

The Esoteric Foundation of Polarity Therapy

by Jim Fairman, RPP

It is well known that when Dr. Randolph Stone grew dissatisfied with the results of his healing sessions using the techniques he had been taught, he began a global search to find a solution. In his travels, his studies included the Ayurvedic medicine of India and the Meridian medicines of Traditional Chinese Medicine. From this collection of knowledge he formulated the groundwork for Polarity Therapy that he began to teach in the early 1970's. The rest, as it is said, is history. But what is perhaps less known is that along with his life-long passion for healing was another passion, just as strong, if not stronger, was his search for spiritual truth.

Dr. Stone was born into a Catholic family but later attended a Lutheran College on a scholarship with the intention of becoming a Lutheran minister. This intention was cut short when he fell ill and had to leave school and return home. At the age of nineteen he took the Nazarene Vow. The Nazarene Vow traditionally has three aspects i) total abstinence from alcohol and any part of the grape vine, ii) the refraining from cutting ones hair symbolizing ones separateness from society and dedication towards God, and iii) the avoidance from being present near any dead body at any time. At this time he also experimented with diet, fasting, seclusion, and meditation. He later left feeling this was not his path to truth. He continued his personal studies, and eventually met his wife-to-be, Anna Stone, at Dr. Washburn's Esoteric Study Center.

In the years that followed, Dr. Stone continued to attend lectures, read books and join various organizations including the A.F. & A.M., Rosicrucianism, Sufism, and the Philosophical Research Society founded by Dr. Manly P. Hall. He also joined the Theosophical Society studying the works of Madam Blavasky and Krishnamurti. Madam Blavasky's 'The Voice of Silence' was one of three books he kept at his bedside, the other two being, "Light on the Path", and the "Bhagavad Gita". From the east, he studied the works of Yogananda and Swami Rama Tirtha; from the west he studied the Bible, Kabbala, and Swedenberg along with many others.

In 1945 a friend gave Dr. Stone two books that were to change his life; "The Path of the Masters" and "Mysticism: the Spiritual Path vol.11". Through these books he felt as if he had finally been put in touch with a 'living master' and in November of that year he was initiated into the Path of the Masters of Sant Mat. He would continue upon this path until his death.

In 1956 Dr. Stone published "the Mystic Bible", his grand opus of spirituality, the purpose being "to bring light to the meaning of the Holy Word and how to find it as an actual, living Reality within our selves."

Spirituality & Polarity Therapy

At a time when the trend for modern Western Medicine was to become more materialistic and based in the scientific model, Dr. Stone went in search for something that he 'felt' was missing. In this search, he traveled around the world studying various modalities of healing and the cultures that produced them. It was in these travels that he came to the conclusion that the key was the balancing of energy. But when Dr. Stone talks of energy, it is not the energy spoken of by scientists devoid of spirit and life, but the energy of 'God' made manifest through out creation. Dr. Stone embraced the spiritual aspects of healing in all his work. We are constantly reminded of the sacredness of our work and the awe and reverence in which we should practice. Time and time again Dr. Stone tells us to go to the source of the problem, not the superficial complaint, but in going to the source we enter

into the realm of spirit. We leave behind the realm of science and enter the realm of mystics and poets. Here words lose their power to describe, and we find allegory, symbolism and images coming to the fore. Here we find the body related to the Tree of Life, energy pathways to the caduceus, the humors to the Four Rivers of Eden. Here the workings of the body are described by the allegory of the alchemical red, white and black work. Throughout Dr. Stone's writings we find references over and over again which show the depth of his esoteric studies, meanings of which are lost without an understanding of where the inference has come.

It is my belief that to fully understand the works of Dr. Stone and the system he presented, one must study the ancient esoteric traditions he himself studied and used as the foundation of his work.

It is interesting to note that we have almost come full circle in our thoughts related to healing. In ancient and esoteric systems of healing the focus was on the whole organism. It was a holistic approach to health in relation to oneself and one's relationship to the universe. With the advent of Newtonian thought, determinism developed. Here the goal was to break the organism into the smallest separate pieces possible with the idea if one could control and fix the 'small pieces' one could reassemble the whole organism 'fixed'. Now quantum physics comes along and states that there is no such thing as 'separateness'; all is interconnected; to affect anything is to affect the whole. Bell's Theorem is fine for the lab but where does one find a practical roadmap to navigate these 'new' waters? It is in the ancient and esoteric systems of thought that we will find the roadmaps necessary to provide the sign posts for safe travel as spirituality and science once more becomes wedded.

References

Biographical information for Dr. Stone was taken from two sources: 'Dr Stone Chronology' assembled from sources available by John Chitty in 1985, and 'Dr. Randolph Stone by Louise Hilger January 20, 1968. John Chitty is well known in Polarity Therapy and well published. He presently is the Treasurer of APTA. Louise Hilger was Dr. Stone's niece, and acted as his secretary in his later life up to his death.

1 Dr. Stone was a Doctor of Mentology, Doctor of Osteopathy, a Doctor of Chiropractic, a Doctor of Naturopathy, a Doctor of Neuropathy and a Doctor of Physiological Therapeutic.

2 Robert Figueroa - Your Spiritual Growth, April 30, 2001.

3 Ancient Free and Accepted Masonry.

4 Or Brotherhood of the Rosy Cross.

5 Mabel Collins, first published 1888.

6 Julian P Johnson, first published 1939.

7 Lekh Raj Puri, first published ?.

8 Which translates as The Holy Path, is a practical approach to finding soul and God by means of two indispensable principles; the competent Living Master and regular meditation on inner Light and Sound.

9 Taken from Dr. Stone's introduction.

10 Bell's Theorem states that once two particles have had contact, they will remain in contact even though they may be on opposite ends of the universe.

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