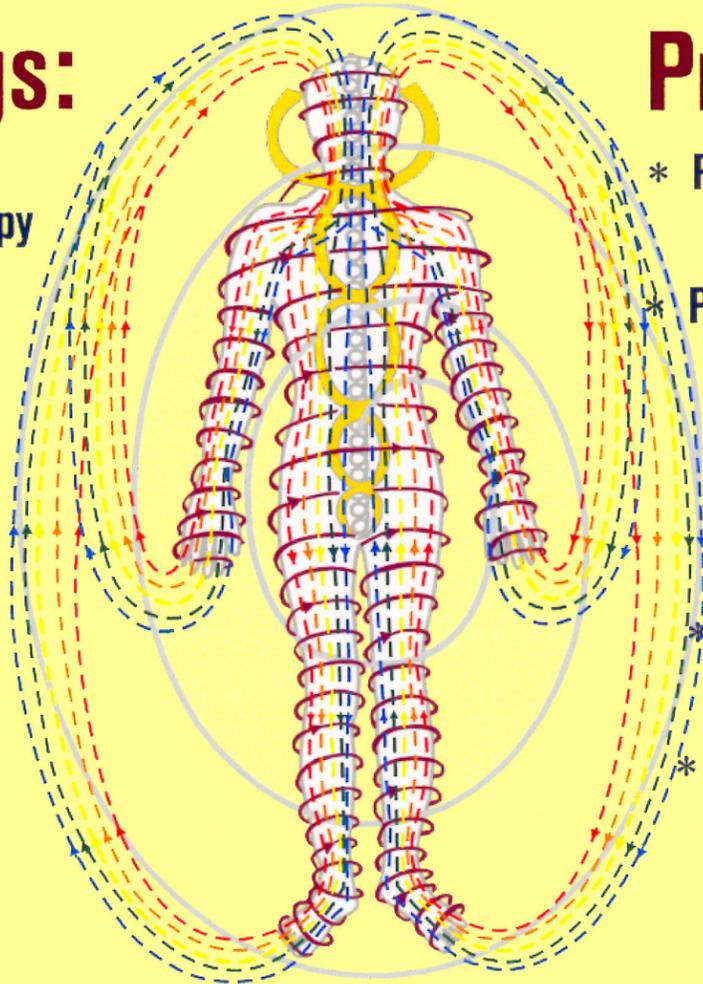


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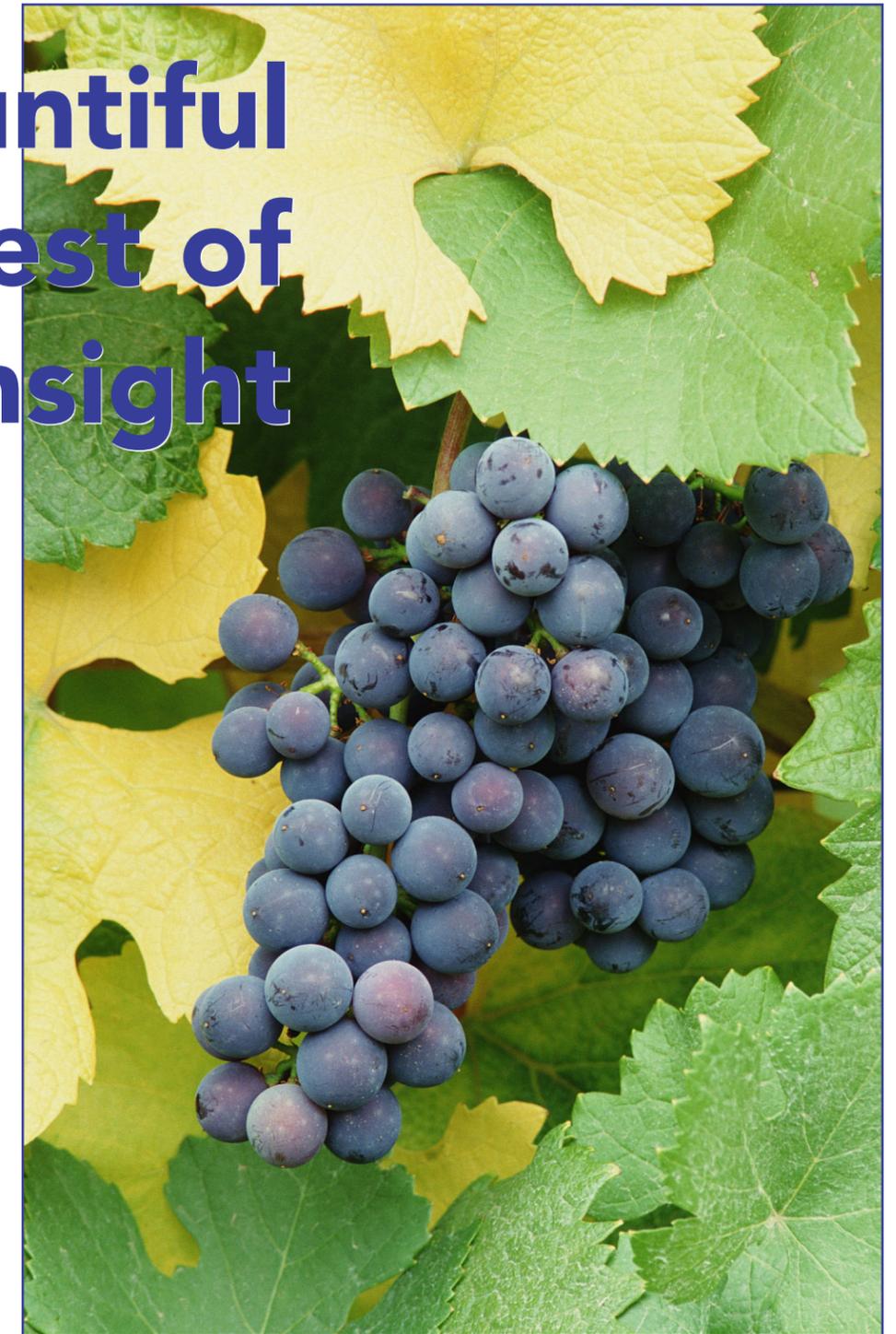
A Bountiful Harvest of Insight

what is
POLARITY

what do your
TOES
have to say
about you

it is
ELEMENTAL
my dear

more inside...



autumn 2001

energy currents



THE NEWSLETTER OF THE ONTARIO POLARITY THERAPY ASSOCIATION

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

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

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

Distribution of "energy currents" is free to members of the Ontario Polarity Therapy Association. Extra copies for your practice or for promotion may be purchased. For more info, please contact OPTA at 416.913.9232.



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Editor's Brief

It is with great pride and enthusiasm that we began production of the second edition of Energy Currents. We have received an incredible response to our new look. The phone calls, emails and messages relayed have all influenced the work that we are doing now at OPTA. It is the confidence and encouragement of our members and contributors that ensures the growth of our organization and our little newsletter. And so, the congratulations is to be shared. As is the appreciation. Thank you to all of our contributors, authors, advertisers, members and readers.

In this Autumn edition we have harvested an incredible array of articles and information, including an understanding of polarity, a scientific energy perspective, an analysis of the mind, the importance of movement, elemental bodywork procedures and even an examination of your toes! Plus more. So, please enjoy and be aware, as you read through, that your voice is important to the energy of this organization. We would like to hear from you. You do not have to be a writer to express yourself. We would appreciate submissions of artwork, photography, book and movie reviews, questions, comments and more. This is your tool to communicate!

Sincerely,
Laurie Copeland • Editor

For Thought

In order to listen I will have to listen without obligation, I will have to give up my *intention* to hear. If I will let the meaning flow through me like wind blowing through leaves, then I can open up loosely to what is being said, instead of howling it down with my intensity.

I can listen to someone without hearing him. Listening is fixing my attention only on the other person. Hearing requires that I listen inside me as I listen to him. Hearing is a rhythm whereby I shuttle between his words and my experience. It includes hearing his entire posture; his eyes, his lips, the tilt of his head, the movement of his fingers. It includes hearing his tone of voice and his silences. And hearing also includes attending to my reactions, such as the "sinking feeling" I get when the other person has stopped hearing me.

written by Hugh Prather, "I Touch the Earth, the Earth Touches Me", 1972



Plan Ahead...



September 10, 2001

Kirsten Hildebrandt, APP, Yoga Instructor
20-min. introductory easy yoga to elongate the shoulders and upper back and rib cage. "The Circle of Yoga". (Experiential)

Victoria Lorient-Faibish BA, RPP (Registered Polarity Practitioner)
Integrating the Meridians with Polarity Therapy (Experiential: Please bring padding/pillow/blanket for conference tables, or bring your own massage table or simply use a chair. Either way it will work!)

November 12, 2001

Iva Lloyd, BScH, RNC, RPP (Registered Polarity Practitioner)
This vivacious and informative speaker is going to fill your plate talking about one of her specialties: How to interpret signs, symptoms and diseases according to the five elements. (To include theory & discussion.)

January 14, 2002

Annual General Meeting (will include elections)

Joanne Rutherford, RMT
An experiential presentation on integrating Massage with Polarity Therapy. (To include theory & experiential.)



**Next OPTA
General Meeting
September 10, 2001**

to be held at the North York Central Library
5120 Yonge Street • tel.416.395.5535
(at the North York Centre Subway and near the 401)

Doors open 6:30 pm • Meeting 7:00 pm

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

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

OPTA Membership Rates & Features

Registered Polarity Practitioner

\$50 per annum

Enjoy the benefits of your hard work. With this membership you will receive member's rate admission to all general meetings, preferred rates for special events and workshops, a complimentary issue of "energy currents" to be delivered to you per publication, and an optional free listing in the Professional Practitioner Directory to be published in each issue of the newsletter and to be available on our website, coming in the near future. This membership also entitles you to vote in the OPTA annual general elections.

Associate Polarity Practitioner

\$35 per annum

OPTA supports you in your process. With this membership you will receive member's rate admission to all general meetings, preferred rates for special events and workshops, a complimentary issue of "energy currents" to be delivered to you per publication, and an optional free listing in the Professional Practitioner Directory to be published in each issue of the newsletter and to be available on our website, coming in the near future. This membership also entitles you to vote in the OPTA annual general elections.

Student Polarity Practitioner

\$25 per annum

We encourage you to be a part of the community! Find experienced professionals to help guide you in your studies. With this membership you will receive member's rate admission to all general meetings, preferred rates for special events and workshops, and a complimentary issue of "energy currents" to be delivered to you per publication. This membership also entitles you to vote in the OPTA annual general elections.

Business Membership

\$50 per annum

OPTA has developed a new and exciting Business Membership Program. With this membership you will receive 5 guest admission passes to any of our general meetings (with the exception of the Annual General Meeting), 5 complimentary issues of "energy currents" to be delivered to you per publication, and a free business card advertisement in the "energy currents" issue of your choice. This membership also entitles your organization to one vote in the OPTA annual general elections.

General Membership

\$25 per annum

Enjoy the same benefits as our Student Practitioners, without the homework!! With this membership you will receive member's rate admission to all general meetings, preferred rates for special events and workshops, and a complimentary issue of "energy currents" to be delivered to you per publication. This membership also entitles you to vote in the OPTA annual general elections.

Out of Province Members

\$25 per annum

Keep in touch with what is happening in our community. With this membership you will receive member's rate admission to all general meetings, preferred rates for special events and workshops, and a complimentary issue of "energy currents" to be delivered to you per publication. This membership does not allow you to vote in the OPTA annual general elections, as per the Ontario elections guidelines.

For more information, or to become a member please contact OPTA's Membership Representative, Peggy Barrett at 416.626.8120 or by email peggy.barrett@sympatico.ca

Advertise Free!

All RPP (RCPP) and APP and memberships are eligible to participate in our new practitioner directory. The directory will be published in each edition of "energy currents", as well as on our website, which is currently under construction. The information to be included in the directory listing is as follows: member/business name, Polarity designation, address (region or locale) and telephone number. Please also indicate whether you would be willing and able to assist students with their own therapy for APP and RCPP requirements.

To have your name/business or school included in this directory, please contact the editor, Laurie Copeland by telephone at 416.534.1455 or by email, currents@polaritytherapy.ca with the above information. Thank you to those members who have already responded. We apologize for any inconvenience that this process may cause, however we feel it necessary to ensure that no names are listed of members that would prefer their information to remain private.



Board Notes - A Message from the President

Wow, it is hard to believe how time has absolutely shimmered and hopped by. So much has been happening at OPTA.

Membership

Membership has increased from 54 to 90!! It would seem that Polarity Therapy's time in Ontario has finally come. As a board, we are witnessing the fruits of what we set out as our main focus: to enhance our communication experience within the Polarity community and to amplify the Polarity identity with the general public.

Newsletter

We have received nothing short of rave reviews. At the APTA conference this tool truly made an impact and left a favourable impression amongst many of the conference attendees. This tool has become our new calling card so to speak. One that we can share with our clients, our students, with those interested in exploring the possibility of having a Polarity session or even studying this wonderful profession. We look forward to the future possibility of putting this newsletter in the offices of Doctors, Chiropractors, and Naturopaths and in health food stores. It is exciting to imagine and create all of these wonderful opportunities to get the good name of Polarity Therapy out there for all to know.

General Meetings

Our meetings have generated real interest and an interconnectedness within our growing community. It is heart warming. The attendance has been just excellent and is growing. Thanks and keep it up!! The feedback to our new location at the North York Central Library (5120 Yonge St., at North York Centre Subway and near the 401) has been tremendous.

Our next meeting is September 10th, 2001 As usual, our social begins at 6:30 pm. (Bring your things to sell or promote on our product table.) The meeting will commence at 7:00 pm with Kirsten Hildebrandt, (APP, Yoga Instructor) sharing a 20 minute introductory yoga warm up ("The Circle of Yoga") to elongate the shoulders, upper back and rib cage. Followed by an experiential workshop facilitated by yours truly. I will be featuring my passion, "Integrating the Meridians with Polarity Therapy". Please bring tables, pillows and padding if possible. It is definitely more pleasurable on a table, but chairs can work too. There are also a few boardroom tables that can dub as massage tables with the right amount of padding.

Insurance

Jim Fairman, a Polarity student and our newest board member, is assisting with the insurance issue. We are now actively seeking out a group of 40 (minimum) OPTA members to buy professional insurance with Nacora. This company, which issues Lloyds of London, is the front runner in providing the entire Canadian holistic profession with comprehensive business insurance.

The deal we have negotiated is for Errors and Omissions insurance (\$1 million per claim/\$2 million aggregate) at \$280.00 per year plus 8% PST, and Slip and Fall insurance, which also covers the sale of products (\$1 million limit) at \$100 per occurrence. There are higher coverage rates of say \$2 million etc., but we can start basic and move from there. Having professional insurance is highly recommend. Nacora, specifically Bob Davidson, is a joy to work with. They really understand our profession and treat us very respectfully.

Anyone who is interested can contact either myself at 416-916-6066 (email: info@visualizationworks.com) or Jim at 416-658-7557 (email: jim.fairman@sympatico.ca). We ask those who are interested to please act quickly.

As your President, I am loving this experience and cannot wait for more of the wonderment that is coming our way!

Love and blessings to you and yours.

Victoria Lorient-Faibish, BA, RPP,
OPTA President, Registered Polarity Practitioner



416.913.9232
OPTA's New Telephone Number



A Message from APTA

APTA recently held its conference in North Falmouth, Massachusetts. The setting was spectacular, with the hotel sitting on the sea shore. In addition to the inviting atmosphere, there were opportunities to attend informative sessions as well as participate in community building through both fun and business activities. A number of Canadians were in attendance and a number have also been busy throughout the year providing volunteer service to APTA.

For those of you not present at conference to hear about the accomplishments of your peers, David Park was Chair of the Events Committee, Iva Lloyd was Chair of the Finance Committee, and Sher Smith was Chair of the Teacher's Event Committee. Both Iva and David were awarded "Outstanding Service" awards.

Each of these people have done excellent work for APTA and we are ever so thankful to both them and all Canadian members for your efforts in support of APTA and Polarity Therapy.

While at conference, Peggy Barrett shared with me a copy of the new OPTA newsletter. Wow, what a wonderful publication. I heard many very positive comments, and I also heard that fifteen new members joined OPTA on location at the APTA conference. Congratulations all!

This particular conference received a great deal of public press. The Boston Globe printed an article about polarity and cancer after interviewing Dr. Mary Jo Ruggieri, member of the APTA Board of Directors, and owner and Director of the Columbus Polarity Institute. This article sparked quite a bit of public interest and APTA has received a significant number of inquiries since its publication. The Boston Globe reporter attended Dr. Ruggieri's session at the conference and continues to be interested in Polarity Therapy. If you would like to know more of the specifics, see an article in the latest APTA newsletter, Energy, titled "Polarity Therapy Goes To Medical School." A public clinic was also held at conference and was well attended. Isn't this an exciting time for Polarity Therapy?

My regards to all. Please let APTA know what it can do to support your efforts and best meet your needs.

LaRose S. Daniels, RPP
President of APTA (American Polarity Therapy Association)

Please direct your letters, opinions or questions to:

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continued...

Tomato Buttermilk Pasta Salad

- 1 28 oz. tin plum tomatoes, drained
- 1 1/2 tsp garlic, finely chopped
- 1 tsp. salt
- 1/4 tsp. black pepper
- 1 cup mayonnaise
- 1 1/4 cup buttermilk
- 450 grams fusilli
- 6 plum tomatoes, cut into medium chunks
- 1/2 cup fresh basil, finely sliced



Place tomatoes and garlic in the work bowl of a food processor; process until completely pureed. Add mayonnaise, salt, pepper, and buttermilk. Process again until you have a smooth sauce.

Bring a large pot of water to a boil; salt it. Put in the pasta and cook, stirring occasionally to stop the pasta from sticking together, for 8 to 10 minutes, until al dente. Drain and rinse under cold water. Allow to drain. When the pasta is drained, combine with the dressing in a large bowl. Slice the basil leaves finely; add them and the tomatoes to the pasta. Allow to sit for 30 minutes before serving for the flavours to blend. Serves 8.

*Air: Buttermilk Fire: tinned tomatoes, pasta, garlic
Water: fresh tomatoes, basil*

Grilled Eggplant with Yogurt Sauce

- 3 cups plain yogurt
- 3 small eggplants, about 3 lb.
- olive oil
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/4 cup fresh basil leaves, chopped
- 1/4 cup fresh parsley leaves, chopped
- 2 green onion, finely chopped
- 2 cloves garlic, minced
- 2 - 3 plum tomato, finely diced

Place the yogurt in a sieve lined with a coffee filter or a double layer of cheesecloth and let it drain over a bowl for 2 hours. Top and tail the eggplants and cut into 3/4 inch slices. Sprinkle with salt to sweat out the bitterness.

Preheat the BBQ or grill to medium. Lightly brush both sides of the eggplant slices with olive oil and grill or broil until golden brown on both sides and completely tender, about 4-5 minutes per side. Remove from the heat and arrange attractively on a platter to cool.

When the yogurt has finished draining, place in a bowl and stir in the salt, pepper and garlic and chopped green onion Spoon the dressing over the eggplant. Scatter the tomatoes over the top and then sprinkle the chopped herbs over top. Serves 8.

*Air: Yogurt Fire: garlic, green onion, olive oil
Water: eggplant, tomato, parsley, basil*

Summer Fruit Crumble

- 10 cups of fruit; mix in what you like. Create a new combination.
- 2 cups apple (peeled & sliced)
- 2 cups pear (peeled & sliced) Pears naturally sweeten the fruit mix
- 2 cups nectarines (peeled and sliced)
- 2 cup blueberries
- 2 cup raspberries
- 1/3 cup white sugar (depends on which fruit you use)
- pinch of cinnamon (pinch = 1/8 tsp and brings up flavour of the fruit)

Place all fruit in a large bowl and add the sugar and cinnamon. Pour into a large baking dish.

For the crumble topping:

- 3/4 cup unsalted butter, melted
- 2 cups rolled oats
- 1/2 cup all-purpose flour, or whole wheat
- 1/2 cup light brown sugar, well packed
- 1/4 cup granulated sugar

Mix all ingredients in a medium bowl. Loosely mound the crumble mixture over the fruit base in baking dish. Bake in a preheated oven at 375°F for 40 - 45 minutes, or until fruit bubbles up around edges.

Air: fruit Fire: oats, flour Water: Butter Earth: white & brown sugar

Stone Quote

"Thinking is motion of mind substance which must be accommodated as expression of some type in body motion, to balance the rhythmic impulses as a natural sequence of events, of sensory and motor action. This idea also explains the benefits of the rocking chair, the swing and the rocking horse of childhood days."

Volume Two. Book V: page 94.

Ask me HOW...

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What Are You Having For Dinner Tonight??

by Pamela McDonald



Summer's Harvest Menu Ideas

The summer continues to provide its bounty as our local farmers harvest their crops. With plenty of fresh local produce to choose from, we can create any range of delicious and nutritious meals, and incorporate the elements. Here are a few recipes to enjoy. I have listed the ingredients by element so that you can choose what it is you are having for dinner tonight!

These recipes are a blend of air, fire, water and earth. (Ether is often incorporated into your diet by keeping your menus varied and interesting, as well as in the presentation of your meals. What would it be like to use your creative skills?) If you wanted to consume more of one element than another, simply increase any of the ingredients to suit your needs.

Avocado Crumble Salad with Roma Tomato Coulis

Salad:

1 english cucumber, seeded (cut into 1/2" slices)
4 avocados (sliced & coated with lime juice)
1/2 cup italian parsley (flat-leaf), coarsely chopped
About 30 of your favourite black olives
1 loaf corn bread or muffins

Coulis:

12 roma tomatoes (plum tomatoes)
1 tblsp. fresh basil, chopped
1/2 tsp. ground white pepper
1/4 tsp. celtic sea salt, or to taste

Cut an "X" at the base of each tomato. Blanch tomatoes. Peel and seed them over a strainer, saving the strained juice. In a blender or food processor, puree pulp and juice. The mixture should not be totally smooth. Transfer mixture to a saucepan. Heat to boiling, reduce to a simmer, and cook for 5 minutes. Add herbs, white pepper, salt and cook an additional 3 minutes. Cooking the tomato removes the water element. Cool before serving. Makes 4 cups.

To assemble salad:

Arrange cucumber around inner rim of serving plate and spoon tomato coulis into the centre, inside the cucumber border. Place the avocado slices in the centre of the plate, on top of the tomato coulis. Sprinkle parsley and olives over avocados. Crumble corn bread into large croutons and sprinkle all over the salad. Serves 8.

*Air: avocado, olive Fire: cooked tomato, cornbread
Water: cucumber, parsley*

Herbed Cornbread

This is my favourite cornbread recipe. A Fire Recipe.

1 1/3 cup all-purpose flour
2/3 cup cornmeal
2/3 cup sugar
1/2 cup corn flour
2 tsp. baking powder
1/2 tsp. salt
1 tsp. of fresh rosemary, chopped
1 tsp. of fresh thyme, chopped
1 1/2 cup milk
5 tblsp. Melted butter
1 egg, beaten

Mix wet ingredients in a small bowl and then add to the dry ingredients. Mix just until blended. Pour batter into a greased 8 x 8 pan or a loaf pan. Bake at 350°F for 35-55 minutes. Test for doneness by inserting a wooden skewer. When it comes out clean, the cornbread is done. (For variety, add your favourite herb. This is great toasted and eaten as a snack.)

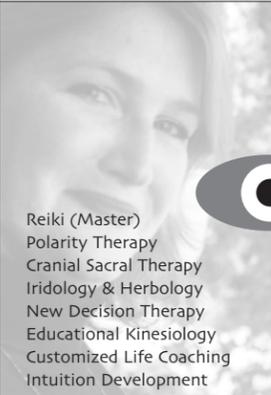
Lemon Rosemary Chicken

2 clove garlic
zest of 2 lemons (after removing zest, cut away pith)
juice and flesh of 2 lemon
1/2 cup dijon mustard
4 tblsp. fresh rosemary, chopped
fresh ground pepper
salt to taste
8 chicken breast or thigh

Place garlic and lemon zest, salt and pepper in a bowl of the cuisinart and puree. Add the remaining ingredients and puree. Pour marinade over chicken and place in refrigerator for 24 hours.

Grill on the BBQ, starting with the serving side down. (This makes it look better when serving.) Bake at 375° F for 40 - 45 minutes for boneless chicken. Bake for 55 - 60 minutes for chicken with bone in.

Air: Chicken, lemon Fire: garlic, dijon mustard Water: Rosemary



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What is Polarity?

by Sher Smith, RN, RPP, RCST

The answer to what is Polarity is as elusive as a butterfly. That is because it encompasses so very much. It works with the body, mind, soul and spirit. A session may include bodywork, exercise, nutritional components, communication aspects or looking at thought processes.

Body work can use simple techniques or involved sequences. All are designed to bring the body into a state of relaxation. In a state of relaxation, the body's innate drive for health will use that period of time to reconnect, reunite and re-establish natural rhythms and energy flow. So, it is from within the client that the true movement to health is rekindled. The body has an innate intelligence and desire for Health inherent within it's system. Understanding the energetics allows a practitioner to be able to assess where a client is at energetically and what type of energy session is going to be the greatest support in their process at the present time. There are protocols for relaxation for all systems of the body, including the nervous system, for structure, for tension release and more.

Each exercise enhances different qualities of energy. This understanding allows a practitioner to suggest exercises that will best support their client, relative to their current energy state. Exercises are selected for each client based on where their body is at when come for a session, as well as on where they decide they want to move to in their Health Building process.

The same applies to nutrition. Every food has specific qualities of energy within it's makeup. By knowing about the energetics of food, the practitioner can then share this knowledge with their client so that they can choose to enhance their Health Building process.

There is also an energy component involved with communication and thought processes. This is relative to those between client and practitioner, client and themselves, and client with others in their relationships. Repeating a negative thought over and over is like building a groove in one's mind. Since most of our thinking and automatic responses come from the subconscious such grooves end up directing how we interact with our world. Energy follows thought and precedes a change in structure and form. To create change, one must first change their thinking.

All aspects of Polarity involve the understanding and use of the energy theory. Energy and how it flows, or doesn't, is the key to

health. Everything in the universe is here because of energy in some form. Knowing how energy is meant to flow in the body allows a practitioner to assist the client in moving to a higher state of balance in their body and their life.

Dr. Randolph Stone DO, ND, DC founded Polarity. He circled the globe many times in search of the secrets to health. He had the ability to distill everything he looked at, down to core essence: What rebuilds health is energy. Dr. Stone took vast amounts of knowledge that he had acquired from around the globe and, drawing heavily on Ayurvedic and Chinese Medicine principles, he combined it all with his understanding of western medicine and created Polarity Therapy.

The energy of the body is electromagnetic. Dr. Stone, in his book called "Health Building", refers to the secret of the electromagnetic energy as being it's connection with the chemistry of the body. Thus, Polarity Therapy is both an art and a science. The physiology of the body follows the cerebrospinal fluid radiations in their functions as electromagnetic waves, and can be applied in practice with the hands as polarity of positive and negative poles. The science of Polarity Therapy can be proven by applications of electromagnetic energy waves through the right and left hands to opposite parts of any area in it's three dimensions of space.

This then, is a simplistic overview of the art and Science of Polarity Therapy. Each person will have their own personal experience with the work. It is therefore best, in order to understand Polarity Therapy more fully, to have a personal session or to experience the work by taking a course. Polarity Therapy becomes a way of life and a fascinating, never-ending journey into the world of energy and Health Building.

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 Sils 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.

Extra... Extra...

Issues of Energy Currents can be purchased for \$6.00 each. For more information or to place your order, contact OPTA at 416.913.9232 or email currents@polaritytherapy.ca



Important OPTA Notice

Alphabet Soup

When can a Polarity Practitioner refer to themselves as an APP or RPP?

This is a short note to inform and/or remind you of current Polarity Practitioner status guidelines.

Only APTA grants APP or RPP status. To be granted APP (Associate Polarity Practitioner) or RPP (Registered Polarity Practitioner) status, a practitioner must meet the prerequisites required by the American Polarity Therapy Association (APTA), submit the necessary monies and apply for status. Then, and only then, can one claim or put in writing that their status is such. In order to maintain status as an APP or RPP, registration by membership must be renewed annually to APTA, otherwise the corresponding titles are no longer legitimate. This is common to many health organizations, such as Nursing and Massage Therapy.

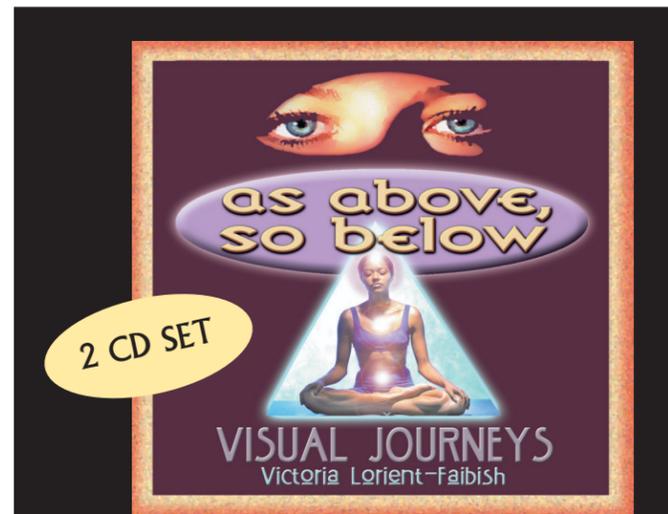
As the years pass, the prerequisites are increasing to obtain such status. Those who keep up their status will not have to meet any new requirements unless informed of that need by APTA. However, once status has lapsed, then to reapply, would require having to meet the new prerequisites. For example, one such addition that is coming in the near future, is that the orthodox anatomy prerequisite will be increasing by 10 in-class hours. Without a doubt, it is easier to maintain



status than it might be to have to re-apply for it! Please keep up your APTA and OPTA memberships as a matter of professional course.

From the OPTA Board of Directors with assistance from our APTA liaison, Sher Smith, RN, RPP, RCST, Co-director with the RYP school of Polarity Therapy.

Only APTA can grant APP or RPP status.



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

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Stone Quote

"Only on this earth is the fullness of experience possible, because all phases of matter - subtle and gross - are represented here, plus the emotions and the mind to act and react in those fields. When we experience the results of some of our desires, let us not feel sorry for ourselves in suffering nor forget the grand opportunity thus presented to learn our lessons here. Rather let us benefit thereby and find the Path of Liberation from all this limitation of mind and matter in the depths of our being."

Volume One. Book III: page 6.



Move to Learn

The Brain Gym® / Polarity Relationship

by Daphne Duckworth

Learning is that magical thing that takes place in a split second that changes us forever.

Movement is the door to learning (learning with the whole brain, heart and body).

Paul Dennison

Paul Dennison, with a Ph. in reading and learning, founded the Valley Remedial Learning Centres in California. He has dedicated the last 30 years to understanding brain organization, child motor development and learning. He is the creator of "Brain Gym®", movements which facilitate that split second of learning.

Brain Gym® movements (Brain Gyms) are used in Educational Kinesiology (Edu-K). Edu-K is a five step process developed to balance the body/mind. It's name combines the Latin words educare (to draw out) with kinesiology (the study of movement). Edu-K is based on more than 80 years of research by leading scientists. It's roots go back through centuries to ancient wisdoms. (Promoted as an educational model for schools, Paul has discovered that it is best to emphasize the science.)

What Brain Gym is to Edu-K, Edu-K is to Polarity Therapy. Polarity Therapy is the larger field, of which Edu-K is a vital aspect. In the language of Polarity, Brain Gym® would be considered an air modality, as it is concerned with mind energy.

Brain Gym® focuses on the core muscles and the neurological wiring between the

brain and body that make up the six pointed star in Polarity. Through a series of simple steps, clients are able to work on aspects of their development which have not been fully integrated. This can facilitate the process of letting go to make room for new learning and more efficient behaviour patterns.

In Brain Gym® we educate ourselves by first being aware of how we react. Then, we project an intention from the mind, check our body's reflection and move it into a more current and resourced state.

Movement is energy and energy is always triune (moving between a positive to a negative through a neutral field). Brain Gym® follows the evolutionary triune brain research of Dr. Paul Maclean. He divided the brain into 3 areas: the brain stem as reptilian (concerned with survival), the mid brain /limbic as the mammalian (emotional /cognitive) and the neo cortex as the highest (intellectual and creative brain). From the Polarity perspective of the ovals, the head is considered the fire oval. "Each oval is polarized into superior (+), middle (Ø), and lower (-) poles. The negative gathers the force and becomes positive to all centres below it", said Dr. Randolph Stone, the founder of Polarity Therapy (Book IV, pg14). Stone goes on to talk about the inner energy reflecting the vital energy tension from the medulla and the vital force of the sacrum reacting. Once a pattern has been established (earth), it needs to be brought to conscious awareness (air) to initiate a shift. Paul Dennison discovered that by adding directed movement (more of the fire aspect) and the specific Brain Gyms, a

shift was greater, easier and longer lasting. Dr. Stone said it another way: "Mind energy patterns are expressed in the body, and the body returns the compliment by impressing itself on the mind" (Book V, pg 48)

Like a Polarity session, an Edu-k balance is interactive; between the client and the facilitator. It is about being and knowing where you are, so you can set the intention to move to where you would like to be. Intention supports and nurtures the learner to access innate intelligence. Edu-K can be a tool for self realization.

Dr Stone said, "When the life principle of man is uncomfortable in this house, it means that his energy is not able to pass out over his own fields and parts to operate and nourish them" (BKIV pg12) Have you ever felt that you were locked into a pattern of one reaction to a situation? While we cannot change someone else and cannot always change our circumstances, we can change our reactions. As we allow ourselves to be who we are, we enable others to be who they are. Together we make a whole. Brain Gym® can help.

At Edu-k, we believe that "no matter how many times we repeat a learned task, the whole brain/body system experiences the ease and joy of the new way. All former patterns can be released in a moment. This, for us, is learning." (Paul Dennison)

Daphne Duckworth is a certified Brain Gym® instructor who is also an RPP in training. She has a business in Barrie, Ontario and welcomes your calls at (705) 725-0773 or you can e-mail her at daphneduckworth@hotmail.com. BrainGym® is a registered trademark of the Educational Kinesiology foundation of Ventura California. For more information call 1-800-356-2109 or check out their website at www.braingym.org.



Ask an RPP...

My client suffers profound chronic pain in her body. She has been diagnosed with Arthritis, fibromyalgia and Diabetes. She is in her late 60's. She is on serious medication. She has not worked with any kind of holistic program previous to working with me. Any suggestions or techniques etc...

I always find it challenging to work with people that, for what ever reason, have not taken charge of their health and have waited until symptoms are so bad that the only relief they can see is with serious painkillers and medication. The good news is that Polarity Therapy can assist at any point in a client's process.

Energy goes to priority, so let us first address the pain. Have you considered various foam shapes to raise the knees or the arms? I find that taking the pressure off the lower back is often excellent for bringing a client to a calmer state. Also, the fetal position is a good way to encourage a sense of nurturing and ease. You may also want to dab a little lavender oil on a few neck and wrist points to encourage relaxation and tranquillity. A warm heating pad is also great for that. This client seems to be in overwhelm, so conversation about nutrition may be too much initially. Later on in the process, a food by element conversation might be of benefit, once her life urge has strengthened as a result of regular Polarity Therapy sessions. As far as techniques go, anything that works to relax the nervous system may be beneficial. For example, the tendon guard reflex, all ether work, and the x- techniques on all the joints and on tender vertebrae. Any kind of myofascial work on sore areas in order to assist stored cellular memory trauma to exit the body's tissues can be transformational. Cranial work is wonderful to encourage a still point where profound healing can occur. The complete ear

session has an extremely relaxing effect on the body. I would include lots of sacred geometry work as well (the 5 and 6 pointed stars) and of course, I would include long versions of the chakra balancing sessions. Eventually, I would also engage in some communication with this client to see what patterns are at work that have prevented her from dealing with her ailments.

Hope this helps. Most importantly use your intuition and ask your client what she needs. Blessings to you.

This edition's featured RPP is Victoria Lorient-Faibish, BA, RPP (Registered Polarity Practitioner). Victoria is a holistic practitioner and teacher who has been inspiring people to live more magical lives for over 10 years. For more information contact Victoria at 416.916.6066. or visit www.visualizationworks.com.

The opinions expressed within featured editorials do not necessarily reflect the opinions of OPTA, but those of the author. If you have a question or a topic that you would be interested in hearing about, please contact the editor by email currents@polaritytherapy.ca, or forward to: Energy Currents c/o The Editor, 61 Elm Grove Avenue, Studio 203, Toronto, Ontario M6K 2J2, or fax to 416.531.9123.

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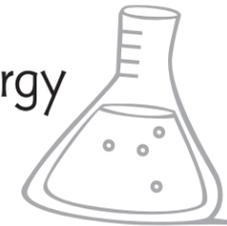
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Science Meets Energy

by Mary Jo Ruggieri, PhD, RPP



Life force, subtle or energetic anatomy, earth medicine, chakras, auras, and meridians are words often expressed when discussing the Human Energy Field.

The classical Chinese acupuncturists believe that channels of energy run through the body and when these channels are blocked or out of balance pain and disease can result. The therapeutic touch practitioner use their hands to balance the Human Energy Field believing that, when in balance, the body will begin to automatically heal. The Reiki Master working with Universal Life Energy uses light hand placements which they believe will change energy, giving the recipient the ability to bring optimal health to their body.

The Polarity Therapy Practitioner using various touches, rocking movements or specific acupressure or reflex points believe energy follows form and has distinctive patterns of flow and when in balance create health and healing. The Brennan healing techniques, which were developed by a former NASA physicist, uses specific hands-on techniques that work with balancing energy centres throughout the body to create a natural form of healing.

The research surrounding the practices of energy medicine is profound. Results of numerous studies show energy therapies can relieve pain, speed up healing from trauma based injuries, positively affect people during surgery as well as influence the healing process of cancers, arthritis, fibromyalgia and many other auto-immune problems.

According to James Oschman, PhD, in his new book "Energy Medicine", in a few decades scientists have gone from a conviction that there is no such thing as an energy field around the human body to an absolute certainty that it exists. Moreover he states, science is explaining the roles of energy fields in health and disease.

Involved in the unique theories and science of Polarity Therapy, is the concept that life energy must flow in and through the body in a smooth and uninterrupted pattern to maintain optimal health. Dr. Randolph Stone, the founder of Polarity, suggests in his writings that the energy fields existing in and around the physical body are where the mind, and emotions reside in physical space. Therefore, what we experience is recorded in our energy field and reflected in our physical body as structure, form and function. What does this mean to us individually! We just may want to include on our top ten health care providers list an Energy

Medicine Practitioner. Why wait until a disease manifests on a physical level – prevent it. There is knowledge that each organ in the body and every functioning process of the body generate certain energetic characteristics and fields of electrical patterns that can be detected through self awareness, therapeutic touch and now certain measuring devices. Prevention works!

Our future in Energy Medicine is in realizing that our current medical tests wait until the problem can be seen only in our physical body – blood tests, pap tests, chest x-rays, and brain scans. By the time we detect cancer in our bones, or our colon it is already a major problem.

By becoming aware of different characteristics of energy pulses and energy patterns in the body we could map the way diseases alter these patterns and discover the problems on an energetic level before it manifests on a physical level. What an insight to disease control! Energy Medicine Practitioners can help the client sense distorted energy fields and locate the origin and reason for the pain.

In Polarity Therapy, we look for where energy is blocked and where there are pain patterns that are not open for optimal energy movement. Through applying certain contact points, or using techniques that will release these painful holding patterns the energy returns to normal flow and the physical body heals. Turn on the Circuit Breakers!

Yoga as well as Tai Chi and Qigong practitioners feel that a sense of health and well being can be created through the study of the human energy field. By doing a daily practice of yoga, for example, a personal awareness is created that keeps the lights burning and personal energy in balance.

For starters, I am recommending Energy Awareness Practice - try it once a day. Sit comfortably in a chair, take your own pulse on your wrist or your neck with one hand. Close your eyes and breathe deeply while holding your pulse. Now get in touch with your pulse and your breath, feel it, listen to it, and observe its patterns. Continue for two or three minutes. Next, continue sitting in a chair, keeping your eyes closed, rub your palms together continuously for one minute and then slowly separate your hands, holding them slightly apart. Breathe deeply while observing what is going on between your hands. Energy Awareness Techniques are just the tip of the iceberg that can melt away some of our old fashion ideas on healing.

Mary Jo Ruggieri, PhD, RPP, is a retired Ohio State University Professor. She served as an Olympic Games coach in '84, '88, and '92 when she took her athletes to the gold medal. Dr. Ruggieri practices and teaches Polarity Therapy certification courses in Columbus, Ohio where she founded the Columbus Polarity Therapy Institute.



Elemental Bodywork

Thoughts on encouraging elemental response through appropriate touch.

by Morag Campbell, RPT

It is a well known and tried and tested saying that we may only lead another where we ourselves have been, so in order to work with others and encourage them into a recognition and further exploration of the five elements as they manifest within them, we have to be able to 'be' in each element ourselves. As polarity therapists, we are familiar with the manifestations of each of the elements and the body parts associated with each. We know that releasing holding in the neck, for instance, effects a release in the digestive area, just listen to all that peristaltic activity! It also encourages a general 'letting go' in the entire system, the neck being the control centre for the body. The release however will be all the more effective if we can also 'let go' in the area that is being worked. The client then responds, by resonance, to our relaxation in the corresponding area. The release in us is transmitted subtly through our hands. Any release can be further encouraged by the appropriate use of touch on our part and can include movement that resonates with the particular element we are working with.

Satvic touch is employed to relax the client and allow time for the energy fields to open and expand as it encourages the activation of the ether element. The client becomes receptive to our presence and touch and engages with the process. We need to recognize when the client's system needs the space and time to assimilate new information as the energy is re-organised through bodywork. Every

time we aid the release of holding in the body or stimulate the energy in an area we need to return to ether to allow both the client and ourselves the time to listen, re-assess and acknowledge the communication that is taking place. We need to be comfortable in just 'being' and waiting and able to get our conscious mind (I need to 'fix' this person) out of the way.

In order to then encourage energy to move through a clients system it is important to activate the air element and this is best achieved with rajas. Rocking the body parts or applying a gentle stretch or traction to the body and then rocking or pulsing can enable this to happen. Free fluid movement through your own body will be transmitted to the clients and all that movement helps start the letting go process. Maintaining your own even deep breathing as you work, entrains the client to also let go of any holding of the breath. By taking a light hold of the clients ankles whilst they lie on their back, and pulsing the body from side to side also quickly allows you both to recognize where the holding is in the system. This kind of pulsing can also be particularly beneficial when you notice, during a session, that the client's body spontaneously moves from side to side creating a snake like movement culminating with a slight shaking of the head from side to side. Often this kind of tension pattern in the body is indicative of an internal conflict or being in a situation that one does not want to be in. It is as if the body is saying 'No'. By

ether
air earth
fire
water

encouraging and accentuating this movement, and you may need to be prepared to pulse for several minutes, you are in a sense encouraging or intensifying the 'No' response and this exaggeration often enables the client to recognize and acknowledge the conflict within. To maintain this easy pulsing rhythm and notice when it changes and respond accordingly, means you have to stay in your air element throughout, shifting and changing direction of the pulsing impulse as the body changes with each release. Beware if you have a tendency to be naturally in your air element a lot. Too much air in you can introduce too much air into your clients system and for some people this is too much. I had a very airy friend that I used to swop sessions with and by the end of the my session my nervous system was buzzing and my digestion was going berserk. My system was certainly activated and then some!

Fire, is in many ways the most interesting of the elements in terms of your ability to encourage and acknowledge its effects in others. Fighting fire with fire means that you have to be comfortable in your fire energy in order to engage with someone else's. Fire responses can be encouraged by tamasic touch, which is direct and deep. It demands a reaction, often goading someone into responding to the touch. If you are uncomfortable with fire energy and it is an energy that causes problems in your life, you are unlikely to be comfortable taking your client in those fiery arenas. As with all the



The Language of the Toes

by Iva Lloyd, BScH, RNC, RPP



Have you ever looked at someone's toes - or maybe your own and wondered why a toe was bent a certain way, longer or shorter than another toe or just different. Toes tell a story, you just need to spend a little time to understand the language.

Physiology and medical science looks beneath the skin for explanations of health, behaviour and responses but the art of 'physiognomy' or reading the body stays on the surface, studying features, alignment, size, shape, colour and movement. The understanding is that an individual's nature or energetic patterns are a hologram and what is on the inside is mirrored on the outside.

Toes are the most crystallized expression of the body/mind, they are akin to the material plane of manifestation. Hence, toes represent patterns that have been around for a long time, unlike fingers which represent the current patterns of our life. There are five toes on each foot - one for each of the elements. Starting at the big toe and going lateral (towards the outside of the body) we have the Ether, Air, Fire, Water and Earth toe. Each toe represents all the qualities of that element, but as a general guideline the Ether toe represents purpose and the effect of the external environment; the Air toe the intellect; the Fire toe the emotions; the Water toe represents ways that we nurture ourselves - often indicated by food; and the Earth toe represents the structural side of ourselves. Left foot represents the left side of body and receptivity to our environment in general. The right foot represents the right side of the body and issues that focus on our self-expression.

Toe reading not only gives you a clue to the energetic makeup of a person, but also provides insight into energetic patterns that may be unbalanced, in excess or deficient. Learning to read toes is about noticing, being aware, understanding the elements and being able to interpret the energetic patterns that are displayed. Every deviation, colour difference, size, position and spacing of the toes tells a little bit of the story and will provide a practitioner with insight on how to best communicate to their client.

For example, if there is a large space between the ether toe and the air toe it often indicates that it takes that person awhile to integrate information and hence you may find that you need to move slowly with a client. If the air toe is longer than the ether toe it often indicates that the person, although intellectual, can

become overwhelmed with a lot of information. If the air toe and fire toe appear to be joined in a horseshoe fashion (the crease of the toes does not go down as far as the other toes) it often indicates that emotions and thoughts are linked and the person may find it difficult to separate how they are thinking from how they are feeling. If the water toe is 'hidden' under the fire toe it is often an indication that the person eats emotionally.

Some general guidelines for toe reading is to recognize that all 'movement' is a message. Spaces between toes indicate a separation between those two elements and hence a need for time or space for integration. Lines, grooves or areas of discolouration indicate areas of blocked energy. Movement away from centre may indicate that the element is not in line with the inner source or purpose of a person; whereas movement towards centre may indicate that person's energy is pulled inward and they may be avoiding external energies or information. Toes gripping (hammer toe) often relate to fear or sensitivity around that element. Toes off the ground relates to ungrounding.

The art of 'physiognomy', and toe reading specifically is a fascinating field. I encourage you to practice the art of toe reading and to expand your awareness of the language of the toes.

Iva Lloyd, BScH, RPP, RNC managed the retail division of IBM Canada for 6 years. She currently teaches at the Reaching Your Potential Polarity School and is on the Faculty at the Columbus Polarity Centre. Iva is interning at the Canadian College of Naturopathic Medicine.

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An Update from the Cape - 2001 Polarity Therapy Conference Review

by Pat Ransom, RN, Polarity Therapy Student

"If I had a day that I could give to you, I'd give to you a day just like today", is a line from a song written and performed by the late John Denver. It is also the line that Mary Jo Ruggierri chose to open her all day workshop called Cancer Rehab Through The Polarity Therapy Model. John Denver was referring to Sunshine On My Shoulders, and in the last line of the verse to this song, he wrote, "I'd make a wish for sunshine all the while". Mary Jo wished this for all of us present at her workshop and also for everyone else attending the International Polarity Therapy Conference held this past June in beautiful Cape Cod. Where John used the word "Sunshine", Mary Jo inserted the word "Light". She wished for us a day filled with "Light" and that is what we were given through her enthusiastic presentation of well-documented and practical new approaches to a disease process that has bewildered Western Medicine for many decades. She brings "light" to her clients, her students and generously shares this with us, her fellow Polarity Therapy practitioners.

For me, the conference displayed, in a balanced way, all of the elements that we in Polarity know and love to talk about. The sand dunes and salty air of Cape Cod provided an aesthetically pleasing backdrop for all of the conference activities. From the opening evening campfire, to mealtimes spent in the ocean view dining room, not to mention quick visits to the beach during breaks, the setting was an 'elementary' gift to conference participants. The sun, wind, water and sand put us in close contact with nature's elements outdoors. Indoors, the air was refreshingly air-conditioned and the attendees were well directed to their chosen workshops. The conference rooms were appropriate for each workshop, including the area required for setting up of massage tables if necessary. The availability of refreshingly cool, lime-flavoured water at every location was appreciated and enjoyed by all.

Every speaker that I heard, presented their ideas and theories with confidence and passion and a willing openness to share their knowledge and skills. During the opening ceremony, Chandana Becker introduced us to the Nine Muses of Mythology, as a way to encourage the germination and reproduction of the feminine in everyone. Following Chandana's keynote address we were entertained by a gifted singer/Polarity Practitioner by the name of Isa Dollyhigh, who allowed us to experience the elements through song and invited us to participate in a "Name That Element" sing-a-long. The evening culminated with the campfire on the beach under a clear star-filled dome of sky. The closing was

complete with drumming and the ritualistic setting of intention for the success of the conference for individuals, as well as for the Polarity community at large.

It was great to be able to attend Phil Young and Morag Campbell's teacher training workshop on structure. To spend a day with people whose books we have at our disposal to read and whom we have heard about since the beginning of our Polarity Therapy exposure was a much-appreciated privilege.

Carol Lucia shared her experiences of Presenting Polarity Therapy To The Medical Community. Carol shared the secrets of her success in this matter and left us inspired to follow her steps in our own attempts to bridge the gap between Western Allopathic Medicine and Complementary Alternative Medicine (to borrow Mary Jo's phrasings).

I came away from the conference experience with a sense of connectedness to a professional organization with the support of generous and highly experienced experts in the field of Polarity therapy. There was a true sense of sharing and hopefully, anyone who was not able to attend, will benefit from listening to the conference tapes. If at all possible, I would definitely encourage everyone to attend the next conference for his or her own growth as Polarity Practitioners and for the growth of the Polarity Therapy Community of which we are all a part.

Pat Ransom is a Registered Nurse, working as a nurse assessor for Hospice King/Aurora, and a student at R.Y.P., soon to begin the final trimester in level 2 Polarity Therapy training. Pat is also a member of the OPTA board, presently acting as secretary.



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 Therapeutic Touch
 Polarity Therapy*

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elements, it is important that we realise and acknowledge to ourselves where our own limitations lie and that we are conscious of the difficulties that we may be experiencing with a particular element. If we are unconscious of our anger and aggression then we can unwittingly transmit too much fire in our touch, pushing the client too rapidly to a place that they do not have the resources to deal with effectively. We can also be in danger of imposing our will (I will get a release here if it kills me!) onto the client - remember fire can get carried away! Well balanced fire ie: touch that is direct and to the point, can keep the client focused sufficiently to deal with what is coming up and with clients that have a tendency to hide or disassociate during sessions, it can keep them in the "here and now"

Water energy is encouraged in others by the use of sensual, contactful touch accompanied by slow rhythmic movements. Here gentle rocking also encourages this element, being passive, it needs an impulse to move. Head to toe pulsing can be useful here. By adding energy to the feet say in a rhythmic pulse that is transmitted the length of the body right up to the head we can encourage that fluid movement in the system. If we vary the direction of impulse slightly we can notice the subtlest of restrictions and help to unravel them. This vertical motion, unlike the side to side motion mentioned above, encourages the nodding of the head, in effect you are encouraging your client to say 'Yes' to life. Resonating with the water element means that you have to convey nurturing and caring in your touch, hands have to be soft at all times and your actions directed by the heart. Keep you actions fluid and connected. The body loves to be moved in this passive way, letting go and surrendering to the impulses, gliding like a sail boat on the currents of energy.

Many people talk of the earth touch as manipulation of the skeleton and joints, such as the toe pulls or leg pull, but to convey earth in your touch means to convey safety and support.

Some clients can feel unsafe if the touch is too light or lacking in contact. The earth touch, like water, is still soft but yielding. It conveys strength. It encourages the body to let go and let down into the contact. The movements are slow so as to give the body time to respond and it encourages trust.

When giving an elemental session we can give a session that is similar to the elemental imbalance ie: fight fire with fire. This is rather like the principle of homeopathy where like treats like. By removing the impediments in the system, then stimulating and balancing a particular element, we are relying on the innate wisdom in the system to re-organise and re-balance. On occasions, it can be more beneficial to treat a particular elemental imbalance by working another element to achieve a desired effect. Too much fire in the system can be balanced out by encouraging more water energy and this would be a case of opposites working together to bring about balance. Experience and instinct will guide you as to which might be the most beneficial in any particular case.

Morag Campbell, RPT is a co-director with Phil Young of Masterworks International, a training consultancy for Polarity Therapy and Hawaiian Huna. Morag is the co-founder of the Norsk Institutt Polaritetsterapi in Norway and maintains a private practice in Devon, England. For further information or upcoming workshop dates email masterworks@eclipse.co.uk.

Stone Quote

"Life is but a kindergarten of experience."

Health Building. Chapter 2: page 18.

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Super Conscious Psychotherapy

by John Beaulieu, ND, PhD

From Dr. John Beaulieu's New Book,
Alchemy Of Mind: The Advanced Art Of Polarity Therapy, © 2000

Dr. Stone sets forth a foundation in Polarity for a body-mind model of energy based communications and counselling. Our Polarity Energy paradigm is based upon universal field theory. The universal energy field holds the space for infinite diversity: Unity In Diversity. Dr. Stone says that "Our soul is a unit drop of the ocean of the Eternal Spirit". Albert Einstein describes matter or our physical body in relationship to Unified Field theory as, "We may therefore regard matter as being constituted by the regions of Space in which the field is extremely intense.... There is no place in this new kind of physics both for the field and matter, for the field is the only reality."

To navigate the diversity of the universal energy field we created our mind. Our mind is an interface between energy and matter. Dr. Stone describes our mind as a "step-down of soul forces to act as an intermediary link between spirit and matter." He describes three levels of mind; our super conscious mind, our normal conscious mind, and our subconscious mind.

Our super conscious mind is a pattern field of mind. This is our mind of ideals and the highest of these ideals are expressed in numbers and geometric patterns. Mathematics is the highest language of our mind. Points, lines, triangles, circles, squares, and five pointed star patterns are all "thoughts" of our super conscious mind.

Our normal conscious, called our conscious mind, operates through our senses in what Dr. Stone terms an etheric

and emotional field. Our conscious mind is aware of our everyday feelings, thoughts, wishes, successes, and challenges. Our conscious mind is neutral and can focus on what ever it likes. This is sometimes called "our free will". The ideal conscious mind is a mind of non-attachment.

Dr. Stone says that our subconscious mind governs all involuntary functions or our gross physical body. Our subconscious mind is our body or somatic mind. The word subconscious implies that our conscious mind is not aware of its activities. For example while you are reading this text your heart has been beating without the awareness of your conscious mind. When you go to sleep your body carries on all sorts of activities while you are dreaming.

The three minds form a continuum of thinking processes. Our super conscious mind thinks in pure number, sound and archetypes. Our normal conscious mind thinks familiar thoughts such as "what day is it? What am I doing? I hope my car starts, as well as navigates our emotions and feelings. Our subconscious mind is our body and "thinks" in gut level instinctual feelings.

From a Polarity energy perspective our super conscious mind is the positive pole, our normal conscious mind is the neutral pole, and our body as subconscious mind, is the negative pole. The relationship of the "three minds" forms a foundation for an integrated body-emotion-mind approach to verbal communications and counselling. Our

mind is our body and our body is our mind. Each mind is a valued part of our whole mind. Working with one area of our mind will effect all areas of our mind. Body alignment based on geometric patterns like the five pointed star and interlaced triangles is a method of creating resonance between our super conscious, conscious, and subconscious mind. We can "see" how a person is thinking by observing their body posture and structure related to geometric lines and patterns. We can see dissonances between their posture and an ideal super conscious geometric pattern. These visual dissonances are reflective of normal and subconscious thought processes that are out of alignment with our super conscious.

Polarity body alignment based on geometric patterns is a form of non-verbal super conscious psychotherapy. Touch is transformed into a language which asks someone through different pressures and directions of pressure to shift into a five pointed star pattern. The somatic mind as body, responds because it instinctively knows the pattern it is being asked through touch to entrain to a natural pattern. When our somatic mind and super conscious mind are aligned, a resonance is created which allows our normal conscious mind to listen to our healer within, our Spirit. This is what is often times called listening to our healer within.

I worked with a man who looked like his left shoulder was touching his ear lobe and his hips were tilted, trying to also reach his ear lobe. I asked him, "Do you notice any pains in your shoulder or any discomfort in your neck?" He said, "Oh no, don't have any." I replied, "Do you have any pains in your pelvis?" He said, "No."

I asked him to lay on the table and I began systematic structural Polarity work. I just got in there like a piano tuner turning pegs and evened out his shoulders, relaxed his spinal muscles,



and aligned him to a five pointed star pattern as best as he would allow me. I kneaded him, twisted him, stretched him, pushed, pulled, and held points based on geometric lines of energy.

His high shoulder dropped and both shoulders evened out. It was really amazing to witness how he opened up. His neck was long and rising gently from his shoulders. I had him feel his neck and shoulders. I asked him what it felt like. He was quiet for a moment and than he began to cry.

Too understand, let's take a closer look at his presenting structure. The high shoulder and twist through the neck appear as though it is literally "cutting off" his energy from moving through his throat. It is like water trying to move through a kinked hose and his expression appears to have limited movement in this area. Upon further observation the limitation in his throat area seems to be connected with a twist coming down his spine and into his pelvis. The twisting appears to cause the pelvis to constrict and tilt in order to adapt to the energy.

From a Polarity energy perspective our throat is the area of our Ether element, or what Dr. Stone calls our "Akash Ether Sound Reservoir". Our throat is where our emotions are sounded and verbalized. Our pelvis represents the Water element, and specifically the Scorpio astrological quality of the Water element. The Scorpion hides under rocks and stings, and represents our suppressed emotions. The energy restriction in the throat is surprised into the perineum causing the pelvis to tilt.

The moment I asked him to become aware of his "tuned" body he began crying. His tears were his emotional energy moving from his pelvis through his throat. The "kink" in the hose was removed by the structural alignment work and his energy could flow freely. Our session switched from structural

balancing to expressive counselling. He told me the story of his girlfriend leaving him over a year ago. He said he had been walking around for over a year not knowing that he was in pain.

Our bodies are a temple for our soul. Every bone, cell, and tissue are the structural materials that form our sacred temple. We are mobile centres of worship. The stresses, challenges, and pressures of life are opportunities for spiritual growth. Our daily actions, no matter how mundane, are a form prayer. When our life actions resonate with the energy necessary to master our life challenges the result echoes again and again, like a Gregorian Chant, through the tissues of our body.

The alchemists called the process of identifying and meeting our life challenges, "The Great Work". Dr. Stone called it the Journey Of Our Soul Through Understanding, and Joseph Campbell called it The Hero's Journey. The "heat" necessary to meet our challenges was called our "alchemic furnace" or Fire Within. Our inner alchemic furnace is so powerful that it can melt base metals like lead and transmute them into gold. It can transmute darkness into light.

The resonance of meeting our life challenges creates a pulse between heaven and earth. The experience of this pulse was called the "Rainbow Bridge" by the Alchemists. The rainbow bridge was transverse by a magical Unicorn and gave rise to the myth of a pot of gold at the end of the rainbow.

DREAMING THE LIGHT

Everybody has a dream of light. Supporting another's light dream is to support your own light dream. Light is created from darkness. A dream of light spins dark material into newer and newer illuminated patterns. A dreamer of light needs dark material for fuel. Light

dreamers are like the Sun. The Sun burns its dark mass through billions of thermo nuclear explosions to create light, warmth, and nourishment for all dreamers. Light dreamers burn dark.

Light dreamers know that the inner transmutation of darkness to light happens through burning their shadow. The dark used to be a time to hide, a time to fear, a time to huddle together for warmth. Light dreamers look into the dark void and understand the ancient alchemic formula for transmutation of lead into gold or dark into light. Their higher self illuminates itself through facing and burning strands of darkness in to dreams of light.

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Stone Quote

"ANY ONE WHO INTERFERES WITH THE FREE WILL OF ANOTHER, assumes great responsibility in the mental plane, even beyond this mortal sphere. TO GUIDE AND DIRECT OUR OWN MIND IS EACH ONE'S BIRTHRIGHT AND HIGHEST MORAL DUTY."

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