

What Polarity Therapy means to me

By: Pat Ransom, RN, RPP

Four years ago when I first heard of Polarity Therapy, it would have been a lot easier to explain what it meant to me. Now that I have 'caught' the 'Polarity Therapy fever', it has become a bit more complicated. What first attracted me to this modality was the idea that it would be the solution to my own health concerns. This thought excited me, because if I could become healthier myself then I would be able to share my newfound secrets with others and develop my own practice.

Before I studied this modality, I did not grasp the true purpose or process of illness. Through my studies, I have come to a deeper understanding of 'dis-ease' and from this change in perception, an opportunity for my own healing and that of my clients' is allowed to proceed. *The Course In Miracles* gives us as one of its lessons to practice, the statement that, "It is not this that I will focus on. I trust my brother, as he is one with me". My own healing has been in the form of taking the emphasis off of what I considered my health issues and fanning the flames of my health wherever I find them. This is all I can share with my clients, my brothers, and I trust in their ability to heal their own issues while I hold a safe sacred space for them.

In the Christian tradition, Jesus taught, "Thy will be done on earth as it is in heaven." Dr Randolph Stone learned from the ancients and passed onto us, "As above, so below." The sun, moons, planets and stars follow their energetic patterns without change and thereby create a perfectly ordered Universe. Within the human being, every molecule, cell, organ and system has an innate energy pattern which when flowing unobstructedly brings us to a state of health. What I have learned through Polarity Therapy is that 'dis-ease' occurs when we change the natural flow of these patterns and, having accomplished that, we forget the patterns for flow and cause a blockage. Health of body, mind and spirit is ours to remember. As a practitioner, that means I will trust the laws of the Universe and know that the more I flow and manifest my own health, on all levels, the greater will be my effectiveness with my clients.

Polarity Therapy has become an integral part of my own transformational process. The training I received in Polarity Therapy and the wealth of resources that I have found through this process, have created a hunger and an appetite for greater joy, which is the by-product of becoming what you have been created to be. What I 'heard and felt' in my deepest being, produced a desire to learn more, in order to become more. I have developed a broader, more inclusive worldview that has impacted on every aspect of my life from my own personal journey towards wholeness, to the relationships I have with family, friends and the community.

On a rather structured, earthy note, I am comfortable being part of the family or community known as APTA. As a member of a regulated healthcare profession (nursing), a Code of Conduct and Professional Standards of Practice are important to me. There are few complementary modalities that are as prepared for self-regulation as is Polarity Therapy. I also appreciate the work that has been done scientifically to support the positive effects of the work that we do. On a local level, I am proud to be a member (director) of OPTA, where I can liaise with other like-minded individuals for support and continued growth and friendship.

I consider it a blessing to have found this wonderful health-building tool and trust the process will continue. I create and manifest vitality for the body, peace for the mind and joy for the spirit.

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