

winter 2003 \$4.00

# energy currents



THE NEWSLETTER OF THE ONTARIO POLARITY THERAPY ASSOCIATION

BRIGHT HOLIDAY WISHES FROM  
OUR HEARTS TO YOURS



**The Heart of it All**  
2003 APTA Conference

**ESOTERIC FOUNDATIONS OF  
POLARITY THERAPY**

**MANIFESTING YOUR DREAMS**

**CHAKRAS**

**The Aloha Spirit**

**MINDFULNESS**  
in the midst of activity



# Naturopathic Foundations

## Health Clinic Focus . . .

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

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

## Iva Lloyd, RHN, RPP, ND

*Iva Lloyd is the founder of Naturopathic Foundations, an alternative health clinic in Toronto, Canada that focuses on the integration of Naturopathic and Energetic modalities. She is a Naturopathic Doctor (ND), Registered Polarity Practitioner (RPP) and Registered Holistic Nutritionist (RHN).*

*Dr. Lloyd teaches in the areas of energetic assessments, business and communication skills and does group facilitation in both Canada and the United States.*

FOR MORE INFORMATION CALL

**905-940-2727**

## Upcoming Course . . .

### LANGUAGE OF THE BODY

a course on advanced energetic assessment and interpretation

*Course outline includes . . .*

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

#### DATES

March 18 - 21st, 2004

#### TIME

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

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

#### LOCATION

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

COST \$425

NUMBER OF PARTICIPANTS maximum 12

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

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

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



# Plan Ahead...



## January 19, 2004

OPTA WORKSHOP

featuring **Phil Young, RPP**

*Phil Young, RPP is currently President of APTA. (Location T.B.C.)*

Come for our first workshop of the year! Bring your products and/or those of one of your special Energy Currents advertisers to display and sell at our Vendors' Table (it's a wonderful way to support our loyal advertisers).

## March 1, 2004

OPTA WORKSHOP • **Energy Based Success**  
presented by **Sher Smith, RN, RPP, RCST**

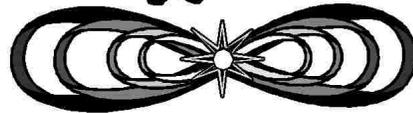
*From researching Dr. Stone's writings for her recently published index of his works, Sher has gleaned many insights into the energy needed for manifestation of personal and business success. In this workshop, she will discuss how to work from the "Place of I Am" in creating your heart's desire - Opening the Heart Space.*

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

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

For more information call **416.685.5172**

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## POLARITY THERAPY

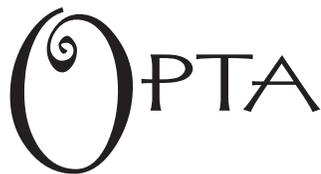
*A Natural Holistic Way to Health*

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

(Broadview Subway)

(416) 778-8625

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



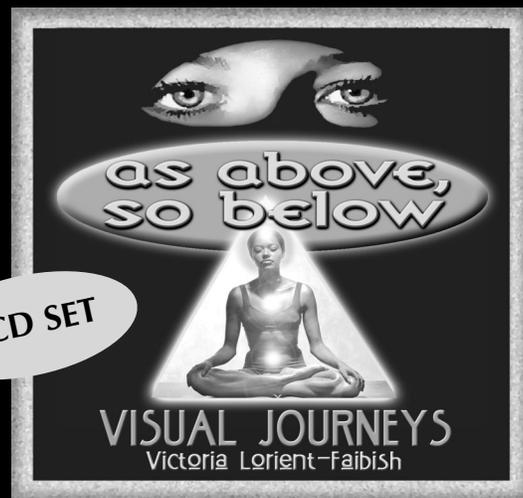
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### Double Meditation CD Set

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

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

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



# Board Notes

## ANNUAL GENERAL MEETING

Meet the 2004 OPTA Board of Directors



From left to right: Pam McDonald, Pat Ransom, RPP (Secretary), Mirja McAdam, RPP (Treasurer/Membership), Virginia Hanspiker, RMT, Laurie Copeland, RPP, Angela Greco, Jim Fairman, RPP, Peggy Barrett, RPP (President), and Tom Russell, APP.

## MESSAGE FROM THE NEW 2004 OPTA PRESIDENT • Peggy Barrett, RPP

As we move into the Christmas season, it does the heart good to reflect on the past, to see where we are currently and where we have our sights trained for the future. The Ontario Polarity Therapy Association has been growing in leaps and bounds, largely due to the wisdom and foresight of previous boards, whose intention it was to create a strong, fertile foundation from which to grow.

On November 17, 2004, OPTA members celebrated at the Annual General Meeting and Holiday Party. In the spirit of celebration, outgoing President, Laurie Copeland, RPP, encouraged those in attendance to sense gratitude and appreciation for all that OPTA has become, for where we have come from, where we are going, and for those who have worked to move us. We honoured founding and past OPTA directors and members and were reminded of how energy moves us in both subtle and obvious ways.

For example, in 1999, the then OPTA President, Victoria Lorient-Faibish, RPP, spent two tireless years of attention to the licensing issue, which resulted in the City of Toronto forming an Holistic Practitioner's By-Law. So now, as a Practitioner in Toronto, not only are we governed by our parent, the American Polarity Therapy Association, we are also able to be licensed by the City to practice Polarity Therapy. If you live outside of Toronto, it would be advantageous to interact with your Municipality to develop an Holistic/Complementary By-Law in your community.

Creativity became the order of the day beginning in 2001. With the exceptional graphic art talents of Laurie Copeland, RPP, we have now developed a number of Polarity Therapy tools: a stunning professional booth, with marvelously designed Polarity Therapy signs and

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## CONGRATULATIONS & WISHES FOR SUCCESS!

To OPTA's Newest APP's, Tom Russell and Marie Claire Bourgeois. Both are graduates of Sher Smith at Reaching Your Potential, Richmond Hill, Ontario.

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

## REMINDERS

### Energy Currents New Publishing Schedule!!

The OPTA executive is initiating changes for *Energy Currents*, the Newsletter of the Ontario Polarity Therapy Association, commencing in 2004.

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

- Spring/Summer Issue
- May 1<sup>st</sup> (April 1<sup>st</sup> content deadline)
- Fall/Winter Issue
- November 1<sup>st</sup> (October 1<sup>st</sup> deadline)

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

### Tradeshaw/Meeting Support

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

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



*Message from the President continued....*

posters available for members to borrow when giving presentations; attractive brochures that succinctly and clearly explain Polarity Therapy (many practitioners buy these by the hundreds, attach their business cards and place them in their communities for surprising results); and should clients wish to submit Polarity Therapy session fees to their insurance company for reimbursement, we have Insurance Claim Letters to assist them. As well, the website continues to elicit positive responses from viewers who are searching for more in-depth information.

Under the loving care of our publisher extraordinaire, Laurie, our newsmagazine Energy Currents has developed into a professional publication with sales doubling this past year. As more members purchase gift subscriptions and distribute numbers of magazines in their community offices and stores, we could possibly expect another large increase in sales for 2004. The magazine has been the primary focus of the Board simply because it provides a prominent vehicle to spread the Polarity Therapy message. We encourage members to submit articles, Polarity thoughts and experiences. It is quite amazing the number of budding authors we have tucked away in our midst!

Currently, Pat Ransom, RPP, OPTA Secretary, has the e-mail list and telephone tree very well organized so that we can now communicate instantly with our membership. Jim Fairman, RPP oversees the OPTA telephone line, and ensures that your ideas, questions and/or concerns are directed to the appropriate Board person. Pam McDonald is our expert advertising director, so please call her for tips on how you can comfortably solicit advertising from people in your community. Both Jim and Pam have also been doing extensive research into Practitioner's insurance and should be ready to present their findings in the next issue of Energy Currents.

Acting as treasurer for the past 3 years, I now have the privilege of informing members that we have secured the financial capacity to fund special projects in the future. The 2003 Board of Directors have many ideas currently in the developmental stage. We welcome suggestions for possible projects. Please submit them to us by completing the enclosed "Opinion" page. Tell us what you need and we will do our best to make it work!

A warm welcome goes out to Mirja McAdam, RPP, who has been elected and agreed to take over my outgoing position as Treasurer/Membership Director. Joining Mirja, and the other current directors, to form the new 2004 Board of Directors will be Virginia Hanspiker, RMT, Angela Greco and Tom Russell, APP, who all bring to the table years of experience in business, health care and advertising.

Apart from the Annual General Report and the 2004 Election process, the last general meeting was truly a great success. Attendees came from far and wide and had a fabulous time socializing and enjoying the gourmet fare of our terrific chef, Pam McDonald. Sharol King-Cordner, RPP, master of play, developed a delightful game that inspired members to get to know one another in a fun, creative way. As well, many members brought products for

display and sale at our vendors' booth. The evening was a testament to our future.

As we continue to grow both personally and as an organization, let's intend for Polarity Therapy to become a household word. We have done much of the groundwork needed to allow Polarity Therapy to reach its potential - and it has started to do so! We have caught the interest of many professionals in various fields, by the work that we do. This is evidenced by way of their client referrals, personal acclamations, and registration in our local Polarity Therapy training courses. Polarity Therapy is growing - the number of RPP's joining OPTA this year has increased by 60%!

In closing, it is worth while noting that forty years ago today marks the passing of President John F. Kennedy, whose famous quote was: "Ask not what your country can do for you but what can you do for your country." The more things change, the more they stay the same, and so it is now. We can all ask ourselves: "What can we do to grow Polarity Therapy?" When you reflect back at this time next year, what do you hope you will have accomplished?

Blessings of the Holiday Season to all - may the Truth, Beauty and Goodness that is this time be with you the entire year and be your guide to achieving your full potential.

Peggy Barrett, RPP  
President, Ontario Polarity Therapy Association  
November 22, 2003

## Reaching Your Potential 2004

### SCHEDULED SPRING 2004 COURSES

- |                |   |
|----------------|---|
| February 28/29 | Brain Gym 101® - Wknd 1 of 2                                    |
| March 20/21    | Polarity Therapy Introduction                                   |
| March 27/28    | Brain Gym 101® - Wknd 2 of 2                                    |
| April 17/18    | Polarity Therapy Level 1  |
| April 23/25    | Master In-Depth with<br><i>Dr. Paul Dennison Ph.D.</i>          |
| May 8/9        | The (Hidden) Pillars of Polarity<br><i>with Jim Fairman RPP</i> |
| May 15/16      | Edu-K - Brain Organization Profiles                             |
| June 3/6       | Edu-K - Visioncircles   |

*Advance Notice - Touch for Health 1 & 2 - Fall 2004*

#### Reaching Your Potential

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



## LIVING IN THE ELEMENTS

# *The Heart Of It All*

## THE 2003 NATIONAL CONFERENCE OF THE AMERICAN POLARITY THERAPY ASSOCIATION

by Laurie Copeland, RPP

### Location Location Location

The 2003 National Conference of the American Polarity Therapy Association was held October 15-19 at Kelleys Island, Ohio. The setting for the conference was a petite, picturesque village that encapsulated the southern borders of this small history-rich island. Located on the north shore of Ohio in Lake Erie, the island is described in various tourism literature to be a naturalists delight. Nature trails for hiking and biking, along with fishing, camping and canoeing, are apparently popular amongst island retreatists. Home to natural wonders such as glacial grooves, migrating birds and butterflies and other wildlife, Kelleys Island was decidedly "the perfect location for an educationally-based conference for energy medicine, where past meets present and harmony prevails."\* (\*APTA Conference Registration Package)

Reminiscent of small town-anywhere in North America, it readily and quickly became "home" to its visitors. Whether a fresh change of pace for busy city dwellers or of comfortable familiarity to rural based dwellers, Kelleys Island's hospitably welcomed close to 200 guests to the conference.

Amongst the very few challenges experienced by conference attendees, was transportation to and from various locations on the island. Luckily, ample time was allotted between seminars and events, and guests with vehicles on the island were happy to share their wheels. Golf carts and bicycles were also used to traverse the island from location to location.

The townhall, at the centre of town, served as the main meeting place for the conference. Registration, morning Yoga classes, the opening ceremonies and many seminars were all held at this location. Other island seminar locations included B&B's, the public school auditorium, the 4H camp house and local restaurants. The vendor outlet was located at the 4H camp, as was the Harvest Festival on the Saturday night. All of these locations reflected the quaintness of the town as well as the community inspired by conference organizers.

Apart from classes, three main events connected conference attendees: the opening ceremonies, the APTA town meeting and the Harvest Festival.

### The Opening Ceremonies

The Opening Ceremonies featured a keynote address by Dagmar Celeste, a speaker, teacher, life coach, consultant, author, mother and former First Lady of Ohio. With a broad range and wealth of experience, Dagmar captivated her audience with her humour, insight, knowledge and general sense of awesome energy. Her address was followed by an evening talent show, which included dance and song, presented by some of APTA's more artistically talented members.

### The APTA Town Meeting

The APTA Town Meeting provided the opportunity to connect to the new board of directors and to review the financial and organizational aspects of our governing body. A strict agenda was adhered to which allowed each of the board members to



present to the audience, their represented expertise. Past President, John Beaulieu, PhD, ND, RPP, introduced the new APTA President, Phil Young, RPP, who conducted the proceedings. A thorough financial report for August 2002 through July 2003 was presented by Renee Weidel, RPP, which shows APTA to be in excellent and successful standing. This was followed by an award ceremony.

Professional service awards were distributed to Glen Weimer, RPP, Moksha Sharon Kolman, RPP (absent), Damon Fazio, ND, RPP, LMT (absent), and Mary Jo Ruggieri, PhD, RPP. An award for outstanding service in the field of legislation was given to LaRose Daniels, MS, RPP and the Distinguished Service Award was presented to Canada's own, Andrea Axt, RPP, PhD, FQM (absent).

Following the awards, more than 50 "Certified Polarity Educator", or CPE certificates were distributed. The recipients, who applied with appropriate credentials and prerequisites, are being grandfathered in prior to a new set of standards for educators scheduled to be set in place by APTA over the next year. Many Canadians were included in this group, including Iva Lloyd, RHN, RPP, ND, Mirja McAdam, RPP, Kirsten Potvin, RPP, Sher Smith, RN, RPP, RCST, Marg Williams, RPP and Peggy Barrett, RPP. The CPE title grants recipients the position of an approved training instructor under APTA standards.

After a brief Q&A session, the meeting moved into discussion regarding a new proposed strategic plan, being established to grow APTA financially as well as to broaden public perspective. This resulted in the dynamic formation of focus groups, each represented by an APTA director, to review, discuss and critique the motions, suggestions and references set out in the proposal.

...continued on page 9

# The (Hidden) Pillars of Polarity

*A Look at the Esoteric Foundations of Polarity Therapy*

*with Jim Fairman RPP*

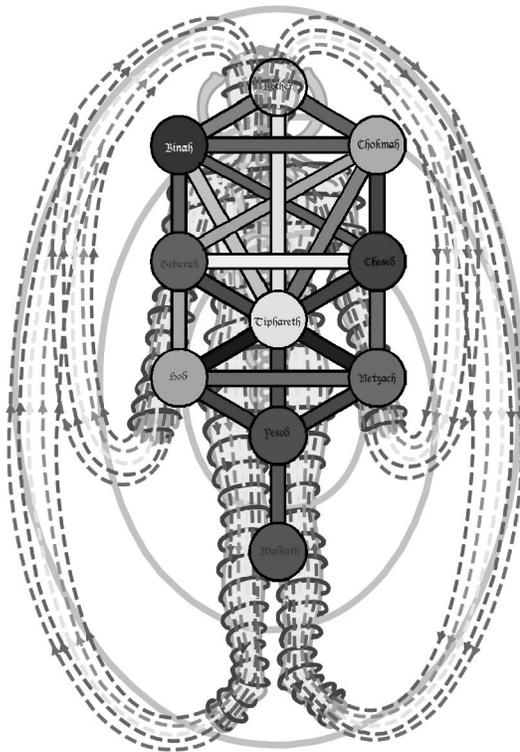
## The Tree of Life

*An Introduction to Kabbala*

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

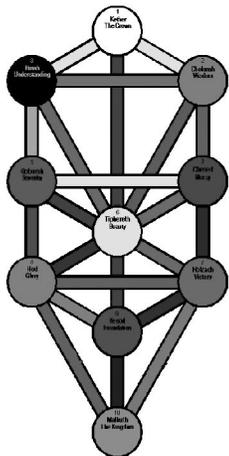
*The weekend introduces people to the magickal and mystical system of the Kabbala in theory and practice while focusing on the Tree of Life.*

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



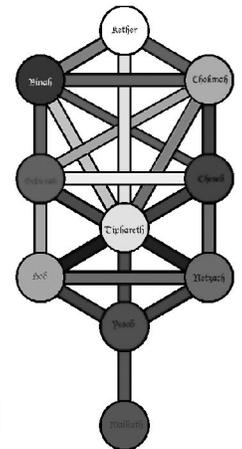
*The philosophy will introduce the concepts of the Lightning Flash/ Flamming Sword, the Path of Return, and the Serpent of Wisdom.*

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



*Date: May 8 / 9, 2004  
Place: Reaching Your Potential  
181 Yonge St. Richmondhill, Ontario*

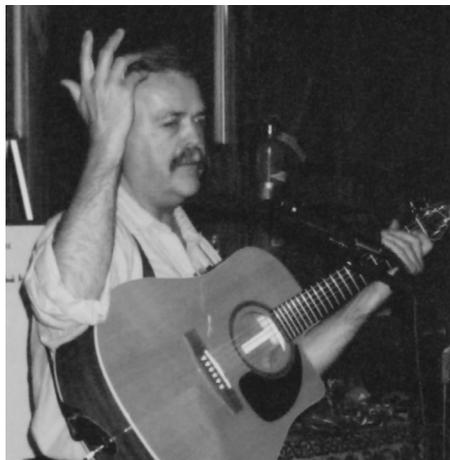
*Time : 9:00am - 6:00pm  
Tuition : \$200.00*



*For more information call 905-944-8867*



*The Heart of it All continued....*



*OPTA member, Jim Fulton, RPP, entertains the crowd at the 2003 APTA Conference Harvest Festival.*

### **The Harvest Festival**

As a meal plan or schedule was not offered at this year's conference, eating was left to each individual's own appetite and sociabilities. The local restaurants worked hard to meet the needs and wants of conference attendants. The only community organized meal was the Harvest Festival, which included a grand autumn-inspired buffet, along with entertainment that spanned the entire course of the evening and ended with dancing and drumming around a large campfire on the beach. The energy, commraderie and atmosphere at this event seemed to make up for the challenged abilities to socialize and mingle during the first few days of the conference. In fact for many, as overheard in discussion, this event seemed to "make" the conference and confirm it's success. Afterall, apart from broadening our education and experience, it is mostly for the meet and greet factor, an opportunity to be amongst peers and mentors, that people attend such conferences, is it not?

### **Quality & Quantity**

This being said, the quality of the seminars and programs offered at the conference, was outstanding. Whether it offered attendees the opportunity to learn something new, expand on their knowledge base or to review skills and technique, the preparedness and expertise

offered by teachers/leaders was applaudable. Proof of the range of experience that Polarity Therapy training can offer was in the variety of courses available at this year's conference. Many choices were available throughout a broad spectrum of fields and disciplines. As each seminar was recorded and made available for purchase throughout the conference and after, attendees were able to acquire as much training as their minds, imaginations, and pocketbooks would allow.

The Ontario Polarity Therapy Association would like to extend a special you and note of Congratulations to two our of very own instructors at this year's conference. Sher Smith, RN, RPP, RCST, Director of Reaching Your Potential in Richmond Hill, Ontario, taught "Setting Intentions From Our Heart Space", as well as "Opening the Heart Space". Iva Lloyd, RHN, RPP, ND of Toronto, taught "Assessments Based on the Elements", and as well was a part of a Panel to discuss "Integration of Medical, Naturopathic and Polarity Assessment".

### **Volunteers Ensure Success**

A special mention must go to all of the volunteers at this year's conference. Without their assistance, dedication and commitment, the conference would not have been as successful. Volunteers that formed the work committees, as well as those individuals who just threw themselves in to provide a helping hand, ensured that attendees were registered, acted as guides and directors, transformed themselves into audio/visual specialists, carted bodywork tables from location to location, set up chairs and tables, organized tours and entertainment, assisted seminar leaders / instructors, and in whole, maintained the



*OPTA members, Mirja McAdam, RPP, Lesley McCloskey, and Pat Ransom, RPP, keep busy at the 2003 APTA Conference Registration booth.*

necessary flow and organization that was responsible for such a successful event. APTA, and all those in attendance at this conference, owe a great deal of gratitude to all of the volunteers, each of whom worked tirelessly and with the greatest sense of pride - always smiling and maintaining a positive, uplifting sense of energy.

The Ontario Polarity Therapy Association would like to extend a special thank you to our own members who volunteered at the conference. Canada's energy was radiant due greatly to their efforts. The many Canadian representatives at the conference is evidence that Polarity Therapy is expanding it's international roots and experiencing renewed spirit, north of the American border. Special mention goes to Marg Williams, RPP, who worked as the General Manager with the Conference Selection Committee, Mirja McAdam, RPP, who worked Registration, Kirsten Potvin, RPP, who worked as a Team Leader, as well as Jim Fulton, RPP, Pat Ransom, RN, RPP, Leslie McCloskey, Jade Altavilla-Castaldo, RPP and Tammy Toad Ryan. Beyond Canadians, there are a great number of people whose talent, expertise and energy leant to the success of the 2003 Conference. The names extend from around the globe.

What is most apparent from the attendance at this year's conference, was not so much that the numbers were down, but that the level of energy, of presence, of focus and of attention to the potential that Polarity offers are all up substantially. Surely, the locals on Kelleys Island can attest to the whirlwind that was mustered during those few short days in October, but to anyone who was able to tap into that energy and take it home with them, they shall ride that Polarity wave for a long time to come. A renewed sense of inspiration was the least that attendees might have left with. So, thank you to all who conspired with the energies of the universe to create such an event, to broaden our horizons once again, and set the pace for Polarity Therapy to continue to grow. 🙌

*The next conference is being scheduled for 2005. This conference will coincide with APTA's 20th Year Anniversary. Plan to attend.*



## APTA *Conference* Comments



The benefit and gains achieved by attending a National Polarity Conference are in direct proportion to the inspiration and vision we gain by learning from veterans in the field of Polarity. My experience at this years conference on Kelleys Island, Ohio was all that for me. It was, as John Beaulieu, the outgoing president of APTA, said in his welcoming letter, " ... a place where you can learn and have what you already know validated from a different perspective... This is perhaps the most important function of our conference..."

Two workshops, in particular, stand out in my mind as examples of that broader perspective. Rose Khalsa led us through several guided visualization journeys as we explored Compassionate Death. Although her presentation came from a Buddhist perspective, we were encouraged to work within the religion or spiritual faith of the client/friend/family member with whom we are accompanying on their final journey. We were reminded that, "When you carry fear in you, the bottom of this emotion is fear of death." As well, " ...the breath is our link to life and death... and if we learn to 'control' the breath through meditation and spiritual practice, you will be ready for the last breath." Rose reminded us that, "...when you die properly, you can move on in a dear and right way." In Polarity terms, this would involve returning from an imbalance in the Earth element where fear has left us paralyzed and ascending up the evolutionary phase of health building on our return to Source. This is very powerful teaching for those working with the terminally ill, recognizing that in working with these clients, their spiritual and emotional health are the main focus.

In the workshop entitled Narcissism: Healing the Shadow Side of the Healer, Tracey Alysson presented an interesting perspective on the Wounded Healer, from her work as a Clinical Psychologist. "Narcissism is the dreadful hope that we are worthy enough and good enough and intact enough to be here". The reason we need to talk about Narcissism is that, "It is the fundamental source of vitality... one of the fundamental sources of destructiveness in human behavior and is a cornerstone of relationship". What happens to the human personality that affects our primary love of self (Narcissism) is a series of misunderstandings. Our experience has led us to draw incorrect conclusions that need to be corrected. Healing ourselves is essential in that the work we do in Polarity requires both skills and presence. We were reminded that, "Presence arises from who you are in the moment. Who you are in the moment is potentially your highest level of healthiness. That means the more you continue to refine and complete your own developmental tracks, the more you can be present in your bodywork sessions." If we have bought into the Big Lie that we are just not enough of anything (and we all have to a greater or lesser extent) then we need to do our own healing work. While this healing is progressing, because of the work we are doing on ourselves, we are no longer obstructing the Divine, and what we do with our clients will reflect and radiate that Divine energy. Tracey

told us that what heals narcissism is a five-fold process involving humility, experiences of safety, our willingness to feel and to tolerate feeling, and finally a willingness to give without attachment to the act of giving or to the outcome.

The above two workshops inspired me with their vision and validated my own experience, taking Polarity to deeper levels and giving me more insights to draw from as I work with my clients.

Pat Ransom, RN, RPP



This was my first APTA conference. I was on the work committee. One item to comment on was the variety of seminars offered. The range from Partners in Polarity, to Sound Healing, Aromatherapy, Palliative care, Medical trauma, philosophy, sports, ethics, stillness, psychology, etc., and the wonderful exercises and movement we had to choose from to begin each day, to me, was very mind opening to the fact of how we truly can view the world and everything in it from the Polarity perspective. The name of this conference was thus very appropriate indeed.

In meeting with the Board of Directors of APTA, it was exciting to see and feel the energy and dedication they have to the growth of Polarity Therapy. The Town meeting seemed to address many issues and left me feeling that there is so much more to be done to really get the energy moving for public awareness and our growth as an Association with a true sense of community, even on an International level.

Being on the work committee, I got a chance to work more closely with other members from all over, and was blessed with new friendships, and a deeper appreciation for the many members' display of integrity under pressure, especially Linda Green. Most of all, I renewed my sense of vigour and insight into the spirit behind Polarity Therapy and the awesome potential waiting to expand and blossom.

Jim Fulton, RPP



OPTA members having fun at the 2003 APTA Conference. From top left: Peggy Barrett, RPP, Jankie Singh, RPP, Iva Lloyd, RHN, RPP, ND, Pat Ransom, RPP, Laurie Copeland, RPP, Lesley McCloskey, and Mirja McAdam, RPP.



# THE ESOTERIC FOUNDATION OF POLARITY THERAPY

by Jim Fairman, RPP

It is well known that when Dr. Randolph Stone grew dissatisfied with the results of his healing sessions using the techniques he had been taught, he began a global search to find a solution. In his travels, his studies included the Ayurvedic medicine of India and the Meridian medicines of Traditional Chinese Medicine. From this collection of knowledge he formulated the groundwork for Polarity Therapy that he began to teach in the early 1970's. The rest, as it is said, is history. But what is perhaps less known is that along with his life-long passion for healing was another passion, just as strong, if not stronger, was his search for spiritual truth.

Dr. Stone was born into a Catholic family but later attended a Lutheran College on a scholarship with the intention of becoming a Lutheran minister. This intention was cut short when he fell ill and had to leave school and return home. At the age of nineteen he took the Nazarene Vow. The Nazarene Vow traditionally has three aspects i) total abstinence from alcohol and any part of the grape vine, ii) the refraining from cutting ones hair symbolizing ones separateness from society and dedication towards God, and iii) the avoidance from being present near any dead body at any time. At this time he also experimented with diet, fasting, seclusion, and meditation. He later left feeling this was not his path to truth. He continued his personal studies, and eventually met his wife-to-be, Anna Stone, at Dr. Washburn's Esoteric Study Center.

In the years that followed, Dr. Stone continued to attend lectures, read books and join various organizations including the A.F. & A.M., Rosicrucianism, Sufism, and the Philosophical Research Society founded by Dr. Manly P. Hall. He also joined the Theosophical Society studying the works of Madam Blavasky and Krishnamurti. Madam Blavasky's 'The Voice of Silence' was one of three books he kept at his bedside, the other two being, "Light on the Path", and the "Bhagavad Gita". From the east, he studied the works of Yogananda and Swami Rama Tirtha; from the west he studied the Bible, Kabbala, and Swedenberg along with many others.

In 1945 a friend gave Dr. Stone two books that were to change his life; "The Path of the Masters" and "Mysticism: the Spiritual Path vol.11". Through these books he felt as if he had finally been put in touch with a 'living master' and in November of that year he was initiated into the Path of the Masters of Sant Mat. He would continue upon this path until his death.

In 1956 Dr. Stone published "the Mystic Bible", his grand opus of spirituality, the purpose being "to bring light to the meaning of the Holy Word and how to find it as an actual, living Reality within our selves."

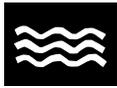
## Spirituality & Polarity Therapy

At a time when the trend for modern Western Medicine was to become more materialistic and based in the scientific model, Dr. Stone went in

search for something that he 'felt' was missing. In this search, he traveled around the world studying various modalities of healing and the cultures that produced them. It was in these travels that he came to the conclusion that the key was the balancing of energy. But when Dr. Stone talks of energy, it is not the energy spoken of by scientists devoid of spirit and life, but the energy of 'God' made manifest through out creation. Dr. Stone embraced the spiritual aspects of healing in all his work. We are constantly reminded of the sacredness of our work and the awe and reverence in which we should practice. Time and time again Dr. Stone tells us to go to the source of the problem, not the superficial complaint, but in going to the source we enter into the realm of spirit. We leave behind the realm of science and enter the realm of mystics and poets. Here words lose their power to describe, and we find allegory, symbolism and images coming to the fore. Here we find the body related to the Tree of Life, energy pathways to the caduceus, the humors to the Four Rivers of Eden. Here the workings of the body are described by the allegory of the alchemical red, white and black work. Throughout Dr. Stone's writings we find references over and over again which show the depth of his esoteric studies, meanings of which are lost without an understanding of where the inference has come.

It is my belief that to fully understand

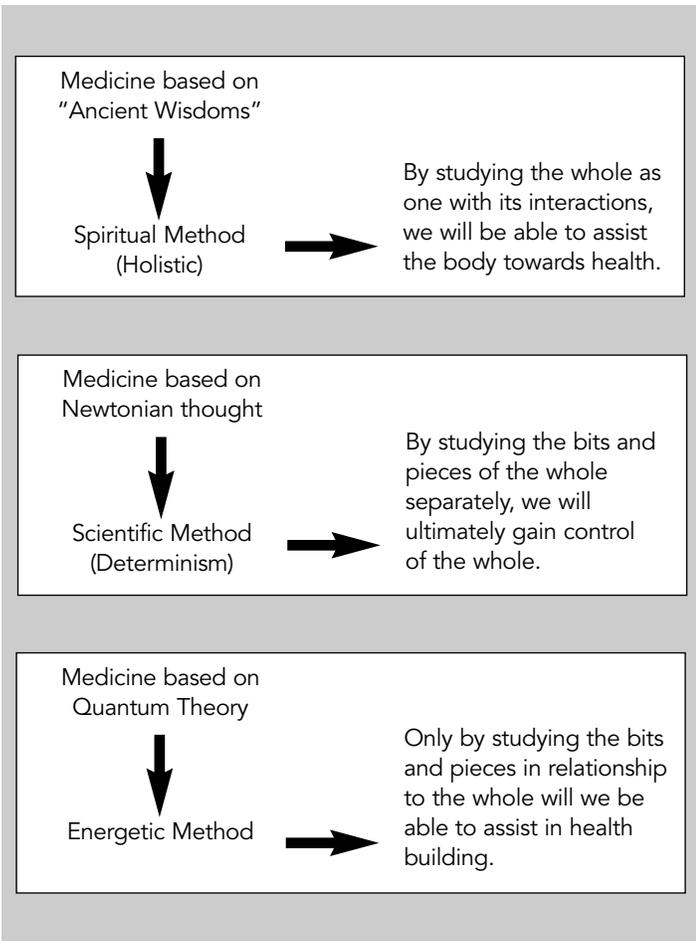
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The Esoteric Foundation of Polarity Therapy continued...

the works of Dr. Stone and the system he presented, one must study the ancient esoteric traditions he himself studied and used as the foundation of his work.

It is interesting to note that we have almost come full circle in our thoughts related to healing. In ancient and esoteric systems of healing the focus was on the whole organism. It was a holistic approach to health in relation to oneself and ones relationship to the universe. With the advent of Newtonian thought, determinism developed. Here the goal was to break the organism into the smallest separate pieces possible with the idea if one could control and fix the 'small pieces' one could reassemble the whole organism 'fixed'. Now quantum physics comes along and states that there is no such thing as 'separateness'; all is interconnected; to affect anything is to affect the whole. Bell's Theorem is fine for the lab but where does one find a practical roadmap to navigate these 'new' waters? It is in the ancient and esoteric systems of thought that we will find the roadmaps necessary to provide the sign posts for safe travel as spirituality and science once more becomes wedded.



References

Biographical information for Dr. Stone was taken from two sources: 'Dr. Stone Chronology' assembled from sources available by John Chitty in 1985, and 'Dr. Randolph Stone by Louise Hilger January 20, 1968. John Chitty is well known in Polarity Therapy and well published. He presently is the Treasurer of APTA. Louise Hilger was Dr. Stone's niece, and acted as his secretary in his later life up to his death.

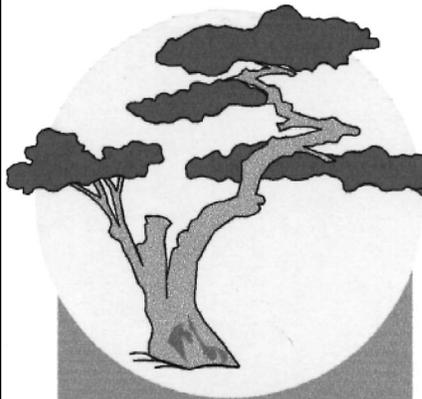
- <sup>1</sup> Dr. Stone was a Doctor of Mentology, Doctor of Osteopathy, a Doctor of Chiropractic, a Doctor of Naturopathy, a Doctor of Neuropathy and a Doctor of Physiological Therapeutic.
- <sup>2</sup> Robert Figueroa - Your Spiritual Growth, April 30, 2001.
- <sup>3</sup> Ancient Free and Accepted Masonry.
- <sup>4</sup> Or Brotherhood of the Rosy Cross.
- <sup>5</sup> Mabel Collins, first published 1888.
- <sup>6</sup> Julian P Johnson, first published 1939.
- <sup>7</sup> Lekh Raj Puri, first published ?.
- <sup>8</sup> Which translates as The Holy Path, is a practical approach to finding soul and God by means of two indispensable principles; the competent Living Master and regular meditation on inner Light and Sound.
- <sup>9</sup> Taken from Dr. Stone's introduction.
- <sup>10</sup> Bell's Theorem states that once two particles have had contact, they will remain in contact even though they may be on opposite ends of the universe.

Jim Fairman, RPP, has an extensive background in the Western Esoteric tradition. He is a Polarity Therapy Practitioner and a Reiki Master in the Usui Shiki tradition. Jim practices in Toronto, Ontario and can be reached by email at thehealingwaysofenergy@sympatico.ca.

# Energetics

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# MANIFESTING YOUR DREAMS

by Sher Smith RN, RPP, RCST

Whatever man can conceive, and believe he can achieve. The first step is to have an idea and the second step is to write that idea down. The idea is like a seed in the garden of the mind. Once we desire something we need to become emotionally charged with our desire and then add faith to bring results. Prayer amplifies our faith and moves our desire into the spiritual realm. In the spiritual realm, like attracts like. We will start to draw to us what is needed to bring our desire into crystallized form. This is best accomplished through a plan. We plan our work and work our plan with persistence to find our gold mine. Once we have a plan, we start. Along the way we may need to modify our plan. Make a to-do list for each and everyday. Any crisis is a challenge and an opportunity. Often times as materialization approaches a crisis occurs, for it is through the chaos that a new higher level of organization appears bringing with it success. You create a process, get into the process, stay in the process and let the process do the work.

Faith in our ability, which has been God-given, is what brings to us our desires. "Faith is dependence on God's Eternal Sound Current which sustains all through its Essence. Faith links the mind to the soul and raises it up to a higher vibration of life and light. Faith can lift mountains of negative mind substance and remove them to oblivion, as light dispels darkness. Faith is soul energy at work. Faith is the North Star of the mind, through the understanding of God's goodness and life's purpose... the Conscious mind should lift, direct and guide the unconscious impulses upward, toward the light and a higher conscious control of it all, by love, faith and clarity of perception" (Dr. Stone BkV P.13)

We can only hold one thought in our mind at a time and we can choose that thought. We have the choice to develop and to hold a positive mental attitude, for we become our dominant thoughts. Our every cell eavesdrops on our unconscious subconscious chatter all day long. We are today the result of our past thoughts. Thoughts held will eventually demand expression.

Whether we think we can or can't either way we are absolutely right. One way to enhance our process is to develop the daily habit of a gratitude journal and attending a daily success seminar for 10 minutes held in our mind (meditation on our goal). Visualize your goal as if you already have it and with exact detail especially on the amount of money desired by an exact date. Which is our dominant thought - fear or faith (love). Jesus worked his miracles with faith. Ford created cars with persistent faith. Ghandi mobilized a country with his faith. Once your faith is firm then be willing to give, for whatever you give is returned to you ten-fold.

No amount of knowledge made anyone rich. It is the application of knowledge that brings results. All riches begin first with a thought. You don't need to have all the answers, you will gain them as you go and what you need to know you can go learn in the library or ask someone who does know. Knowledge is only power when it is organized and applied. Write the goal, dream it daily, visualize it, believe it, get emotional with it, and keep on keeping on. When we visualize it, our mind translates our mental images into thought. Then we add belief, intense desire and faith to create the necessary mental chemistry of passion and obsession. It is our faith that will remove limitations.

Faith is the strongest feeling. As we affirm our desire with a burning passion, our subconscious believes it as it believes everything it is told and will act on the strongest impressions it receives. See yourself as already in possession of that which you desire, as you already have it in the etheric and all you have to do it is draw it to you in the physical. Write a statement of your purpose and goal, carry it with you, touch (feel it) and visualize it daily. Repeat it first thing in the morning and last thing at night. Belief is crystallized in faith. The difference between success and failure is habit.

Remember to get in the process, stay in the process and let the process do the work. Burn the midnight oil. Practice, practice, practice! When whatever you are doing isn't working, do anything else and you will be that much closer to finding what does work for you, to manifest your desires. Develop the buddy system and stay in harmony. See setbacks not as failure, rather as having an outcome and learn the one way that isn't the way for you. Start where you are and improve - start today to create the rest of your life. The life you were meant to have. Know that you can, believe that you can and you can! 🙌

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

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Energy Wise

# Exercise Tip



By Sharol King-Cordner, BPE, RPP

It is important to have strong abdominal muscles to balance the strong back muscles. One of the reasons many people have low back problems is that they have weak abdominal muscles. Following are some simple exercises to do on the exercise ball for abdominal muscle strengthening. Doing these exercises regularly, along with the exercises for the low back in last month's edition help maintain a healthy, strong core.

Sitting on the ball:

1. Simply lean back while sitting on the ball. Keep head and chin up. Hold for a few seconds and return to an upright position.
2. Reclining backward on the ball, extend your arms in front of your body. Touch your right knee with your left hand. Hold for a few seconds, return your hand to the position in front of your body, and repeat with opposite hand to opposite knee. To increase the work in this exercise, move your arms to an overhead position and reach across to touch the knee. This strengthens the oblique muscles.
3. Lean backward on the ball. Extend your right arm out to the side of your body. Touch your left hand to your right shoulder. Hold for a few seconds. Repeat on opposite side. This exercise also strengthens the oblique muscles. 🙌

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

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# CHAKRAS

by Virginia Hanspiker, RMT

The chakra system, honoured in Ayurvedic and Tibetan teachings for thousands of years, is increasingly being acknowledged in western society. This parallels the growing acceptance of acupuncture which is based on energy flowing through the body's meridian system.

Our experience of reality is said to be coloured by the vibration and health of our chakras. For me, knowledge of this system means an expansion of my awareness that leads to understanding more about self, growth and change. As our understanding of energy within the body grows, we gain insight into why we attract the circumstances into our life that we do. This can help us accept our responsibility to learn the lessons involved and better yet, to perceive alternative choices.

Chakras are usually described as the energy centers or transformers in the body that bring energy in to flow through our nervous systems, influencing all body tissues and functions. Although there are said to be many throughout the body, with some above and below it, seven of the twelve 'major chakras' of the body are located along the spine, where major nerve ganglia or plexuses are located. They are also said to correspond to our endocrine system.

Influencing how we operate on many levels, these energy centers affect various physical systems as well as emotional and mental responses and their resulting thought patterns. The lower body chakras vibrate at a slower or 'lower' frequency than the upper centers. Each chakra has a different rate of vibration on a particular tone frequency, usually using notes of the major diatonic scale from 'C' at the root or base chakra progressing to 'B' at the crown chakra in our head. Sound and light are both forms of energy, so each center is linked to a corresponding physical and

etheric colour association because colour is simply a much higher rate of vibration than sound. The physical and etheric colours differ because the physical vibration is lower on the scale than the etheric vibration. One chakra will influence another, just as striking one note on a keyboard resonates harmonic overtones on the keyboard. And, just like an instrument, we operate and sound much better when our chakras vibrate in harmony rather than in discord (with 'discord' referring to distortions or congested energy influencing a center's vibratory rate or tone).

Our ability to make choices evolves as we grow, as does the function of our chakra centers. Each one, from the bottom to the top of the body, displays a successively more complex mode of functioning for both body and mind. Varying philosophy exists on which center develops at whatever physical age, but the concept of their development linked to our physical ages and emotions further unravels the choices of our life patterns. A key teaching in the work of Dr. Randolph Stone, DC, DO, ND, founder of Polarity Therapy, shows the importance of resolving emotion if balance is to be sustained on a permanent basis. We most often find energetic distortions occurring in the three lower chakras, the earliest to develop and the basis of our growth as an individual. Energy patterns can be held for many years. We may acquire an attitude during our early, impressionable years or from a time when we were simply unable to cope. Until we adjust the thought pattern we adopted from the experience, that energy remains part of us, influencing how we operate and the energy we attract into our life. Once aware of this, we can either adjust our perspective of the cause and our interpretation of it, or develop new positive thought forms to replace it. As Sher Smith,

RN, RPP, RCST has stated, "When our experience (trauma) is beyond our resources, it's crystallized into the tissues until a time when we've accessed enough resources to deal with it."

In most cases, lack of nurturing in our early developmental years was not intentional, but rather a reflection of the parents' or caregivers' personal upbringing and behavioural patterns from their life experiences. To own responsibility for changing your own personal concepts is most important to expand your comprehension level and degree of acceptance, rather than blaming upbringing or someone else for your responses.

Varying degrees of balance are expressed among the chakra centers at different times throughout our life. They all are active, some more than others. It has been said that most people who gather together are moving through the same vibrational frequency or growth of a particular chakra. Having a 'chakra balance' should leave you feeling relaxed, but how long you hold a balance depends on the changes occurring within you, your responses to circumstances and the key people in your life.

## The First Chakra

Development during this early growth period is on a family or 'tribal' basis, so the first chakra resonates to our basic survival needs and physical comforts. It sets the foundation for our outlook and attitudes as experienced in group situations. Distortions can reside here when early family life contained elements of trauma, death to one of its key members, severe financial struggle or strife and division that influenced the family unit. How easily these types of trauma were handled as a family or 'tribal group' largely determines how well you move these types of emotions through this chakra. Distortions may manifest as insecurity, emotional or financial fears, phobias, self-centered tendencies, violence and being overly-focus on physical survival. We may resonate to the 'mass' consciousness or be absent-minded whenever our foundation, our stability seems threatened and we feel

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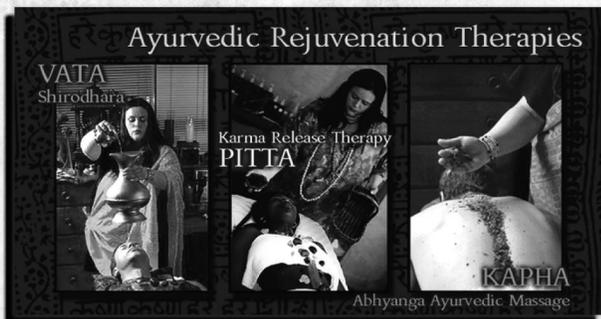
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Chakras continued....

CHAKRA / LOCATION	COLOUR / TONE	ELEMENT	BODY REFERENCE	ISSUES	1ST ACTIVATION
1st Chakra (Base or Root) at coccyx	Red / C	Earth	skeleton, feet, legs, adrenal glands, colon	structure, survival, foundation, patience	Approximate ages 1 - 3 years
2nd Chakra (Navel, Sacral, Sexual) below navel	Orange / D	Water	reproductive system, pelvis & low back, bladder	emotions, sexuality, polarities, desire	Approximate ages 4 - 7 years
3rd Chakra (Solar Plexus) below sternum	Yellow or Gold / E	Fire	solar plexus, thighs, eyes, pancreas, liver, stomach	self-esteem, power, vitality, metabolism & transformation	Approximate ages 8 - 12 yrs
4th Chakra Heart	Green or Rose / F	Air	heart, lungs, thymus	compassion, love, balance	Approximate ages 12 - 15
5th Chakra Throat	Blue / G	Ether	throat, neck, ears, esophagus, thyroid	expression, truth, creativity, reliability	Approximate ages 15 - 17
6th Chakra Third Eye Brow chakra	Indigo / A		pituitary (some also say pineal gland)	insight, moral, discernment, intuition	Approximate ages 17 - 22
7th Chakra Crown (top of head)	Violet / B		pineal gland	soul, surrender, spirituality, understanding	No defined age

ungrounded. The first chakra denotes our degree of acceptance or conversely, resentment and rigidity. Fear-based attitudes from this center represent the least evolved platform from which we make decisions and choices, but can show a degree of influence until we change the misconceptions earlier thought processes recorded and restructure our habit of holding that pattern. As an evolving society we are still emotion-based and society's opinions are always ready to act as our mirror. Distortions here may help us create aspects, true or untrue, that we need at some level in order to bring areas within self to the surface to examine and expand beyond.

### The Second Chakra

This center pertains to our emotional identity and sexuality. Our consciousness first expands beyond survival of self to dualism at this chakra level, so it's said to represent the balancing of polarities: male/female, positive/negative, relationships and how we relate to others with our 'gut-level' emotions. Balanced energy flowing through this center would influence the degree that we can harmoniously work with others, giving and receiving, tolerance, healthy emotional

boundaries, how we handle change and sexual or passionate love. Repressed emotions and trauma easily settle into this chakra and may manifest as confusion, envy, over-indulgence in food or sex, and addictions. Energy congestion could also show up as a movement to disorder, and thought forms like "It's not safe to commit to a relationship" or "I mustn't get close to...."

### The Third Chakra

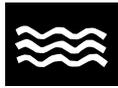
A person who feels powerless in controlling the direction of their life could take a look at thought forms that may have started around the ages of 7 to 12, when our self-concept is further expanded from family to the world outside. Balanced energy in this center might be seen as the balanced use of personal power, mastery of desire, self-control, warmth, humour and radiance. Whenever feelings of inadequacy, inferiority and helplessness occur, they may influence this chakra's balance. Distorted energy flows may manifest as anger, perfectionism, a tendency to take on more than you can handle, or too much emphasis on power and recognition. Digestive problems may result. Thought forms indicative of congestion here might include "nothing comes easy in my life", or "my

survival depends on you..." The solar plexus center has been called a great clearing house, and makes a trio of the lower three chakras that reflect up to the heart center.

### The Fourth Chakra

This center unites the energies above with the energies below, meaning both the lower chakras of our body with the higher chakras, and also spirit with physical. It reflects our ability to express love, for ourself and for others. Not to be confused with sexuality, the heart center reacts under group impetus, group happiness or unhappiness and group relations. Here we expand beyond self. Forgiveness and compassion resonate within the heart center, as does acceptance and contentment. Growth here may be expressed in non-judgemental understanding, care towards others, or loving relationships with family and friends. Feeling and wisdom are awakened at the heart center. Distortions are said to present in such thought forms as "I can't do all I should, I feel guilty", or "there's always something missing in my life".

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Chakras continued....

### The Fifth Chakra

This chakra governs our ability to recognize our own truth, our ability to communicate and all forms of self-expression. Energetic distortions may manifest as vocal cord difficulties, mouth, trachea, esophagus and thyroid conditions, or knowledge used unwisely. Thought forms indicating it's time to address the energy at this chakra may be something like, "If I express my true feelings and needs, I'll be ridiculed".

### The Sixth Chakra

Said to govern the growth of our insight and moral discernment, this center deals with our ability to see the world around us and to perceive without prejudice. Also termed the "seat of our spirituality", when clear-flowing, we have direct, intuitive insight into our life, accompanied with peace of mind and wisdom. When this chakra activates, between the ages 17 – 22, we usually are ready to achieve independence and explore personal values. The higher chakra centers, (from the heart up) in addition to functioning on an individual basis, also represent our growth as a society expanding in group consciousness and spirituality. If we think of the chakras as regions of mind power, or interrelated thought patterns, it paints a clearer picture of their dual role in the evolution of individual growth from the lower to the higher chakras as well as society as an evolving group. Energy distortions may show up as being enslaved by a compulsive drive for your own brand of perfectionism, which naturally leaves you falling short, becoming prey to guilt. Cynicism and lack of concentration or imagination abilities are also said to resonate from imbalance at this center.

### The Seventh Chakra

Our spiritual search resonates from this center, and may begin quite early in life or never happen in a given lifetime. When separated from our spiritual connection at this chakra level, there is no meaning in life apart from purpose shifting among goals to acquire worldly gain, social status or physical pleasure.

### Chakra System Balancing

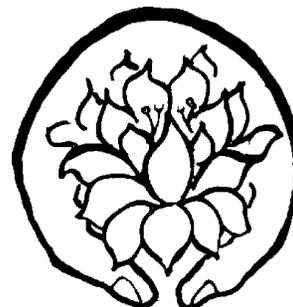
What do the chakras have to do with massage or polarity therapy? Energy is addressed in many therapies, but especially with the application of polarity techniques. This is because Polarity Therapy's focus is to assist the balancing of energy levels for optimum function. It is achieved through intent, technique, and knowledgeable application of the various types of energy, how they manifest or influence our total person and their responses. The beauty of Polarity Therapy is that rather than focus on any one aspect it uses a whole-being approach. With this perspective, it accesses all systems from the chakras to the nervous systems, to body tissues, and most importantly..... thought processes. Dr. Stone largely based his energetic work on ancient Ayurvedic principles that had attained positive results for thousands of years. It incorporates an understanding of the energetic grid-work of the body as the source from which we develop, including emotional and mental makeup, as well as physical appearance. Dr. Stone's work recognized the importance of brain cross-over patterns. Today,

Dr. Paul Dennison's Brain Gym®, provides yet another method to access in-grained patterns you wish to dissolve, teaching the body/mind unit to revert to integration and balance. This assists you to develop and maintain a healthier and happier lifestyle. Brain Gym®, is a whole other therapy with massive import through the use of simple and fun techniques, currently gaining worldwide acceptance due to its positive effect in dissolving undesirable behavioural tendencies.

While it often may be important to acknowledge the point where you acquired a misconception in order to change it, one worthwhile philosophy to also consider is that things are set in motion before you come into physical form. We are said to incarnate to serve a higher purpose, both for our own growth and for the good of others. Or, stated another way, we 'experience life patterns that will bring out the part of us that doesn't yet know God'. This theory acknowledges that mistakes can happen when someone gets their messages reversed, that the power to choose is a large component of how things unfold. You could say that represents the 'free will' part, both on an individual basis or as a society that sometimes 'turns a blind eye'.

A quick energy balance on yourself can be done whenever you notice energy tightening in a particular chakra center. Hold your right, positive-energy hand over the front of the chakra and your left negative-energy hand over the stem of the chakra on your back. This helps adjust the flow of energy through it. You can also visualize a stream of the associated colour flowing between your hands through the chakra while closing your eyes to focus with three or four deep, diaphragmatic breaths. When you adjust your thought patterns, you are also adjusting the energy pattern flowing through the chakra that resonates to that thought or emotional vibration. Whether you start to change your lifestyle with polarity therapy, nutrition, massage therapy, yoga, fitness programs or art lessons, it all begins with your thoughts and your choices. Once you choose health for yourself, it spirals into more and more areas that assist you and those within your life, to feel better on many levels. 🙌

*Virginia Hanspiker, RMT, is a Level 2 student of Polarity Therapy. She has 9 years experience which began in nutrition, reflexology and reiki, and lead to a successful practice in massage therapy. Currently, Virginia works in Mississauga, Ontario. For more information, please visit her website at [www.atouchofhealth.ca](http://www.atouchofhealth.ca).*



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# The Aloha Spirit

a.k.a. The Little Pink Booklet of Aloha by Serge Kahili King

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The Aloha Spirit is a well known reference to the attitude of friendly acceptance for which the Hawaiian Islands are so famous. However, it also refers to a powerful way to resolve any problem, accomplish any goal, and to achieve any state of mind or body that you desire.

In the Hawaiian language, aloha stands for much more than just "hello" or "goodbye" or "love." Its deeper meaning is "the joyful (oha) sharing (alo) of life energy (ha) in the present (alo)."

As you share this energy you become attuned to the Universal Power that the Hawaiians call mana. And the loving use of this incredible Power is the secret for attaining true health, happiness, prosperity and success.

The way to tune into this Power and have it work for you is so simple that you might be tempted to pass it off as being too easy to be true. Please don't let yourself be fooled by appearances. Take the time to try it out.

This is the most powerful technique in the world, and although it is extremely simple it may not prove easy, because you must remember to do it and you have to do it a lot. It is a secret which has been given to humanity over and over again, and here it is once more in another form. The secret is this:

Bless everyone and everything that represents what you want!

That's all there is to it. Anything that simple, however, does need some explanation.

To bless something means to give recognition or emphasis to a positive quality, characteristic or condition, with the intent that what is recognized or emphasized will increase, endure or come into being.

Blessing is effective in changing your life or getting what you want for three reasons: First of all, the positive focus of your mind stirs up the positive, creative force of the Power of the Universe. Secondly, it moves your own energy outward, allowing more of the Power to come through you. Thirdly, when you bless for the benefit of others instead of directly for yourself, you tend to bypass any subconscious fears about what you want for yourself, and also the very focus on the blessing acts to increase the same good in your life. What is so beautiful about this process is that the blessing you do for others helps them as well as you.

Blessing may be done with imagery or touch, but the most usual and easy way to do it is with words. The main kinds of verbal blessing are:

Admiration - This is the giving of compliments or praise to something good that you notice. E.g., "What a beautiful sunset; I like that flower; you're such a wonderful person."

Affirmation - This is a specific statement of blessing for increase or endurance. E.g., "I bless the beauty of this tree; blessed be the health of your body."

Appreciation - This is an expression of gratitude that something good exists or has happened. E.g., "Thank you for helping me; I give thanks to the rain for nourishing the land."

Anticipation - This is blessing for the future. E.g., "We're going to have a great picnic; I bless your increased income; Thank you for my perfect mate; I wish you a happy journey; May the wind be always at your back."

In order to gain the most benefit from blessing, you will have to give up or cut way down on the one thing that negates it: cursing. This doesn't mean swearing or saying "bad" words. It refers to the opposite of blessing, namely criticizing instead of admiring; doubting instead of affirming; blaming instead of appreciating; and worrying instead of anticipating with trust. Whenever any of these are done they tend to cancel out some of the effects of blessing. So the more you curse the harder it will be and the longer it will take to get the good from a blessing. On the other hand, the more you bless the less harm any cursing will do.

Here, then, are some ideas for blessing various needs and desires. Apply them as often as you like, as much as you want.

Health - Bless healthy people, animals, and even plants; everything which is well made or well constructed; and everything that expresses abundant energy.

Happiness - Bless all that is good, or the good that is in all people and all things; all the signs of happiness that you see, hear or feel in people or animals; and all potentials for happiness that you notice around you.

Prosperity - Bless all the signs of prosperity in your environment, including everything that money helped to make or do; all the money that you have in any form; and all the money that circulates in the world.

Success - Bless all signs of achievement and completion (such as buildings, bridges, and sports events); all arrivals at destinations (of

...continued on page 20



*The Aloha Spirit continued...*

ships, planes, trains, cars and people); all signs of forward movement or persistence; and all signs of joyment or fun.

Confidence - Bless all signs of confidence in people and animals; all signs of strength in people, animals and objects (including steel and concrete); all signs of stability (like mountains and tall trees); and all signs of purposeful power (including big machines, power lines).

Love and Friendship - Bless all signs of caring and nurturing, compassion and support; all harmonious relationships in nature and architecture; everything that is connected to or gently touching something else; all signs of cooperation, as in games or work; and all signs of laughter and fun.

Inner Peace - Bless all signs of quietness, calmness, tranquility, and serenity (such as quiet water or still air); all distant views (horizons, stars, the moon); all signs of beauty of sight, sound or touch; clear colors and shapes; the details of natural or made objects.

Spiritual Growth - Bless all signs of growth, development and change in Nature; the transitions of dawn and twilight; the movement of sun, moon, planets and stars; the flight of birds in the sky; and the movement of wind and sea.

The previous ideas are for guidance if you are not used to blessing, but don't be limited by them. Remember that any quality, characteristic or condition can be blessed (e.g., you can bless slender poles and slim animals to encourage weight loss), whether it has existed, presently exists, or exists so far in your imagination alone.

Personally I have used the power of blessing to heal my body, increase my income, develop many skills, create a deeply loving relationship with my wife and children, and to establish a worldwide network of peacemakers working with the aloha spirit. It's because it has worked so well for me that I want to share it with you. Please share it with as many others as you can.

#### HOW TO ENHANCE YOUR POWER TO BLESS

There is a technique practiced in Hawaii which enhances your power to bless by increasing your personal energy. It is a simple way of breathing that is also used for grounding, centering, meditation and healing. It requires no special place or posture, and may be done while moving or still, busy or resting, with eyes open or closed. In Hawaiian the technique is called pikopiko because piko means both the crown of the head and the navel.

#### The Technique

1. Become aware of your natural breathing (it might change on its own just because of your awareness, but that's okay).
2. Locate the crown of your head and your navel by awareness and/or touch.
3. Now, as you inhale put your attention on the crown of your head; and as you exhale put your attention on your navel. Keep breathing this way for as long as you like.

4. When you feel relaxed, centered, and/or energized, begin imagining that you are surrounded with an invisible cloud of light or an electro-magnetic field, and that your breathing increases the energy of this cloud or field.
5. As you bless, imagine that the object of your blessing is surrounded with some of the same energy that surrounds you. 🕊

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

#### Aloha Works - Worldwide

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# Mindfulness

## IN THE MIDST OF ACTIVITY

by John W. Steel, Ph.D

Reprinted from New Health Digest, September 2003

Have you ever spent an entire day at work caught up in a whirlwind of mindless activity, only to be startled back to your senses as soon as you stepped out the door? Suddenly you find yourself fully awake and alive in the moment. Perhaps you feel a refreshing breeze caress your skin; you breathe in the cool air and drink deeply from the cascade of sounds, shapes and colors surrounding you. At moments like this it feels so good simply to be!

While we can't expect to be this way all the time, we may find ourselves wondering why we are so often out of touch with our basic sense of aliveness. How often do you find yourself running around on automatic pilot, so busy doing, and thinking about everything under the sun, that you lose touch with the immediacy of your presence, right here, in this moment?

Try checking in with yourself, right now. Allow your sense of presence to come into focus. You may notice your breath, feel the weight of your body supported by whatever you are sitting on, be aware of your eyes scanning the page... and so on. If you continue like this, simply paying attention, on purpose, to whatever you are experiencing directly through your senses, moment by moment, then you are practicing what may be referred to as mindfulness. In a practical sense, mindfulness is any conscious activity to enhance your appreciation for being alive and fully present in each moment.

If bringing more mindfulness into your life appeals to you, then you may want to consider cultivating it in some way. There are a number of practices, both formal and informal, that you may want to explore. Formal practices, such as sitting meditation, hatha yoga, and tai chi, require you to set aside time on a regular basis to focus exclusively on the practice. This allows you to systematically develop the ability to regulate your attention and deepen your connection to your experience in the moment. Reserving some time in your schedule, on a regular basis, to practice mindfulness is well worth your time. But, don't take my word for it. Try it and find out for yourself.

Once you have developed a personal experience for feeling present within the supported environment of formal practice, the next step is to maintaining mindfulness in the more complex world of everyday living. When you take up the desire to cultivate everyday mindfulness, you are awake to life's epic battle with the powerful and deeply entrenched forces of habit and conditioning. That's why it's essential to develop some momentum through formal practice to help you maintain some level of mindfulness throughout your daily activities.

The good news is that developing an everyday mindfulness practice

does not have to take up any extra time. These practices can be done in the midst of whatever daily activities you are already engaged in, simply by paying attention, on purpose to what you are experiencing.

It is crucial to be patient and to keep letting go of any thoughts about your progress or lack thereof. Remember that judging or criticizing oneself is a self-defeating habit as it is reflecting on the past instead of the present moment. This is what breeds discouragement, low self-esteem and/or false praise and self righteousness; all leading to a procrastination that thwarts your effort toward mindfulness.

One way to get started would be to read through the following list of suggested practices, choose one that seems appealing, and incorporate it into your daily life for a week. Try to become one with the activity as if it was always there. Take notice of subtle ways the practice affects the quality of your life in any way. Journal writing can be a valuable tool.

- Upon awakening, before getting out of bed, bring your attention to your breathing. Observe 5 breaths, feeling the belly rising and falling, as if riding the waves inhalation and exhalation.
- Pay attention to how your body feels when you move from lying down to sitting, to standing, to walking. Be aware of changes in your posture. Notice each time you make a transition from one posture to the next.
- Focus attention on your bodily sensations as you go to the bathroom, shower, brush your teeth and hair, exercise, get dressed, etc. Whenever you notice you are dwelling in thoughts, bring your attention back to your sensations.
- When you eat or drink, pay attention to the process of eating, especially savoring the sensations of seeing, smelling, tasting feeling and hearing.
- Washing the dishes, notice the movements of your hands, arms, and legs. See, feel and hear the water and the dishes. Keep letting go of any thoughts and turning your attention back to your sensations.
- Whenever you hear a phone ring, a door closing, a bird singing, a train passing, the wind, laughter, a siren—use it as a bell of mindfulness. Really listen and be present and awake.

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# energy currents



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Mindfulness continued....

- When you are standing or walking, feel the contact of the ground under your feet. Notice how you move and balance. Feel the air on your skin. Are you rushing?
- While driving, become aware of body tension; notice if your hands are wrapped tightly around the steering wheel, shoulders raised, stomach tight, etc. Do you feel pressured? What does it feel like to relax and drive?
- Decide not to play the radio as you drive and focus your attention exclusively on seeing, hearing, and feeling whatever is happening, moment by moment.
- Be aware of your breathing and notice the sky, trees or quality of your mind when stopped at a traffic light.
- While at your workplace, pay attention to your bodily sensations. Notice areas of tightness or strain, especially in your neck, shoulders, jaw, and lower back. Exhale and try to release any excess tension.
- Whenever you are waiting in line, use this time to just stand and feel the contact of your feet with the floor. Feel your belly inflating as you inhale and deflating as you exhale. Notice if you are feeling impatient. Can you relax and just be?

- Bring awareness to listening and talking, noticing how you are feeling in your body. Can you listen without jumping immediately to thinking about whether you agree or disagree? Are you giving all your attention to listening or are you planning what you will say when it is your turn?
- Decide to "stop" for a moment every hour during the workday to become aware of your breathing and bodily sensations. Take five mindful breaths, allowing the mind to settle and regroup.
- As you lie down to go to sleep, be aware of your breathing. Observe five mindful exhalations. Feel your body sink deeper and deeper into a state of relaxation and release.

After one week come back to the list, choose another one and try it for a week. Continue experimenting with suggestions on this list until you have discovered which ones work for you. By this time you will have developed a momentum of discipline and habit and may intuitively create your own personal list of ways to wake up, to be more fully engaged in whatever you are doing, moment by moment. 🙌

*John W. Steele, Ph.D. is a Licensed Psychologist in private practice with Rochester Psychological Associates. Dr. Steele also offers classes in Focusing for Self-Discovery; Mindfulness-Based Stress Reduction and Depression Relapse Prevention. He also teaches meditation and hatha yoga at Open Sky Yoga Center. He can be contacted at (585)223-5920.*

# A Touch of Health

**Virginia Hanspiker, RMT**

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Taking time for yourself enhances more than your own well-being. When you feel good, you cope with all situations in a healthier manner and this influences everyone around you.

If you are someone who takes better care of your car than yourself, reflect on the thought that making time for 'you' puts you in touch with your body and mind at a more subtle level. This permits you to cope with negative stress in a healthier manner before it adversely impacts your daily functions and relationships. Whether your intent is to relax and rejuvenate or to address a chronic discomfort, A Touch of Health provides a quiet setting with soothing music and your therapy of choice.

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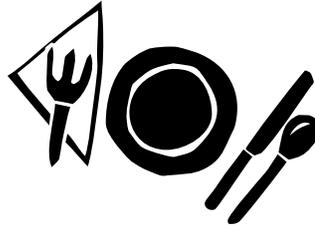
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# What Are You Having For Dinner Tonight??



by Pamela McDonald

At this time of year, I am always looking for gift giving ideas. For me, there is nothing better than a tasty treat made with love. Below are a few of my favourite gift giving ideas, along with a "how to" in each of the recipes.

Have a wonderful holiday season.

*Pam*

## Caponata

1/4 cup olive oil  
1 eggplant, unpeeled and cubed  
1/2 cup chopped celery  
1/4 cup chopped onion  
1/4 cup chopped green pepper  
1/2 cup black or green olives, coarsely chopped  
4 anchovy fillets, chopped and mashed  
7 1/2 oz can tomato sauce  
2 tbsp red wine vinegar  
1 tbsp white sugar  
freshly grated pepper  
2 tbsp capers  
2 tbsp chopped fresh parsley  
1 clove garlic, pureed

Sauté garlic with all other vegetables. Add the remaining ingredients, except capers and parsley. Reduce heat and simmer for 45 minutes. Add capers and parsley. Remove from heat and correct seasoning. Chill. Will keep for two weeks in the fridge.

*Fill a beautiful Italian jar with this delicious condiment and you have a gift any hostess would enjoy!*

## Preserved Lemons

*Every so often I develop a crush on a new food item. Well this is the flavour of the month. Bottle this "one of a kind" gift in your favourite jar, mark the "Ready for date" on a tag for the gift recipient and include the preserved Lemon Pound Cake recipe provided below.*

12 lemons  
1 cup kosher salt  
Fresh squeezed lemon juice  
1 tbsp pickling salt

Slice lemon from bud end to within 1/2-inch of stem end. Turn lemon 90 degrees and repeat. Open lemon slightly and pack inside with salt. Pack into jar and repeat with remaining lemons. Add enough lemon juice to cover to the top. Add pickling salt and close jar tightly. Be sure to sterilize a 1-quart glass preserving jar with boiling water right before filling with lemons.

Set aside to pickle for at least 4 weeks. Every few days, turn jar over to redistribute juices. Let stand on its head for a few days, then invert again.

## Serving Suggestions

- Preserved lemons are a tradition of Moroccan and Middle Eastern cookery. They are great for giving a lift to meat, fish and poultry, and are equally at home in salads or a salsa. Remove the salty pulp if you are adding the preserved lemon to salads or roasting meat. Save the pulp for adding it to stews later, just watch the salt level.
- Add preserved lemon to slow-cooked lamb shanks for a Moroccan flavour, or to a roasting free range chicken.
- Rub preserved lemons over a whole fish, then stuff the cavity with the lemon and add wild fennel. Wrap in foil and barbecue or bake.
- Combine diced preserved lemon, lemon juice, good quality extra virgin olive oil and chopped parsley, chervil or basil for a salsa to serve with fresh tuna or snapper.
- Add to lemon loaf for a unique flavour.

## Preserved Lemon Pound Cake

4 large eggs  
1 1/3 cup sugar  
1/8 tsp salt  
2 Preserved lemon wedges, finely diced (use skin only – discard flesh)  
1 3/4 cup flour  
1/2 tsp baking powder  
5 1/2 tbsp butter, melted  
1/2 cup heavy cream

For the topping;  
Juice of 1 lemon and 1/4 cup icing sugar

Preheat oven to 350°F. Butter a 9"x 5" loaf pan and dust with flour. Whisk the eggs, sugar, salt until well blended. Add vanilla. Whisk in melted butter and then add diced lemon peel.

In a separate bowl, mix together flour and baking powder, then fold into egg mixture. Mix in heavy cream and pour into prepared loaf pan. Bake in preheated oven for 1 hour.

Make topping while loaf is baking - whisk together sugar and lemon juice until combined.

Remove loaf from the oven and poke holes in the top with a skewer (to allow icing to sink in). Leaving loaf in the pan, pour icing over the top. Allow to set before turning out and serving.

## Pad Thai

Package this marinade in an oriental jar to give with rice noodles and the following recipe.

Marinade  
2 tbsp oyster sauce      2 tbsp sugar  
4 tbsp ketchup          4 tbsp fish sauce  
2 tbsp soy sauce        3 tbsp water  
Whisk all ingredients together and set aside.

## Noodles

1 lb package rice stick, flat noodle  
5 eggs, beaten  
2 cloves garlic, minced  
salt and pepper to taste  
3 tbsp vegetable oil  
4 green onion, Chinese cut  
1 yellow pepper, julienne cut  
1 red pepper, julienne cut  
1/3 cup peanuts, toasted and chopped

Place noodles in large bowl and rinse with cold water. Drain and set aside. Noodles should be dry and al dente.

Beat eggs together and season with salt and pepper. Place a large frying pan or wok over medium-high heat; add oil and crushed garlic. Fry garlic until lightly golden in colour and add eggs immediately. Begin to scramble the eggs, follow with drained noodles before the eggs set (while eggs are partially cooked and still wet) so that they can coat the noodles.

Stir in at least 1/3 cup marinade, vegetables and heat thoroughly. Top with peanuts.

## Eileen's Red Pepper Jelly

Yield 10 x 250 ml jars

12 red bell peppers, seeds and stems removed  
1 1/2 cups white vinegar  
1 6oz bottle liquid certo  
5 cups white sugar  
4 jalapeno peppers, optional

Place red peppers into the bowl of a food processor, and chop into small pieces. Do not puree. Drain well. Add the peppers, with vinegar and sugar to a large pot (Dutch oven size). Bring to a rolling boil, boil hard for one minute, stirring constantly. Remove from heat and add liquid certo. Boil hard for 10 minutes. Pour into hot sterilized jars.



Recipes continued....

**Chocolate, Cinnamon and Pumpkin Seed Cookie Brittle**

Taken from the cookbook, "Inspirations"

- |  |  |
|--|--|
| 1/4 lb unsalted butter                                   | 1/4 tsp vanilla extract                |
| 1/2 tsp coarsely ground cinnamon                         | 1 egg                                  |
| 1 oz unsweetened chocolate,<br>chopped into small pieces | 1/3 cup flour                          |
| 1/2 cup sugar  | 1/2 cup hulled, green<br>pumpkin seeds |

Preheat the oven to 375F. Grind pieces of cinnamon in a mortar or pestle, or in a spice mill.

Melt butter in a large saucepan over medium heat. Add cinnamon. Remove from the heat, add chocolate and stir until melted. Stir in sugar, vanilla, and egg until smooth. Stir in flour and beat well. Immediately scrape the batter into a 10"x 15"x 1" jelly-roll pan lined with parchment paper. Spread into a thin, even layer across the pan. Scatter the pumpkin seeds evenly over the top. Bake for 10 minutes or until the cookie is just set. Remove from oven and cool on a rack for 20 minutes. Cut or break into 2 dozen rough-shaped pieces, as you would a nut brittle.

*Pamela McDonald is a holistic coach, practitioner and teacher. She has been practicing here in the GTA for more than 14 years. Pam has appeared on the Erin Davis Show and has been heard on radio's KISS 92.5 FM. Her teaching credits include Mind/Body/Spirit Connection for the Registered Massage Therapy program at Centennial College. As well, Pam is the founding member of School of Reiki here in Toronto and sits on the board for the Ontario Polarity Therapy Association.*



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# Play Time

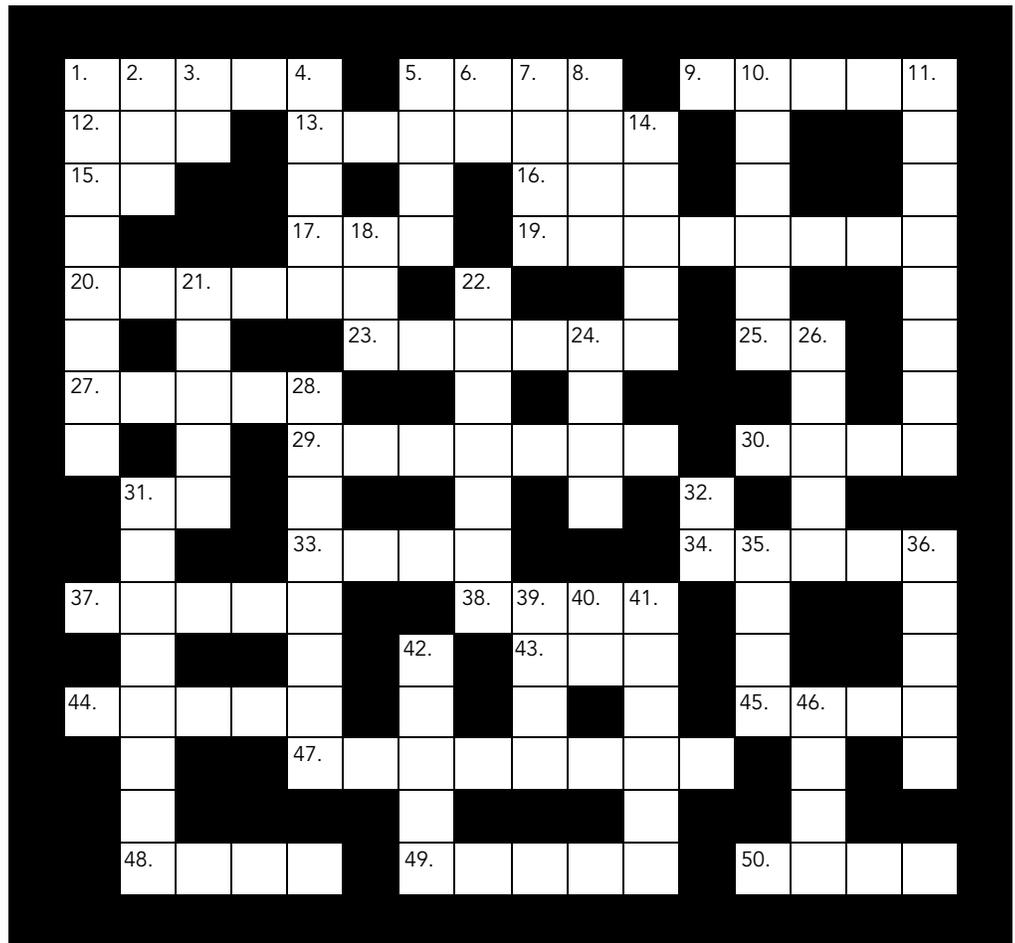
Crossword created & submitted by  
Pat Ransom, RN, RPP

## Across:

1. A muscle in the groin area.
5. Temporary stoppage on a march.
9. A form of oxygen.
12. Rapid Eye Movement briefly.
13. Instinctive feeling as opposed to reason.
15. Either's partner.
16. Enemy.
17. Put into operation.
19. Folded, gummed cover for a letter.
20. Physical or emotional wound.
23. Emotional acting out of anger.
25. In the direction of.
27. Establish contact usually with the hand.
29. The urge to act spontaneously.
30. A threadlike, keratinized outgrowth of the skin.
31. Verb denoting existence.
33. Not warm.
34. Short description in verse.
37. Game of chance with drawing of numbers.
38. The opposite of base in Chemistry.
43. Less than two.
44. A feeling of acute pain.
45. The ten lower phalanges.
47. Uncontrolled or morbid excitement.
48. It's not all that glitters.
49. A period of a thing's completion.
50. Organs of sight.

## Down:

1. A male accessory sex gland.
2. Somatic Emotional Release briefly.
3. A mantra.
4. Fluid that separates from blood plasma when allowed to stand.
5. Expectation and desire combined.
6. Preposition expressing exact position.
7. Opposite of death.
8. Canadian coin the \_\_\_\_ey.
10. Fanatic.
11. Situated on the outside.
14. Not ever.
18. Used a chair.
21. Of rapid onset and severe symptoms.



22. Dilated ending of a tube or canal as in the \_\_\_\_ of Vater.
24. Part of a threat.
26. Female organ of reproduction.
28. Abrupt spasm of the diaphragm.
31. Expanding of the abdomen due to accumulation of gas.
32. Prefix denoting two.
35. Prescribed course of eating.
36. Not tight.
39. Central as in the Ultrasonic \_\_\_\_.
40. Preposition denoting position.
41. Longing.
42. Fundamental.
46. To follow orders.

Answers: Across: 1. Psoas; 5. Halt; 9. Ozone; Loose; 39. Core; 40. In; 41. Desire; 42. Basic; Hiccough; 31. Bloating; 32. Bit; 35. Diet; 36. Acute; 22. Ampulla; 24. Eise; 26. Ovary; 28. Om; 4. Serum; 5. Hope; 6. At; 7. Life; 8. Toon; Cycle; 50. Eyes. Down: 1. Prostate; 2. SER; 3. 44. Sting; 45. Toes; 47. Hysteria; 48. Gold; 49. 33. Cool; 34. Idyll; 37. Lotto; 38. Acid; 43. One; To; 27. Touch; 29. Impulse; 30. Hair; 31. Be; Use; 19. Envelope; 20. Trauma; 23. Temper; 25. 12. REM; 13. Emotion; 15. Or; 16. Foe; 17. 46. Obey;

## traces

silver traces of a slug in a moonlit maze  
traces of rusty nails bleeding down fences  
misty traces of birdsong in a morning haze  
traces of hoping in a war-torn child's glances

shadowy traces of us here as we play  
traces of other worlds in a loon's eerie cries  
they say traces of perfection in our DNA  
traces of peace in an infant's soft sighs

silver rusty, misty hoping  
shadowy eerie cries, perfection sighing  
moonlight bleeding, birdsong glances  
playing other worlds, DNA at peace  
traces of drumming from the heart of a stone  
be still and listen, we can trace our way Home

Jim Fulton • Oct/2003



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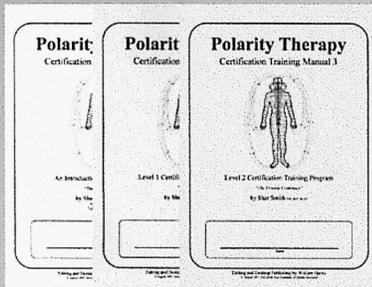
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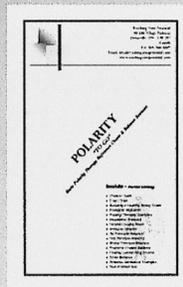
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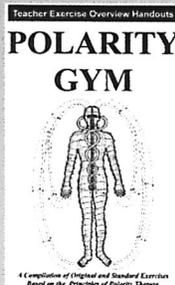
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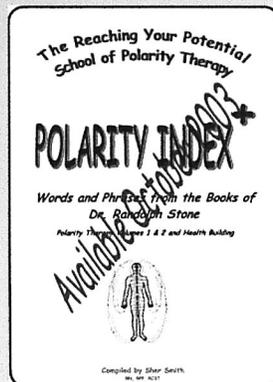
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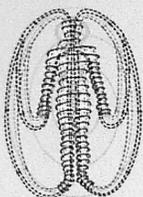
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