

# *Optimum Health and Spiritual Growth*

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By Iva Lloyd, RPP, RHN, ND

What is the link between optimum health and spiritual growth? In our society we often define health as the absence of any discomfort or disease; whereas, spiritual growth can involve change, challenges, chaos, and discomfort. Polarity Therapy provides a wonderful road map to obtaining both.

Sara, a well dressed, active 48 year old woman going through menopause had complaints of hot flashes and irritability. Initially herbs helped, but the symptoms lingered. When we discussed her thoughts about menopause in more detail, she revealed that she was uncomfortable with moving into the next phase of her life as she was uncertain as to what was ahead. Over the next couple of sessions, the focus moved more into the energetics and less towards herbs. Sara gained a new perspective about herself and was able to embrace this change. The symptoms disappeared and need for herbs was gone.

The language of the body is full of wisdom. At times the messages are gentle and clear - your lower back hurts when you don't feel supported or your eyes are blurry when your future is uncertain. At other times the messages are very complex and involved. The key is to recognize that the symptoms contain the messages. When we really understand the messages and make the necessary changes in our life or thoughts the symptoms often disappear.

Awareness is such an integral part of spiritual growth and the body is a vehicle for conveying our lessons. What happens if we successfully 'quiet' the symptoms without awareness of the lesson? The strength of Polarity Therapy is its ability to interpret the language of the body, to recognize that physical symptoms are a manifestation of energy in chaos. Shifts in energetic patterns accompany changes in lifestyle, behaviour, thoughts and emotions, not just the elimination of physical symptoms. To assist a client in becoming aware of the link between their physical symptoms and their life is one of the most rewarding aspects of health care because that is where the opportunity for achieving optimum health and spiritual growth occurs.

When most people seek out a health care practitioner they are looking for someone who can 'fix' them and remove their symptoms. This ability to 'quiet' the body is a valuable tool. It provides people with an opportunity to breathe, to experience relief, to take time to gather thoughts and to plan for change. Every modality, whether it be allopathic, naturopathic, homeopathic or polarity has the ability to 'quiet' the body, to suppress and to drive things deeper.

Energetic patterns or shifts are initiated because of a life lesson. These progress to the mental or emotional sphere and then, if not resolved, move onto physical changes or symptoms. Polarity Therapy has the ability to take physical manifestations and trace them to their origin. It assists clients in their journey of spiritual growth. It is also effective in relieving symptoms and in providing a sense a health. The challenge is being aware when health is being sought at the expense of spiritual growth. The aim is achieving both.

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