

# *Polarity Therapy Through the Senses*

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By Sher Smith, RN, RPP, RCST

All energy comes from nature! In Polarity Therapy, we look at the various aspects of universal energy found in nature and name these aspects as they relate to elements found in nature - ether, air, fire, water and earth. Contained within each of these elements is an associated main sense.

The element of ETHER energy relates to space and as such, relates most to our sense of hearing. Sound waves travel through space and are picked up by the human ear when they impact on the eardrum.

The element of AIR energy is about the quality of movement. As things move and impact on our body, we are thus 'touched'. Therefore, it is our sense of touch that most relates to this element. The human being needs to be touched. It is a well know fact in institutions that babies who are not touched can die. A loving touch can be very nourishing to the body and produce many of the "feel good" chemicals that elevate our mood and sense of well-being.

The element of FIRE energy relates to our sense of sight. It has often been said that you can see the fire in a person's eyes. Others say the eyes are windows to the soul. The eyes see more and work better when the quality of fire energy in the body is kept in a balanced state.

The sense most related to WATER is taste. As we chew our food, the food passes over the taste buds and a taste is registered. The liquid saliva commences the breakdown of food and assists in our being able to distinguish specific tastes. The sense of taste closely relates to the sense of smell. Without a sense of taste, the pleasure of a delicious meal is lost.

It is the sense of smell that is most related to the quality of energy referred to as EARTH. Oh, and there can be such pleasant smells and such annoying smells! Whether it is a walk in the woods, the salt filled breeze at the oceanside or the sweetness of a newborn baby, smell plays a large part in the enjoyment of our activities.

It is through our senses that we interact with our world. Often in a Polarity Therapy session, the practitioner will take advantage of this knowledge to assist in the Health Building process. The practitioner does so by utilizing as many senses as possible. For example, there may be soft, relaxing music in the background, the gentle touch of the practitioner's hands, a room that is pleasing as well as soothing to the eye, a refreshing glass of water available and perhaps a mildly scented candle as well. When all of this information is utilized, the nervous system often responds by sinking into a state of relaxation.

*Once the body is in a state of relaxation, the inherent drive to health will be activated and the level of health thus enhanced.*

The overall results can range from relief of symptoms, enhanced performance, and an increased level of general health and wellbeing.

*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, Reiki and Touch for Health. Sherry 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 Director with the RYP school of Polarity Therapy teaching an approved APP & RPP course.*