

A work in progress – The Practice of Polarity

By Renée B. Weidel, APP

*“Polarity Therapy is the art of correspondences of body spaces and functions, through attraction and repulsion of electromagnetic energy waves as the roots of the five senses - sensory and motor--functioning in the body.”** Dr. Randolph Stone, DO, DC, ND

*“Polarity therapy is a holistic method of healing that acts upon the field of bipolar energy surrounding and animating the body. It assumes that illness is caused by an imbalance or block in the bipolar energy field. The application of Polarity therapy attempts to realign balance and recharge the overall level of energy through touch, diet, exercise, and counselling. Proponents of Polarity therapy view it as a means of alleviating chronic physical problems, forming healthy habits in everyday life, and enhancing other modes of medical treatment.”** John Beaulieu, ND, PhD, RPP

The healing art of Polarity Therapy was founded in the United States in the mid-1900s, by Austrian born, Randolph Stone (1890 - 1981). As a young boy, in 1903, he emigrated to the United States. Throughout his life, Dr. Stone studied many major healing arts and earned Doctor's degrees in Osteopathy, Chiropractic, and Naturopathy. He practiced for over 60 years and lived to the age of 91. Dr. Stone's health concepts are all based on the living energy currents.*

One of the most comprehensive of healing arts today, Polarityⁱ Therapy is a science used to restore balance in body function and physiology through the bipolar energy system: the Yin and Yang of the body; the + (positive), - (negative), and ø (neutral) charges. An imbalance in polarizationⁱⁱ in the body's bipolar energy system alters the symmetry of the flow/flux in the Human Energy Field (HEF).* The HEF in the brain can be recorded through sensors wrapped around the head with SQUID magnetometers.* The intensity variations in the body's electromagnetic field are visible with the use of MRI technology, Magnetic Resonance Imaging.* The human electromagnetic system or bioelectric field gives off waves which are identified by the US Government as the Electrical Current Magnetic Flux (EMF) which can also be recorded.*

The objective of Polarity Therapy is to first, listen to what the individual is seeking from the treatment. During a session, the practitioner palpates the energy waves/currents to locate any disturbance. The practitioner assesses possible sources of disturbances then facilitates the energy flow back to its balanced pattern of movement along the energy circuitry throughout the body. “It is the disturbed energy in its flow which causes pains and disease symptoms.”* A wide variety of stress and/or trauma can create an energy cyst*, or block in the connective tissue which can cause a polarization imbalance in the body's electromagnetic/energy system. Dr. Stone found that a block along these lines or energy paths can short-circuit the body's bioenergetic polesⁱⁱⁱ. The related stress from a block or restriction in the energy flow can impair normal body functions. Occurrences of these stressful blocks in specific locations of the body can produce conditions such as headaches, anxiety, depression, mood swings, fatigue, backaches, acute or chronic pain, chronic illness, edema, joint problems, fluid retention, allergies, digestive problems, cravings, increased appetite, loss of appetite, heart conditions, high and low blood pressure, sleeplessness, and so on. Herbert Benson, MD, director of the Mind Body Institute, Harvard Medical School, has addressed the “physiology of stress” throughout his books: *The Wellness Book* and *The Relaxation Response*.*

The application of Polarity principles facilitates a healing process through all levels of the body. Polarity practitioners are trained to apply Dr. Stone's Eastern and Western Therapy combinations of nutrition, exercise, lifestyle resources, communication skills, energetic bodywork, and various Ayurvedic principles. Intervention with these principles can energetically recharge weak cells. Within the wireless human energy anatomy, Polarity Therapy addresses five distinct energetic circuits or element pathways

(magnetosphere and electromagnetic lines of force) which are linked with the cerebrospinal fluid rhythm from the cranium to the sacrum.

Some Polarity bodywork techniques require varying degrees of pressure on specific points on the body using "... the hands as polarity of positive and negative poles."* This process is similar to charging the cells in a discharged battery. Other non-invasive Polarity applications can be done with or without physical contact. In either case, the objective is to re-charge the electrical activity and to restore energy in weak cells; this in-turn can diffuse blocks or energy cysts. After clearing an energy block or cyst, the energy flow/wave can return to a more balanced pattern.

As polarity balance is achieved in energy flow, cells in the body can vibrate within their most harmonic resonance. A restored rhythm in energy can reset the natural balance in the pulse and function of other systems throughout the body. The result is homeostasis: "a state of physiological equilibrium produced by a balance of functions and chemical composition within an organism."* This can relieve pain and/or activate the healing process. This internal harmony in the energy field is essential to maintain the body's innate capacity to heal itself and retain vitality.

The more we practice being aware of internal body signals and responses, the more we can enhance our ability to sense, to feel, or to know when and where the energy flow/flux and blocks occur. Through combining, as daily habits, Polarity practices and moments of listening in silent stillness, we can develop an increased awareness of our vital signs and locate internal imbalances. As we focus in the present moment, on relaxed, slow, deep breathing and adjust our awareness inward, we can feel and observe the pulse of our energetic pathways and the rhythm of our cerebrospinal fluid. Often, without fully understanding how, we can sense where to go and how long to hold a space energetically in order to facilitate the healing process. This internal de-stressing assists the vital signs in the body to normalize and the vibrations of our molecular structure to return to their most functional state.* Once the healing process has been re-energized, we can experience improved physical, mental, emotional, and spiritual health.

A multi-faceted approach, the application and education in the art and science of Polarity Therapy can be a tremendous step in understanding how each action and reaction in life has a distinct impact on every aspect of our health and well being. As our knowledge, assessment skills, and awareness expand, we come to realize more and more how traumas, beliefs, behaviour patterns, and habits can effect our body's physiological responses. The bipolar balance constantly shifts throughout our body with each action and reaction to events and other living systems. When we encounter positive or negative stressful events, our mental and emotional actions and reactions can enhance or jeopardize our health and/or survival. In various ways, how we react to each circumstance, relationship, and event can shape and mold who we are, what we think, and how we feel. Many types of positive and negative factors that contribute to who we are as a whole living organism are listed below:

- what and when we eat and drink
- sleep or sleep deprivation
- traumas
- sights we see
- sounds we hear
- rest or lack of rest
- touch or lack of touch
- chemicals, toxins, and environments
- our physical activity and inactivity
- our thoughts and feelings
- our beliefs and teachings
- our hopes and fears
- our sense of purpose
- our social and emotional support
- our financial stability
- our spiritual well being

We can evaluate how each of these influence our overall health and after careful assessment, a Health-Building Program* can be developed for each person's individual system of response. We can make informed choices so we may better prepare how the systems in our body will react and adjust to events, people, places, and circumstances. Research scientist, Candace Pert, PhD, in her book *Molecules of*

Emotion, has documented clinical evidence of the physiological responses in the body resulting from emotional reactions.

User-friendly options help the person receiving Polarity Therapy to incorporate health-building practices into his or her lifestyle. Using Polarity principles can better equip one to act or react daily in a way that can enhance his or her quality of health. Polarity sessions, practices, and education equip us to realistically synchronize our individual health needs through incremental adjustments. A focus on the application of appropriate energetic touch, nutrition, exercise, rest, spiritual nurturing, social and emotional support can also contribute to maintaining a healthy attitude. This total health approach can strengthen not only our immune system, but also our confidence and courage.

As a one-time experience, or as a way of life, Polarity Therapy intervention is beneficial for the candidate who seeks pain relief and/or revitalized health. Improved health can become a reality for the individual who consciously participates in a life-style guided by a personalized Polarity Health- Building Program. Professional Polarity practitioners facilitate each individual's process with confidentiality and support. Through a progression of stages, participants of Polarity Therapy can move forward with better focus, increased clarity, and renewed strength. We can experience love and purpose in the present with greater faith and hope for the future.

Renee Weidel, APP, CST, CHt (Associate Polarity Practitioner, Certified CranioSacral Therapist, Certified Hypno-therapist) practices Polarity Therapy in a clinical environment in North Carolina.

Notes & Sources:

i polarity: 1. Intrinsic polar separation, alignment, or orientation, especially of physical property; 2. The possession or manifestation of two opposing attributes, tendencies, or principles.

ii polarization: 1. The production or condition of polarity, as: a. A process or state in which rays of light exhibit different properties in different directions, especially the state in which all the vibration takes place in one plane. b. Chemistry & Physics: The partial or complete polar separation of positive and negative electric charge in a nuclear, atomic, molecular, or chemical system; 2. A concentration, as of groups, forces, or interests, about two conflicting or contrasting positions.

iii pole: Biology; A physiologically or structurally distinct region at either axial extremity of a nucleus, cell or organism.

- 1. Health Building, The Conscious Art of Living Well; Dr. Randolph Stone, DO, DC.*
- 2. The Illustrated Encyclopedia of Body-Mind Disciplines; John Beaulieu, ND, RPP, Nancy Allisoin, CMA, Editor.*
- 3. Your Inner Physician; Dr. John Upledger.*
- 4. The Relaxation Response; Dr. Herbert Benson.*
- 5. John St. Clair Akwei vs. NSA, Ft. George G. Meade, MD, Civil Action 92-0449, filed Washington, DC, USA.*
- 6. Websters II, New Riverside University Dictionary, Anne H. Soukhanov, Senior Editor & Kaethe Ellis, Coordinating Editor.*
- 7. American Heritage Dictionary, 3rd Edition, Version 3.6a. [computer software program].*