

Polarity Therapy

Therapy of the Ancients

by Deborah and Damian Carey

Introduction

The Polarity Therapy health balancing system is a synthesis of eastern and western techniques blended with an understanding of the connection of body, mind and spirit. Created by Or. Randolph Stone, it represents the fruition of a life long study of Chiropractic, Osteopathy, Naturopathy, Biological Sciences and the ancient wisdom of east and west.

Polarity Therapy is based on an understanding of the atomic structure of the body and the resonance of these fundamental patterns of energy in creating and sustaining the structure and functions of anatomy and physiology. It is a broad synthesis which includes a unique program of exercise, nutritional regimes, an understanding of the relationship between spirit, mind and body and a series of simple, easy to learn techniques for re-polarising the body's energy.



The body is in every moment sustained by universal patterns of energy. Pain and disease are the product of tension and toxicity inhibiting the harmonious resonance of these universal currents as they seek to create and sustain the structures and functions of the body. The Polarity practitioner uses the resonance of the energy in the hands and the polarity created by the flow of energy through the hands to re-establish harmonious patterns of energy, to release tension and to re-establish a vibratory pattern that is conducive to the self healing ability of the body.

**“The body has an infinite capacity to heal itself and to make itself whole.
In Polarity we work with this perfection as servants of Nature.”**

Three patterns of vibration are the core of the work of Polarity Therapy. They are known as Air, Fire and Water or Sattvic, Rajasic and Tamasic. These three are woven together in every mode of their expression though each one of them predominates and strikes the keynote of expression in every structure and process of the body.

Thus, particular structures and processes are said to be characterised by Air, Fire or Water. We can strike the keynote of a particular pattern and stimulate its level of vibration by the way we touch the body and the place where we touch it.

The quality of Air predominates in a light touch on the surface of the body. Air rules balance in the body, it governs the senses and the cybernetic feedback mechanisms in the body. A gentle touch, soothing movement and balancing contacts activate this pattern of vibration. The nervous system and the DNA blueprint are ruled by Air. Air can be seen to reflect the intelligence or consciousness of a human being.

Fire predominates as the vital active force in the body. Its radiant energy rules the processes of metabolism and the work of the musculature. Any stimulating, tonifying contact activates the Fire principle.

Water rules the form of the body. It is characterised by the principle of inertia or crystalization. It takes deep work which almost threatens the integrity of the body to effect this element. It is most easily stimulated at the polar extremes of the toes and the heels, the arch of the foot and the neck. We work with this vibration when we seek to realign body structures.

Polarity Principles

Just as the Earth and the Sun have north and south magnetic poles, so too do our bodies. In fact everything that stands upright on the planet has a positive charge on top and a negative charge at the base.

Polarity patterns in the body follow electromagnetic principles found throughout nature:

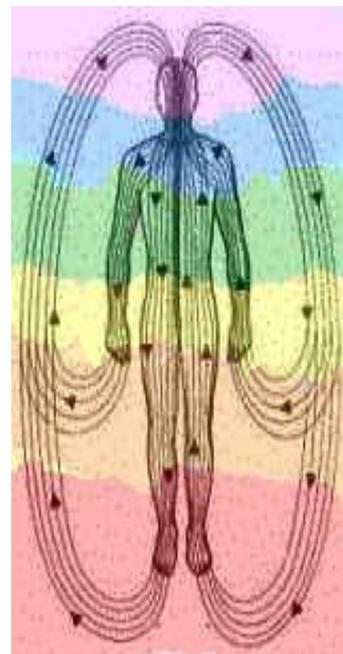
The top of the body has a positive charge (+)

The feet have a negative charge (-)

The right side of the body has a positive charge (+)

The left side of the body has a negative charge (-)

These charges can be readily measured using sensitive voltmeters. When the positive and negative poles of magnets are put together, there is an attractive current between them.



Similarly, polarity energy is directed magnetically along its lines of force to align and establish the vital polarities of the body. Blocked energies create an imbalance in the body's natural energy field, an imbalance which the polarity practitioner treats by connecting:

**the right (+) hand to the left (-) side of the body
and the left (-) hand to the right (+) side of the body**

If you are working on the vertical centre line of the body:

**the left (-) hand is always placed above
in a relatively more positive (+) area
and the right (+) hand is placed below
in a relatively more negative (-) area**

Sattvic



Sattvic relates to the element of air and is neutral in principle. Stillness is its essence, and the soft touch during a polarity session creates the stillness within the moving body. It is the neutral ground from which energy moves and it relates to balance.

When using the sattvic touch on a client it is firm and gentle and does not challenge the client's resistance. It encourages the energy system to be calm and creates space to be. It can often have profound effects on emotional cleansing. When a client is experiencing emotional release it is useful to do a sattvic hold; this will help balance the emotional state.

Rajasic

Raja is movement. It can be slow and it can increase in speed. Imagine the Tabla drum players, evoking movement and excitement. Raja is the positive, expansive Yang phase of polarity movement. It is the driving, active and propulsion aspect of energy. It includes assertion, warmth and sun which stimulate decision and our male aspect for drive. In principle raja relates to the fire element.

Rajasic touch in a polarity session is stimulating and directive. It is used to stimulate the flow of energy and direct it from one area to another. The rocking and vibrating holds of a polarity session wake up the stagnant Qi and helps the client move ahead. These holds can be painful if emotional patterns are challenged.

Tamasic

Tamas is the negative, contractive Yin phase of the polarity movement and it is the cool moon aspect of the energy cycle. It is the female, receptive and completion stage of the cycle. Crystalization into form is the final stage. Tamas relates to the water element.

In relation to polarity therapy, Tamasic movements challenge the body's integrity to change. A strong, slow deep touch is used to disperse cold energy blocks. Congestion is often found in the deep fascia and it is usually very painful to unlock the deeply contracted and knotted tissue that is found there.



Tamasic movements are often used on the feet. The heel is the most negative part of the body. It is important to free up this area to establish a balanced energy system. Tamasic applications in Polarity activate the Emotional Body, so as a practitioner it is necessary to know how far you can push your partner as these movements can be very intense. The emotion behind the pain can relate to hidden wounds. If your partner does become emotional it is best to use a suitable Sattvic hold.

Energy moves in these relationships. Rajas governs the positive impulsive phase; Sattvas governs the neutral ground which allows this movement and Tamas governs its negative phase of completion. These phases and polarity relationships are inherent in all aspects of our lives. As a polarity practitioner all three touches and phases are encouraged and can be used together at any point.

Depending on the condition of the client, the intentions of the practitioner will guide the use of the holds and the phases. The appropriate holds can encourage a successful balancing.

