as compassion and realization of universal connection. The study of Biodynamic Cranial Sacral Therapy can give you an experiential awareness that healing comes from within. 🙏

## References:

<sup>1</sup> Stone, Dr. Randolph. *Health Building*, CRCS Publications, 1985

<sup>2</sup> Stone, Dr. Randolph. *Polarity Therapy Vol. I, Book III, Chart No.1*, CRCS Publications, 1986

<sup>3</sup> Sutherland, Dr. William Garner. *Teachings in the Science of Osteopathy*, Rudra Press, 1990

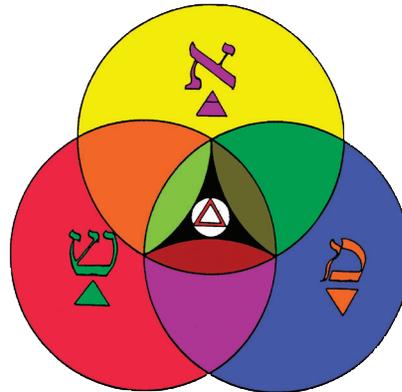
Jan Pemberton RPP, RCST, has been studying and working with the cranial system for over 10 years. She is currently teaching in Michigan and in Canada and sits on the Board of Directors of the American Polarity Therapy Association.



# The 3 Mothers

## A Look At The Three Principles of Energy Motion

by Jim Fairman, RPP



*Three Mothers, AMSh (☉☉♁),  
In the Universe are air, water, fire.  
Heaven was created from fire  
Earth was created from water  
And air from Breath decides between them.<sup>1</sup>*

### IN THE BEGINNING

Before the beginning, all was one, unified, and undifferentiated. It was a place of darkness and chaos for there was no reference, no structure and no restriction. This state is sometimes represented by a black dot, which like a Black Hole absorbs all and lets nothing escape.



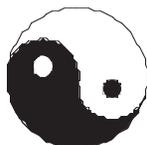
In the Bible it states, "And the earth was without form, and void", but a more accurate translation of the Hebrew in the Torah states, "The earth was Chaos and Desolation". But with the creation of Light came the beginning of form, restriction of energy, limited but still not fully manifest. The potential for duality was formulated but dormant and still contained within the chaos. This state is sometimes represented by a straight line.



For duality to be fully manifest there must be a third point of reference; be it an act of force upon the original object or a simple act of observation.<sup>2</sup> It is this third point of reference or force that truly gives birth to dualism, or polarity, which allows for manifestation to take place.

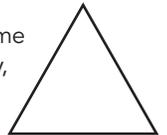
*"And God said, Let there be light, and there was light.  
And God saw the light, that it was good: and God divided  
the light from the darkness."<sup>3</sup>*

The light was already within the darkness, but it took the "Spirit of God" acting upon the unmanifest darkness to set forth the appearance of duality that allowed creation to be manifest. It



was this division caused by the 'Spirit of God' that allowed for the music of the spheres, the vibration of energy, the dance between the poles of dualism. This more active form is represented by the Chinese symbol of Yin/Yang showing the opposite natures of dualism in dance, containing the potential of the other hidden within.

With the addition of this third point of reference came the potential for simple form, restriction of energy, limitation and delineation. This is sometimes represented by an equilateral triangle.



This is the first construct allowing energy to become encased in a closed system. Also having three points of reference allows for the possibility of movement but not stability; for one needs four points of reference for physical manifestation.

### THE THREE PRIMAL FORCES OF CREATION

A common thread that runs among ancient texts describing Creation or the make-up of the Universe is that of three forces or principles that helped in the formation of the Universe. In Western Hermetic or Alchemical systems of thought, the three principles are represented by Fire, Air and Water. The quote at the beginning of the article gives a Kabbalistic explanation using the three mother letters of the Hebrew alphabet, Aleph, Mem, and Shin as the symbolic representation of these same forces. In Hindu philosophy the forces are the three gunas; named Ragas, Sattva, and Tamas.

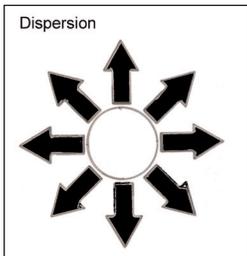
But herein lies confusion, for not only do fire, air, and water name the three principles that gave the impetus towards creation, but they also are used to designate three of the five elements. Let us try and disentangle this web of confusion.

What exactly are the principles represented by fire, air and water? These are the primal forces or qualities of action that act upon energy giving it definition. Simply put, one could say that fire represented the action of dispersion, water the action of cohesion and air the equilibrium or synthesis between the other two.

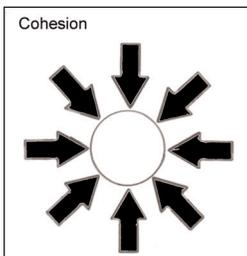
... continued on page 15



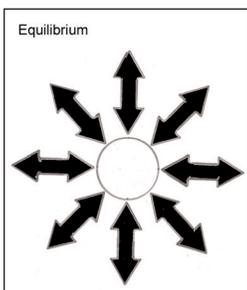
"The Three Mothers" continued...



Fire symbolizes the act of dispersion from a central point of origin outward. In an atom, it is the centrifugal force of the spin that tries to radiate the electrons away from the nucleus. In the atom, it is called the 'electromagnetic force'. If one put a set mass of energy in an enclosed room and allowed the fire principle to act upon that energy from the center of that room, the walls would hold all of the energy whereas the space within the room would be empty.



Water symbolizes the act of cohesion, gathering upon itself. In the atom it is called the 'strong nuclear or pion force' that binds the nucleus together. If once again we put a set mass of energy into an enclosed room and allowed the water principle to act upon it from the center of that room, we would find all the energy clumped together in the exact mid-point of the room.



Air symbolizes the force of equilibrium between the two. It's the force that mediates between the dispersion and cohesion. Without its compensating factor, matter would either collapse upon itself or disperse into nothingness. It is the 'glue' of creation. In the atom it is called the 'weak nuclear force'. Again we put a set mass of energy in an enclosed room and allow the air principle to act upon it from the center of the room we would find the energy evenly spaced throughout the entire room.

In the Hindu mythical view of the creation, Brahma creates the Universe, Vishnu preserves the Universe and Shiva destroys the Universe. Brahma, using the water principle, causes the cohesion of energy into form and existence. Vishnu, using the air principle, preserves creation by maintaining a balance between Brahma and Shiva. Shiva, using the fire principle, frees energy from the restriction of form by means of dispersion.

Three principles in a never ending dance of creation, preservation and destruction for no one principle remains static, nor is one principle ever without the influences of the others; it is a continuous dance of ebb and flow with no one principle ever remaining dominant over another.

*"Action gives way to stillness. Stillness gives way to reflection. Reflection gives way to new action. Thus revolves the wheel of life: creating and preserving and*

*fulfilling; doing and having and being; thinking and feeling and rejoicing. Each in turn gives way to another. The Wheel of Life turns ever."*<sup>4</sup>

Let us look at the Big Bang Theory in this light. Brahma restricts energy into form, contraction into an origin. Instantaneously, Shiva seeks to free the energy by way of expansion from the origin, straining at the very bonds of cohesion. Mediating between these two, Vishnu uses his forces to constrain the other two, stopping the collapse of creation in upon itself or through dispersion. And it is through these interactions of the three principles that creation exists. But as the strength of Vishnu fails, Shiva strengthens and brings about the end of the Universe, freeing energy once more so that Brahma has purpose once again; and so the dance goes on ad infinitum.

We see this same process described slightly differently in Genesis, but the same three principles are involved. In Genesis 1:2, it states that the "earth was without form, and void; and darkness was upon the face of the deep". This 'deep' is a reference to Water, as it is referred to as 'the face of the waters' later in the same verse. In this same verse we find that "the Spirit of God moved upon the face of the waters". The Hebrew word used in this reference is *ruach*, which holds both the meanings of breath or spirit, Air<sup>5</sup>. In Genesis 1:3 it states, "And God said, Let there be light, and there was light". The release of light is made manifest by means (or creation) of Fire. By the principle of Air acting upon the undifferentiated chaos and darkness, held together by the Water principle, we find the release of Light projected by the Fire principle. The three principles have begun their dance of manifestation around the energies of the Universe.

#### THE DANCE OF THE THREE MOTHERS

*"Throughout Nature, and throughout the Mysteries, we find ever a three-fold principle.*

*For is not the triangle the most stable of constructs?*

*Thesis, antithesis, synthesis.*

*Action, rest, reflection.*

*Radiation, conduction, convection.*

*Creation, preservation, completion.*

*Father, Mother, Child.*

*Power, Love, Wisdom.*

*Three rays of the One Light.*

*Each holy. Each essential. Each an expression of the One Reality centered in the heart."*<sup>6</sup>

The interplay of these three principles is demonstrated in a diagram used in the tradition of the Western Hermetic Mysteries called the Three Mothers. Since it is sometimes difficult for us to recognize the principles in play in nature, this simple diagram uses the three primary colours to represent the three principles. Red represents the principle of Fire, alchemical Sulphur, the Hebrew letter Shin, or the guna, Ragas. Blue represents the principle of Water, alchemical Salt, the Hebrew letter Mem, or the guna, Tamas. The Yellow represents the principle of Air, alchemical Mercury, the Hebrew letter Aleph, or the guna, Sattva.

...continued on page 17

# The (Hidden) Pillars of Polarity

*A Look at the Esoteric Foundations of Polarity Therapy*

*with Jim Fairman RPP*

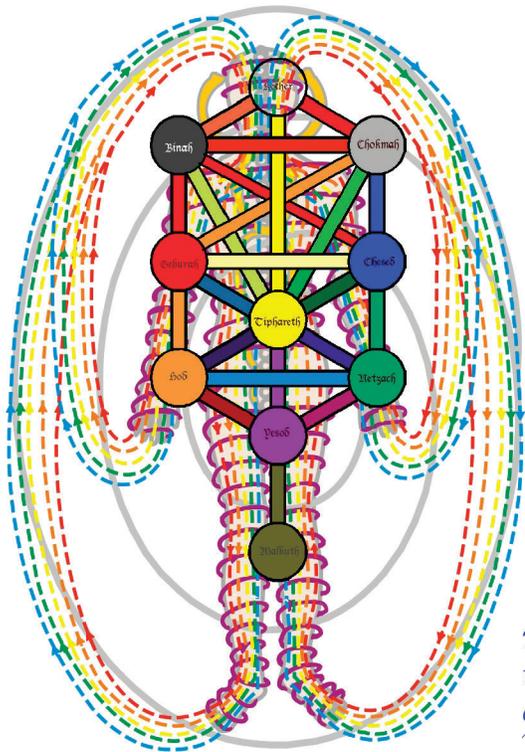
## The Tree of Life

### *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 Sepher 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 Sephira, the Paths, the Three Mothers, and various Divine attributes.*



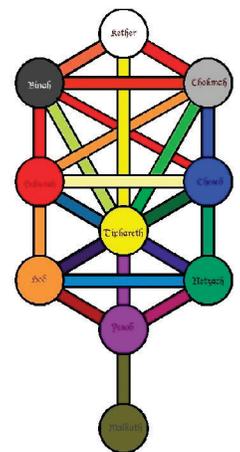
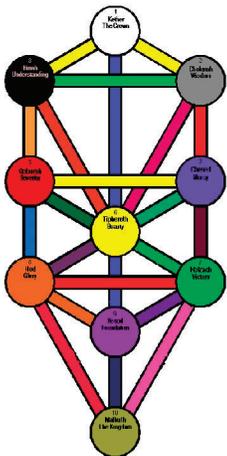
*The philosophy will introduce the concepts of the Lightning Flash/ Flaming Sword, the Path of Return, and the Serpent of Wisdom.*

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



*Date; November 1/2, 2003  
Place : Reaching Your Potential  
11181 Yonge St. Richmond Hill, Ontario*

*Time : 9:00am - 6 :00 pm  
Tuition : \$200.00*



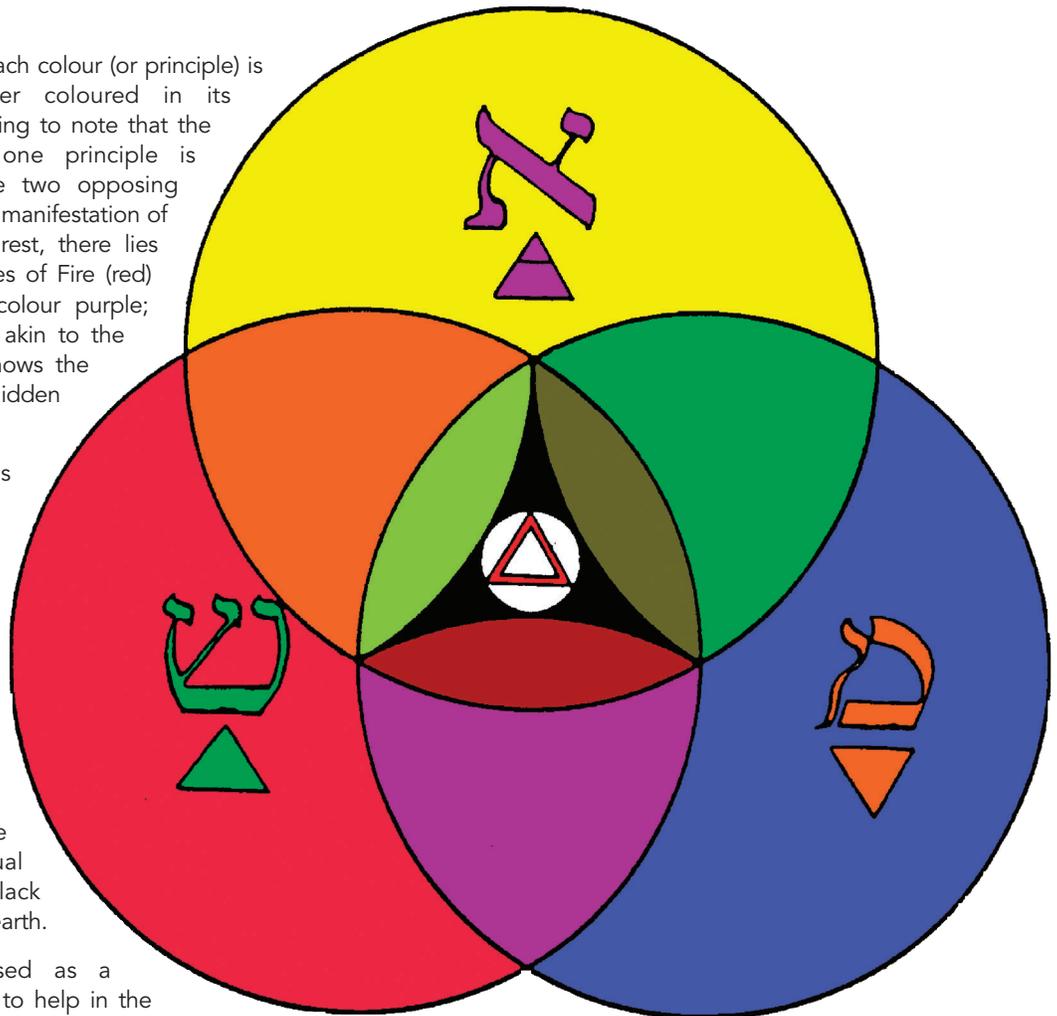
*For more information call 905-944-8867*



“The Three Mothers” continued...

In the diagram, you will note that each colour (or principle) is designated by a Hebrew letter coloured in its complementary colour. It is interesting to note that the complementary colour of any one principle is composed of the colours of the two opposing principles. Showing that even in the manifestation of the Air principle (yellow) at its purest, there lies within the potential of the principles of Fire (red) and Water (blue) shown by the colour purple; similarly for the other two. This is akin to the symbol for Yin/Yang which also shows the seed essence of the opposites hidden within.

If we add two of the principles together in equal amounts we get the secondary colours created by the mixing of the relative primary colour; e.g. the mixing of Air (yellow) and Fire (red) in equal amounts creates a state of action designated by the colour orange. Following this example if we start adding the Water principle to this mix the colour starts to become a shade of green depending upon the amount of Water added. If all three principles are added in equal proportion the resultant is black representing the principles fixed in earth.



This diagram may also be used as a contemplative and meditation tool to help in the unfolding of this dance. Another correspondence that can be used with this diagram in meditation is to equate the Three Mothers with the Three Principle Rays of Love, Power and Wisdom. With the Ray Love being equated to Water or the Blue sphere; the Ray of Power being equated to Fire and the Red sphere and with the Ray of Wisdom being equated to the Air and the Yellow sphere.

CONCLUSION

The Buddhist claim that all is maya ; physical reality is just a resultant of ‘smoke and mirrors’, ‘glamour and misdirection’ and simple ignorance. But is this concept so far fetched. We, as Polarity Therapy practitioners, know that all is composed of energy and that energy is formless. Einstein proved it mathematically at the turn of the century. Quantum physicists have shown this to be true in the laboratory. But if all matter is just energy, and energy is formless, what is it that gives rise to the perception of matter and the elements? It is the magick of these Three Principles expounded by our ancient brothers and sisters. It is these Three Principles of action and quality, represented by Fire, Air and Water which gives rise to the perception of form and physical reality. For it is by the interplay of these Three Principles acting upon energy that the five elements of ether, air, fire, water and earth are formed, and with these are Universe. 🙏

References:

- <sup>1</sup> This passage is taken from the Sepher Yetzirah 3:3, a Jewish Kabbalistic text which deals with Creation.
- <sup>2</sup> “The act of observing collapses the quantum probability wave into reality” Brent Baum APTA Conference 2001.
- <sup>3</sup> Genesis 1, 3-4
- <sup>4</sup> An excerpt from the Rite of the Holy Family, a public rite of the Temple of Thelema
- <sup>5</sup> This concept of breath and spirit as being almost identical was common throughout the ancient languages; in Greek we find pneuma, in Hebrew ruach and in Hindi we have prana.
- <sup>6</sup> An excerpt from the Rite of the Holy Family; a public rite of the Temple of Thelema
- <sup>7</sup> maya- a concept that all physical manifestation is illusionary

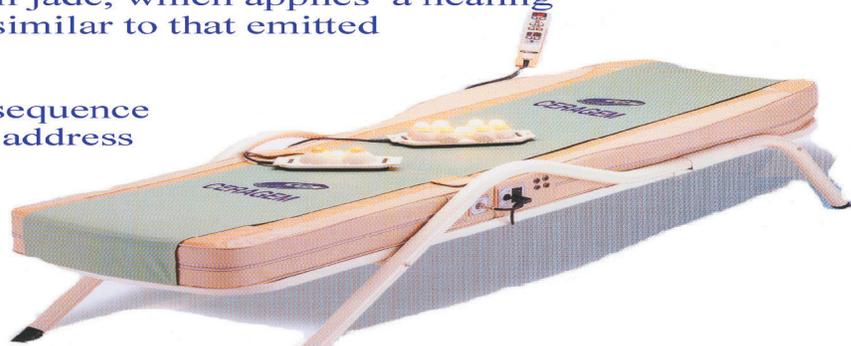
Jim Fairman, RPP, has an extensive background in the Western Esoteric tradition. He is also a Reiki Master in the Usui Shiki tradition. Jim practices in Toronto, Ontario and can be reached by email at [thehealingwaysofenergy@sympatico.ca](mailto:thehealingwaysofenergy@sympatico.ca).



## Ceragem Massage Table

The Ceragem massage table uses the principles of Acupuncture, Acupressure, moxibustion and massage in an automated sequence which activates the meridians and Acupuncture points along the spinal column. During this sequence, the bed assists the body by bathing it in Far-infrared rays through jade, which applies a healing heat at a wave length very similar to that emitted naturally by the body.

The bed has an automated sequence or can be used manually to address site specific complaints.



Come try it...  
you'll like it!

The first session is absolutely *Free!*

For more information or to book a session  
call 416-685-7557 ask for Jim or Sue Fairman



## TAKING BACK THE FEMININE POWER TO KNOW, TO WILL, TO DARE, TO BE SILENT



Hosted by **SUSAN FAIRMAN**  
*Ordained & Consecrated Teacher of the Western Mysteries*

DO YOU ACHE TO FIND THE FEMININE ASPECT OF YOURSELF? DO YOU DARE EXPLORE HOW TO FIND IT?

EXPLORE IN A SAFE AND SEALED ENVIRONMENT HOW TO:



- MEDITATE
  - OPEN AND EXPLORE THE FEMININE PSYCHE
  - TUNE INTO AND PRACTICE YOUR INNATE POWERS; ESP, DIVINATION, SOUL SONG
  - MANIFEST YOUR HEART'S DESIRE THROUGH 7 MAGICKAL STEPS
  - CHANTING, COLOR AND SOUND HEALING
  - RITUAL WORKINGS FOR INTRODUCTION TO 4 ELEMENTS, I.E. EARTH, AIR, FIRE, WATER
  - QI QONG FOR LEARNING TO HARNESS YOUR OWN ENERGY AND CIRCULATING THROUGH THE BODY
  - INTRODUCTION TO THE MYSTICAL QABBALLAH
- and much more*

1 SUNDAY PER MONTH FOR 6 CONSECUTIVE MONTHS. GROUP IS LIMITED TO 6 WOMEN PLUS HOST.



\$80.00 PER DAY, \$200.00 DEPOSIT. PLEASE CALL 416-658-7557.





# DOORWAYS TO STRUCTURE S T R A I N COUNTERSTRAIN

by David Pinto, RCPP, RCST, IMP, CST

One of the joys of being a manual therapist is the thrill of the chase as we work to explore and unpack the layers of pain, restriction and upset that our clients bring to us. The interconnections we seek to unravel are vast - there are systems within systems and systems interacting with systems, all with different densities and intentions; some we call "physical" and some "non-physical" (energetic), and on the cusp of both are thoughts and feelings.

Dr. Randolph Stone was the supreme pragmatist, ever searching for more effective ways to facilitate healing. More than that, he went deep, driven to uncover the timeless principles that govern creation and that apply to healing. The legacy of that search survives in his writings. Volumes I and II can be loosely organized into 3 groupings: theoretical expositions, energy charts, and structural charts.

Like many of us, I spent hours as a budding Polarity Therapy Practitioner pouring over those charts trying to mine as much meaning out of them as I could, and having a tougher time with the structural charts. (*Reading is not the best way to learn Polarity Therapy!*) In practice, I wanted to be able to weave back and forth between working with structure and energy, knowing that ultimately this was an artificial distinction because each affects the other anyway. Learning osteopathic thrust techniques did not appeal to me, but I began hearing of other ways through the Upledger Institute where I was taking my first cranial courses. In short order I took strain/counterstrain, muscle energy and myofascial release.

This article will focus on strain/counterstrain (SCS) because it was the easiest to learn, was easiest on my body, gave great results, and carried the least risk, although all three methods are gentle when used skillfully.

Strain/counterstrain was developed over several decades by Osteopath Lawrence Jones, who pretty much stumbled on the technique unintentionally. For four months he had been getting nowhere trying to help a client with a particularly recalcitrant back problem. Finally they both agreed that just finding a comfortable sleep position would improve life immensely. With some fussing they finally found one that, in Jones' words, looked "wild and grotesque", but hey, at that point no one was complaining, and Jones left him in that position and went off to treat another client. When he returned a little while later, the man got up slowly and - surprise, surprise - his pain was completely gone.

This fortuitous outcome made such an impression on Jones that he was determined to find out what he could accomplish just by using body positioning itself as a corrective tool. Over several decades he discovered about 180 such positions. This may sound like a lot, but

once you learn the basic principles, they are not difficult to remember, and many are simply minor variations.

What Jones stumbled onto was contrary to conventional wisdom: you didn't need to stretch a muscle to elicit a release in its tension - all you had to do was bring it back to where it was before it got overstretched, (or overshortened) and let it rest in that position for a time. Then you slowly bring the person out of the position so as not to re-trigger the tension/spasm. Through trial and error Jones determined that 90 seconds was the minimum time it took for the muscle to change its tonus settings so that the contraction was released. Later, D'Ambrogio and Weiselfish-Giammatteo found that by holding the position for 5-20 minutes a myofascial release would occur (*D'Ambrogio et al., p. 30*). Weiselfish-Giammatteo also found that neurological clients required 3-5 minutes for holding the position for the basic release (*Giammatteo, ibid.*)

A further way to enhance and deepen a release is through the use of Synchronizers®, neuroreflexogenic points mediated by the spinal cord that influence a wide variety of processes around the body. The Synchronizers® relative to SCS, apparently help to release the tetanic reflex at the motor end plate and to unlock the actin/myosin complex in the sarcomere. (*These can be found in Giammatteo et al., p.7.*) Many more are taught in Integrative Manual Therapy trainings.

How do you find the right position? Jones discovered that for every tight or tense muscle there is a corresponding tender point that is painful to the touch; (*the person doesn't usually even know that it's there*). The greater the muscle contraction, the more tender the point. The treatment itself is usually a matter of folding the trunk or body part toward the tender point, thus shortening the muscle (*since most strains are of the stretching/pulling variety*). When you find the exact treatment position - which will always be a position of relief and comfort for that muscle - then pressure on the tender point no longer elicits pain - it's just pressure. For clients with impaired pain feedback mechanisms such as in neurological or chronic pain populations, this doesn't work. Instead, you palpate the tender point as you are moving the body into position. When it's right, the tissue tension around the point will drop off.

I have found SCS to be most effective for freeing up an area, whether acute or chronic, and also for opening an area of protection to work with the underlying challenge. Before I had tools for addressing underlying issues, the worst that might happen with SCS was that the person would be sore the next day until the body had reconstituted its protective tension pattern. Examples: a pocket of

... continued on page 20



### “Strain/Counterstrain” continued...

infection that is being walled off; weakness or disruption of a membrane; erosion or fracture of bone (“bone bruise”); hypertrophy; an unresolved emotional/mental issue. I didn’t understand about protection at the time; I just thought that the technique hadn’t worked, or needed to be done again. Learning to recognize, identify and address the protected mechanisms has taken further training; it’s an ongoing process.

According to D’Ambrogio the following selected list of maladies has been successfully treated with SCS alone or in conjunction with other modalities:

- Spine/Ribs/Pelvis/Sacrum: herniated disk, facet impingement, degenerative disk disease, arthritis, scoliosis, Harrington rods, postsurgical laminectomy and diskectomy, S.I. joint pain, lumbosacral pain.
- Upper Quadrant: bursitis, rotator cuff tendinitis, thoracic outlet syndrome, acromioclavicular sprain, postfracture conditions, frozen shoulder, tennis and golfer’s elbow
- Lower Quadrant: Hip bursitis, tendinitis, total hip replacement, arthritis, jumper’s knee, total knee replacement, patellar tendinitis, chondromalacia, meniscus tears, ligament sprain, plantar fasciitis.
- Neurological: traumatic brain injury, stroke, MS, CP, spinal cord injuries.

Something I found most fascinating was how often SCS surfaced elemental triad relationships. Examples: How the breathing would shift when I was working with tender points on the calves (air triad). In addition, I found that tamasic work on the calves was no longer necessary because kidney reflexes could be cleared with counterstrain. I would then complete the process with sattvic connections in the air triad for integration. *(I should note here that I don’t use tamasic contacts any more, unless the system is pulling me deep, in which case, it’s not me pushing into the system trying to break up blocks. Those blocks are there for a reason, e.g., protection. Better to find out what the reason is more gently.)*

A couple of more examples: Working with the spinal tender points along the front and back of the body (yes, there are both) is great for balancing the parasympathetic/ sympathetic nervous systems, and inducing very deep states of relaxation. Working with the anterior neck points, followed up by Advanced Counterstrain for the vocal structures is nice for opening the ether oval, giving a real sense of space and freedom in the area.

Indeed, it is the gentleness of this approach that most attracted me. To spend an hour moving people from one position of comfort to another was to witness people sinking into extraordinarily deep states of calm and peace. It is as meditative as a Polarity Therapy session. It could also bring up “process.” Clearly there was energy release happening here - I have experienced it myself - the spaciousness of ether in an area that felt as cramped as a prune and the flow of air and water through formerly rigid areas is a testament to how strongly energy flow can be gained by working with

structure.

I believe an argument could be made for these positions having the effect of mudras or asanas: yogic positions intended to free up and enhance energy flow and balance. Perhaps these are a kind of Polarity Yoga that directly improves both energy flow and structure.

I made mention of advanced counterstrain: Sharon Weiselfish-Giammatteo, P.T., Ph.D., and her husband Tom Giammatteo, P.T., D.C., created a form of counterstrain that would apply to the autonomically innervated structures: organs, major blood vessels, and lymph vessels. These can have a significant impact on gross structure and mobility if you consider, for example, that some scoliosis may be a spinal torque to protect the aorta, or that dowager’s hump may be a response to tensions in the walls of the coronary arteries, or that the trunk may tilt to one side or the other in response to tensions in the stomach or liver, or that lumbar area tensions may be secondary to tension in the ureters.

Many conditions, including those not normally classified as musculoskeletal may be helped with this form of SCS, and the techniques for the eye muscles are heaven! *(And you can feel the associated fire organs in the gut responding as well.)*

By far the best book I’ve seen on basic SCS is Positional Release Therapy. The illustrations are precise, the descriptions clear, the physiology of SCS is discussed, and there is a wealth of information on all aspects of treatment. The publisher specializes in professional texts, and this is clearly in that category. If you then want to explore advanced SCS, the book to get is Integrative Manual Therapy for the Autonomic Nervous System and Related Disorders. 🙌

References:  
 D’Ambrogio, Kerry J. and Roth, George B., *Positional Release Therapy: Assessment & Treatment of Musculoskeletal Dysfunction*. New York: Mosby, 1997, p.259.  
 Giammatteo, Thomas, D.C., P.T. and Weiselfish-Giammatteo, Sharon, Ph.D., P.T., *Integrative Manual Therapy for the Autonomic Nervous System and Related Disorders: Utilizing Advanced Strain and Counterstrain Technique*, Berkeley: North Atlantic, 1997, p.154.

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

## Stone Quote

*Experience is the best teacher, and the proof lies in accomplishment.*

Dr. Randolph Stone  
*Polarity Therapy The Complete Collected Works,*  
 Volume Two, Volume pg. 222



# The Journal

## COLUMN

A COLUMN DEDICATED TO THE PERSONAL EXPERIENCES AND OPINIONS OF POLARITY THERAPY PRACTITIONERS AND STUDENTS.

### WHICH IS DEEPER... Massage Therapy or Polarity Therapy?

by Virginia Hanspiker, RMT

On first glance, most would likely say that physical massage is obviously deeper, especially that "deep tissue" work.

It's rather like Magnetic Hill in New Brunswick. I'm one of those that did the round trip three times because I just couldn't believe it really did look like we were going "uphill" with the engine off. I loved it. What a great illusion! We all know that appearances can be deceiving, but how often does it stare you in the face? And that's how this question is similar to Magnetic Hill.

Now to be fair, I'd say deeper work with tissue is sometimes necessary once distortion has crystallized into tissue. I don't believe the physical body should be ignored, seeing that it's largely the crux of in-body experience. And, deep work can also be done gently... gradually, always listening to the tissue response, moving deeper only when the tissue responds and is willing for more depth. But sometimes we don't listen, not only to verbalization. When that happens, even tissue clams up, tightening against force. Conversely, when depth is performed in compliance with tissue acceptance, the work feels like a relief and is what people often term "a good kind of pain". How can energy work be that deep and give that kind of relief?

Again, I love that saying... "just as thought

precedes action, so does energy precede form". It probably says it all. If you've ever had physical work done which was beyond what the tissue was willing to accept, you would find yourself in considerable pain by that evening, epsom bath or no epsom bath. And where do you go from there? I went to an energy worker. You know that thought.... "what do I have to lose", etc. In retrospect, having the resulting discomfort alleviated was simply a great way to have it stuck in my face, causing an "about-turn" in my thinking.

The energy workers know the reason it works more deeply is because energy is what creates form, it precedes the conditions we battle, whether in mind or body. When not addressed in the emotional and mental levels, the energy has to go somewhere. That often means lodging in the only thing left, our bodies... shoulders, hips, our knee, whatever. Just as the energy currents within the body reflect our emotional/mental responses to things we experience, each body area also reflects to particular patterns and qualities of energy or "elements" both internally and externally. A simple example is an upset stomach resulting from the fiery stimulation of an angry confrontation. From this view, you can see how chronic pain in your shoulder or knee is eventually mirroring your response or resistance to some other situation. Resistance to what? Well, only you really know that one. And you likely do, at some level. Whether it's denial, refusal to accept something, resistance against someone or something, past or present.... only you know when you're ready to dust that one off.

That's another wonderful point about Polarity Therapy work. You don't need to "dialogue" it to release it. Yes, if you want to you can. But it isn't necessary. When you're ready to release it, Polarity Therapy helps bring that energy back into a flow that will let you access it, let you take it to whatever level you're ready to go to. You're the navigator. Creating energy movement in a congested area often enables you to become aware of the "why", or simply to dissolve or release. Often the issue calling your awareness, isn't half as big now as it

was when you tucked it away there. Sometimes the issue is no longer the focus at all, and the clearing and enhanced flow of energy will produce the changes you require. With the energy movement and inner changes, conditions that have crystallized into the tissues can be very much alleviated and even removed.

Back to the original question, which goes deeper? Remembering that energy precedes or creates form, we can now see why Polarity Therapy energy work should run deeper. It goes beyond the tension in the tissue to reach the energy pattern that became distorted to create that tension in the body. Remove that, and that's what I call "depth". Of course, at this point, I have to say I feel that massage combined with Polarity Therapy (or is it Polarity combined with massage), just has to be the best! 🙌

*Virginia Hanspiker, RMT, is a Level 2 student of Polarity Therapy. She has practiced massage therapy for 6 years and currently works in Mississauga, Ontario. For more information about Virginia, please visit her website at [www.atouchofhealth.ca](http://www.atouchofhealth.ca).*

## Stone Quote

*When the interests of life are elsewhere, then Life passes us by, because it is not the objective of its search or attention. Conscious growth only comes through whole-hearted attention to an ideal or objective. Where the consciousness dwells, there is the soul of attention.*

*Dr. Randolph Stone  
Polarity Therapy  
The Complete Collected Works,  
Volume Two, Volume pg. 97*



Energy Wise

# Exercise Tip



By Sharol King-Cordner, BPE, RPP

A lot of people are using the exercise ball (also known as the Swiss Ball or Gym Ball) for exercise. There are wonderful, simple exercises for the low back, which also stimulate the water and earth chakras.

Sitting on the ball in a neutral position:

1. Bounce gently on the ball. This increases nutrition to discs in the neck and back, and improves coordination.
2. Stop bouncing. Roll backward as hips roll forward, slightly arch back. Then roll ball forward as hips roll backward. You will notice that you are doing pelvic tilts. This increases flexibility in the back and hips.
3. Roll ball from side to side by shifting weight from the right hip to the left hip, and back again. Shift the body weight equally from side to side. This lengthens and strengthens trunk muscles.
4. Roll your hips in a circle, initiating movement from the hips. Rotate the hips clockwise a few times, then reverse the motion and rotate the hips counterclockwise a few times. A variation of this, is to "draw" figure 8's initiating movement from the hips. These increase back and hip flexibility.

So simple, and the ball seems to make exercising more fun which means people are more likely to do them. Enjoy!!!

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

**Polarity Therapy  
Craniosacral Therapy  
Brain Gym®**

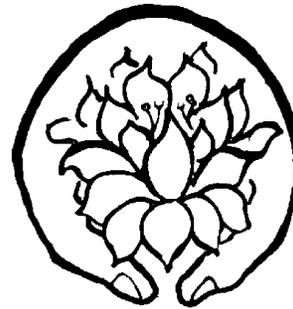


**PATRICIA RANSOM R.N., R.P.P.**

*Registered Nurse, Registered Polarity Practitioner*

**Complementary Strategies  
for Health Building**

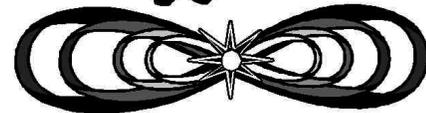
**(905) 939-7519  
pattimugan44@aol.com**



**Polarity  
Balancing  
Therapy**

**Michele Kuhlmann  
(416) 536-5459**

**energyworks**



**"engaging wholeness of body, mind & spirit"**

**• Polarity Therapy • Reiki • Cranial • Shiatsu**

**Jim Fulton**

**Oshawa, Ontario**

**905-571-7901**

**jfulton@primus.ca**

## *Frances Daunt Health Centre*

**Polarity Therapy • APP Training**

with Lilli Swanson, RPP, RCST (dates to be confirmed)

**Craniosacral Biodynamic Training**

with Jan Pemberton, RPP, RCST

*Peterborough (705) 745-2738 • 1-886-204-3952 toll free • lilliswanson@hotmail.com*





# A Brief Overview NETWORK SPINAL ANALYSIS

by Dr. Sara O'Neill, DC

There are many 'schools' or 'techniques' in chiropractic, just as there are different schools and approaches to practice in other health professional fields, from massage therapy to psychology to traditional medicine. For the most part, these different techniques are simply different paths to the same end. Often, the key to a successful chiropractic experience is finding a chiropractic practitioner that has a philosophy and a treatment technique that are aligned with your own beliefs, lifestyle and goals. For many people, Network Spinal Analysis is the technique that best helps them to reach their health and wellness goals.

## What is Network Spinal Analysis?

Network Spinal Analysis (or 'NSA' for short) was originally developed as method for chiropractors to assess the spine, to identify and classify vertebral subluxations (aka 'out-of-place' spinal bones) and also as a low force treatment method.

NSA has evolved into an advanced system for enhancing spinal and neural integrity through the development of biologically entrained responses. Network Spinal Analysis involves a clinical assessment of individuals that also incorporates a patient centered education process. Through specific contacts with the tissues overlying the spine, NSA uses a low force treatment protocol, employing concepts derived from a variety of health professions and theoretical sciences.

## A Healthy Back Without the 'Crack'

A key factor for some patients in choosing NSA is that the Network Chiropractor does not manually reposition the spinal bones to eliminate the spinal subluxations. Some patients avoid chiropractic treatment because they don't like what is known as a cavitation (the 'cracking' or 'popping'

sound of trapped gases being released from a spinal joint). NSA achieves its results not with manual repositioning, but instead uses the above-mentioned 'low force contacts' which prompt the patient's body to respond and correct the spinal subluxations on it's own. Thus, there are no cavitations with an NSA entrainment.

## The Origins of Network Spinal Analysis

NSA was the result of clinical practice and research into the nature of the vertebral subluxation by Dr. Donald Epstein. Dr. Epstein theorized that the cause of subluxations was much less linear than had been previously thought and that the real causes were more a result of many interrelated physical, emotional and environmental factors. Drawing on the work of chiropractors as well as scientists from a variety of other disciplines, Epstein developed a model of vertebral subluxation that reflected these factors and provided a treatment methodology to address them.

NSA has since progressed beyond its roots as an assessment and treatment method and has become a broader discipline. NSA is now aimed at encouraging the body to engage in new spinal and nervous system adaptive strategies as well as helping patients to improve their body awareness for greater levels of health and wellness. This isn't to say that NSA can't help with simple low back pain, neck pain or other common complaints. However, NSA has been shown to not only reduce pain, but to help patients achieve higher levels of wellness in their lives.

NSA has also has multiple levels of care defined, that reflect the patient's progression in Network Care. Basic care is about connecting to your spine and releasing tension, intermediate care is about transforming energy stored as

tension in your spine into fuel that is then used for healing and refining this process, advanced care is about awakening and expanding new possibilities for your spine and your life.

## Research Supporting NSA

There have been a number of research studies performed and more are currently underway to both validate and investigate the additional benefits of NSA. A major study at the University of California (Irvine) found that 76% of NSA patients reported substantial improvements to their wellness levels and quality of life. A longitudinal study in progress (also at U of C - Irvine) appears to support these findings.

Other studies, ranging from technical evaluations of digital skin temperature to specific case studies, continue to add to the body of evidence highlighting the efficacy of NSA. Notably, Dr. Epstein is working with the renowned Dr. Candace Pert, Ph.D. to investigate the links between spinal tension and neuropeptides (the so-called 'chemicals of emotion') as well as the impact of NSA in changing neurochemistry and emotion.

## How Can NSA Help?

As with other chiropractic techniques, NSA is about improving the health and position of your spine, which not only helps you to deal with immediate concerns (low back pain, neck pain, aches, etc.) but also, on an ongoing basis, to help you achieve a higher level of wellness. Some of the benefits reported by participants in the aforementioned major study include:

- Improvements in Physical Well-being (i.e. reduced pain, fewer headaches, more energy)
- Improvements in Stress-Related issues (i.e. ability to cope with stress, improved relationships with others)
- Improvements in Emotional Well-being (i.e. improved mood, less anxiety, less anger, better ability to concentrate)
- Improvements in Life Enjoyment (i.e. increased interest in health and wellness, positive feelings about self, increased relaxation)

... continued on page 24



"Network Spinal Analysis" continued...

- Lifestyle Changes (i.e. desire to adopt better diet, more exercise, take up yoga or other classes, reduced need for medications)
- Quality of Life Improvements (i.e. better self-awareness, greater sense of contentment, better relationships, improved romantic life, enhanced physical appearance)

**How Does NSA Work With Polarity Therapy?**

The NSA entrainment is achieved through the use of Spinal Gateways™. These areas of vertebral-dural relationship are more sensitive to input than the rest of the spine. The vibration of the touch at the gateways is transduced into the nervous system to achieve results in NSA. According to Registered Polarity Therapist Daphne Duckworth, NSA is correlated with the Air element of polarity. NSA teaches the central nervous system how to develop new strategies for better interacting with our environment and for living more connected lives - this improved interaction level has good synergies with Polarity Therapy especially with regard to increased self, emotional and somatic awareness. ✋

*Dr. Sara O'Neill is a chiropractor, practicing NSA in Barrie, Ontario at Vitality Chiropractic. Dr. O'Neill provides both acute and wellness-based care for patients in a friendly and comfortable practice environment. For more information, call (705) 726-7168. To learn more about Network Spinal Analysis visit [www.donaldepstein.com](http://www.donaldepstein.com) and [www.innateintelligence.com](http://www.innateintelligence.com).*



**Prudential**

SADIE MORANIS REALTY

combining all  
the elements to  
find your perfect  
home environment

**ELIZABETH LOW**

SALES REPRESENTATIVE  
(416) 449-2020

*over 25 years experience*



**Health Haven**

VEGETARIAN RESTAURANT

Award-winning  
vegan cuisine

5555 Eglinton Avenue West  
*(Four Lights East of Dixie)*

**(416) 621-3636**  
[www.healthhavenfoods.com](http://www.healthhavenfoods.com)

# Nature's Counter

## Health Food • Health Centre

Naturopathic Doctor • Acupuncture • Reflexology • Hair Analysis  
Registered Massage Therapist • Homeopathy • Live Blood Cell Microscopic Analysis

*We carry a wide variety of vitamin supplements, homeopathic remedies  
and weight loss and body building products.*

Cloverdale Mall  
250 The East Mall  
Toronto  
(416) 236-1409

Central Pkwy Mall  
377 Burnamthorpe Rd. E.  
Mississauga  
(905) 277-5016

Westdale Mall  
1151 Dundas St. W.  
Mississauga  
(905) 273-9760

North York City Centre  
5160 Yonge St.  
North York  
(416) 222-3197



# Brain Gym®

## FOR PRESCHOOLERS IN A HEADSTART PROGRAM

by Gail Dennison

*Reprinted with permission from Brain Gym Journal, July 2001, vol. XV, nos. 1 & 2.*

### SUMMARY

In 1996 Gail Dennison, educator and coauthor of the Brain Gym® program, and Diane Lehman, Brain Gym Instructor and nutritional consultant to Ventura County Headstart schools, implemented a five-week experimental Brain Gym program with fifteen preschoolers at the Ojai Headstart School in Ojai, California. The intent of the program was to support the development of readiness skills of posture and coordination and to help the children develop eye-teaming and listening skills for the near-point tasks of drawing, reading, and writing. Significant observational and anecdotal data were realized from the study. Results indicated many improvements for individual students as well as their teachers, suggesting areas for further study.

### BACKGROUND

Theoretically, when lateral (left-to-right) skills - like reading and writing - are taught before centering is established, children compensate for their lack of vertical body awareness with poor posture, visual stress, and the inability to accurately reproduce letter or number shapes. In essence, what they cannot feel in their bodies - the vertical and horizontal planes - they cannot reproduce without stress and effort. In Edu-K, the Centering Dimension includes those areas of the brain and related reflex movements that help the student establish a sense of personal space and of upright balance for activities involving gross-motor coordination for moving in gravity. The Centering Dimension includes all up-and-down motions of the body, such as sitting upright, standing from a sitting position, walking, hopping, skipping, jumping, and (later in the developmental process)

coordination of eyes and hand for drawing the up-and-down lines of numbers or letters.

The vision for the program was that the children, many of whom were considered to be "at risk," would be assisted by the Brain Gym activities in the completion and internalization of developmental skills and in the simultaneous acquisition of the primary gross- and fine-motor coordination abilities considered essential to learning readiness. Appropriate music was gathered on tape for the Brain Gym sessions. The Brain Gym activities were modified for the preschool level and for quick teacher instruction. Weekly visits were made to the classroom, to ensure that the movements were being done effectively. A prestudy training session with teachers was implemented, and a parent night offered, to explain the program. Permission was received for each child to be included in the study.

### METHOD

A few of the Brain Gym activities were modified to emphasize the up-and-down motion primary for preschoolers: activities done standing were drinking water, the Energy Yawn, the Thinking Cap, a simplified Double Doodle, Earth Buttons, Space Buttons, and Arm Activation (pushing away from the head only). During the Buttons activities, the children were encouraged to "feel your breath moving up and down." Sitting movements included the Elephant (modified to emphasize up-and-down movements of the "trunk"), Brain Buttons, Balance Buttons, the Footflex, and the Double Doodle on the floor, followed by Lazy 8s, a seated Cross Crawl, and Part One of Hook-ups. Each activity was done for about fifteen to forty-five seconds. In the third week, the children experienced

Dennison Laterality Repatterning, after which they were better able to do both a standing and a seated Cross Crawl. Teacher and parent observations of students' behavior and performance were gathered.

### RESULTS

The following summarizes teacher, parent, and examiner observations for the fifteen students:

- An increase in focus and attentiveness.
- An increase in the ability to work cooperatively.
- Improved motor coordination and contralateral movement.
- Spontaneous integration of the Brain Gym movements into daily activities.
- Improved near-point focus and coordination.
- An enhanced use of vocabulary.
- Improved drawing and writing skills.
- Better standing posture and balance.

### DISCUSSION

From the very first week, the children's teacher commented on an observed increase in their focus, attentiveness, and ability to work cooperatively. Additional observable skills included improved motor coordination for crossing the midline (during the Cross Crawl) and the spontaneous and creative use of various Brain Gym activities during work and play (for example, some of the girls began to use two-handed Lazy 8 motions when washing the tables after lunch).

During the first week, one child in leg braces left her walker and, for the first time, climbed eight steps without help. Also for the first time, she stood up without assistance from a seated position on the floor. Over the five weeks, she appeared to drag her left foot less and to trust herself more to initiate actions without asking for help from others.

In addition, the Brain Gym Instructors noted how one child's standing posture improved, his eyes became more focused,

... continued on page 26



"Brain Gym®" continued...

his feet turned out less, and his movement originated more from the core muscles of his body. In the second week, this child commented that "Happiness is exercise."

**"Happiness is exercise."**

The parent of another child wrote of her son's experiences with Brain Gym, "(He) seems to have gotten a sense of accomplishment and composure; he feels included or connected in what's going on around him, he takes my hand to bring me with him. In the past, he hasn't solicited attention so directly." For the first time, this boy began describing in detail what he had drawn. For the first time, he was able to swing himself on the seesaw-type two-seat swing without handles. One of this child's bus drivers even commented to the boy's mother about how much more her son was talking and how well he was now pronouncing words.

Toward the end of the program, one parent commented that her child had spontaneously written the entire alphabet "for fun" for the first time, and another said that her child had begun to write and to explore using the alphabet on his own, in spite of a previous disliking for near-point work. The teacher and several parents reported noticing increased calm, cooperation, use of vocabulary, and interest and skill in drawing and writing, as well as improved gross-motor skills for such activities as swimming and bike riding. Following the Brain Gym sessions, the teacher and her assistant also noticed improvement in their own abilities to focus and concentrate. 🙌

*Gail Dennison is co-founder and co-creator, with her husband, Paul Dennison, of Educational Kinesiology, the Brain Gym® movements, and the Edu-Kinesthetics series of publications. Editor of Brain Gym Journal and a member of Edu-K's International Faculty, gail has originated such Edu-K courses as Visioncircles, Movement Dynamics, and Double Doodle Art. International Educational Kinesiology Foundation, 1575 Spinnaker Drive Suite 204 B, Ventura, California 93001 USA, (800) 356-2109, (805)658-7942, Fax (805) 650-0524, edukfd@earthlink.net / www.braingym.org.*

Polarity Therapy  
Cranial Sacral Therapy  
Brain Gym®  
Specialized Kinesiology

*Mirja McAdam*

416-252-4528  
mt.mcadam@sympatico.ca

**indulge**



...yourself

Enjoy the ultimate Skor Bar Cookie; a shortbread based cookie, filled with chocolate chips and Skor chocolate bars.

...others

Makes a great gift for your boss, friends or to give as a hostess gift.

...the soul

This cookie remains one of my clients favourite and has even been featured in Chatelaine Magazine.

Order your Skor Bar cookies now by calling Pam McDonald at

**more than food**  
**(416) 532-0653**

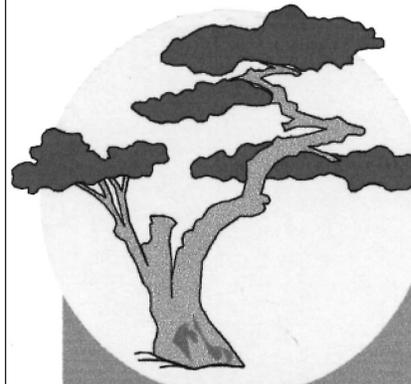
pam.mcdonald@rogers.com

Pam's kitchen is centrally located, with parking. Please allow 48 hours before pick up.

**Energetics**

The Healing Ways of Energy

A  
Holistic  
Approach  
To  
Personal  
Health  
&  
Wellbeing

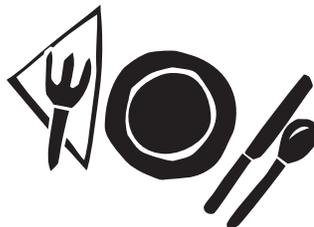


**Jim Fairman**  
173 Chambers ave.  
Toronto, Ontario  
M6N 3M5  
416-658-7557

Practitioner of:  
Polarity Therapy  
Reiki  
Healing Touch  
Massage



# What Are You Having For Dinner Tonight??



by Pamela McDonald

*We have seen another summer bare its fruit and we have been left many garden delights to enjoy. Enjoy the summer and fall's harvest with the following delicious recipes.*

## Green Pea Purée

1 head garlic, roasted  
1 small shallot  
1 clove garlic  
3 cups shelled green peas  
1/2 cup good olive oil, 1 tbsp olive oil  
1/2 tsp Celtic sea salt  
1/2 tsp cracked black pepper  
1/4 cup grated Parmesan  
2 baguettes  
Olive oil & Celtic sea salt

Preheat oven to 350F. Simmer peas in salted water until tender, strain and reserve.

Slice off the top of the whole bulb of garlic, just enough to expose the tip of each clove, and rub with 1 tbsp olive oil. Place in small roasting pan and roast in a 350°F oven for 30 - 40 mins. until tender.

In a food processor, combine the shallot and garlic clove until finely chopped. Add peas, 1/2 cup olive oil, cheese and roasted garlic, process until smooth. Once all is combined, finish with salt and pepper.

Thinly slice baguette and lay on a baking sheet. Brush with olive oil and sprinkle each piece with salt. Toast in a 350°F oven until lightly golden. Top with sweet pea mash and serve.

*A delicious starter for any meal or dinner party. You can also use this purée as a pasta sauce. Leave out the cheese and simmer purée with 1 cup chicken or vegetable stock. Toss it with grated Parmesan and your favourite pasta.*

## Spinach Dip

4 tbsp olive oil  
2 shallots, finely diced  
1 lb spinach, rinsed well and well drained, stems removed  
1 tbsp rice wine vinegar  
pinch of nutmeg  
1 tbsp Pernod  
1 tsp fresh lemon juice

Celtic sea salt & fresh ground pepper  
1/2 cup grated Swiss cheese

Heat oil over high heat in a large sauté pan. Add shallots and sauté for 1 min., then add spinach leaves to the pan. Cover and allow spinach to sweat for 1 min.

Remove pan from heat and place contents in a food processor along with remaining ingredients. Process on high until well combined. Season to taste with salt and pepper. Serve warm with pita bread.

*Option: Serve with grilled vegetables marinated in a simmered balsamic vinegar with brown sugar and seasoned couscous. Enjoy!*

## Vegetable Strudel

*Serves 6. This recipe has been adapted from the Enchanted Broccoli Forest.*

2 tbsp butter  
1 cup onion, minced  
1/2 tsp Celtic sea salt  
1 large carrot, diced  
1 cup broccoli, chopped  
1/2 lb mushrooms, chopped  
2 tbsp fresh dill, finely chopped  
2 tbsp flour  
2 tbsp Marsala or Sherry  
6 tbsp sour cream or yogurt  
1 large egg  
1/4 cup parsley, minced  
lots of freshly ground black pepper

Preheat oven to 375°F and prepare a 9" x 13" baking pan.

In a large heavy skillet, cook onions in butter with salt until soft. Add carrot, broccoli, mushrooms and dill and continue to cook, mixing occasionally over med. heat. When vegetables are brightly coloured and just tender, gradually sprinkle in the flour and the Marsala. Continue mixing and cooking over med-low heat another 5-8 minutes. Remove from heat; let cool to room temperature.

Beat together the egg and sour cream. Add this to the cooled vegetables, along with the parsley. Season with salt and pepper and mix well.

Begin layer sheets of phyllo. Place phyllo sheet

onto dry surface and generously brush with melted butter. Continue to layer sheets, brushing each layer with butter. Place vegetable mixture into the center of the dough and roll envelope style, placing the seam side down onto the prepared baking pan. Brush with melted butter and make 3 diagonal incisions on the top of the strudel, to act as a vent. Place into preheated oven and bake for 40 minutes or until golden.

## Roasted Beet and Vegetable Salad with Parmesan Dressing

*Serves 6 - 8. This is a delicious recipe from the cookbook "Inspirations".*

1 lb small beets  
2 red onions  
1/3 cup olive oil  
1 1/2 lbs fresh asparagus  
1 red pepper, julienned (fine slivers)  
1 yellow pepper, julienned (fine slivers)  
1 head radicchio, chopped  
2 carrots, julienned  
24 cherry tomatoes, halved  
6 radishes, thinly sliced  
10 button mushrooms, thinly sliced  
1/2 cup Italian parsley  
1 cup sunflower spouts  
1/2 cup sunflower seeds  
1/3 cup slivered almonds, toasted  
1/4 cup sesame seeds, toasted lightly

Preheat oven to 350°F. Peel and quarter beets and onions. Place them on a cookie sheet. Drizzle with olive oil and roast for about 40 minutes, until beets are soft and onions caramel in colour. Set aside to cool.

Blanch the asparagus in boiling water for about 2 minutes, then place in ice water to stop the cooking process. Drain well and set aside.

To assemble the salad, place all the roasted and fresh vegetables in a large glass bowl. Add the parsley and the sprouts. Pour the dressing over and toss gently. Garnish with seeds and nuts.

## Parmesan Dressing

1/2 cup buttermilk  
1/3 cup mayonnaise  
1/2 cup freshly grated Parmesan cheese  
1 clove garlic, minced  
1 shallot, finely chopped  
1 tsp finely cracked pepper  
Celtic sea salt to taste

Whisk together all the ingredients until the dressing is smooth and creamy. Chill for 1 hour for the flavours to set. Makes 1 cup.

*Also use as a sauce for chicken or potatoes!*

*Pam McDonald, a student of Polarity Therapy, teaches cooking classes in downtown Toronto, Ontario.*

The Andrea Olivera  
Centre for

# AYURVEDA



The Mother of Healing

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

## Training

Andrea Olivera and her team of qualified practitioners offer a wide variety of programs in Ayurveda. The Centre has hosted Ayurvedic celebrities such as Bri. Maya Tiwari and Dr. Robert Svoboda. Visit site for current courses and events.

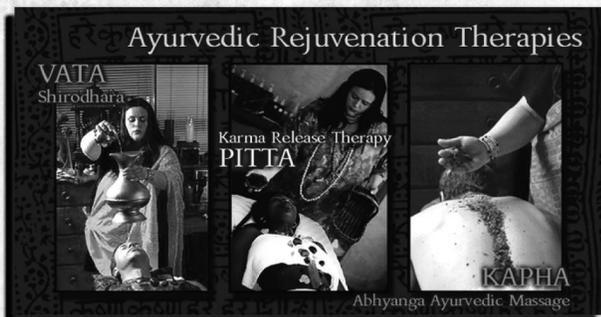
## Spa Consulting



With over a decade of spa consulting experience, Andrea creates signature treatments and products merging ancient Ayurvedic principles with 21st century spa industry technologies.



## Ayurvedic Rejuvenation Therapies



## Ayurvedic Rejuvenation Therapies

- ◆ Abhyanga: The Ayurvedic Massage
- ◆ Ayurvedic Facial
- ◆ Karma Release Therapy
- ◆ Shirodhara
- ◆ New Decision Therapy™
- ◆ Herbal Steam Sinus Cleanse
- ◆ Abhyshek
- ◆ Mother Earth Science
- ◆ Rice Readings

Services use custom made Ayurvedic herbal pastes and oils as well as Tara Spa & Sundari product lines. Visit site for full listing & service descriptions.

VISIT [www.AyurvedicTouch.com](http://www.AyurvedicTouch.com)  
CALL 416-504-6049



## AYURVEDIC FACIAL

Enjoy the rejuvenating touch of an Ayurvedic Facial. Carefully tailored to your complexion and body type, whether Vata, Pitta or Kapha, utilizing Tara Spa & Sundari Skin Care and Ayurvedic products from India.

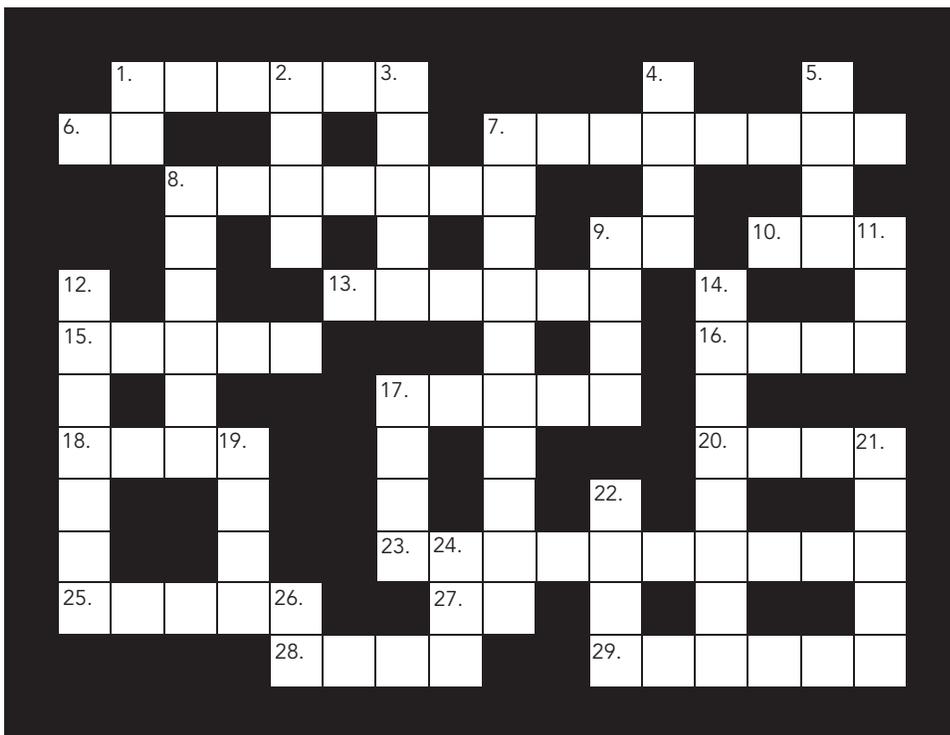
Includes Scalp Treatment and Herbal Steam Sinus Cleanse.





# Play Time

created & submitted by Pat Ransom, RN, RPP



## CRYPTOGRAM

A Dr. Stone Quote

CLUE: W = H, H = L

"PS EXR'N GWPRUPRQ YKFK

PECXFGPXH, KNCKTPXHHD

PR FKHXGPZR GZ ZWKV

KKCKF CFZIHKEN ZS HPSK,

WK YZBHV XTG ETTZVPRO

GZ GWK IKNG ZS WPN

XIPHPGD XRV GWKE NGXRV

XNPVK XRV HKG GWK

FKNBHGN NCKXU SZF

GWKENKHM KN."

Answer: "If man's thinking were impartial, especially in relation to the deeper problems of life, he would act according to the best of his ability and then stand aside and let the results speak for themselves."  
Polarity Therapy, vol 2, bk 3, pg 3.

Crossword Answers: Across: 1. Stapes; 6. Go; 7. Rotation; 8. Balance; 9. At; 10. Ism; 13. Reflex; 15. Cycle; 16. Yang; 17. Focus; 18. Push; 20. Mind; 23. Projection; 25. Atlas; 27. Un; 28. Iron; 29. Thymsus Down: 1. So; 2. Pull; 3. Sense; 4. Rapt; 5. Pons; 7. Reflection; 9. Axis; 11. Mug; 12. Scapula; 14. Symmetry; 17. Flip; 19. Hula; 21. Dents; 22. Seat; 24. Run; 26. SI

Crossword Clue:  
Think Geometrically

Across:

- A small stirrup-shaped bone in the middle ear.
- The opposite of stop.
- The movement around an axis or center e.g. internal or external \_\_\_\_\_.
- The even distribution of energy.
- Preposition expressing position, e.g. \_\_\_ arm's length.
- Suffix denoting any distinct doctrine or practice.
- Action caused by automatic response to nerve stimulation.
- Complete or recurring series of operations or states.
- The active male principle in the universe.
- To concentrate or to bring into \_\_\_\_\_.
- The forcing of an object away from oneself.
- The seat of consciousness, thought, volition and feeling, perhaps.
- The geometric relationship by which energy moves into the physical realm.
- The first cervical vertebra.
- Prefix denoting a contrary or depriving action.
- An element essential to life and carried in hemoglobin.
- An organ located above and in front of the heart containing T-lymphocytes.

Down:

- An adjective denoting an emphasis or degree of virtue.
- The forcing of an object towards oneself.
- An instinct regarding a specific matter as in a "felt \_\_\_\_\_".
- Absorbed or carried away from ordinary thoughts and perceptions.
- The part of the brain linking the medulla oblongata and the thalamus.
- The geometric relationship by which energy returns as sensory feedback.
- The second cervical vertebra.
- A cylindrical drinking vessel usually with a handle.
- A triangular bone commonly known as the shoulder blade.
- The geometric relationship created by interconnecting lines of force that direct energy as they initially form the body.
- To lose self-control or to go mad as in "to \_\_\_\_\_ one's lid".
- A Hawaiian dance.
- Surface impressions caused by blows from blunt-edged objects.
- Something to sit on.
- Progressing forward at a pace faster than a walk.
- Spanish for "yes".



*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



**energy currents**



THE NEWSLETTER OF THE ONTARIO POLARITY THERAPY ASSOCIATION

### Advertising Rates & Requirements

Business Card	3.625" x 2.25"	\$ 10.00
1/4 Page A	7.5" x 2.25"	\$ 20.00
1/4 Page B	3.625" x 4.625"	\$ 20.00
1/2 Page A	7.5" x 4.625"	\$ 30.00
1/2 Page B	3.625" x 9.375"	\$ 30.00
Full Inside Page	7.5" x 9.937"	\$ 50.00
Inside Covers	7.5" x 10.069"	\$ 65.00
Back Cover	7.5" x 10.069"	\$ 100.00

Submission of advertisements is due one month prior to publication, as follows: Spring Issue due February 1 • Summer Issue due May 1 • Autumn Issue due August 1 • Winter Issue due November 1

We request that display advertising be submitted ready for publication, as follows: by hard copy as a high quality laser print; or by digital file emailed or sent on high density floppy disks, Zip disks or CD-ROM saved in the following formats only: Quark (including all fonts and images); Photoshop (tiff or eps); Adobe Illustrator (eps with text to outlines). If design, layout or revisions are required, an additional charge will apply. This rate will be determined on an individual basis. If scans are necessary, an additional charge of \$23.00 will apply. Please be sure to label all submissions with your name, address, phone number and issue date.

Cheques or money orders should be made payable to OPTA, included with your submission hardcopies and mailed prior to deadline to:

Energy Currents - Attention Laurie Copeland  
c/o InZane Visual Communications • Studio 203  
61 Elm Grove Avenue • Toronto, Ontario Canada M6K 2J2  
or email to currents@polaritytherapy.ca  
tel 416.534.1960 fax 416.531.9123

Placement of all advertising, with exception of the Back & Inside Covers, will be at the sole discretion of "Energy Currents". Copyright infringement is the sole responsibility of contributing advertisers and authors.

**For more information regarding advertising,  
please contact OPTA at 416.685.5172**

## WANTED

Articles, artwork, photos, stories, letters  
and reviews to publish.

*Share a little of what you know,  
see, do, hear and feel!*

**energy currents**



THE NEWSLETTER OF THE ONTARIO POLARITY THERAPY ASSOCIATION

Forward to: "Energy Currents"  
c/o InZane Visual Communications - Studio 203  
61 Elm Grove Avenue, Toronto, Ontario, Canada M6K 2J2  
or email currents@polaritytherapy.ca

## Stone Quote

*The art of the true healer must be to balance man  
with Nature, tune him into the greater energy field,  
so all the elements can flow and function. That is how  
Nature heals. If Nature does not support a correction  
that is made, it will not stay or help the patient. Parts  
must fit into the whole and blend, in order to be  
useful.*

Dr. Randolph Stone  
Polarity Therapy The Complete Collected Works,  
Volume Two, Volume pg. 131

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



To become a member, to  
subscribe to Energy Currents  
or for general inquiries call

**416.685.5172**  
**info@polaritytherapy.ca**



# The Omega Centre

## Canada's Largest Resource Centre Devoted to Self-Discovery

For over a decade, The Omega Centre has presented stimulating options for your physical, emotional, mental and spiritual growth.

We invite you to come and explore our wide selection of:

**Unique Gifts • Essential Oils • Tarot Cards • Incense • Candles  
Greeting Cards • Angel Cards • Music Videos • Crystals • Smudge  
Jewelry • Dreamcatchers • Meditation Cushions Pendulums  
Dowsing Rods • Runes • Bach Flower Remedies . . .  
and of course, books.**

**Monday - Friday 10 am - 9 pm  
Saturday 10 am - 6 pm and Sunday 11 am - 5 pm**

**29 Yorkville Avenue, Toronto, ON M4W 1L1**

**Tel: 416-975-9086 Fax: 416-975-0731**

**1-888-ONENESS**

**E-mail: [omegactr@interlog.com](mailto:omegactr@interlog.com)**

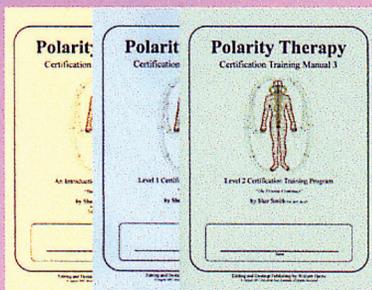
**[www.omegactr.com](http://www.omegactr.com)**

# Reaching Your Potential

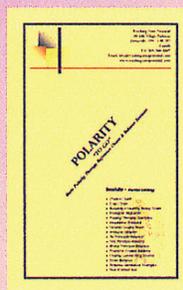
## Trainings

- \* Polarity Therapy Professional Certification Training\*
- \* Brain Gym® 101, In-depth, Master In-depth, Visioncircles and Brain Organization Profiles (Edu-K) Certification Trainings
- \* Biodynamic Cranial Sacral Training

### Polarity Therapy Support Materials



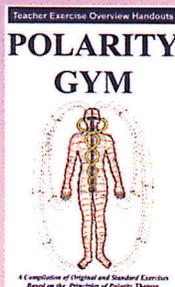
Intro, Level 1 & Level 2 Training Manuals



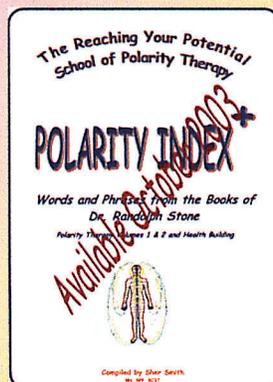
"Polarity To Go" Booklet



Polarity Related Charts



Polarity Gym Facilitator Exercise Masters



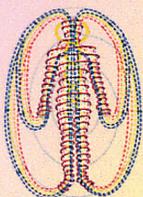
NEW !!! Polarity Index+



Chakra Card Set



Energy Symbol Card Set



#### Mailing Address

40-646 Village Parkway, Unionville, ON L3R 2S7

Tel: 905-944-8867 Fax: 905-944-8869

email: [info@reachingyourpotential.com](mailto:info@reachingyourpotential.com)

[www.reachingyourpotential.com](http://www.reachingyourpotential.com)

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

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