

What is Polarity Through the Elements

By Sher Smith, RN, RPP, RCST

In Polarity, we work with the natural energies of the body, the same energy that is basis of all there is. There is really only one energy with various aspects to be appreciated. In Polarity, the aspects that we work with are the very same as those found in nature and they are displayed through the elements of nature - being ether, air, fire, water and earth.

Ether is an aspect of energy that is the finest or lightest. It is the closest we get to Divine energy itself. It is the energy of Ether that sets up the field for the manifestation of man through the play of the other elements. Thus, Ether is about space and supports our purpose in being. In nature the quality of Ether is best related to sitting on the top of a mountain and looking out into the vastness of space beyond, or being at the seashore, looking out over the ocean into the infinite aspect of space going on for as far as the eye can see and then some, aware of the never-ending space. To sit in the stillness of such places rejuvenates the very soul of our being.

In the body itself, we find ourselves interacting with space - within and without, our physical body. Our body moves out in the space around it at all times. Within, we find space in many of body parts from organs to tissues to cells. One example is the space within the joints, which is required for our joints to work properly. There is space within us and we live in the space of the universe around us, as we live our lives here on planet earth.

As we continue to step down the elemental qualities of universal energy, we next come to that of air. Now, air is like electricity, in that we don't really see it. We see the results of its movement, or lack thereof. When excited to the extreme we get windstorms, even sometimes to the end result of a tornado. In milder forms, we feel the breeze on our skin or hear the rustling of leaves. On days when there is no movement of air, it can feel very heavy and oppressive.

We need air to breathe and sustain our bodies. Those who suffer from Asthma can well tell the quality of air on a given day and the difficulty they have when the air quality goes down. We would live only a few minutes without air to breathe. Air is definitely a major resource that we need to respect and treasure.

Next, there is the energy of fire. We all know the warmth of the sun on a summer day or the warmth of a campfire. We are aware all too clearly, that when fire burns out of control there can be great havoc created wherever it roams. Anyone who has experienced a raging fire will know that it seems to take a direction of its own. Yet, a controlled fire can keep us warm on a cold winter night, even toast our marshmallows.

This quality of energy in the body is experienced as the fire of digestion. It is also expressed through the eyes and intellect - we talk about someone having "fire" in their eyes, or of having a fiery intellect. When agitated, the fire and heat of a person's anger may be felt. On the other side are those whose fire has dwindled and they seem to lack direction or 'get up and go'.

The quality of energy most related to the element of water in nature, is easily found in many forms - from that of a babbling brook, to the rain that falls, or the lakes and oceans themselves.

We are familiar with the results of a lack of water on the land or the erosion that is caused when water runs rampant in a flood.

The body itself needs water. Not just fluids, but the body needs several glasses of pure water every day. Water lubricates the body's tissues and cells, supports the electrical activity of the brain thereby increasing mental thinking ability, and is also needed to carry waste products out of the body.

The last quality of energy, being the densest, relates most closely in nature to the earth itself. It gives us the very ground we stand on. It is the foundation upon which the rest of life is played out.

In the body, the quality of earth energy is related to all the solid parts of the body – the ones being the densest. There is also an aspect of earth energy involved with colon activity, for it is the colon that carries away the solid waste products that the body produces.

The process of life is a constant ebb and flow of function and expression.

Although these elements have been presented singularly, they are never present as only one in the body. There may be one more prominently active than another at any given time. The truth is that at all times, we have all aspects of the elemental energy active in varying degrees at any given time. Polarity, being a Health Building process, works to support the body's processes and encourage the body's energy to find its place of balance, for all these energies are present all of the time. The process of life is a constant ebb and flow of function and expression. Polarity works to support and enhance this process that can be called the "Dance of Life".

Sher Smith RN, RPP, RCST has been involved in the Holistic healing field since 1979. Her professional training is varied and comprehensive including studies in Cranial Sacral Therapy with Franklyn Sills and the Upledger Institute and certification in Neuro-Linguistic Programming, Educational Kinesiology (Brain Gym®), 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 Co-director with the RYP school of Polarity Therapy teaching an approved APP & RPP course. Sher can be contacted at 905-751-1076.