

What Polarity Therapy means to me

By: Shirley Prouty, RPP, RMT

Before I knew of Polarity Therapy, I had experienced a lot of specific lessons and ideas which seemed to make little or no sense to the "big picture of life". Of course, I had the usual schooling at home, at public school and church and some university courses and lots of reading, but to bring this all together in some understandable manner seemed to evade my "awareness".

I feel that Polarity has been a key in my understanding some little portion of the "big picture" of life. Polarity therapy is an act of love from which all our being and living and healing is accomplished in. Polarity is in everything that I see, touch, taste, feel and smell. In particular, it has been a great benefit to me to see polarity in others and to understand where people come from. "Why do they do that?" has always held a place in the back of my mind.

When I was a little girl, my mother and I used to travel by train. This, of course, required waiting in the station, (my mother wanting to be quite sure that we wouldn't miss the train, would always arrive early!) While waiting, I loved to watch people. About the time that a train would be leaving, people would start gathering around the numbered track entrance. I liked to see what they would do to get ready for their journey. Some would buy magazines or books! Others would have fruit and sandwiches neatly packaged in their tote bag (which they ate before they boarded the train to keep the children quiet). Others bought snack food (chocolate bar/chips/pop). Others would just stand quietly and wait, looking around the train station. My reason for telling this story is to show how in doing one thing – we all, by using our elemental qualities, do it differently. Is one way better or more correct than the other? Of course not, but we allow each other to take that train ride in whatever way they felt comfortable.

I like to look at each person as one big oval in the macrocosm of life. Each person has within them the element, which helps them to function in this world (eg. a Fire person is able to get things done when they get angry - or an Earth person accomplishes tasks because of their need for structure). We use the "elemental qualities" so we can function and it is amazing what wonderful things we are able to create when we are functioning to our best ability within that "element". These "elemental qualities" are used either individually or within groups. Just by developing and enhancing our elemental qualities, that energy is passed along within a group so then we become part of a bigger picture. Ever notice what a difference can take place when there is a change of person within a committee or perhaps a change of pastor for a congregation? We are not only "elemental to ourselves" but are "elemental to others".

The world is a train where we take our "train ride". Love is the ticket that is needed to board the train and our tools (polarity therapy) is the magazines, pop, and food that helps us prepare for the journey. It is only when we can connect to "Source" can we even begin to understand what love is all about. Unconditional Love! The ability to be who you were meant to be and become the person that you know you were to become. We are all born with a "seed" (ether) within us which determines who we are and why we are here. This seed is our DNA and only when we actually pursue and become that "divine natural ability" we were designed to become, can we actually have courage, detachment, forgiveness, contentment and humility. And when we have these virtues, we can have understanding. And understanding what our "Source" is, is only the beginning of our wonderful "journey" here on earth. May your journey be wonderful and fulfilling!

Shirley Prouty, RPP, RMT is a *Registered Polarity Practitioner* in the Kitchener-Waterloo area in Ontario, Canada. She is also a Registered Massage Therapist with more than a decade of experience in health and rehabilitation. Her professional interests include Brain Gym®, Touch For Health®, Biodynamic Cranial Sacral Therapy, Manual Lymph Drainage to mention a few of her studies. Other interests involve Nutrition and Diet, with a variety of fun collections including stuffed bears, wizards, owls and pansies. shirley.prouty@sympatico.ca