

Realizing the Depths of Polarity

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From the time of my first reading of the works of Dr. Stone DC, DO, ND, founder of Polarity Therapy, I had the feeling they were written in code. There were so many things that he touched on and then left it up to the reader to follow up on. Reading his writings one finds a vast amount of knowledge available for sure. Taking the time to study some of what he mentioned, one begins to understand the true depth of his understanding of the healing process in the human being. He was definitely a gifted doctor, well ahead of his time. He did however leave pathways in his writings for us to follow.

It is in the exploring of those pathways that I began to expand my own learning. Along the way I realized that I had lost track of some of what I had found, which set me on the endeavour last year of collecting and formulating a very in-depth Index on the writings of Dr. Stone. As in-depth as I did make the Index, it could be even more so. The reason I stopped where I did was to keep it from becoming too daunting. In following his works, one has to remember that bit by bit is easy and all the bits eventually integrate into an amazingly large whole. Every journey begins with one small step.

The more I read, the more I studied, the more I came to realize I was on a magical, mystical, alchemical journey. I find all that he has guided us toward is absolutely fascinating. Sharing all of my discoveries and learning with the students and with my clients in my private practice brings great joy. It is a pleasure and an honour to be allowed to follow in his footsteps. The results of the work speak for themselves and give more than enough validation for Dr. Stone's ideas and teachings.

Even though Dr. Stone wrote for the doctors of the time, his thoughts were often beyond them. Only today are some of his ideas and teachings being able to be substantiated. Often times people who spent time with Dr. Stone would notice the light on in his room way into the wee hours of the morning. It is said that to truly get some of the depth of Polarity one needs to "burn the midnight oil". He surely did that, and left so much for us to follow up with, as his legacy.

What one understands from his books and manuals (like ours) that have been written since his time, is very informative. It is however only the tip of the iceberg. For true Polarity is caught not taught. A true student of Polarity is one who allows themselves to learn by getting in the process, staying in the process and allowing the process to teach you and to do the actual work.

Dr. Stone's work that he put all together for us and called Polarity Therapy is a Health Building practice. Rather than looking for symptoms and what's wrong, he looks for the health and what's right and already working within each person. Finding the health and fan it. Whenever a person reaches a state of rest and relaxation, such as in a session, it is the body's innate wisdom and inner drive for health that takes over and does the actual healing. The body knows how to heal itself. The practitioner acts as a conductor of the process or a facilitator to activate that inner wisdom so the body can re-member and start the journey to a higher state of health.

Experience is the true teacher - including the personal experience of reading Dr. Stone's writings, of following up on some of the pathways that he eluded to and the actual implementation in private practice. His Polarity Therapy is Wholistic in the true sense of the word. It covers body, mind, soul and spirit. This is accomplished through the avenues of his body work protocols, his nutritional suggestions, his exercises, his acknowledging the need to address thought processes and of course his special interest in viewing the world through spiritual acknowledgement. Whether in taking the courses or experiencing his work through private practice, it is a whole complete process for tapping the true potential of every unique human being who does so.

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. 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 Director with the RYP School of Polarity Therapy teaching an approved APP & RPP course.