

The Power of Polarity

By Virginia Hanspiker, RMT

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

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

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

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

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

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

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

I soon realized the excitement of falling into a course that blended all of these interests into one in-depth study. It was a deepening of those independent studies that had attracted me over the years, subjects not previously examined long enough to ripen within to the degree of assimilation I sought. So what has the study of Polarity Therapy done for me?

To begin with, it helped access a realization of this lifetime's experiences. It brought those energies to a point of integration with deeper understanding and acceptance. Many people begin the course simply to learn a new therapy, and soon find it transformational for self-growth. As you continue with the course, you gradually unfold energy or thought patterns that lie unrealized within you. These are the good parts and the rougher parts that living brings to you. Those 'rough spots' are the ones you need to access in order to accept them, dissolve the associated energy and grow past them. Quite possibly, some of this power of realization is brought about by not rushing through the course, but by having time to absorb. Each individual workshop sees the class/group becoming part of the energy

section and concepts they are studying. We watch that energy manifest within the group as we learn about it and work with it. Taken in a condensed timeframe, would it allow enough time to integrate the learning with the experience? I tend to think not. Although, one could argue that the integration time would occur after the course. What in fact we are doing, is accessing our potential.

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

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

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

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

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

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