

Squatting Posture

NOTES & QUOTES COMPILED BY JIM FULTON, RPP

“The position of the child in the mother’s womb is the natural squatting posture of man, where all energy currents can flow freely to produce a perfect human body, and for maintaining good health after birth and throughout life in this world.” *Dr. Randolph Stone Polarity Therapy, Vol 1, Bk I, pg 49.*

“After years of study of every health posture and exercise including the eighty-four Yoga postures, I have found none equal to this one, which combines squatting and stretching for relaxation and well-being.” *Dr. Randolph Stone Health Building, pg 122.*

“It is my opinion that when the function of the three nervous systems is balanced, the mental and emotional blocks have a chance to exhaust themselves in action – in much the same way that running water clears itself. When energy or foundation is withdrawn from the pattern, it can be balanced. These patients are helped by having something definite to do, like a strict diet, exercise, etc., for then they are constructively active instead of dwelling in negative, destructive mode. A very beneficial exercise is the squatting posture and rocking gently...” *Dr. Randolph Stone Polarity Therapy Vol 1, Bk I, pg 85.*



*Ideal Neutral Position
Wise Old Man*

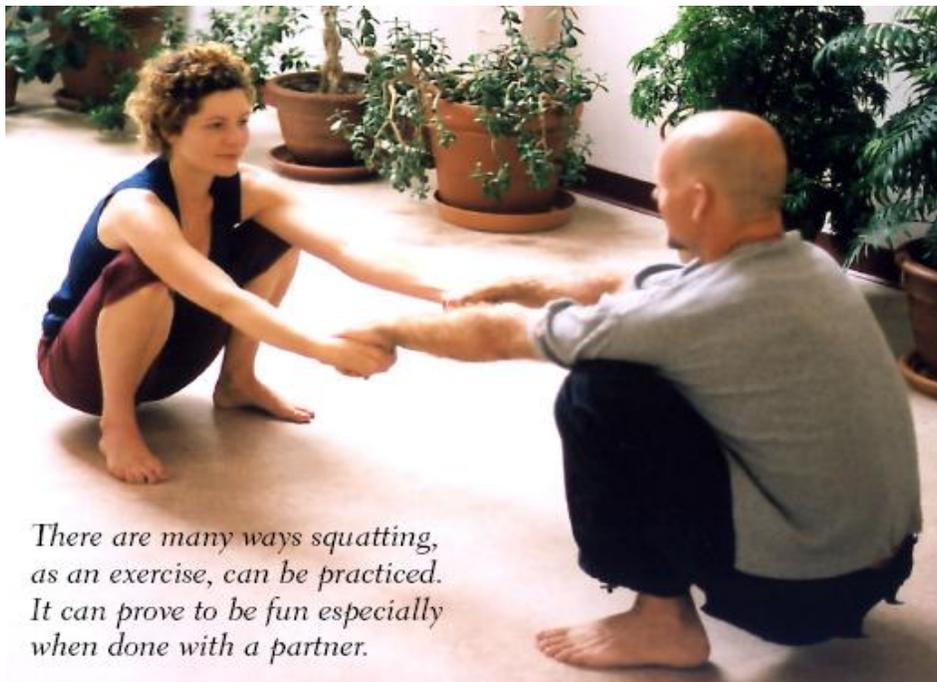
*Figure 3 Polarity Therapy,
Vol 2, Bk 5, Chart 9*

The figure shown illustrates a neuter posture, used by sages and wise men for their deeper penetration into the Inner Mysteries of Life. Here we merely point out the Vital Polarity of the posture, why it is so that this position helps the Vital Pattern of the Mind as a balancing effect. This position is good for relaxing anxiety and emotional tensions. Senses are balanced through these specific finger locations; thumbs in the ears, the first fingers lightly over eyes, the middle fingers over nose, and the ring fingers over the mouth and the little fingers on the chin.

Some of the benefits of squatting from John Chitty and Mary Louise Muller's book *Energy Exercises* (p.58) are as follows: • general enhancement of energy flow throughout the body, involving all three Principles and Five Elements. Dr. Stone called this the "Youth Posture for Balance and Elasticity."

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

In Dr. Stone's book, *Health Building*, he also mentions these points of interest: "Nearly all primitive races knew the secret of agility which lay buried in the pelvis. The South Sea Islanders and Hawaiians, who have fine physiques and graceful carriage, kept themselves so by their dances of free hip movement. Whether we call them belly dances or suggestive does not matter. These rhythmic movements together with a contented mind kept the islanders agile, alert, free and happy in their mental outlook and in their work, which was more like play...."



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

.....Even as the pelvis is the water basin designed by Nature to give to birth to new life, it is also the source of energy to posture regenerate the existing life and recharge its field....

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

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

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

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

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

In an article published in the Toronto Sun, Lifestyle section, on February 25, 2002, Fitness trainer Paul Chek (of CHEK training facility in Encinitas, California) stated that squatting is an inseparable part of life and sports, yet people tend to avoid this key exercise for fear of back and knee injury.

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

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

Chek is passionate about teaching ‘squatology’ - the science of squatting without injury - to strengthen and streamline the body. Sitting down in a chair is shallow squat. The invention of the toilet and the introduction of processed foods and an increasingly sedentary society has led to a dramatic increase in constipation and colon disease. We still squat a lot, whether it’s while gardening, picking up the kids or getting into a chair. But without regular practice in deep squats, ligaments in the back and legs tend to get mushy and the lower body joints become unstable.
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