

SPRING & SUMMER 2005

ENERGY



CURRENTS

Journal of the Ontario
Polarity Therapy Association

THE HEALING PROCESS

POLARITY THERAPY
INTERFACING SUBTLE ENERGY
WITH MASSAGE

Polarity Tea and the
"Biologic Electron"

The **GUT**
CONNECTION

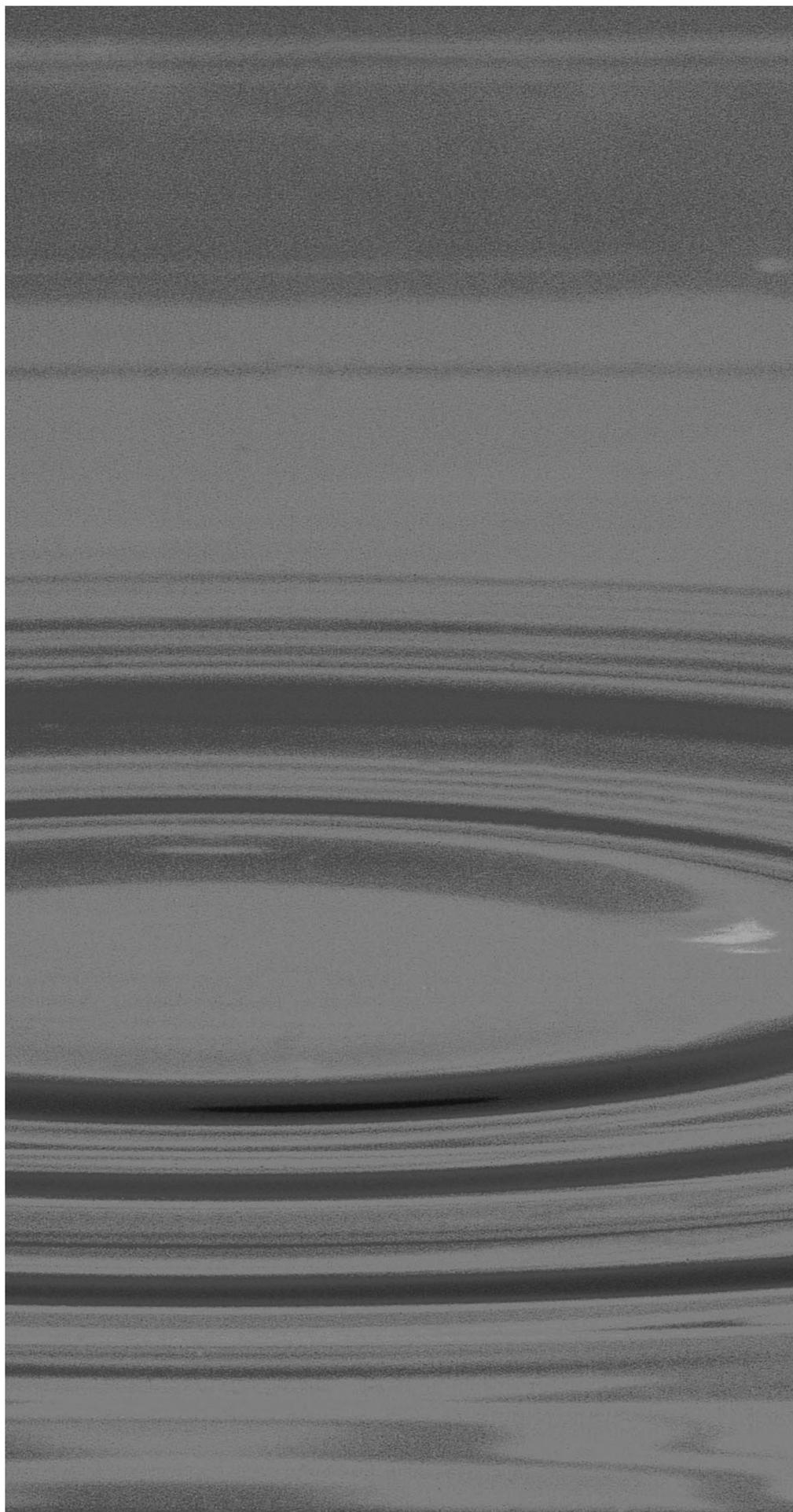
Acupuncture &
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SQUATTING

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Announced Inside*

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IN PRACTICE
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Case Histories & Protocols





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ENERGY CURRENTS

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POLARITYTHERAPY.CA
SPRING SUMMER 2005

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THE ONTARIO POLARITY THERAPY ASSOCIATION
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Dorothy Maclean

Wednesday July 20, 2005

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In her book, *To Hear the Angels Sing*, Dorothy reveals her sensitive, but down-to-earth attitude towards establishing a working relationship with the angelic realm - a relationship that is open to all who are sincerely interested.

Dorothy grew up in Guelph, Ontario, graduated from the University of Western Ontario and then served with the British Intelligence during WWII, before settling in Scotland.

Following the War, she spent many years quietly seeking inward until her search was rewarded by a conscious communion with her inner divinity. Later, when the garden at Findhorn had been initiated, she discovered that she could also communicate with the intelligences of Nature. This enabled a unique cooperation between Man and Nature that produced Findhorn's remarkable garden. The success of the famous gardens at Findhorn was in large part due to Dorothy's telepathic ability to communicate with the angelic kingdoms, who oversee the inner workings of creation.

Dorothy returned to Canada in 1974 and now travels throughout the world giving lectures and workshops. She continues her exploration of the angelic world through contacts with the angels of nature as well as those working with various human groupings such as devas that overlight cities and countries.

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From The Editor

LAURIE COPELAND, RPP

Well, Spring has sprung - the cycle of the earth's seasons continues. It is with the cycles of nature in mind that we proudly present to you this edition of *Energy Currents*.

If you will recall, our last issue was concerned with Trauma. In this issue we concentrate on healing and the natural cycles that invoke healing. This cycle is brilliantly illustrated below by Franklyn Sills, in his book, *The Polarity Process*. Using this model, it is easy to apply anything from a person's current state of health or the bigger picture of a person's stage of life, to a stage in which we may perceive nature to be in. Everything that is natural is cyclical - the flow of life energy is cyclical. It is our perceptions of ourselves, our environment, our own natures, that determine where we are in that cycle and our thoughts and beliefs that will determine the direction and impact of energy within the cycle.

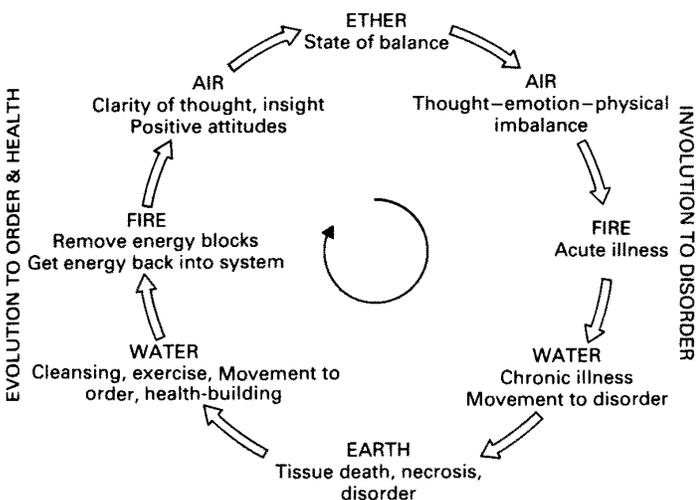
For me, Spring is a wonderful re-inforcer and reminder of the workings of the Water element in the evolution back to order. From out of Earth, the chaos and ultimate stillness that a solid and icy Winter leaves behind, the rivers begin to melt and flow, thoughts begin to enlighten, ideas "spring" to mind. Before we know it, the sun fires are igniting our atmosphere, the weather warms and

flowers are growing, thoughts become action and we are exercising in the great outdoors, our bodies accepting and generating heat, exchanging energies with the fires of nature, clearing our minds, steadying our souls, preparing passage for the Air element and the winds of change that are Autumn. And so it goes...

But, as it happens, I am ahead of myself. Let's stop and enjoy the flow of the Water! In my case, it is a non-stop running nose, a flooded basement and leaky windows, which I prefer to perceive as a cleansing of my sinuses, and incentive for Spring cleaning!

In this issue, we have gathered some wonderful articles to demonstrate and assist in your evolution to health, such as Dr. Chandana Becker's, *Healing Process*, as well as a reminder of the importance of digestion in Mary Louise Muller's, *The Gut Connection*. Throughout the journal there are also many references made to the Squatting Posture - rediscover the benefits of this age old exercise. Also, be reminded of the benefits of Polaritea, by John Chitty. Review the borrowed article, *Polarity Therapy Interfacing Suptle Energy with Massage* - it is a great one to share with friends and clients to easily convey the message of Polarity Therapy. Then be inspired with Danielle Généreux's perspective of "Everyday Polarity" in Bali.

With so much more, this edition is infused with the energies of Evolution. So, build Health in your life, your body, mind and spirit and create an environment of healing and inspiration to carry you through transformed cycles. 🙌



Involution - Evolution in the Disease Process

Franklyn Sills, *The Polarity Process*
figure 5.3, page 91.

Stone Quote...

Health is not merely of the body. It is the natural expression of the body, mind and soul when they are in rhythm with the One Life. True Health is the harmony of life within us, consisting of peace of mind, happiness and well-being. It is not merely a question of physical fitness, but is rather a result of the soul finding free expression through the mind and body of that individual. Such a person radiates peace and happiness and everyone in his presence automatically feels happy and contented.

Board Notes



THE ONTARIO POLARITY THERAPY ASSOCIATION
SPRING / SUMMER 2005

IMPORTANT DATES - UPCOMING SPEAKERS

Please mark the following dates in your calendar:

- **May 16, 2005** - OPTA Evening Workshop with Angela Greco: Introduction to Strain-Counter-Strain Technique (or Positional Release Technique) and its usefulness in Polarity.
- **June 20, 2005** - OPTA Evening Workshop with Susan Fairman: The Transformative Power of Menopause and Self Acupressure Techniques
- **July 20, 2005** - OPTA sponsored *Evening with Dorothy Maclean*. Dorothy Maclean is a well-known speaker and author, co-founder of the Findhorn community in northern Scotland. The success of the famous gardens at Findhorn was in large part due to Dorothy's telepathic ability to communicate with the angelic kingdoms, who oversee the inner workings of creation.
- **September 19, 2005** - OPTA Evening Workshop. The guest speaker still to be confirmed at time of printing. Please check the OPTA website or call the OPTA phoneline for updates.
- **November 20, 2005** - OPTA's Annual General Meeting and Holiday Party

All events are scheduled to take place at the North York Public Library, 5120 Yonge Street (at North York Centre Subway / near the 401). Doors open 6:30 pm with meeting to commence at 7:00 pm.

NEW OPTA PHONE LINE - 416-621-6857

OPTA has a new telephone number, 416-621-6857, which is now listed in the Yellow Pages under the heading of *Holistic Health Services*, in the following telephone books: Toronto Central West, Toronto Central East, Scarborough, North York and Etobicoke. We also are listed in the Toronto White Pages and in the on-line Canada 411 directory.

We have also purchased a Toll Free number, 1-866-339-9196 for anyone who would normally have to pay long distance. The new service is called a Single Number Reach Service that does not need to have an actual phone connected and allows all the Board Members convenient access to monitor the number simply by using a password. All of our other phone numbers are still in effect, but will be phased out in 2006-2007.

WHOLE LIFE EXPO

Mark your calendars! OPTA has applied to enter Toronto's fabulously successful Whole Life Expo, running November 26, 27 and 28th at the Metro Toronto Convention Centre. Over 200 exhibitors and 45 speakers from across the continent gather at this popular annual event to showcase the best in natural health products, services, and information. Volunteers to represent Polarity Therapy on our behalf, are kindly requested. Please contact Peggy Barrett at 416-626-8120.

CONGRATULATIONS NEW RPP'S

Ontario's newest RPP is Jocelyn Smith, a graduate of *Sher Smith's, Reaching Your Potential School of Polarity Therapy*. Bravo Jocelyn!

If you have recently received a new or updated designation, please keep us informed. Contact OPTA at 416.621.6857 or by email at info@polaritytherapy.ca.

OPTA COOKBOOK

OPTA is excited to announce that we are putting together a cookbook and would like your input! Send us your healthy recipes, your favourite recipes, the tried and true ones. You know, the one that people always request copies of! Please also include any helpful cooking hints or nutritional information about the recipe ingredients. The deadline for submissions is June 30, 2005.

The final product will be sold for a nominal fee to cover printing costs. Anyone who submits a recipe will have their name automatically entered into a draw to win a free published copy. Please join us in this fun project. We welcome submissions from all! Send your recipes today by email to currents@polaritytherapy.ca or by mail to Laurie Copeland, Energy Currents, 11 Caroline Street West, Creemore, Ontario L0M 1G0.

CHILDHOOD REFLEXES & POLARITY EXPLORED

Daphne Duckworth, RPP, gave a fascinating presentation on Early Childhood Reflexes and how they work in the Polarity Therapy model. Some of these reflexes start in utero, preparing the baby for birth and then in the search for food and survival in the new world. They continue with the development of movement until the child is 2 years old. Daphne described reflexes as the resource builders for

"Board Notes" continued...

the nervous system, which as Dr. Stone indicated, transfers all subtle energies into how we learn and manifest life. Dr. Carla Hannaford, a neurophysiologist, illustrates in her book *Smart Moves* that movement is the key to learning. In Polarity Therapy, Dr. Stone teaches that the key is indeed nature and with that we can unlock the core, and learn how to co-create with gravity.

Reflexes integrate like a fine mesh as a child grows and develops. If for some reason one or any fail to integrate, the experience of life for that human being can be limiting. The wonderful news is that Dr. Svetlana Masgutova of Poland, is now for the first time in North America, teaching parents and practitioners how to bring those un-integrated reflexes back into full function. Daphne demonstrated how to work with three different reflexes, simplifying a rather complicated subject for all workshop attendees. This truly is magnificent work. Thank you Daphne!

OPTA PHOTO CONTEST

OPTA is sponsoring a first Annual Photo Contest. The theme of this year's contest is, *The Elements Interpreted*. Please see page 35 of this magazine, for more information.

POLARITY THERAPY RECOGNIZED BY LOCAL HOSPICE

Pat Ransom is happy to report that Hospice King-Aurora is including Polarity Therapy in the list of modalities being offered free to people living with a diagnosis of Cancer. The Core Concepts Level 1, a 30 hour course for volunteers doing hospice/palliative care visiting, is also including Polarity Therapy in its list of complementary therapies available in York Region Hospices.

REMINDER - APTA CONFERENCE

Be sure to mark your calendars now for the 2005 APTA CONFERENCE. The 20th APTA Conference, "Exploring the Essence of Inner Stillness" is scheduled for Canada's Thanksgiving Weekend - October 7-11, 2005 at the William F. Bolger Center in Potomac (just northwest of Washington D.C.).

Please let OPTA know if you are intending to go. We will be keeping a list of Ontario attendees. Hope to see you there!

OPTA WEBSITE • www.polaritytherapy.ca

Please watch the website for updates. To have your name added to the Professional Practitioner Directory or to update your current information, contact the publisher at info@polaritytherapy.ca.

ENERGY CURRENTS SUBMISSIONS

We welcome letters to the editor, notices of what is happening in your school or practice, research material, photos, book reports, movie reviews, etc. Share your thoughts and knowledge. Send to Energy Currents at currents@polaritytherapy.ca or mail to Laurie Copeland, 11 Caroline St. W., Creemore, Ontario L0M 1G0. ☺



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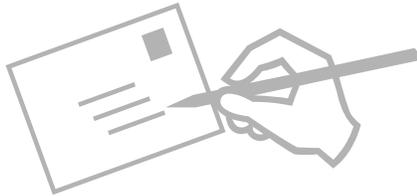
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YOUR LETTERS



Early Childhood Reflexes Clarified -----

I would like to take this opportunity to tell you how much I loved the last issue of Energy Currents. I enjoyed reading the many articles that I found had valuable information. The bonus was I could incorporate the information into my everyday life.

Following is a cute story that I had a laugh over. I would like to share with permission.

As an RPP I am blessed with having students of Polarity come for sessions. This one particular time our session turned to the understanding of the water element. "What is water like?" was the question.

We explored what the water element might be like (as it was not known). We talked about it, sensed in our bodies, visualized it in nature and the student explored the concepts daily in her world. Still puzzling about it and asking "how it might be in her life", she picked up her mail and there it was - the answer. "Solve all your water problems to-day" the flyer exclaimed, "Call your Culligan man!"

Now I have to say, I am still a constant student of Polarity and the water element was elusive to me also. Had I known it was that easy I would have called him ages ago!

I appreciate the feedback I received concerning my article "Early Childhood Reflexes and the Polarity Model". There was some confusion about a statement I made that I would like to clarify. A person's head does not flex and extend, that would be the neck. In talking about the Symmetrical Tonic Neck Reflex I said:

When the head is in extension (head down)

the arms extend and the legs bend. When the head is in flexion (bent) elbows will bend and legs will extend.

What I meant to say was:

When the head is up, the arms extend and legs bend and when the head is bent down, the elbows will bend and the legs will extend.

The main point here was the position of the head. Where the head is positioned activates the vestibular (inner ear) system that in turn organizes body movements in relation to the head in space. Symmetrical Tonic Neck Reflex (among others) creates the basis for formation of head righting and the ability to keep the head in different positions. When a person is experiencing a lot of tension in the neck and shoulder muscles, it could be due to the lack of development of this reflex.

Daphne Duckworth, RPP



From Australia -----

Hello to our balancing friends in Ontario. Polarity in Australia has been slow in growth. In 2004 we came together and decided that it was time to put our energies together and raise awareness of Polarity Therapy.

As an enthusiastic group we formed a committee to mould ideas into form, from what the group had put forward. The energy in this group is amazing. Our aim is to get Polarity Therapy known and understood, the unknown is but a fear to be balanced with knowledge & experience.

With help from OPTA and APTA we have a constitution, which saved us a lot of work, thank you. Our first newsletter for the year is due out mid-February, which will be followed by our first official Members Meeting in March, then it will be quarterly.

The web site went on line early February (www.ptna.biz), which a lot of talent, favours, and hard work got it over the line in the time frame and budget we had.

The committee has been very busy working out details of further education, workshops etc., promotional ideas, advertising, and radio. We have a standard letter going out to organizations volunteering our services to such groups as Cancer, Depression, Mental illnesses and others. Our hope from this is awareness of Polarity Therapy. We also have made inquiries for an Expo due in June.

We appreciate the help Peggy [Barrett] has given us and wish to keep this communication and friendship growing.

We are looking forward to this year and know it will involve lots of hard work and enthusiasm. The push for Polarity awareness is going to two colleges that teach Polarity here in Adelaide, South Australia and it looks promising. Polarity is growing very fast as I believe Polarity attracts the practitioner, hence its' momentum. The people involved are compassionate and dedicated, and as a group or individuals, very powerful in what we do.

It's going to be a good year for Polarity as we stretch out over Australia. Polarity in Ontario seems to be growing well, maybe you could send us an email on what's happening over there. Our website is www.ptna.biz and email is polaritytherapynetwork@hotmail.com.

Well for now I'll say goodbye and wish you all the best, with love and balance.

*Garry Evans
Polarity Therapy Network of Australia
February 2005.*

Congratulations to everyone at the PTNA from from the OPTA Board of Directors! 🙌



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August 27th, 2005 1:00PM – 5:00PM
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Knowledge...

It is my firm belief, after more than a half century of reading, debating, questioning, and contemplating, that the human body is surrounded by something that I call a life field...

This life field conveys vitality to your physical body and provides you with your spirit. Whenever you feel a disturbance or an injury, the life field manifests its shock in the physical body with a depletion of energy. If left unchecked, this deficiency can lead to dysfunction, disease, and, ultimately, to the body's total collapse; but if the deficiency is discovered and restored, the body can repair the health that it has lost...

In a sense, the electromagnetic pattern creates a mold, which is eventually filled by matter, giving rise to a tangible, material body. Both the material body and the field have their own "brains," but the life-field brain is nothing like the physical brain; it's more of an organizing pattern that maintains the structure of an organism and also instructs the body's new cells (the ones that replace those cells constantly dying within us) where they belong in the human body.

Robert Fulford, DO

submitted by Angela Greco, Toronto

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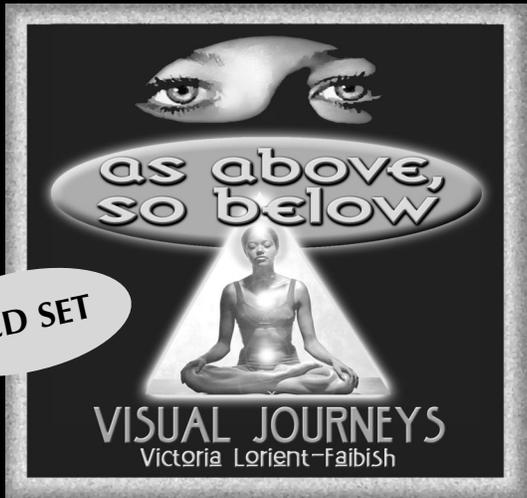
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THE HEALING PROCESS

BY DR. CHANDANA BECKER, PHD, MTI, RPP, SEP

From an energetic perspective, health may be viewed as a dynamic and fluid phenomenon. My Polarity Therapy mentor, Pierre Pannetier, taught me that life and health require movement and change. As a Polarity practitioner, I consider health a state of being in which the life energy flows freely and fully. Over three decades of clinical experience has shown me that health is characterized by an ability to adapt and live functionally. To me, responsiveness to one's inner and outer environments is a hallmark of health.

While illness may manifest overnight in the wake of a catastrophic event, many imbalances and recurrent or chronic illnesses develop over the course of time. Behavioral repetition or omission over time contribute to the formation of a life style. Getting out of balance can involve a relatively quiet, gradual, insidious decline in health. From the energetic perspective, illness, of any kind, occurs when there is an imbalance in the full, free, flow of the life energy. Chronic illnesses involve relative stagnation, repetition, and inertia in the flow of life energy that underlies the state or condition of the tissues, one's behaviors, and the various levels of one's functioning as a human being.

When illness occurs, a crucial question tends to arise: "How do I get well?"

CATALYZING THE HEALING PROCESS

Going Beyond Pain and Longing - If getting ill is generally a process, then getting well most often requires a process too. How do you start that process? What is the catalyst? Pain can serve as a great motivator. Longing to be active and involved in meaningful endeavors can prompt you to find a way. Catalysts spark movement and change. Catalyzing agents come in the form of ideas, substances, people, techniques, regimens, really anything that catches your fancy, gives you inspiration, changes your mind or your

chemistry, and fans the embers of hope.

Attitude as Catalyst - As a clinician, I've noticed that my conviction, enthusiasm, confidence, appreciation for, and understanding of some specific healing method or pathway frequently ignites or stimulates a reorientation in clients, students, friends, or family members. Sunflowers automatically turn toward the sun. Our innate healing capacity, our design for self-righting and self-regulation sometimes needs to be reminded of its inherent blueprint. Then health calls unto health. There is a resonance with what is good and fitting. Just enough of a shift occurs that the healing process is set into motion. Then the client may simply go her own way.

Receptive Field as Catalyst - Call it sacred space, call it *fung shui*, call it a healing place. There are places, spaces, environments that have a peace, a power, a potency, a welcoming, soothing, kick you in the rump, atmosphere that make it easy to relax, let go, shift, change. Some of these places are beautiful and uplifting, silent and still, rhythmic or pulsatory, natural and sublime, filled with intention, They will be done.... As a clinician, I set out to create, live, and work in such a "sacred space". Of course what is on the outside must reflect what is on the inside and vice versa. When you create a receptive field the energy is much more likely to flow to the degree possible.

Questions as Catalyst - I am fond of questions. Two of my favorite catalyzing questions are: "How am I?" and "What do I need for my wellbeing?" I enjoy teaching clients how to ask themselves these questions and then to really pay attention to all the answers that come to them. So often there is layer after layer or multi-facets to the answers. Sensing deeply what is real and true can open the way for something new and fresh to occur. Something is catalyzed; there is a turn, a reorienting toward health, a little more momentum takes place in the flow of life.

Clinical Example #1

CATALYZING

She's young, beautiful, perceptive, intelligent, depressed, attempted suicide, lost her twin to a catastrophic illness in pre-adolescence, is angry and estranged from her mother, is hopeless, barely speaks above a whisper, is compelled to overwork and to excel, has a history of an eating disorder and stomach ulcers. Oh, this bottle is so full, the cork is so tight. Bottling is dangerous but speaking is painful. How will she trust me enough to speak? I am patient and slow and soft. I listen and wait. I cry with her and for her (from the edge of her energetic boundaries.) I offer her information about the nature of traumatic loss; it makes it easier for her to understand her experience and her symptoms. I reflect her feelings, I do not judge her, she is not alone. I do not place demands upon her. I reorient her to pleasure and fun. I watch and listen for the indicators of shock and high activation. I contain her stories as well as the activation behind the stories - to so slowly discharge the charge bound in her young system. She finds hope, she feels connection, she is more present, she concludes that it is ok for her to have some fun. *The healing process has been catalyzed.*

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Clinical Example #2

SUSTAINING

He's retired from a profession that regularly exposed him to life threats to self and others. Frequently he finds himself angry, impatient, impulsive, easily stressed and prone to rage or panic. He cries repeatedly in despair and feels guilty for everything. He chronically feels hurt and unappreciated when dear ones resent his unsought advice and attempts to "fix" their lives; then his gut wrenches and his mind races. He longs for close relations, is sure parental neglect and early life losses are the crux of his problems, and he suffers a chronic, severe inflammatory bowel condition with history of surgeries. The healing process (and indeed it required a process) was initiated, then on-going work began in earnest. He learned about energetic boundaries and the importance of respecting others' boundaries. Behavioral changes with interpersonal ramifications included: finding and practicing ways to stop fixing and advising others; listening more to what significant family members are saying; asking more questions and learning how to make diplomatic, assertive requests; making self-care and personal equilibrium his priority; regularly checking-in with his body sensations, impulses, and pace to gauge how he's doing; making special dates with his wife and keeping the peace and promoting the pleasure by refraining from verbal snipping. Sustaining the healing process took a lot on his part. Since I don't read minds (thank goodness), I had to pay close attention to all his cues (the energetic, bodily, verbal, relational information he made available) to properly pace a sustainable process. And I had to ask him plenty of questions about his interests, goals, what is/is not serving him in therapy and in his daily life. *This sustained healing process involved many steps* and by the way, resulted in prevention of bowel flare-ups, significant reduction in steroid medication use, and a general reversal of his initial presenting concerns.

SUSTAINING THE HEALING PROCESS

Tending the Hearth - Once the healing process begins it may take off and carry you in its deepening currents. However, more frequently, the healing process must be tended like a hearth. Carry-through, stamina, perseverance, flexibility and discernment of what is needed now and what is needed next, and even the willingness to go back through something you think you were already done with, as well as the capacity to let go of what is no longer needed are all components of an on-going healing process.

Love as Sustainer - How do you keep on keeping on when you are tired, frustrated, or uncertain? So often it is love, a loving connection that keeps us alive and keeps us wanting to live another day, to live and share something precious. How do you have professional boundaries yet love your clients, care for them, see their beauty and health just as they are, serve them in individualized ways, and purposefully support them to plug into anything and everything that is good for them?

Behavioral Choices as Sustenance - I find that I have to love myself enough to take care of myself. And I have to do this day in and day out. It is a routine, a life style, a self-fulfilling prophecy. I do not teach my clients to live like me. Instead I try to live in the ways that are conducive to my wellbeing and encourage clients to notice what works for them. When something is functional, life-enhancing, brings pleasure or ease, there will automatically be more balance and free flow.

I suggest to clients they notice what that is and do it again on purpose. There are hundreds of little choices that contribute to your wellbeing. In any moment you can capitalize on another little choice.

COMPLETING THE HEALING PROCESS

When You're Done, You're Done - How do you know when the healing process is complete? Is that when you die? Is it when you resume functioning at a level as high or higher than before you got ill or out of balance? Is the process over when you run out of insurance coverage? Or when your health care provider says "We can't do anything else for you"? Or when your friends and family say "Alright already, get on with your life"?

Knowing and Embodying Health - What is it in you that knows you are well, fine, fit as a fiddle? How do you know you are alright again? What is it that registers when you have relative balance? How is it that you know when the scales no longer tip? "Ahhhh," you say. You start something new. You have a new beginning. You don't even have to think about it; it's effortless because you are well. Humm, what were the components of that? Could you duplicate it? Could you bottle it? Ok, could you at least do it again if you have to? And could you use what you've experienced for prevention?

Conscious Living - The conscious art of living well relies on our capacity to observe life, to reflect upon it, to learn from it, and to flow as we go. It's a process.... 🙌

Clinical Example #3 COMPLETING

She was broken-hearted. A love relationship of many years was over. Betrayal and the repeated expectation for acceptance and complicity by her lover simply made matters worse. She felt emotional pain and loss; she also felt used, discounted, and rejected. It was difficult for her to focus on much else. Her life roles were emotional care-taker of mother and pleaser of all others before herself, even if it meant going against herself. Now her home, her land, her relationship, a set of mutual friends, a dream was gone. Every time she tried to figure it out intellectually she'd get overwhelmed and would freeze. Every time she went into her emotions she was swept away into a dysfunctional, disintegrating undertow. When ever she tried to converse with her ex she'd lose her capacity to speak, much less to speak her truth. *We knew her healing process was complete when she said "I have my life back."* But you know, it was an entirely different life, it was her own life, and she now lives it according to what is healthy, good, and respectful for her in conjunction with what works for others.

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EVERYDAY POLARITY ON THE ISLAND OF THE GODS

BY DANIELLE GÉNÉREUX, RPP

Imagine a place where time is suspended, a land dotted with stunning temples and terraced rice fields, a land inhabited by a people so spiritual that they live in harmony with nature and the gods. "Where is this place?", you might ask.

Four years ago, my own spiritual journey took me to Bali, Indonesia, also called the Island of the Gods. Notorious for its breathtaking landscapes, stunning sunsets, numerous temples and unique traditions, Bali is also considered as an energy centre on the globe. After the initial shock of finding myself in such a heavenly place, I started relaxing into it and could not help but noticed how Polarity was very much present in the life of Balinese people.



Balinese believe that the world, both natural and supernatural, is composed of opposing forces: positive forces (+) or gods, and negative forces (-) or demons. These forces need to be balanced at all times. To do so, Balinese follow elaborate rituals involving dances and music, and special offerings of food, water and flowers. Balinese people practise Hinduism, especially Bali Hinduism which is a blend of India's Hinduism and Buddhism. Nonetheless, the three main deities they worship are Brahma - the Creator, the Source (neutral); Wisnu - the Preserver (-); and Siwa - the Destroyer (+). Together they can be seen as the three Polarity principles of Air, Fire and Water.

The focus of every Balinese community's spiritual activity is the temple or pura. It is said that there are at least 20,000 temples on the island, each structure having a symbolic significance. For instance, within a temple compound there is a three-roofed (3 Principles), five-roofed (5 Elements) or even an eleven-roofed shrine. Balinese temples are also designed around three courtyards: the outer courtyard represents the secular world; the middle courtyard is the transition zone between the human and the divine world; and the inner courtyard represents the godly world. Each courtyard is divided by a split gate which looks like a tower that has literally been sliced down the middle. The left side (-) represents femaleness, the ida; the right side (+) is the maleness, the pingala; and the middle is the core, the sushumna.

Polarity can also be seen in the way Balinese people look at the human body. For them, a person's head (+) is the most sacred part of the body and the feet (-) the most unclean. For instance, it is offensive and rude to ruffle a child's hair in affection or to use the feet to indicate something. The left hand (-) is also considered unclean and should not be used to pass and receive things, or to shake hands.

With each passing day on the island, it came very clear to me that life is all about Polarity... bringing into balance and harmony the natural and supernatural forces or energies.

Since then I have returned to Bali every year, each time bringing people with me and giving them the opportunity to experience Polarity and this fascinating culture. Our days are filled with Polarity Yoga classes outdoors early in the morning, traditional Balinese massages, Polarity sessions, evening dance performances, visits to temples, markets and local artists, and plenty of free time to not only take in the energy and beauty of Bali, but also to rebalance, recharge and reconnect.

If you are interested in a different type of trip, I invite you to join me in Bali from September 20th to October 5th, 2005. At the end of the trip you will emerge feeling totally refreshed and energized. For more detailed information on this 16-day customized program, please do not hesitate to contact me. Hope to see you in Bali! 🙏

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meditation...

Close your eyes and you will see clearly.

Cease to listen and you will hear truth.

Be silent and your heart will sing.

Seek no contacts and you will find union.

Be still and you will move forward on the tide of the spirit.

Be gentle and you will need no strength.

Be patient and you will achieve all things.

Be humble and you will remain entire.

Taoist Meditation submitted by Krista Burda, Toronto

interfacing subtle POLARITY energy with massage THERAPY

BY SHIRLEY VANDERBILT

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Polarity Therapy (PT for the purposes of this article) is a four-part approach to balancing the energetic patterns of the body. Based on principles developed by Randolph Stone, an osteopath, naturopath and chiropractor, PT combines bodywork, nutrition, stretching postures and attitudinal counseling to free energy blockages and establish a natural energy flow for self-healing. In his early years of practice, Stone noted that while manual manipulations provided some relief for his patients, effects were not long-lasting and did not get to the root of the problem. He surmised there must be some deeper solution and set about finding it.

Traveling to China and India, Stone spent decades investigating ancient healing methods, studying the inherent commonalities of these approaches. In his book *Polarity Therapy and Its Triune Function* (1954), Stone writes, "For 40 years I searched for a principle in the healing arts which would include all forms of therapy and act as a common denominator, an intelligent answer, to all the numerous contradictory theories and claims existing today. Results which are obtained in all the various fields of medical, drugless and psychological applications indicate that a hidden agent - a principle in man and the forces of Nature's energies - is the active factor overlooked by schools of science and theories taught today."

Drawing from Western manipulative techniques, naturopathy, Chinese energy medicine and Ayurvedic medicine, Stone formulated his therapy based on the underlying principle of wireless currents in, around and through the body. According to Stone, it is this subtle energy flow that gives life and through which the soul functions. Quite simply, disease occurs when the flow is disrupted. Polarity Therapy, rather than treating disease, is focused on reestablishing the natural balance of this flow, which in turn allows healing to take place. Stone writes, "The problem of healing involves the harmonious relationship of man's inner energies to those of the without."¹

Polarity Therapy practitioners concern themselves with the positive, negative and neuter states of the energetic wiring, flowing vertically and horizontally, and spiraling from the top of the body downward and from the center outward.² In this triune function, Stone notes the outward flow or positive pole "is expressed as motor currents; while the necessary return flow, the centripetal current or the negative pole, is expressed as sensation." The center (or neuter) from which the energy flows and to which it returns, is considered the source of the energy and this triune action is what is required to keep the flow in motion.³

According to Stone, this circuitry flows in all aspects of life and is a basic principle in nature. Everything has a middle with opposing ends,

in constant communication and relationship. In this law of relationship, there is attraction (pleasure/sensory) and repulsion (pain/motor). Blockage is more likely to occur in the negative (outgoing) flow. It is when the outgoing force is unable to remove from the system "unassimilable physical, emotional or mental material" that disruption in the circuitry occurs and the system becomes dysfunctional.⁴

Eleanora Lipton, Polarity Therapist and owner/director of Atlanta Polarity Center in Georgia, says of Polarity, "We approach the body as this complex system of inherent Divine Wisdom. That's why all the parts grow where they need to. Energy moves along its freest route; tension is an energy blockage. Release and open that pathway, and when there is a free flow, the body can sustain and nurture itself."

Lipton is also a certified massage therapist and blends Polarity into this modality. "One of the primary reasons for interfacing this work," Lipton says, "is so clients who are accustomed to massage can get introduced to energetic work without feeling alienated from their original feeling of nurturing with massage." While acknowledging her clients' need for touch, she was convinced they could benefit even more from the energetic work. In the early 1980s, when she first began introducing her clients to a full treatment of PT, some were a little reluctant. After the first session, they were coming back saying they preferred a massage. But then following a massage session, they would point out that their previous benefits from polarity were more long-lasting. Thus, she began blending the two in her treatments.

Although massage and Polarity Therapy each stand firmly on their own merits, in combination they can raise the healing relationship, for both client and practitioner, to a higher level. Before examining this interface further, we take a brief, albeit simplified, look at the basics of the Polarity approach.

THE FOUR COMPONENTS

Regardless of an individual's chosen focus in practice, the two levels of Polarity training - Associate Polarity Practitioner (APP) and Registered Polarity Practitioner (RPP) - cover basic required topics and modules, says Leslie Korn, Ph.D., of the Center for Traditional Medicine (CTM) in Olympia, Wash. In addition to her 26 years of Polarity practice and teaching, Korn is founder and director of CTM, which provides training in Polarity, massage and various forms of natural medicine on-site in rural Mexico.

Korn notes that Polarity Therapy "incorporates the principles of using

“Polarity Therapy” continued...



this works. Don't rely on everything I say.' In my own work I understood this to be a driving philosophy in which there is no one final truth, but one of process with oneself and each client one has the honor to work with. This makes polarity a dynamic process, not a static one.”

Polarity Bodywork

In Stone's mapping of energy currents of the human body, each side of the body has five currents relating to the five elements (ether, air, fire, water and earth). In this model, each finger and toe correspondingly is named for the element/current running through it, and also has either a positive or negative designation. These are not static designations, but rather an indication of constant flow, with positive beginning at the top of the head to negative at the feet, and alternately positive on the right side of the body, negative on the left.⁵

The spiraling energy of the chakras, for which the elements are named, generates the flow for these currents. Within Stone's triune model, positive and negative flow are also always in relationship with a third, neutral pole. Working with these concepts, when a blockage is identified the therapist uses bipolar contact, placing hands or fingers simultaneously on the negative and positive areas to effect the release of flow. Additionally, practitioners can stimulate specific reflex points and their corresponding body part, effecting a release along the associated current.⁶

“In Polarity we focus on three different levels or qualities of touch,” Lipton says. “Each of those levels of contact relates to a different approach to massage.” Satvic touch is neutral and balancing; rajasic touch, a moderate, more stimulating pressure; and tamasic, a deeper pressure to disperse resistant tension.

“Polarity Therapy is the study of the law of relationships,” Lipton says. “It starts with understanding the energetic patterns of the body. Energetic patterns do not necessarily release with muscle massage.” The work has to go beyond where the pattern gets repeated in order to effect a shift, she says. By going deeper into stress patterns, the body's unconscious holding patterns are released.

“Stone said energy in the body is like a hand in a glove,” Lipton says. “Without the hand, the glove is not animated. Without life force, the body has no animation. Life force begins from a universal divine source.” The energy centers of the chakra system are the vortexes through which universal force manifests and is in continual connection. “We can affect those qualities of all of those bodies through clearing of energetic patterns” creating enlivening of bodies and also an energy field around the body.

“The thing we know about Polarity Therapy is that we can only take someone as far as we have gone,” Lipton says. “My perspective as a practitioner in my work is to create the safest and most dynamic aura around myself and in my center so that when clients come they walk into that energy. When I work on someone I am absolutely bringing my energy present, making myself known by my energy field: My presence and the quality of my contact with my voice, hands, face, everything. I touch them with my energy. That coupled energy is where we have potential for creating healing.

all of nature for healing.” This is “the essence of Polarity - the polarity of day and night, of hot and cold, of bitter and sweet (foods or experiences). In this regard all natural methods can be integrated, or focused upon, much like someone who does infant massage may not do lymphatic techniques and someone who does sports massage may use hydrotherapy where others may not.

“Dr. Stone emphasized that while he developed, or more correctly created, a profound integrative synthesis called Polarity Therapy,” she adds, “he had a great sense of humor and always left some information out of his teachings, saying, ‘Find out for yourself, prove it to yourself if

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“Polarity Therapy” continued...

“By (the client) receiving and perceiving my presence, we create something together that allows energy to be even stronger. All this energy comes from Source but we take responsibility for what we ourselves project or put out there. We have to be responsible for clearing our own energy fields. My experience is to pray and attune to the inspiration and presence of Source that opens me and allows me to be my best with my client.”

Stretching Postures

As a part of stimulating and releasing energy flow, Stone developed a series of Polarity Yoga exercises that include gentle rocking movements once the position is attained. Practiced several times a day, the exercises are variously aimed at clearing blockages from head to toe. This series of movements can be found in Stone’s book, *Easy Stretching Postures for Vitality and Beauty*.⁷

“These postures are not necessarily traditional hatha yoga,” Lipton says, “but I like integrating them with yoga and qigong.” While yoga is a passion for Lipton and remains a high priority in her work, not all PT practitioners share her enthusiasm for this discipline. “A lot depends on what the practitioner is interested in themselves. There is always a pathway related to Polarity. You don’t have to stay in a box.” But, she notes, it is in the best interest of the client to “get that piece somewhere.”

Energetic Nutrition

Air, sunlight and food - all that we take into our bodies - are assimilated to replenish our energy. Here, Polarity theory also incorporates the five elements, classifying foods according to their elemental nature. Noting that “all things have polarity, and either attract or repel,” Stone says, “Diet also is based upon this fundamental law of polarity.”⁸ The body will crave certain foods to balance out the elements and enhance the assimilation process, such as high-protein foods (fire) for warmth and power, or fruits (air) that enhance oxidizing in the bloodstream and nervous system.⁹ In contrast, an overindulgence of a certain food, or its consumption in the presence of disease, can have the reverse effect of throwing the energy system even more off balance.

As a component of the Polarity approach, guidance in diet changes may be suggested by the practitioner, but the responsibility remains in the client’s hands. Along with attentiveness to the elemental properties of foods, Stone recommends simple meals of limited food variety and thorough chewing to activate proper digestive processes.¹⁰

Mind and Spirit

Attitudinal healing and self-awareness, a precept of new thought and transformational psychology, has its roots in traditional healing, such as the law of karma and the teachings of Jesus. What we think and speak, we become. “To learn to control our own mind is the real purpose of all experience,” Stone writes, “because the mind is the neuter agent of the very Essence of all matter in motion. All training, all experience, and even the suffering in life, have only one objective and that is to enable us to learn to control the mind substance within ourselves.”¹¹

Like seeds planted in the earth, thoughts planted in consciousness root and grow to become our reality. “Our mind conditions our experience,” Stone says.¹² Inner balance requires mindful attention to what we are sowing, whether productive plants or destructive weeds.



Negative thought can block the energy system in much the same manner as a physical injury. An imbalanced viewpoint of one’s world creates an imbalance in energy flow.

To achieve attitudinal healing, Stone emphasizes the importance of tolerance, nonjudgment, forgiveness and embracing the wholeness of life in both thought and action. At the base, this work should be a deep spiritual connection to the Creator, the essence of this energy system and all that is. “The higher we set our vision toward Unity and Causes of Life, the greater will be the uplift of our mind and thinking process,” Stone writes.¹³

Within the context of the client/practitioner relationship, acknowledging connection to Spirit may be a part of the verbal counseling process or a subtle holding of intention by the therapist. “One’s role is to help the client achieve a state of balance and to undertake change in their lives that furthers their health and well-being,” Korn says. “When I do my intake I ascertain the role spirituality plays in someone’s life. If they say it does then we can explore the role

“Polarity Therapy” continued...

of spirit. I usually take the lead of the client in this process in order to avoid imposing a belief. Hence, Polarity encourages us to hold the highest good in mind, intentionality, on behalf of the well-being of the client. So this is done by bringing ourselves into a quiet mind state and not thinking about a grocery list while giving a session.”

INTERFACING POLARITY WITH MASSAGE

What is the added value in combining Polarity work with massage? Addressing this question, Korn says, “Polarity is a comprehensive system that incorporates bodywork, nutrition, attitudinal healing and specialized yoga exercises. It is also a philosophy of life and bringing balance to complementary forces. It is also a way of life that encourages natural lifestyles such as limited alcohol, no smoking or drug use. Massage therapies are not rooted in these approaches but are more oriented toward a musculoskeletal change based on mechanism of function.

“Polarity complements massage and it often facilitates a deep, spiritual and emotional change resulting from the awareness of energy. Awareness is a key word here, and while massage may support growing awareness of ergonomic factors, or postural influences (as does Polarity), Polarity extends the awareness to the one of self and the relationship to the cosmic forces as it were.

“Conceptually, all modalities should serve as methods within a repertoire of choice that is isomorphic to the client. Not everyone will respond to polarity, nor to massage, and likewise just as people may train in the same method it doesn’t mean they practice it the same way. Helping someone is so much about interpersonal chemistry between the practitioner and the client.”

As one trained in a variety of manual, psychological and energy therapies, Korn not only practices but also teaches within a multi-modality framework. “It is common,” she says, “that as we develop as practitioners in any discipline that we transcend any one dogma and identify what the client needs and whether we are the ones to provide it or refer them. One example of interface is how some Polarity techniques may be taught to other practitioners to use in their own repertoire. I have developed a protocol for diabetes treatment that integrates Polarity Therapy and lymphatic massage that we are now teaching to massage therapists. They may choose to continue their study of Polarity or not, but the few techniques they learn enhances their results.”

Lipton’s goal in developing an interfaced approach has been two-fold. From one perspective, her purpose is to increase her clients’ awareness and acceptance of Polarity Therapy. From another, she says, “The idea is to have polarity more understood in its relationship to massage; and massage more understood as not only muscles and tissues but also energetic patterns.” Polarity deepens the perspective, for both practitioner and client, of seeing stress patterns in the body from an energetic point of view.

Giving an example, Lipton recounts a client with a year-old chronic knee problem, unresolved after visits to physical therapists and a massage therapist. In a Polarity session, Lipton began with soft contact on the knee, then moved into the verbal process of exploring with the client the onset of her condition and accompanying life events

surrounding that time. “Don’t just think about it, but also feel it,” she directed the client. “Feel the energy of it.” At this point the client realized the injury was actually three years old and related to her husband’s diabetes onset and her accompanying emotional reaction. “The knees relate to where we might be stuck in our lives,” Lipton says. “Every place in the body has relationship with somewhere else. What Polarity added is this ability to have a pathway into the emotional and mental patterns that were co-creating stress patterns in the knee.

“To do Polarity with some massage techniques gives someone a very wonderful feeling of being loved and contacted.” The interfacing goes both ways. Some of Lipton’s clients come to her just for Polarity, but if she feels neck tension she might add a little neck or foot massage. Generally her clients are face-down and disrobed, allowing for both massage and Polarity techniques. After applying long strokes, she goes deeper to locate stress or pressure points, then proceeds in connecting them to other reflex points and on to Polarity points, both stroking the area and holding the point. In this way, she combines the best of both modalities.

BALANCE IN PRACTICE

Interfacing Polarity with massage practice has significant implications beyond the benefit to the client. “Therapists can keep integrating and expanding because energy is infinite,” Lipton says. “There is quite a show of massage therapists burning out within 5-8 years because it’s so physically based,” whereas Polarity is not so exhaustive. “It’s wonderful for them to have options so they don’t have to quit. They can just take it to another level.”

This perspective is also shared by Korn. “I think often massage therapists come to Polarity after they have practiced for a while to deepen their training,” she says, “and to have a method for understanding what they perceive as energy fields and intuition, but which may not be covered in their basic training. As someone who is trained in and practices both methods I personally find that because Polarity is what I have termed a ‘meditative touch,’ it provides a deeply satisfying shared experience of a state of consciousness called ‘somatic empathy’ - the psycho-bioenergetic attunement between client and practitioner.

“Many massage practitioners burn out for two reasons. One is the physical strain and the other is the often mundane aspect of massage treatment. This is when many massage practitioners seek out Polarity Therapy. Polarity provides options for integrating a lighter touch (though it also provides for a very deep touch), as well as a more profound relationship as an educator and helper-healer.” ✎

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Polarity Tea and the "Biologic Electron"



BY JOHN CHITTY, RPP, RCST, CPE

Remember Polarity Tea, or PolariTea as it has also been called? This is the herbal tea espoused by Dr. Stone in Health Building (CRCS, 1986, page 87):

"The following purifying diet should be taken as long as there is constipation, high blood pressure, arthritis, rheumatism, pain, swelling, congestion, toxicity, and overweight... "Instead of bed tea in the morning, take two or more cupfuls of hot herb tea made of Licorice Root, Anise or Fennel, Peppermint, Fenugreek, and Himalayan Mountain Violet [Flax], ... Several glassfuls of this may be taken at a time in the morning between meals, or any other time, night or day, as desired..."

Obviously, Dr. Stone liked this tea, and as one who has enjoyed it over the years, I agree that it tastes good and definitely assists elimination.

Recently I was reading something (see "The Biologic Electron: Re-examining the Work of Dr. Johanna Budwig," by Dan C. Roehm, MD, Townsend Letter, July 1990, p. 480) which put the blend in an entirely new light and renewed my interest in PolariTea.

The article describes a body of research by Dr. Budwig of Germany. She has found that flax and aromatic herbs (especially mint, anise, fenugreek and others) have special significance as therapeutic botanicals. Her idea about why these are beneficial offer a link between chemistry and energy medicine, and an endorsement of Dr. Stone's formula.

WHAT IS THE BIOLOGIC ELECTRON?

Budwig's research describes a relationship between humans and "biologic electrons" which are counter-entropic (in physics, entropy is the tendency of any closed system to "run down" or become disordered) particles streaming from the sun. Polarity students will recognize this as scientific language for Prana, the cosmic life force which sustains the human energy fields. Budwig teaches that humans are living antennae for these electrons, and that when the connection of human tissue with these "biologic electrons" is severed, disease follows. This is a line of reasoning deeply confirming Dr. Stone's teaching.

According to Budwig, human tissue absorbs biologic electrons by "Resonance Absorption." This means that our tissues must oscillate in the same bands (or harmonics thereof) as those of the incoming

electrons. Certain nutrients enhance this, because in our bodies they form a specific lipoprotein whose dipolarity and inherent resonance seem to "attune" the tissues to the right frequency. A harmony is created facilitating reception, storage and (later) release of the sun's incoming electrons.

This is a form of cellular respiration, by which free electrons are bound or released from each atom. Actual respiration (oxygenation) mirrors this process. Healthy tissues are receptive to and able to bind oxygen, whereas diseased tissues are accompanied by "free radicals," unbound oxygen molecules to which the tissues are unreceptive. Factors affecting receptivity are the subject of great study, but that's another story. Free radicals indicate uncontrolled oxidation of increasingly anaerobic tissues, suggesting that illness is like "rusting" from the inside out. These molecules are corrosive to tissues, hence the current popularity of "antioxidant" plant foods like garlic.

THE ELECTRON-OXYGEN LINK

When tissues are receptive to biologic electrons, the situation is reversed. For example, cancer is typically anaerobic. Using chromatography, Budwig found that anaerobic (without oxygen) yellow green lipids (fat) turned red (healthy hemoglobin) when the key nutrient (linoleic acid) was added. Techniques for bombarding the tissues with these electrons, and nutritional strategies for making the tissues receptive, are the focus of great interest. Budwig claims 90% success with cancer during 40 years experience with this idea.

What are these nutritional strategies? The vegetarian diet is the basis for all treatment. Close attention is paid to avoiding a list of modern curses: margarine or hydrogenated oil, animal fats, heated oils, nitrates (preservatives), radiation and chemotherapy. Colon cleansing programs are also highlighted.

To make the tissues receptive, unsaturated linoleic and alpha linolenic acids are given in combination with sulfhydryl containing protein. Flax is the best source of the acids (for a concentrated application, fresh cold-processed linseed oil is used). Budwig uses raw milk products, especially cottage cheese, as the protein source.

Aromatic herbs are then given to suffuse the system with electrons. They are swarming with volatile electrons (that's why they are aromatic) and therefore are a valuable dietary (or in aromatherapy, externally used) biologic electron source.

Anyway, now when I'm enjoying my PolariTea, I have a whole new

"Polarity Tea" continued...

frame of reference. It combines flax with aromatic herbs, approximately as Dr. Budwig described. Aside from its many other herbal qualities* it seems to be a direct application of Budwig's theory. This drink may be making me receptive to Prana! I'm not aware of Dr. Stone ever commenting on this, but I'm sure he would smile to hear this "new**" scientific endorsement.

Of further interest in the same line is the recent research in electromagnetic fields (EMF:) which are now being identified as health hazards. APTA's Steve Eabry has become very knowledgeable about this, including a presentation at the APTA annual conference in 1990. It has recently been determined that the point of influence for EMF is the pineal gland, where EMF seem to restrict function. In Dr. Stone, the Pineal is a key receptor for Prana. Thus EMF problems may also be explained energetically as interfering with the body's access to and receptivity to these same biologic electrons. But that is another story, too.

Meanwhile, I'll be here having another cup of that good old PolariTea. ☺

Notes

*The herbal properties of PolariTea ingredients are:

Fenugreek: tonic, astringent, demulcent, emollient, and expectorant. It is most commonly used for relief of mucous congestion in the lungs and digestive tract. It is soothing and lubricative to the stomach and bowels.

Flax: demulcent, mucilaginous, emollient; soothes irritated tissues, especially in digestive and respiratory passages; promotes elimination of mucous.

Fennel: carminative, diuretic, diaphoretic, expectorant and stimulant. Fennel is a soothing, mild laxative used to relieve digestive gas, acid stomach, and irritated or obstructed digestive organs. It is also used to increase the flow of mothers' milk.

Peppermint: aromatic, stimulant, carminative, stomachic. It is used for digestive complaints of all kinds, and as a remedy for colds, fevers and flu.

Licorice: carminative, demulcent, and emollient. It is used primarily as a tonic for blood and lungs, and is also associated with soothing and toning the digestive tract.

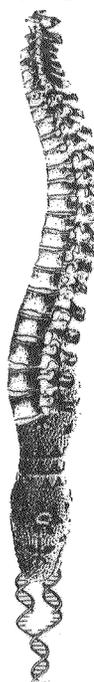
**Not really. Budwig's work was announced in 1951 but has suffered suppression from food and cancer interests.

JOHN CHITTY, RPP, RCST, CPE teaches and practices at Colorado School of Energy Studies - www.energyschool.com - in Boulder, Colorado, USA.



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* In compliance with APTA's current requirements for school registration, Sacrum School operates under the Frances Daunt Health Centre in Peterborough for APP Certification.

THE GUT CONNECTION

BY MARY LOUISE MULLER, M.ED, RPP, RCST

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As a world traveler, it always amazes me how different life is when the digestion and the bowel are functioning well. To quote Michael Gershon, M.D., “When the enteric nervous system runs the bowel well, there is bliss in the body.” (p. 17, *The Second Brain*)

Our gut is a vulnerable and primary part of us. It assimilates that which brings us nourishment and eliminates that which we don't need or is toxic. We are, anatomically speaking, a tube within a tube. The inner tube, the gut, is critical to our survival. Here the inside interfaces with the outside. A friend who is an ayurvedic practitioner once said to me that health is all about what we eat and how we poop.

To facilitate happy healthy functioning of the digestive system is a simple yet profound gift for any human being. Without happy digestion, life can be miserable and even terminated. The gut also does more than just digest food. It gives us feedback, sensations and behavioral shifts in response to people and situations. Pain in the gut can be totally disabling. A quiet or happy gut allows us to proceed joyfully. Do we “think” with our guts? Could the wisdom of the gut be useful as a “thinking” guide in making life decisions and choices? To quote Gershon, “The ugly gut is more intellectual than the heart and may have a greater capacity for ‘feeling.’” (p. xiii *The Second Brain*)

When the classical text on the autonomic nervous system was written by Langley in 1921, he included three divisions of the Autonomic Nervous System - the sympathetic, parasympathetic and the enteric. Langley realized that since the majority of the nerves in the enteric system receive no direct connection from the brain or spinal cord, that it was not possible to call them sympathetic or parasympathetic.

To facilitate happy healthy functioning of the digestive system is a simple yet profound gift for any human being. Without happy digestion, life can be miserable and even terminated.

Somehow, in the following years, researchers and academicians left out this enteric aspect and focused on the sympathetic and parasympathetic.

Recently, the work of researcher Michael Gershon, M.D. has come out in a book called *The Second Brain*. This popular paperback is bringing the enteric nervous system back into mainstream knowledge and is helping people to understand the digestive system at a new level.

As an independently functioning entity, the enteric nervous system has rich nerve innervations that enable it to sense and respond from within itself. There are over 100 million neurons in the small intestines alone. When we add the esophagus, stomach and large intestines, we have nerve cells that number more than those in our spine. The overwhelming majority of nerve cells related to the gut do not feedback into the central nervous system. Connections through the vagus nerve to the “upper brain” number in the thousands. The remaining hundreds of millions of other nerve cells and intrinsic fibers through which they intercommunicate allow the gut to function independently. This self-sufficient motor sensory operating system is quite capable of doing the majority of tasks related to digestion on its own.

HISTORY

In the 1800's British researchers Bayliss and Starling worked with dogs. They discovered a coordinated propulsive movement of oral contraction and anal relaxation that moved in a wave-like manner to force the intestinal contents downward and outward. They called this “the law of the intestines”. It later became known as the “peristaltic reflex”. The energetic impulse related to this physiological response is called “apana” in Polarity Therapy.

One thing that surprised Bayliss and Starling was that this reflex persisted, even after all connection with the central nervous system was severed. This reflex responded to pressure in the gut without any feedback transmitted to and from the brain and spinal cord.

In the late 1800's, the German researcher Auerbach, using a primitive optical microscope, discovered a complex network of nerve cells and fibers located between the two layers of muscles that encircle the gut. Many people still call this Auerbach's plexus, now also known as the myenteric plexus. Later another plexus was discovered in the submucosa, now called Meissner's complex or the submucosal complex.

In early 1900's German physiologist Trendelenberg isolated a section of intestines from the guinea pig and created a nutritive bath where it could continue to live on its own. These totally removed intestines continued to respond to stimuli on their own. This revolutionary experiment confirmed that peristalsis functions even when connection with the central nervous system has been totally severed. To quote Gershon, “To a neurobiologist, this is like saying that the bowel is close to God.”

This “independent gut brain” makes it possible for people who have lost control of

the central nervous system to be given a feeding tube through which they can receive nourishment and they will survive as the digestion continues to work on its own.

To quote Gershon: "The enteric nervous system is thus not a slave of the brain, but a contrarian, independent spirit in the nervous organization of the body. It is a rebel, the only element of the peripheral nervous system that can elect not to do the bidding of the brain or spinal cord." (The Second Brain p. 17) The exclusivity of the gut as a peripheral aspect that thinks on its own might be challenged by researchers of the Heart Math Institute who postulate a similar possibility in relationship to the heart.

POLARITIES OF EMBRYONIC LAYERS AS MIDLINES OF ORGANIZATION

In embryology, the body emerges as a progressive transformation of shapes from one cell to a solid mass of cells, to a hollow ball of cells, to an embryonic disc of two layers between two bubbles, to a three layered curling embryo in the midst of increasingly complex supporting structures.

Of the three layers of this curling embryo, the ectoderm is the most dorsal layer and is the origin of the nervous system and the skin. Neural ectoderm forms the neural tube and the neural crest. The neural tube becomes the brain and spinal cord, which we call the central nervous system. We can consider the neural tube to represent the ectoderm as the dorsal or positive pole of the longitudinal midlines of embryological formation.

Mesoderm is the origin of connective tissue, including bone, muscle and fascia. It forms in the "middle layer". We can consider the notochord to represent the mesoderm as the neutral pole of embryonic longitudinal midlines of formation. The remnant of the notochord remains in the adult as an energetic line moving through the vertebral bodies and the nucleus pulposus of the discs within the spinal column.

The gut tube in the embryo forms from endoderm and generates the inner layer of epithelial cells that line the organs of the digestive system. These cells function uniquely according to their location. As we said before, the body is a "tube within a tube". The inner tube is the digestive system

from the mouth to the anus.

The gut tube emerges from the primitive gut and represents the endoderm as the negative or ventral pole of the longitudinal midlines of formation of the embryo.

We can take the Polarity Therapy concept of positive, negative and neutral and work with these three longitudinal midlines of formation as they represent the origins of embryological impulse in the adult body - the neural tube, the gut tube and the notochord.

Here, we are talking of energetic polarities, not of origins of tissues. The ventral gut tube is made of all three germ layers. The origin of the enteric nerves is neural crest cells which arise from ectoderm. The origin of the epithelial cells which line the gut is endoderm. The origin of the muscle within the digestive organs is mesoderm.

NEUROTRANSMITTERS AND ESSENTIAL POLARITIES OF FUNCTION OF THE AUTONOMIC NERVOUS SYSTEM

Recent research has determined that the neurotransmitter which relates to the enteric nervous system is serotonin. In fact, over 95% of the serotonin produced in the body is produced in the bowel. Serotonin is well known for its relationship to moods. People with depressive disorders are often given serotonin uptake inhibitors so that the serotonin will remain in the system and create a sense of joy and well being. The neurotransmitter related to the sympathetic nervous system is norepinephrine. The neurotransmitter related to the parasympathetic is acetylcholine.

Let's propose a concept of polarities of these three nervous systems:

Norepinephrine is the neurotransmitter that triggers a sympathetic nervous system response. The resulting activation speeds us up so we can run or fight in order to survive. The sympathetic response is high energy and strongly activating, having a positive and energizing impulse.

Acetylcholine is used to activate the parasympathetic response. Since the parasympathetic slows the heart and breathing function so we can survive. We

will say that its energy has a negative or sedating impulse.

Serotonin is the neurotransmitter of the enteric nervous system. The enteric nervous system activates digestion and its serotonin contributes to a sense of comfort, peace and well being. We will say that its energy is a neutral or balancing impulse.

PORGES AND GERSHON

Many practicing therapists are aware of another proposal for a third aspect to the autonomic nervous system. Stephen Porges has postulated that in addition to Sympathetic and Parasympathetic branches, there is a Social Engagement or Ventral Vagal branch.

Porges concept is based on an understanding of evolutionary sequencing. From the oldest to the most recent development, we have the Dorsal Vagal, the Sympathetic and the Ventral Vagal. Porges proposes a hierarchy of response as threat to survival increases. First, the Ventral Vagal works to establish a sense of safety. This is the most energy efficient response. Next, the Sympathetic reacts to danger with fight or flight. Next, in the most energy consuming response, the Dorsal Vagal responds to threat of death with "freezing". The decision to respond with any one of these strategies at any one time happens automatically.

From a biological complexity or evolutionary perspective, the enteric nervous system is even more primitive than any of these. It exists in organisms that don't even have a brain and spinal cord. This makes it in a sense more deeply survival oriented than the dorsal vagal.

Yet, the enteric nervous system is not so simple. As animals got more complex, so did the enteric nervous system. To quote Gershon, "The brain in the bowel has evolved in pace with the brain in the head." This means that the enteric nervous system has multiple capabilities. Within itself, the enteric nervous system may function at different levels, just like the brain in the head.

The enteric nervous system is built to continue to function while searching for food, having sex or even under threat to survival. This means that the other parts of the nervous

continued on page 22

system don't need to "worry" about it. They can tend to what is a priority for them.

When we are really scared, we get diarrhea. This is a dorsal vagal response to threat according to Porges who relates it to the anal sphincter. However, the down and outward apana movement passes through the entire GI tract. There is an enteric response that could either support the diarrhea or contradict it.

When sympathetic response takes energy away from digestion and channels it to the limbs and the heart and lungs for fight and flight, the enteric continues to maintain a balance in the digestive system. It may have a voice of its own, sensations of its own.

The enteric may function in a way that supports or contradicts the other aspects of the nervous system, It has a mind of its own. It may support. It may contradict

We get pains in our stomach when we don't want to do things. Our guts give us insight into our feelings. These could be safety cues, letting us know what is comfortable or safe. Through the ventral vagal, the ears let us know when things "sound" safe. The gut lets us know when things "feel" safe. Porges ventral vagal establishes safety through supra - diaphragmatic functions. Perhaps the enteric establishes safety through sub-diaphragmatic functions.

In addition to Sympathetic and Parasympathetic, we now have two equally strong candidates for a third aspect of the Autonomic. So now there are four - the Sympathetic, Parasympathetic, Enteric and Ventral Vagal/Social Engagement. And the people from Heart Math again postulate a fifth - the Cardio-Nervous System.

THE GUT CONNECTION AND THERAPY

The gut may have its own response separate from our logical, sympathetic or parasympathetic response. We often say that we "feel things in our guts" or "know things in our guts". We consider our guts to have their own wisdom. When we've sensed not to do something and did it anyway, we often say, "I should have trusted my guts."

Let's propose that we can work directly with this intelligent gut and have a powerful effect on physical, mental, emotional and energetic functioning.

Understanding the gut and its inherent intelligence gives us new insight into the possibility of working more directly with a different level at which things are manifesting. The concept that the gut chooses, creates its own well being or disease and has its own "feelings" opens new doorways of therapeutic possibility

We can look at the impulses of our guts in response to life issues. Our "gut feelings" are related to somatic sensation and intuition. We can use verbal and tracking skills to connect with them and clarify them. We can use them as a bridge to relate to implicit memory. Through somatic based trauma healing skills, we can bring consciousness and verbalization to this internal knowledge.

Our "gut feelings" may be associated with thoughts, emotions and behaviors in a balanced, over or under coupled way. We can use somatic trauma healing skills to re-establish balance and flow.

On a more physical level, we can work directly with the organs of digestion and their energy, mobility and motility. Through tools from Visceral, Cranial and Polarity Therapy, we can support the restoration of natural rhythm and function. As we look at the energetic principles of Polarity, we might work with the apana energy, the umbilical fire spiral, the reflexes of the large intestines, the air principle and other related charts and reflexes.

Understanding the gut and its inherent intelligence gives us new insight into the possibility of working more directly with a different level at which things are manifesting. The concept that the gut chooses, creates its own wellbeing or disease and has its own "feelings" opens new doorways of therapeutic possibility.

Gershon's vision for the future of enteric

research gives us a sense of where things may go within the medical field. "We are going to learn how the bowel knows when to mix and when to propel, how the brain and enteric nervous system coordinate their respective actions, and what the meaning is of all the messages these two systems send back and forth to one another. We are going to be able to provide doctors with safe and effective drugs that can calm an irritable colon, bring regularity back to those who have lost it, or cool a burning esophagus. We are going to learn how to induce the second brain to cooperate with the massive immune system of the gut to improve resistance to infection and even to control inflammatory bowel disease. Best of all, we are going to put a smiling and carefree face on all the millions of abused people with functional bowel disease. All of these things that I would love to see I know are about to happen. I feel it in my gut." (p. 235 *The Second Brain*).

As practitioners of complementary medicine, we can use this knowledge to transform our own therapeutic approach. It also can give us insight about how to interface with the medical profession.

One fact in the book which struck me was the change in medical understanding and attitude about ulcers as research revealed the presence of a bacterial cause, *Helicobacter Pylori*. What had been considered to be a psychosomatic and stress related disease is now commonly considered to have infectious origins and is treated with an antibiotic and antacid. As I read this I realized how much one belief can create a worldwide understanding and attitude about a disease. Gershon's compassion for those who are labeled "psychosomatic" or "neurotic" deeply touched me.

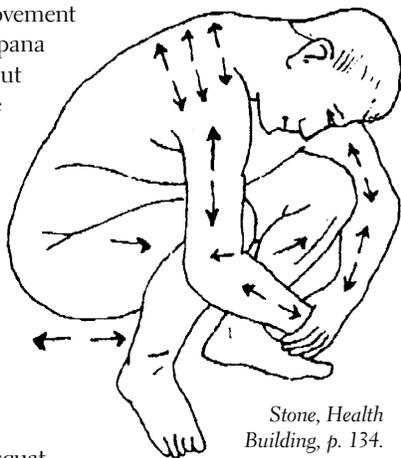
As holistic practitioners, we realize that the body, mind, emotions and spirit are not separate. We are whole beings. As practitioners of Polarity Therapy, we know that energy affects matter profoundly. As somatic trauma healing practitioners, we know that massive de-regulation can result from trauma and must be approached in a gentle and titrated way. Knowing how to hold the whole and how to find the optimal place to interface at the present moment can be invaluable.

"The Gut Connection" continued...

APANA AND DR. STONE'S SIMPLE SELF-HELP MOVEMENT TO IMPROVE IT

Dr. Stone developed Polarity Therapy from Ayurvedic roots. In these teachings, "apana" is the "downward function of energy in Nature". According to Dr. Stone, "This is embodied in the airy principle and causes the normal expulsion or elimination in the lower, natural outlets of the body..." (P. 121, Health Building).

To activate the apana currents, we can do a polarity yoga self-help movement called the Narrow or Apana Squat. With legs about shoulder width apart, we slowly drop into a squatting position, eventually curling our arms around the knees, gently rocking and holding a dynamic tension. The cradled knees are gently pushed inward and, in turn, gently push outward to stretch the arms and shoulders.



Stone, Health Building, p. 134.

Dr. Stone considered this squat to be one of the most powerfully revitalizing exercises that he had developed. 🙏

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Acupuncture AND POLARITY THERAPY

BY SUSAN FAIRMAN, D.AC. AND JIM FAIRMAN, RPP

Over the last 8 years, I have been deep into the study, practice and understanding of Traditional Chinese Medicine that includes acupuncture as a fundamental core practice for the balancing of Qi (or energy) in the body.

Having availed myself of Polarity Therapy sessions for the past 5 years, mostly as the recipient of techniques from my husband, I found that Polarity, along with balancing the natural energies of the body, was also extremely effective in the releasing of blocks to that flow of energy.

At the beginning, we kept our practices separate not knowing what the result would be in combining these two powerful modalities. However, it was only a matter of time before we decided to use both modalities with certain clients. In doing so, we have observed that both used together can bring forth fast and profound results. Perhaps it is the underlying belief that blocked energy is the core issue to blame for maladies. Perhaps it is the belief that the Energetic Body or Etheric Body also needs to be addressed before there is going to be any permanent change in the physical vehicle. And perhaps it is the sharing of the simplest of truths, that of knowing we are facilitators in the role of healing, hopefully grounded and centred and having no stake in the outcome. Or perhaps it is these similarities which allow these two modalities to work so well together. It is an unspoken pact between healer and those wishing to be healed. The Spirit runs the show and healing is only accessed through the co-operation of the client on

The Spirit runs the show and healing is only accessed through the co-operation of the client on the true spiritual level.

the true spiritual level. We can only assist, help, do our best and quietly step back and allow what we have done to be accepted and worked with.

The fact that both modalities are based in energetic practice makes their combining quite easy and practical. The need of the specific client dictates if polarity or acupuncture is to be applied first. For someone who would benefit from both but is uncomfortable with needling, we might use polarity to help relax the client, developing the rapport and the safe sacred space allowing for the later use of the needles with less apprehension. For a client who has the need to see something 'concrete' happening, we might tend to use acupuncture first, opening of the 'extraordinary meridians' which allows easier access to the interior energies. In case of severe anxiety or discomfort, we may even do both modalities simultaneously.

The fact that acupuncture and polarity both look for the root cause or core issue in dealing with a client's concerns make them ideal mates in workings, and although different terminology is used, we have found that in discussion, the findings usually support each other. In looking for root cause, TCM looks to the meridian system to see which system is in distress, and what qualities it is presenting. Deficiency? Excess? It then proceeds from there to diagnosis and we prepare a prescription which may involve few or many needles. Polarity looks to the elemental systems as they present in the client, and from there formulates a possible cause of imbalance and chooses the protocols to

be used. Again the fact that both modalities are energy based allows them to compliment each other with no fear of compromising one or the other.

We have found through our practice that both work extremely well as stand alone modalities, but when joined together, their efficiency increases substantially, thereby increasing the benefits for the client.

A VERY BRIEF EXPLANATION OF TCM THEORY FOR ACUPUNCTURE

Traditional Chinese Medicine (TCM) Theory states there are 5 elements and each of these elements is related to a system in the body and its governing meridian. Wood (Liver/Gall Bladder), Fire (Heart/Small Intestine), Earth (Spleen/Stomach), Metal (Lung/Large Intestine) and Water (Kidney/Urinary Bladder).

According to TCM, there are lines of force, called "meridians", that traverse the body in specific patterns, linking into other meridians, which are referred to as gathering points. Each meridian has a direct link with an organ, some of which are referred to as Yin and some Yang. For those that are not familiar with the terms, Yang is a hot fiery energy, projective, male and bright, wherein Yin is a cold wet energy, receptive, female and dark. Together they provide the balance in the body and when they are out of balance, dis-ease is born.

When we are but a zygote, 8 particular meridians are formed before all others. These are referred to as Extraordinary Meridians which consist of four pairs; 1 pair which open the dorsal region of the body, another which opens the lateral portion; the third pair which opens the upper half of the

"Acupuncture and Polarity Therapy" continued...

ventral portion and the last pair which open the lower ventral portion. By applying these as "openers" for an acupuncture treatment, a type of "jump-start" is triggered in the body. These specific pairs of points linking into the body draw from a deep reservoir of energy. It is stated that these Extraordinary Meridians hold memories of perfect health and well-being and from these all the other meridians were formed. By tapping into these meridians at the beginning of a treatment, the client receives an influx of potent memories, cellular memories, to rectify a state of imbalance. Of course, points would be added to these "openers" according to the theory of Traditional Chinese Medicine.

Acupuncture is simply programming, much like a disc is inserted into a computer. The insertion of the needles at certain points along meridians give signals to the body to reduce swelling, relieve pain, move obstructions, excrete toxins, balance an organ that is not functioning to its optimum or even turn a baby in the womb. And obviously, it is extremely important that the practitioner understands the theory very well so as not to confuse the body, cause more imbalance or even perhaps cause more harm.

Traditionally, Wood is drawn as the apex of a five-pointed star, which I found extremely interesting as it relates to the Pentagram of the Western Esoteric Tradition. The five pointed star symbolizes Spirit's dominion over the elements, i.e. in the apex it would be Spirit in Wood's Place, Fire in the Heart's position, Earth would remain the same in Spleen's position, Air in the Metal position and Water would remain the same in the Kidney position. ♡

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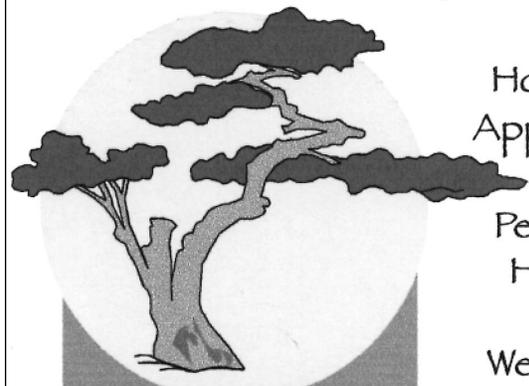
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SQUATTING

●●sture

NOTES & QUOTES COMPILED BY JIM FULTON, RPP

“The position of the child in the mother’s womb is the natural squatting posture of man, where all energy currents can flow freely to produce a perfect human body, and for maintaining good health after birth and throughout life in this world.”

Dr. Randolph Stone
Polarity Therapy, Vol 1, Bk I, pg 49.

“After years of study of every health posture and exercise including the eighty-four Yoga postures, I have found none equal to this one, which combines squatting and stretching for relaxation and well-being.”

Dr. Randolph Stone
Health Building, pg 122.

“It is my opinion that when the function of the three nervous systems is balanced, the mental and emotional blocks have a chance to exhaust themselves in action - in much the same way that running water clears itself. When energy or foundation is withdrawn from the pattern, it can be balanced. These patients are helped by having something definite to do, like a strict diet, exercise, etc., for then they are constructively active instead of dwelling in negative, destructive mode. A very beneficial exercise is the squatting posture and rocking gently...”

Dr. Randolph Stone
Polarity Therapy Vol 1, Bk I, pg 85.

The figure shown illustrates a neuter posture, used by sages and wise men for their deeper penetration into the Inner Mysteries of Life. Here we merely point out the Vital Polarity of the posture, why it is so that this position helps the Vital Pattern of the Mind as a balancing effect.

This position is good for relaxing anxiety

and emotional tensions. Senses are balanced through these specific finger locations; thumbs in the ears, the first fingers lightly over eyes, the middle fingers over nose, and the ring fingers over the mouth and the little fingers on the chin.

Some of the benefits of squatting from John Chitty and Mary Louise Muller’s book *Energy Exercises* (p.58) are as follows:

- general enhancement of energy flow throughout the body, involving all three Principles and Five Elements. Dr. Stone called this the “Youth Posture for Balance and Elasticity.”
- good for muscular elasticity and relaxation

- opens the pelvis where unexpressed emotions are stored, helping these to be released and come to consciousness
- relaxes the hips and perineum (especially useful in pregnancy). The latent energetic forces of the pelvis are released for rejuvenation and self-healing
- releases gases and stimulates the downward current of elimination
- eases pressure on sacrum
- preventative for back problems, provides a self-correcting influence for spinal tensions
- assists concentration and focus, centering and grounding
- self-nurturing; restores inner calm
- lengthens Achilles tendon, “unwinding” the natural stress response of the “tendon guard reflex.”
- improves colon function

In Dr. Stone’s book, *Health Building*, he also mentions these points of interest:

“Nearly all primitive races knew the secret of agility which lay buried in the pelvis. The South Sea Islanders and Hawaiians, who have fine physiques and graceful carriage, kept themselves so by their dances of free hip movement. Whether we call them belly dances or suggestive does not matter. These rhythmic movements together with a contented mind kept the islanders agile, alert, free and happy in their mental outlook and in their work, which was more like play.....”

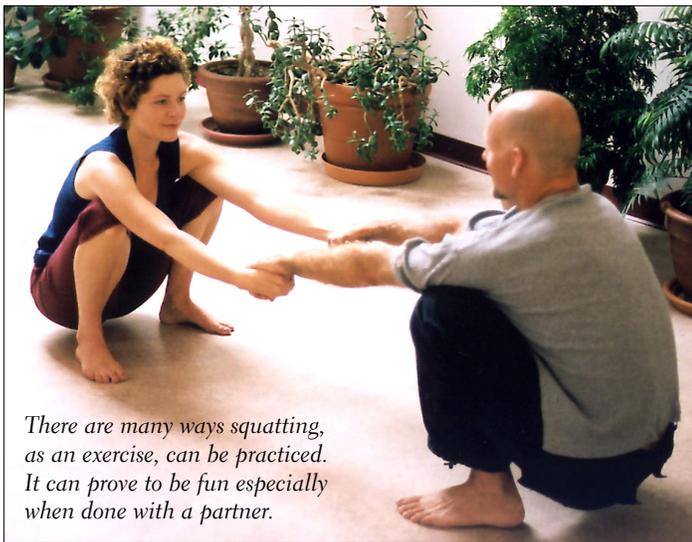
...Even as the pelvis is the water basin designed by Nature to give to birth to new life, it is also the source of energy to



Ideal Neutral Position
Wise Old Man

Figure 3 Polarity Therapy,
Vol 2, Bk 5, Chart 9

“Squatting” continued...



There are many ways squatting, as an exercise, can be practiced. It can prove to be fun especially when done with a partner.

regenerate the existing life and recharge its field...

...Rhythmic expressions of song and dance, which use all the bodily forces and muscles for expression, free the emotions by naturally liberating the energy blocks, suppressions, frustrations and stagnations...

...This same effect may be produced by taking the simple squatting postures illustrated in this book.” (p.107-108).

“It would be helpful to expectant mothers to prepare and condition the pelvis for the delivery of the child. The muscles of the pelvic floor could be toned and made more elastic by these simple stretching postures, beginning immediately after conception. In the later stages of pregnancy, let the physician in charge decide what is best. If one has cultivated the habit of taking these postures long before conception and in the early stages of pregnancy, it may also relieve or eliminate the excruciating leg pains with which pregnant women are often troubled. Even after childbirth, the easy stretching postures help in restoring the normal figure.” (p.121)

“In kidney trouble these squatting postures are also very helpful as a home remedy. The squatting exercise frees the space of pressure and gases where the kidneys are, and the downward airy energy of “apana” can then function more freely in expelling wastes - solids, liquids, or gases. When the body becomes water-logged and too heavy, it is because the kidneys are not functioning enough.” (p.140-141)

Variations to do while squatting to enhance the exercise or to assist the position are the - Wise Old Man, an ear massage, rocking, arm positions, sounding/ groaning/sighing, use a wide or narrow doorway, use a box, shoes, a board or a towel to prop up your heels. Some exercises to aid in deeper squatting are calf stretches, foot flexing, hamstring lengthening, scissors kicks and the pyramid.

In an article published in the Toronto Sun, Lifestyle section, on February 25, 2002, Fitness trainer Paul Chek (of CHEK training facility in Encinitas, California) stated that squatting is an

inseparable part of life and sports, yet people tend to avoid this key exercise for fear of back and knee injury.

“The squat is a primal pattern and it may be one of the most important patterns there ever was or ever will be,”

“A lot of people don’t realize that squatting is one of the most essential movements for maintaining bowel health, because a deep squat helps open the internal passageway.”

Chek is passionate about teaching ‘squatology’ - the science of squatting without injury - to strengthen and streamline the body. Sitting down in a chair is shallow squat. The invention of the toilet, and the introduction of processed foods and an increasingly sedentary society have led to a dramatic increase in constipation and colon disease.

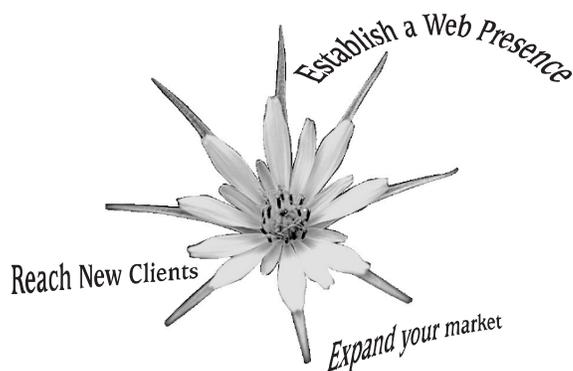
We still squat a lot, whether it’s while gardening, picking up the kids or getting into a chair. But without regular practice in deep squats, ligaments in the back and legs tend to get mushy and the lower body joints become unstable.

www.chekinstitute.com 🖐️

JIM FULTON is a Registered Polarity Practitioner with a practice in the Oshawa, Ontario area. He has recently begun working out of the Feel Good Natural Health Clinic. For more information call 905-571-7901.

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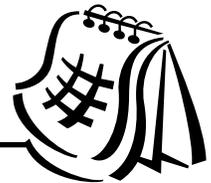
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Monday May 16, 2005

OPTA Evening Workshop with Angela Greco
"An Introduction to Strain-Counter-Strain Technique (or Positional Release Technique) and its Usefulness in Polarity Therapy"

Monday June 20, 2005

OPTA Evening Workshop with Susan Fairman
"The Transformative Power of Menopause and Self Acupressure Techniques"

Wednesday July 20, 2005

OPTA Sponsored Evening with Dorothy Maclean
"Transformation and Nature"

For more information about this event see page 4 of this magazine.

Monday September 19, 2005

OPTA Evening Workshop
Guest Speaker to be confirmed

Monday November 20, 2005

OPTA Annual General Meeting
and Holiday Party

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WHEN ADDRESSING THE PUBLIC

BY DON REID



Recently I have had the great pleasure of working with several members of the Polarity Therapy community during our many licensing consultations with Ontario Municipalities.

Here are a few tips on how to address a city council or other similar groups. In my opinion, the following are simple guidelines that seem to work well:

- Identify yourself, title and reason for your appearance.
- If you are nervous, say so. A delegate is often expected to be nervous and unfamiliar with the surroundings (and eyeballs) of council chambers. A delegate is expected to get on with the presentation despite their nervousness but is forgiven for stumbles.
- Speak clearly and slowly (slow is relative, the real idea is not to rush through so fast that your presentation is missed).
- Never raise your voice unless you can't be heard and need to speak louder.
- Do not accuse, lay blame or direct a negative statement at any one councilor.
- Always find a way to compliment a councilor or staff. Statement such as the following for example: The mayor has done a great job, but if we could...; Staff has been diligent and should be commended for...; If they considered...; It would be better if...; We can not blame staff or council for...; You may not be aware of...; If this issue was addressed the problem of that

would go away or at least we could help...; We want to be your partners in solving this problem...; etc.

- Don't identify a problem without offering a solution.
- Be prepared for questions. Anticipate what they will ask you and have your answers ready.
- STAY THE COURSE in a press interview and with council. Refer to your presentation document - be cool, calm and collected.
- Don't get knocked off your horse or dragged in by a staff accusation or mis-statement.
- Be sure to thank them for their time.
- Offer to help. Offer to sit in on meetings. Be willing to actively assist in solving the problem.
- Look for a positive outcome or try to solve a problem in a positive way. 🙌

DON REID is the Governmental Affairs representative of the Reflexology Registration Council of Ontario. He has appeared before city councils numerous times since 1997 and is a current delegate in the Metro Toronto licensing hearings.

(* Toronto Members - This information is timely as the Toronto Metro Planning and Transportation hearing has been scheduled for May 25.)

HOW TO GROW AND MARKET YOUR BUSINESS

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BY DON REID

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In Practice

case histories & protocols reviewed



A COLUMN DIRECTED TOWARD PRACTITIONERS, STUDENTS AND PROFESSIONALS
WHO WISH TO SHARE THEIR STUDIES, TECHNIQUES AND STRATEGIES.

CASE HISTORY -----

by **Jim Fulton, RPP**

This case study begins in my client, Janice's own words and follows with some history and my own comments, observations and feelings concerning our work together.

"I am a 32 year old wife and homemaker, with two young daughters. I have suffered with migraine headaches from the age of 12. They were debilitating but infrequent. In the last 7 years my migraines came more frequently but were not as severe. Around this time, I also began seeing an Ear Nose Throat specialist for hearing related difficulties, caused by a rupture in my ear drum. There was also a short hospital stay in my late teens for an unknown condition. The symptoms involved swelling and severe pain on the left side of my face.

In May of 2003, I noticed a small, painful lump behind my left ear at the jawline. Doctors immediately prescribed antibiotics to bring down the swelling. This was to the first of many strong antibiotics prescribed. My Ear Nose Throat specialist gave me the first of 3 biopsies in late August 2003. The results were inconclusive but showed possible abnormalities. I was referred to a Head and Neck specialist at Princess Margaret Hospital in January of 2004 where a diagnosis was finally reached. A large tumour had been found in the parotid gland. Surgery was a foregone conclusion.

I had a CT scan and 2 MRIs, the tumour was closing off part of my throat, had ruptured my ear drum, had bore a hole through my cranium and was exerting pressure on the brain. A neurologist was called in to consult and assist with my original surgery team. Surgery was scheduled for March 2004. The plan was to have the

neurologist relieve pressure off the brain, an incision along my ear and down the side of my neck, a broken jaw, a tracheotomy, and three steel plates. It would last 8-12 hours. Thankfully, the surgery followed a different course. It lasted only 6 hours, involved only 2 incisions, no tracheotomy, or broken jaw and only one steel plate to replace the left cheekbone. The tumour itself had been intricately laced with the main facial nerves, however there was no need to cut and the nerves, although severely stretched and bruised, would eventually heal completely.

Post-op revealed the tumour to be benign. For the first few months after the operation, the entire left side of my face was swollen. I had no feeling or facial movement. I was unable to eat, smile, laugh or raise my left eyebrow. The doctor suggested only one exercise to stretch my mouth open enough for me to eat. Eventually I would be able to open my mouth enough to eat and I was even able to smile (which took about 2 and a half months). This is where all noticeable improvement seemed to end. I could eat but could not chew on the left side because of the lack of feeling, it would cause me to choke. I still had not regained movement in my eyebrow and although grateful that everything had turned out as well as it did, I was still frustrated at the healing time.

Thus, I was very pleased to be introduced to a man by the name of Jim Fulton. My husband had told him about our situation and he offered us some information on Polarity Therapy and his services. We have always preferred natural healing alternatives and were quite open to exploring this treatment method. I noticed a difference after the very first visit. I had been experiencing a lot of pain in my neck and shoulders from constantly trying to protect my face from injury. The tension

disappeared. After a few more visits, people were noticing that I had regained some facial movement and I have regained some feeling in my face and mouth area. The swelling in and around my ear has subsided and I have become more aware of posture and tension. I am now able to alleviate some stress by practicing the techniques and exercises shown to me. I feel better and now have a more positive attitude towards my healing."

When Janice first came we did a brief structural assessment and found her left shoulder much higher than her right and her head quite tilted to the left, though her PSIS were very even. She had done a lot of Pilates in the past and her trunk and hips had good posture, but work was needed from the shoulders up. Our first few sessions involved neck/shoulder work, myofascia releasing, scapula sessions, cranial, and lymph massage.

After her second visit she was able to use a custom made earplug in the shower, which she was not able to do for a long time due to swelling. There has been continual improvement through the last three or four sessions in her ability to finally chew on the left side of her mouth; with feeling returning to her cheek, eyebrow, and left side of her neck, and her own awareness of her posture and just how and where her body holds tension. The "swelling has reduced by leaps and bounds," to use her words.

Since a workshop with John Beaulieu on sound healing, I also use tuning forks with most clients now, and Janice would always have a noticeable experience of energy moving into the left side of her face and the nerves tingling when we did this. We also did chakra, nervous system and scar tissue work.

Her husband is able now to kiss her on the left side of the neck and she is able to feel it, she can pick up her daughters without fear of their heads hitting her face on the left side, the tension in her shoulders is still greatly reduced, her migraines have reduced in frequency and intensity and are no longer debilitating. She has more sparkle in her eyes, bounce in her step and it has been a sheer delight and an honour to work with her and see the gentle, magical, and simple beauty of Polarity Therapy do its' thing.

JIM FULTON is a Registered Polarity Practitioner with a practice in the Oshawa, Ontario area. He has recently begun working out of the Feel Good Natural Health Clinic. For more information call 905-571-7901.

Consider...

I consider the fluctuation of the cerebrospinal fluid to be the fundamental principle in the cranial concept. The "sap in the tree" is something that contains the Breath of Life, not the breath of air, something invisible. Dr. Still (A.T. Still, founder of Osteopathy) referred to it as one of the highest known elements in the human body, replenished from time to time. Do you think we will ever know from whence it cometh? Probably not. But it is there. That is all we need to know...

In addition there is a deeper layer of activity that has barely been touched upon. This deeper layer has to do with the energies that integrate the animated, living, homeostatic body. The day will come when they too will be catalogued and their laws understood.

William Sutherland, DO

submitted by Angela Greco

APPARENT SHORT LEG - 4 WAYS OF ADJUSTMENT -----

by Bill Close, RPP

As part of my intake of a new client's health history, I always include a structural assessment. This assessment could simply consist of observing the client in a standing position and noting the position of the head and neck, the difference in height of the shoulders and hips and alignment of the feet. On many occasions a client will complain of a sore knee or pain in the lower back or soreness in the neck area. As an example, I would proceed to check for sacral tilt and then, with the client in the prone position, double check the sacrum for a high PSIS, and finally observe the relative leg lengths. If one leg is short and is on the same side as the high PSIS and high hip, I will then proceed to adjust the short leg by one of the four following methods.

Method 1:

Adjust the tilted sacrum by the Polarity Therapy protocol of your choice. I prefer the levered sacral adjustment (Stone: EES, Chart 22, Fig. 1&2 and Kiewe: Vol. III, Chp. 62). This method includes preliminary energy balancing before contacting the sacrum. Therefore it is not simply a matter of mechanical manipulation.

Method 2:

Sympathetic Nervous System balance (APTA Standard IIb/4, IIb/5). This method involves bipolar contacts with the Ganglia of Impar under the coccyx and superiorly with the sphenoid and styloid process and finally with the third eye.

Method 3:

Cranial Sacral approach. With the client in the supine position begin by gently holding the heels in your hands and tune into the external and internal rotation of the legs produced by the cranial rhythmic impulse (CRI). When a balanced rhythm has been established, tune into the longitudinal fluctuation at the CRI level of rhythm. You may sense that the short leg pulls headward. Allow this pull to follow the direction of ease. At the top end of this fluctuation, suggest to the client's system that it stay there, at the edge of resistance and wait for

balanced tension. No headward pressure is applied by the therapist, simply intention. Usually I observe that the edge of resistance is at the inguinal ligament which appears cloudy or somewhat dark. When there is balance or a release, this area, for me, becomes light. It may be noted that the client's breathing deepens when a balance is reached. Then I find that the leg lengths are equal.

Method 4:

Quantum Touch®. Once you have established that the client has an apparent short leg in the prone position, have the client stand on a level surface. Kneel behind the client so that your eyes are about the same level as the hips. With your hands, observe if the hips are level. If not level, keep a hand on each hip and run the energy as described in the Quantum-Touch® manual, Quantum Touch - the Power to Heal, by Richard Gordon. When the hips are level, recheck the leg lengths. You should find that they are equal. (As you may know, Richard Gordon is a former RPP and has written a book on Polarity Therapy.)

Conclusion:

In my opinion what the four methods have in common is energy balancing by which application the physical form will return to the original matrix or blueprint as maintained by Dr. Randolph Stone, OD, DC, ND.

BILL CLOSE, B.Sc. (Chem.), RCST® was certified as an RPP by APTA on May 4, 1995. He has been active in the Polarity community since 1978 when he took the equivalent to Level I from Phillip Aberman, RPP in Montreal. He completed a 700 hour certification course in Biodynamic Craniosacral in 1998. He has integrated his other studies in Zen Shiatsu, myofascial release, Chi Kung and Quantum Touch® with his practice of Polarity and Craniosacral Therapies.

protocols continued on page 33

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"In Practice" continued...

INTEGRATION OF ENERGY BALANCING & TAOIST CHI KUNG

by Bill Close, RPP

Early in my practice of Polarity Therapy, I became aware of the importance of addressing psychological factors in order to facilitate a client's healing. Although affirmations are a powerful means of changing attitudes, many of my clients resisted engaging fully in an affirmation program. My training in Taoist Chi Kung offered a simplistic method of having the client get in touch with emotions while receiving a session. The method involves combining breath, visualization, sound and colour as described in Mantak Chia's booklet about the Six Healing Sounds, *Transforming Stress into Vitality*.

As an example of a session, if during your Ayurvedic assessment the liver reflex on the foot is sore, the first step would be to polarize this

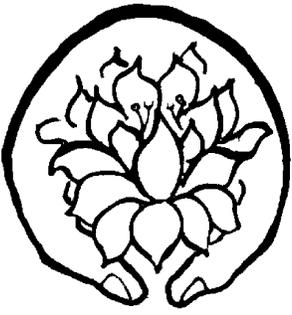
point to the liver area at the inferior edge of the right ribcage. As you attempt to bring these two contacts into balance, have the client visualize "anger" leaving the liver on the out-breath, while making the sound "sh-h-h-h". After the client has repeated the combination of visualization and sound six times, the client then focuses on the in-breath visualizing green light as well as the positive emotion of "kindness" entering the liver for six breaths. At the end of the breathing exercise, ask the client to smile down gently to the liver. If you wish you can complete the triad by contacting and balancing the liver to the supraorbital notch at the right eyebrow area.

The Taoists suggest that the work be done in the following order:

ORGAN	SOUND	EMOTION NEGATIVE / POSITIVE	COLOUR	BIPOLAR CONTACTS SUPERIOR / INFERIOR
Lung	S-S-S-S	Depression / Courage	White	Lung Pt #1 / Cuboid Bone
Kidney	W-O-O-O	Fear / Gentleness	Dk. Blue	10th, 11th Rib / Foot Reflex
Liver	S-H-H-H	Anger / Kindness	Green	Rib Cage / Foot Reflex
Heart	H-A-A-A	Impatience / Love, Joy	Red	Heart Centre / Big Toe - Distal Joint, Lateral
Spleen	WH-O-O	Worry / Fairness, Openess	Yellow	Rib Cage / Foot Reflex
Triple Warmer	H-E-E-E	_____	_____	No Contacts *

*At the end of the session ask your client to their close eyes and take a deep breath, then exhale on the sound H-E-E-E, made sub-vocally, as they picture and feel a large roller pressing out the breath, beginning at the top of the chest and ending at the lower abdomen. Repeat six times.

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The Journal COLUMN



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

WHAT IS POLARITY THERAPY TO ME?

by Jocelyn Smith, RPP

Most of my adult life has been spent searching for my “*purpose*” - my “*raison d’être*” - the “*what am I supposed to be doing*” questions that troubled me for years.

These feelings began when I was about eighteen, a few years after my Dad left us, and just grew and grew after finishing university and during the many years I spent working in various different unsatisfying fields. My Mom, after healing her broken heart, decided she needed to do some “inner” work, and because we were so close, it ended up truly inspiring my sister and I to follow in her foot steps and do our own soul searching. It didn’t take long for us all to realize how lucky we were that Dad did leave. So, at an early age, my sister and I went to psychotherapists, naturopaths, homeopaths, bodyworkers, psychics, tea leaf readers, energyworkers, you name it and we tried it. That was how my spiritual crusade for my “*inner peace*” and “*life-purpose*” began. It took many years for me to find it, but I can now say that I have found it.

After university I worked in a few bars and I was always trying out courses in search of different career possibilities that, in the end, really didn’t appeal to me. Then one day, out of the bar world, working as a freelance caterer, I was at the Yoga studio and I read about this bodywork course offered at the Kripalu Ashram in Massachusetts, and decided to do it. They accepted me as a scholarship student and off I went to the States by myself for my month long adventure. Imagine learning a whole bodywork technique in just one month! The course was great for me at the time. I learned lots about it and myself and began right away practicing my new talent, but I always felt that my practice was lacking something - I just really needed more. I wanted more anatomy, more information... more - just way more in my bodywork toolbox than what Kripalu offered me.

Years later after ending a terrible relationship, I realized that I was desperately ready for some life transforming therapy. I saw a psychic through my sister and she recommended this therapist who did NLP - about which I had no idea. That was the day when I met Victoria Lorient-Faibish, who introduced me to the world of Polarity Therapy. After maybe a year or so, and many sessions with Victoria, I thought about doing Polarity myself. It took me a while to get fully immersed, but eventually it found its place in my life, and I have not looked back - well maybe once or twice, however it has undeniably taken me to a much greater place in so many ways.

Here I am at the end of my almost 3 years of schooling and I can see now that my questions have finally been answered by the power of Polarity and through it I see all the changes it has incurred on my life.

I have seen my career unfold before my eyes, my own health improving, and my family’s health finding a balance as well. I have moved to Huntsville, bought into a business, I have bought a house, and am able to incorporate my bodywork, cooking passions, and nutritional beliefs into my work. I would not have been able to do any of this had it not been for the influence, confidence, and diversity that Polarity has given me.

My practice is a unique blend of Kripalu Bodywork, Polarity Therapy, lifestyle and nutritional counseling, and Cranial Sacral work. My clients vary from teens and up, and from every walk of life. I make healthy lunches at our centre, and it is going really well. I also have been teaching nutritional cooking courses out of a Community Kitchen at a Loblaws - like store here in town. The cooking courses run weekly on subjects such as: how to cook as the new healthy vegetarian, healthy cooking for working adults, busy parents cooking healthy meals for themselves and their kids, and how to cook grains, vegetables, etc. My love of food, passion about health and wellness, devoted belief in the nutritional teachings of Polarity and Ayurveda, and my past experience with catering, has truly prepared me to be a creative and informative teacher for my clients and students.

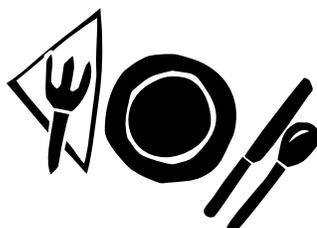
In the 8 months I have been here in Huntsville, I feel I have planted the seeds for my practice, and I am excited about watching it all grow and bloom this summer and hope that the winter will continue to be as prosperous. Together with my sister’s yoga classes, her yoga massage practice, counseling, yoga workshops, Ytt courses, her new yoga teachers, and her incredible presence, we have created a truly beautiful business, entitled “Ahimsa”, in which our clients and those around us can safely blossom and grow in. I, myself, will never stop growing and neither will my practice - I await all the wonderful changes that life has for me and I embrace them all with excitement. Bring it on! 🙌

Wisdom...

The great secret of getting what you want from life is to know what you want and believe you can have it.

*Norman Vincent Peale
submitted to Energy Currents by Krista Burda*

What Are You Having For Dinner Tonight??



by Pamela McDonald

Moroccan Tapas

This menu of delicious Moroccan “Tapas” styled treats is sure to delight your family and friends! Enjoy on those beautiful summer evenings at home or picnic at your favourite lakeside site.

Pam



Shredded Carrot Salad

2 large carrots, coarsely grated

Dressing:

1 clove garlic, minced
1/2 tsp sea salt
1/4 tsp ground cinnamon
1/4 tsp ground cumin
1/4 tsp paprika
1/4 tsp chili powder
juice of 1 large lemon
a drizzle of honey
2 tbsp olive oil
1 tsp orange-blossom water, optional

Place all dressing ingredients into a medium sized bowl and whisk together until well combined. Pour over the carrots and toss well. Taste and adjust seasoning if necessary. Yields 4 small servings.

Marinated Feta and Olives

1/2 tsp crushed chilies
1 tsp dried oregano, rubbed
1 orange, finely grated peel only
1 clove garlic, minced
1/4 cup olive oil
20 kalamata olives
1/2 lb feta cheese, cut into cubes

Mix together the chilies, oregano, orange peel, garlic and olive oil. Pour over the olives and feta cheese, and gently mix. Set aside for 2 hours before serving. Serves 6-8.

Split Pea Dip

1 onion, finely diced
2 tbsp olive oil
2 cloves garlic, finely chopped
7 oz green split peas, soaked overnight
10 oz water

1/3 whole nutmeg, grated
sea salt and pepper
2 tbsp olive oil
2 1/2 oz goat's cheese, roughly crumbled
10 large black olives, pitted, roughly chopped

In a large saucepan, sauté the onion in the olive oil until it is soft and transparent, taking care not to let it colour. Add the garlic and sauté for a few more minutes. Pour in the split peas and enough of the water to cover the peas by two finger widths.

Bring to the boil, then lower the heat and allow to simmer gently for 30-40 minutes, until the peas have broken down to a green mush and the water has nearly all evaporated. Season the mixture with the nutmeg, salt and pepper, and allow to cool slightly. Whisk the extra virgin olive oil into the mix, and fold through the goat's cheese and olives. Check the seasoning and allow to cool completely.

Eggplant Salad with Tahini-Yoghurt Dressing

2 eggplant
salt
1/2 cup olive oil
5 oz tahini-yoghurt sauce* (*recipe below*)
1/3 cup mixed parsley, basil and mint leaves, coarsely chopped
1/2 small purple onion, diced
1 roma tomato, diced
1 tbsp olive oil
sea salt and pepper to taste

Cut the eggplant in half and then into long, chip-like wedges. Put them in a colander and sprinkle the flesh with salt. After 20 minutes rinse under cold water and pat dry with kitchen paper towel. Fry the eggplant

in the oil, turning from time to time, until they are a rich deep-golden brown. Drain on kitchen paper towel.

Arrange the eggplant on a serving plate and drizzle generously with the dressing. In a separate bowl, combine the parsley, basil, mint, onion and tomato with the tablespoon of olive oil. Season with salt and pepper and scatter loosely over the eggplant. Drizzle with remaining olive oil. Serves 4

* Tahini-Yoghurt Sauce:

6 oz yoghurt
2 oz tahini paste
1 lemon, juice only
1 clove garlic, minced
1 tsp sea salt

Combine the yoghurt, tahini, lemon juice and garlic paste. Thin with a little water if necessary - the sauce should have the consistency of thin honey. Adjust the flavours to taste. Refrigerate and use within 2-3 days. Yield: 1 cup.

Shish Kifte (Minced Lamb Kebabs)

1 lb lamb, minced twice
1 onion, grated
1/2 cup parsley, finely chopped
2 tbsp finely chopped fresh mint or 1 tsp dried mint
1/2 tsp freshly ground black pepper
1/2 tsp Ras al Hanout* (*recipe below*)
1 tsp sea salt
3 tbsp olive oil

Mix together all the ingredients, except the olive oil, in a large mixing bowl. Knead well to a homogeneous sticky paste. Cover and refrigerate for at least an hour.

When ready to cook, preheat the barbeque or griddle to its highest temperature. If you

"What Are You Having for Dinner Tonight?" continued...

are using wooden skewers, soak them for 10 minutes in cold water to stop them burning and catching fire.

Wet your hands, take a handful of the mince and shape it tightly around a skewer to make a long sausage about 4 inches long and 1 1/2 inch in diameter. Continue until you have used up all the meat.

Brush each kebab lightly with olive oil and grill on the barbeque or griddle. They will take anywhere between 5 - 8 minutes, depending on how well done you like them. Serves 4.

* *Ras al Hanout:*

- | | |
|-----------------------------|-----------------------|
| 1 tsp cumin seeds | 1 tsp ground cinnamon |
| 1 tsp coriander seeds | 1 tsp turmeric |
| 6 cardamom pods, seeds only | 1 tsp cayenne pepper |
| 1/2 tsp fennel seeds | 1 tsp salt |
| 1/2 tsp black peppercorns | 1/2 tsp sugar |
| 2 tsp sweet paprika | 1/2 tsp allspice |

Lightly roast the cumin, coriander, cardamom, fennel and peppercorns in a dry frying pan over medium heat. Remove from heat and finely grind in a spice mill. Place the ground mixture through a sieve to remove any husks. Mix with the remaining ingredients and store in an airtight jar. This mixture keeps well for up to 3 months.

Mint Labne (Yoghurt Cheese)

- | | |
|---------------------|------------------------|
| 2 lb plain yoghurt | 1/2 cup parsley leaves |
| 7 oz extra yoghurt | 1 tsp dried mint |
| 1/2 cup mint leaves | 1 tsp sea salt |

Spoon yoghurt into a clean muslin square, cheesecloth or tea-towel. Tie four corners together and suspend bundle from a wooden spoon over a deep bowl. Put in the refrigerator and allow it to drain overnight.

Next day, tip the extra yoghurt into a blender and put mint and parsley leaves on top. Blitz until it's a nice fine, pale green puree. Put the labne into a mixing bowl with the dried mint and salt. Stir together well, then swirl in the green puree for a pretty marbled effect. Yield: 500 g.

Goat Cheese with Maple Syrup and Berries

- 300 g log of soft unripened goat cheese
1/2 cup each sliced strawberries and whole blackberries
1/4 cup chiffonade of basil (finely sliced basil)
1/4 cup maple syrup
freshly grated black pepper
1 fresh banana leaf

Preheat oven to 450°F. Line a medium-sized oven proof dish with a banana leaf. Place chevre log onto the banana leaf surface. Grate an ample amount of black pepper over the entire log of chevre. Press the sliced strawberries and whole blackberries onto the sides and top of the cheese. Sprinkle the chiffonade of basil over the entire fruit covered surface.

Drizzle the maple syrup over top and place in the preheated oven for 20 minutes. Serve immediately with spelt flatbread. 🍷

Polarity Therapy
Cranial Sacral Therapy
Brain Gym®
Specialized Kinesiology

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THE NEWSLETTER OF THE ONTARIO POLARITY THERAPY ASSOCIATION

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PLAY TIME

CROSSWORD

Created and submitted by Pat Randall, RN, RPP.

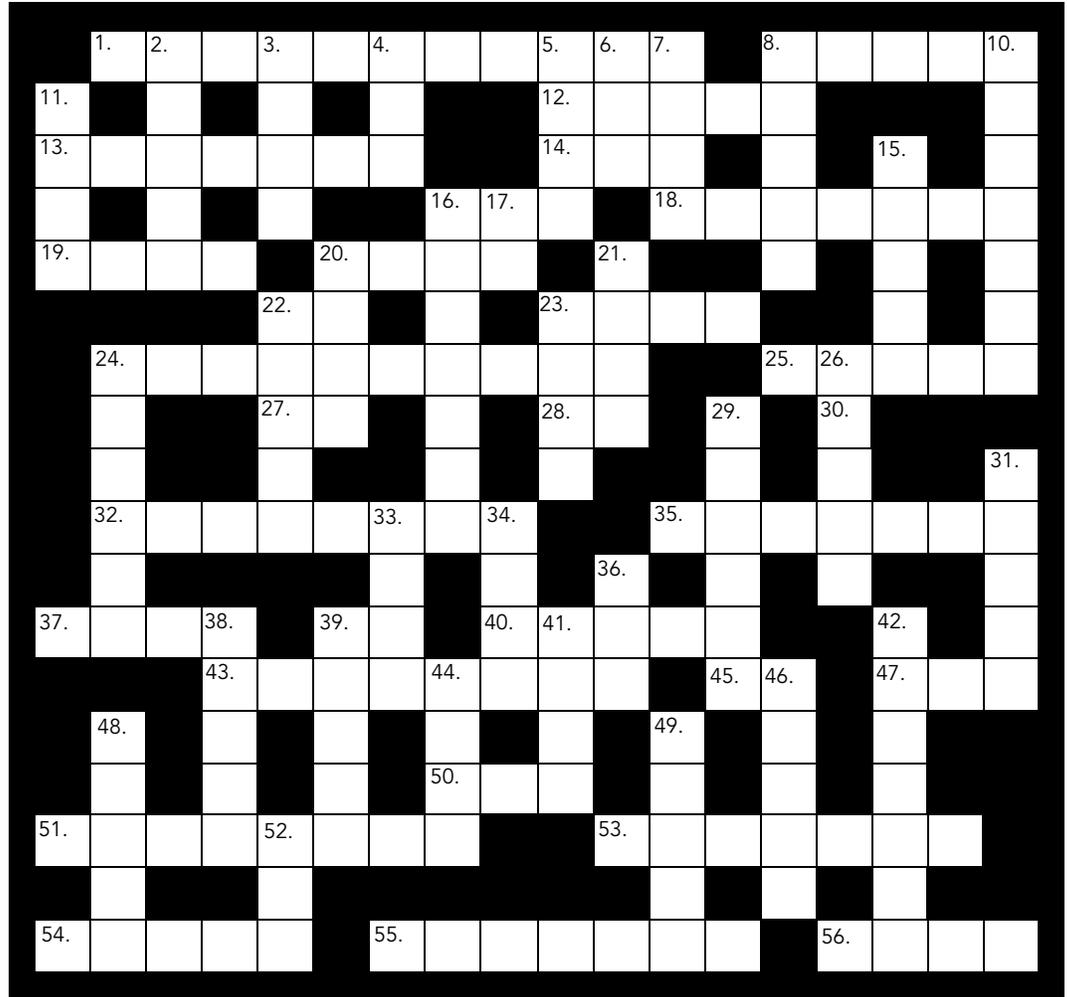
Hidden Words of Wisdom

Across:

1. Start of a Dr. Stone quote (3 words).
8. Time or state of human existence.
12. Having more breadth.
13. Make calm or quiet.
14. Native of (suffix).
16. Homo Sapiens.
18. Part 2 of quotation.
19. Ashen in complexion.
20. Revolve quickly.
22. Verb denoting existence.
23. Domestic cock or hen.
24. Part 3 of quotation.
25. Part 4 of quotation (2 words).
27. Preposition denoting position.
28. Outer diameter briefly.
32. Part 5 of quotation (2 words).
35. Part 6 of quotation (2 words).
37. Wax and honey producing insects.
39. In the direction of.
40. Caused to be observed.
43. Part 7 of quotation (2 words).
45. Indefinite article.
47. Part 8 of quotation.
50. Organ of hearing.
51. Part 9 of quotation.
53. Part 10 of quotation.
54. Thoroughly proficient.
55. End of quotation.
56. Sketch a picture.

Down:

2. Compel departure.
3. Hawaiian feast.



4. Color.
5. Closely related or associated pair.
6. Strike.
7. Paradise.
8. Formed symbols representing words.
10. Have an aversion towards.
11. Not quite dry.
15. Current passing through a door or window.
16. Task to be performed.
17. Printing measure.
20. Observed.
21. To form a close relationship.
22. Salty solution.
23. Unwise or imprudent person.
24. Empower.
26. Lavish dinner.
29. Tropical fruit.
31. Hand covering for warmth or style.
33. Very strong metal.
34. Place setting piece.

36. Tofu source.
38. Smart or fashionable.
39. Dogma
41. To receive sound.
42. One who observes.
44. Plural of he or she.
46. Not day.
48. Yearned for.
49. The state of mourning.
52. Still.

ANSWERS - Across: 1. Health is the; 8. World; 12. Wider; 13. Appense; 14. He; 16. Men; 18. Natural; 19. Pale; 20. Spin; 22. Be; 23. Fowl; 24. Expression; 25. Of the; 27. In; 28. OD; 32. Bodymind; 35. And soul; 37. Bees; 39. To; 40. Show; 43. When they; 45. Any; 47. Are; 50. Ear; 51. In rhythm; 53. With the; 54. Adept; 55. One life; 56. Draw.
Down: 2. Expel; 3. Luan; 4. Hue; 5. Twin; 6. Hit; 7. Eden; 8. Wrote; 10. Dishike; 11. Damp; 15. Draft; 16. Mission; 17. Em; 20. Bond; 22. Briny; 23. Fool; 24. Enable; 26. Feast; 29. Banana; 31. Clave; 33. Iron; 34. Dish; 36. Soy; 38. Swish; 39. Tent; 41. Hear; 42. Watcher; 44. Them; 46. Night; 48. Pined; 49. Chef; 52. Yet.

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August 2	August 3	August 4	August 5	August 6	August 7	August 8	August 9	August 10
Manifesting Your Dreams Sher Smith	Manifesting Your Dreams Sher Smith	Resonance Balance Carla Hannaford & Ahti Mohala	Resonance Balance Carla Hannaford & Ahti Mohala	Resonance Balance "MUSIC MAGIC" 7-9pm	Physiology of In Depth Carla Hannaford	Physiology of In Depth Carla Hannaford		
Brain Gym for Educators Carol Ann Erickson	Brain Gym for Educators Carol Ann Erickson	Brain Gym for Educators Carol Ann Erickson	Brain Gym for Educators Carol Ann Erickson	Learning Can Be Fun & Games Shirley Garrow	Optimum Brain Organization Carol Ann Erickson	Optimum Brain Organization Carol Ann Erickson	Optimum Brain Organization Carol Ann Erickson	
Lighten Up, Live Long & Prosper Irish Sullivan	Destress Free & Easy Irish Sullivan	In Sync I Rita Edwards	In Sync I Rita Edwards	In Sync I Rita Edwards	In Sync II Rita Edwards	In Sync II Rita Edwards	In Sync II Rita Edwards	In Sync II Rita Edwards
Learning & Gravity Playshop Bev Hunter	Learning & Gravity Playshop Bev Hunter	5 Elements Level 1 Pam Curlee	5 Elements Level 1 Pam Curlee	5 Elements Level 1 Pam Curlee	Reflexes I Svetlana Masgutova	Reflexes I Svetlana Masgutova	Reflexes I Svetlana Masgutova	Reflexes I Svetlana Masgutova

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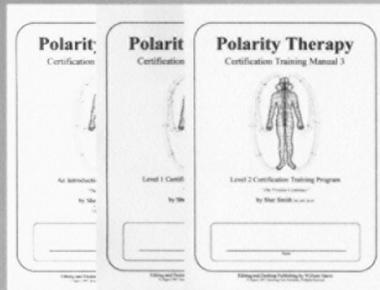
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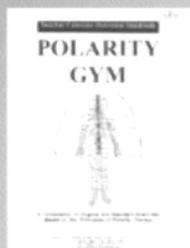
Intro, Level 1 & Level 2
Training Manuals



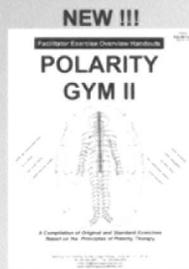
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Booklet



Polarity Related Charts

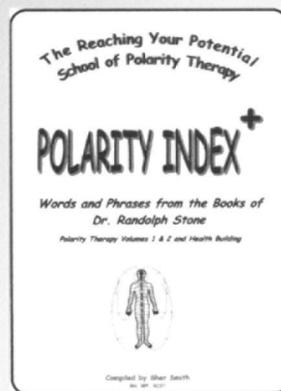


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