

# Springtime

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By: Sher Smith RN, RPP, RCST

Winter is the quiet time of year for rejuvenation. It is about being in a heavier energy that is internally working to rebuild and restore the system as it awaits the lightness, freshness & newness of Spring. A Polarity Therapy session will bridge these energies to bring balance to the system. At our *Realizing Your Potential Polarity Therapy School* we follow the teachings of Dr. Stone, DC, DO, ND, who was the founder of Polarity Therapy. He never did work with symptoms, he only worked with natural electromagnetic energies of the body. His is a Health Building process that empowers the client. The client takes part in this process.

Nutrition is a big factor in anyone's health. In winter, one naturally gravitates to the heavier foods, the root vegetables of the earth to assist in the re-building process. Moving into Spring, people who are able to follow their natural rhythms and inclinations, will find themselves gravitating toward lighter foods to match the energies created in nature, as the solid ice melts and the waters in the rivers start to flow once more. There is an increase also in the warmth of the sun and the wind in the air. We start to have an inner desire for fruits and salads and perhaps some additions of spicier foods to awaken and support these inner drives. Dr. Stone was a big supporter of sprouts, as they contain many nutrients that assist in developing a healthier state in the body.

On the level of exercise, there is an inclination and desire to move outside into that newness, that freshness, with a longing for the open spaces of parks, for being in and with nature. People naturally want to get outside walking and often have a drive to start gardening. These are natural ways of grounding all the newness of Spring and the lighter energies it activates.

We also plant in our mind with our thoughts. Dr. Stone states in his collected works on Polarity Therapy (Vol 1, Bk 1, p. 92), *"For as a man thinketh, so he is. As a man soweth so shall he reap. That is the inevitable Law of Life."* At heavy times, such as the world is now in, people can take charge of their thoughts by choosing to read uplifting books or attending light-hearted and funny movies. These choices change the chemical soup in our brains, as explained by Candice Pert in her book *"Molecules of Emotion"* and by Paul Persall in book *"Super Joy"*.

When people resist the natural flow of these energies in nature then their internal energies can become slightly chaotic, often felt as a restlessness or edginess referred to as "Spring Fever". Here, a Polarity Therapy bodywork session is of great benefit in assisting the body to move into a state of rest and relaxation. In such a state the innate wisdom of the body always chooses to move toward Health. At this time, the Polarity Practitioner can support the client in their activities by offering a selection of positive choices for Health in the aspects of Nutrition, Exercise and of enhancing one's thought processes. We do have choices, and it is in our best interest to make choices that support our own Health Building process.

*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.*