

# *Intent & Integrity – The Keys to being Present*

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By: Jim Fairman

In Polarity Therapy there are two questions heard frequently. “How does one attain proficiency in bodywork?” and “How does one know what to do or when to do it?” The answer given most frequently to the first question is “practice, practice, practice” and to the second, “to be present” while doing the work.

To practice often is easy; one finds willing volunteers (or clients) and repeats the sessions as often as possible while developing the mechanics of the protocols. But how does one develop ‘presence’ in one’s work?

It is by repetition of action combined with the proper intent. While good for developing an aim or goal for the session, questions such as, “*why such a working is taking place?*”, “*what is the session’s purpose?*”, “*what are the goals that the client has set for this particular session?*”, and “*what protocols seem appropriate?*”, can become quite a distraction during the actual work. The aim is to be here and now during the session, concerned only with the flow of the energy with one-pointed focus. Non-action through action. Action through non-action. Stillness. The quiet from which the well-spring of healing flows forth. That is why the practice is so important. The protocols should be practiced so often that they come forth with little or no thought whatsoever.

So we set a goal for the session, usually directed by the client’s need, as to what aim we (client and practitioner) wish to accomplish. Next we decide which principles and elements are best suited in reaching that goal. With information in hand, we pick the appropriate protocols for the session. Finally, with all this information, we are ready to formulate our intention. Verbally, out loud or internally, you state the intention of the session to yourself and the Universe. As an example, if a client has come to you with excessive anger issues which they wish to work with, you might declare your intention to work with the fire principle using the Path of Fire protocol along with a Chakra balance to help facilitate a balancing of the fire energy manifesting as anger. With the intention set and stated, you begin the session. But once begun, the intention must be forgotten or at least put to the side while the actual session unfolds. For like a diver using a springboard for impetus into the pool, our intention is the same, a starting point. But just as that diver may need to change direction in a crowded pool, so too may we need to leave our planned route in response to the client’s need.

But what ‘star’ will help us navigate through the session if we put aside ‘our charts’? The answer is integrity - the integrity of our self, our discipline and our teachers. Integrity in our self; knowing that we work from compassion in our desire and ability to help others. Integrity in our discipline; knowing the true worth of Polarity Therapy in facilitating healing in our selves and others. Integrity in our teachers; knowing that our training allows for us to follow the client’s ever changing needs.

So with proper intent and integrity, presence will spring forth, and with presence comes true integration between practitioner, client and the divine.

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