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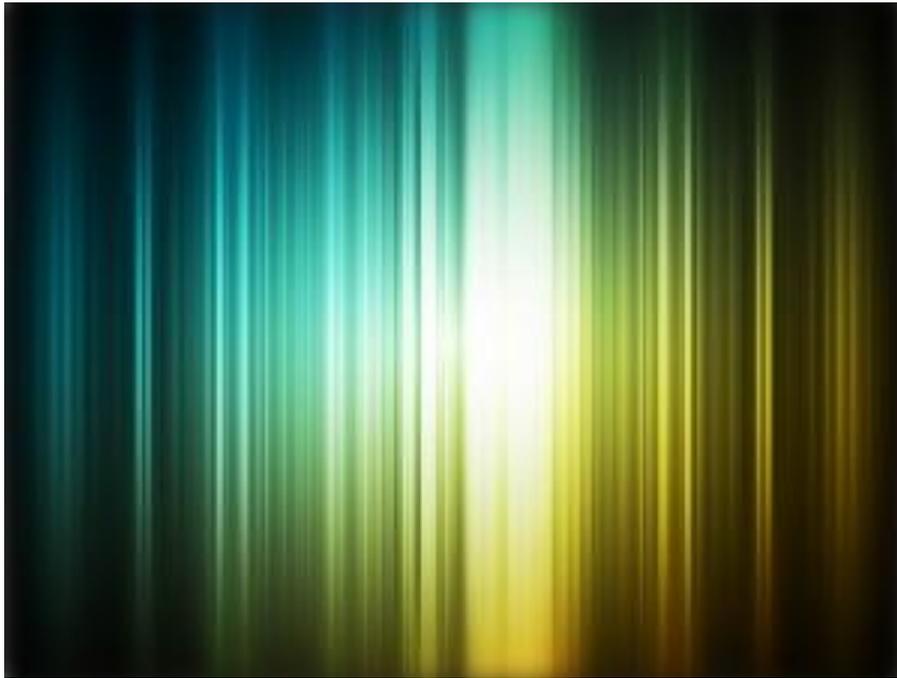
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Foreword

Once energy is unbalanced, barricaded or fixed due to tension or additional factors, pain and disease develop.

Obstructions commonly manifest in sequence from the subtle to the dense layers of the field. Polarity Therapy tries to discover the blockages and free energy to go to normal flow patterns, and to uphold the energy field in an open, flexible condition.



Heal Yourself Through Polarity Therapy

Learn About The Power Of Polarity Therapy And How It Can Heal
You

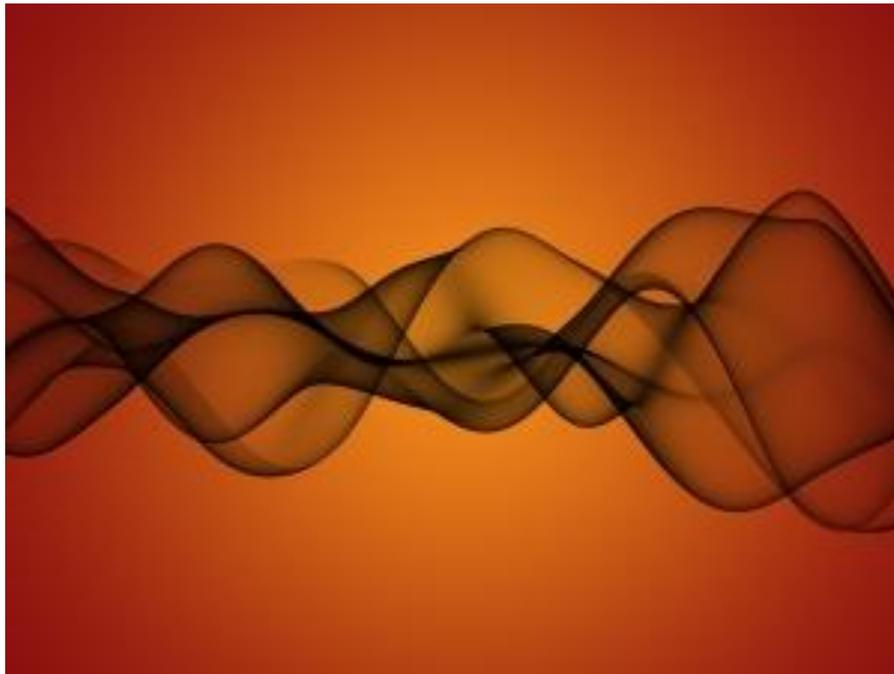
Chapter 1:

What Is Polarity Therapy

Synopsis

A Blending of modernistic science and complementary medicine, polarity therapy is a comprehensive health scheme regarding energy-based bodywork, diet, physical exercise and self-awareness.

Scientifically, it works with the human energy field, electromagnetic patterns conveyed in mental, emotional and physical experience.



Info

In this therapy, health is regarded as a reflection of the status of the energy field, and therapeutic techniques are designed to equilibrate the field for a health advantage. There are three sorts of energy fields in the human body:

Long line streams that run north to south on the body; transverse flows that run east and west in the body; and spiral flows that begin at the navel and expand outwards.

In the healing arts, polarity therapy is peculiar in its comprehensive exploration of the different attributes of the human circumstance (physical, mental and emotional). It seeks to span the full spectrum of body, mind and spirit: the body is configured by nature to cure itself.

Polarity therapy helps in that natural occurrence. Implementing the polarity therapy system of rules may take diverse forms, constantly based on the fundamental intention to support the client's built-in self-healing intelligence as conveyed in its energetic blueprints.

Polarity therapy was formulated by Dr. Randolph Stone, who conducted an exhaustive investigation of energy in the healing arts over the run of his long medical career.

Drawing on data from a broad range of references, he discovered that the human energy field is impacted by touch, diet, motion, sound, mental attitude, relationships, life experience, injury and environmental factors.

As this therapy lends an energy-based position to all these subjects, the scope of the practice is frequently really all-encompassing, with implications for health care providers in a lot of therapeutic disciplines.

As a consequence, polarity supports heavy connections to a lot of additional healing and holistic health systems. For instance, basic features of the human energy arena are described in a lot of sources, both ancient and modernistic.

From the Ayurvedic custom, polarity incorporates the "3 Principles and 5 Chakras" and has been known as the modernistic manifestation of ancient Hermetic Philosophy.

Polarity is felt as the universal pulsing of expansion/contraction or repulsion/attraction called Yang and Yin in Oriental therapies. Energy moves from a central source – which is repulsion, and then back to the source – which is attraction. Polarity practitioners utilize this natural phenomenon as a way of trailing energy flow.



Chapter 2:

Polarity In Food For Health

Synopsis

With reference to healing, its prana, or chi, critical energy, which keeps the body and psyche living, flowing, and operating well. There are 2 places we may acquire this vital energy of prana: by breathing, and by food.



What You Consume

The mastermind of polarity therapy, understood this considerably. When confronted with sickness, toxicity, and pain in his patients, he oftentimes advised a change in diet, as well as energetic motion with active breathing.

The types of alterations he advised in food consumption frequently included the accompanying: more fresh foods, less cooked oils, less complicated food combinations, and the willingness to sit, eat, and pay attention to one's food as one ate.

His cleansing and health building diets didn't include a lot of items typical in today's grocery stores. Frozen, fried, micro-waved, canned, and warmed-over foods weren't on his menu. As he stated: There are over 1500 diseases, and only the transgression of nature is the grounds for most of them. Consequently, by getting rid of the cause, a large number of symptoms will go away.

If you consider your own food patterns with love, refraining from the deep-seated inclination to pick on yourself in assorted unhelpful ways, you'll likely observe one or more regular inclinations: the consoling potato chips in front of the television set, the gratifying snack mid-afternoon as your energy is easing off, the additional cup of caffeine when perhaps you merely need to rest instead of press on relentlessly.

Treating food in the way of polarity we view these patterns a bit differently than in Western nutrition. If a formula is working for you, and hadn't harmed you in any evident way, even though it's broadly

considered an unhealthy process, we'd talk regard it as being an example of okasatmya.

Okasatmya is being accustomed to that which will be poisonous to some other. We all may think of illustrations of this: the acquaintance that eats salsa hot enough to bring anybody else to their knees, perfectly happily, or the scrawny guy with modest cholesterol who has 5 eggs nearly every morning for breakfast.

We each bear our own little dietary oddities and mannerisms that a different individual, stumbling into our routine inadvertently, would find hard or even injurious to their unique metabolism. If this is working for you, by all means, don't alter it.

All the same, if you're working with joint pain, depressive disorder, congestion, weariness, or additional troubles, it might be time to think about what might be called satmya.

Satmya is being accustomed to that which is therapeutic for oneself. Whether that's a fresh veggie juice in the morning, trying a combining of herbs to invigorate your metabolism, arranging a "salt glow" first thing in the morning to clear off the junk and debris of the night, or putting in more fruits, veggies, and whole grains to your food selection, and less pre-packed high-salt snacks.

Polarity therapy has a good assortment of common, down to earth healing exercises that are simple to do on one's own. Whether one is acting upon asthma, arthritis, a weak heart, constipation, or the cold, there are remedies for them.

One has to be in that place of determining the need for a change, and being prepared to accomplish it, to introduce this into one's life. To explore polarity therapy, one has to be open to this new position.

Our every action is our karma, which determines our life here. We're either a wise custodian or an ineffective manager. Clear thinkers attempt to discover the causes, while the mediocre look for flights from effects.

This sets the entire picture into a different light as to causes, which lie in ourselves, instead of in some microbe. Humanity has to grow up sometime and be responsible for its actions. Only if we comprehend ourselves can we get along with ourselves and treasure this treasured gift of life.



Chapter 3:

Dealing With Stress Reduction For Healing

Synopsis

May one hour a week of polarity therapy, massage, lower your blood pressure, lessen your risk of cancer, better your cardio-vascular efficiency, diminish depression, expand energy and help you sleep better? The reply is uh-huh to all of the above.



Ease The Tension

Tension and stress-related diseases have achieved epidemic dimensions in our modern day civilization. The greatest causes of mortality in industrialized lands have switched from the infectious illnesses that were prevailing at the outset of this century to the chronic and lifestyle-related sicknesses now accounting for the bulk of deaths.

According to the American Psychological Association, tension solely causes American workers to omit an average of sixteen days on the job every year. Tension affects everybody and stress disorders are founded on a slow and developmental assemblage of psychological and physical stress reactions throughout the life of the person. Stress surely may become the silent killer!

Possibly, one of the most damaging results of unreasonable levels of tension is the effect on immune reaction. Stress is now becoming linked to and implicated in the pathogenesis of cancer as well as additional dysfunctions related to autoimmune disorders like chronic fatigue, fibromyalgia, asthma, yeast infections, and a lot more.

The forces of stress bring on physical problems! The voluntary systema nervosum sends off messages to your muscles to fight or take flight. In reaction to this immediate stress in your body, the autonomic nervous system, which governs involuntary body functions, will ready you by sending off additional blood to your

muscles. It will likewise slow up digestion, mental clarity and a few organ functions. There are likewise hormonal reactions that produce a lot of hypersensitive effects on the body. Basically, your body becomes a walking military machine bracing for attack and closing down a lot of vital organ functions you need to sustain health.

75% to 90% of all visits to doctors regard stress-related complaints. Tension is linked to particular illnesses and research has now demonstrated the relationship between our wellness and our emotions.

Many people have a hard time recognizing tension in the body till it becomes an obvious issue like: severe backache, chronic indigestion, headaches, ceaseless colds, deficiency of energy and frequently depression. When it achieves the stage of physical and mental imbalances, it's become an issue.

Bodywork is a major factor in polarity therapy and helping us to discover where the tension is located in the body. Body work won't only discover the tension holding patterns; it will educate the body in getting back to balance before it becomes a major physical issue.

Research has demonstrated that body work:

- Aids appropriate movement of fluids through the system including lymph, blood in the arterias and veins, glandular secretions and removal of toxins

- Step-ups muscle response like elasticity of connective tissue, lessens muscle fatigue, and step-ups muscle energy
- Regenerates vital organ function including breathing and circulation
- Step-ups neural activity benefiting both the central and systema nervosum periphericum
- Step-ups the balance in reflex patterns
- Rejuvenates general balance to stress overload

Body work reinstates our coping mechanisms and allows for physical and emotional counterbalance to happen before it becomes a major issue.

Every person is a unique and complex interaction of body, mind and spirit. Illness may best be understood as interference within the dynamic balance of these relationships. The state of wellness exists if these elements function in harmony. Bodywork, which boosts this harmony, isn't simply a luxury, but is fast becoming an important part of our integrative approach to wellness and health.

Chapter 4:

Polarity Therapy And Touch

Synopsis

Current developments in bodywork may be incorporated with ease inside the Polarity framework: Polarity is, indeed, the art of curing by touch.



Healing With Touch

The hands are laid simultaneously on 2 positions on the body, picked out to advance the flow and balancing of energy. 2 poles are created by using touch: therefore the name Polarity Therapy. The inherent intelligence of the body, functioning with the touch and attention of the therapist and the energy from the healer's hands, dissolves whatever impediment to energy flow.

The therapist feels the flow of energy between the hands and the unmistakable loosening of tissues beneath the fingers. At precisely the same time, the client goes through changes, e.g. alleviation of soreness, tautness and pain. It's crucial to appreciate that the therapist doesn't 'do' anything, except to provide touch and awareness.

During the grooming in Polarity Therapy, pupils come to recognize how they, personally, feel the flow of energy. Basic indications are: prickling in the hands, vibration, pulsing in the finger tips, 'waves' streaming through the arms and 'simply knowing'.

We wait till the sensation is equal in both hands and any soreness or hurting at the client's contact points has dispersed. It's consequently simple to know how long to hold the hands in a certain position: the practitioner's experience of energy and the client's body lay out all the data required.

During a session of polarity therapy, assorted styles of touch will commonly be utilized in order to help the flow of energy. This variation in the utilization of touch is a special feature of polarity therapy. We might work in the aura, as with healing touch and

spiritual mending, utilize a light touch, familiar to practitioners of Reiki therapy, employ motion in order to traction the tissues, as with Shiatsu and massage, or apply deep pressure, as utilized in Acupressure and Reflexology.

Once applying motion, one hand will commonly be held still while the other sways the body, continuing till energy flows. The level of deep touch utilized is such that the client is cognizant of pain or soreness, however not overpowered by it.

Touch is sustained till the client feels no residue of pain or discomfort, while at the same time the practitioner feels energy flow. When applying touch with motion or pressure, the practitioner always closes with a light touch. This presents the body the time it requires to integrate any shifts that have come about.

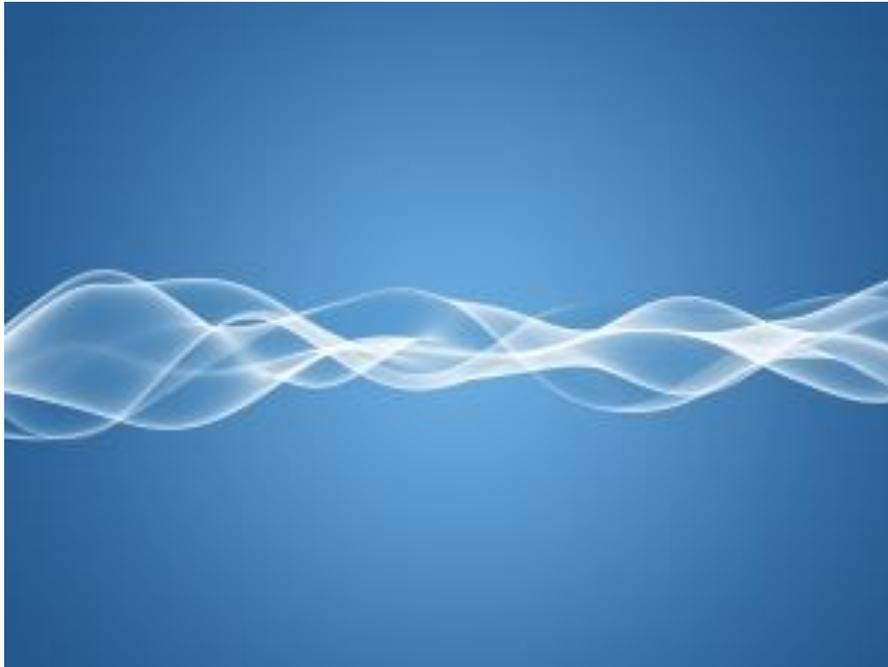
While sustaining polarity contacts, for example, between shoulder and elbow, the practitioner might become cognizant of spontaneous motion within the tissues. By assisting and following such motion, the whole arm, for instance, might move vigorously for a while and then abruptly stop.

This procedure of 'unwinding' can happen with any part of the body and frequently results in considerable release from painfulness or stiffness. In such cases, the inherent intelligence of the client's body, through its association with the touch and cognizance of the practitioner, is able to solve its issue, while the therapist merely observes from a neutral place.

When touch is really light, the experience may be really different from the experience of energy flow identified above, for example, pulsing in

the finger tips. Particularly when holding the head, it might feel as though the hands are slowly being thrust out and withdrawn by a sort of breath.

This is a subtle emission associated with the cerebrospinal fluid which flows inside the meninges of the central nervous system and equates to the so called “ultrasonic energy current of the soul”.



Chapter 5:

The Contact Point Relationships

Synopsis

In polarity therapy there are a lot of guidelines as to where the hands might be placed to deal with assorted conditions. The accompanying are a few examples:



The Elements

Each element has 3 particular contact points on the body, any 2 of which might be utilized for balancing that element. These contact points are as follows:

- Earth-Neck; Colon; Knees
- Water-Shoulders & Chest; Pelvis; Ankles & Achilles Tendon
- Fire-Eyes; Solar Plexus; Thighs
- Air-Shoulders, Kidneys & Colon; Calves.
- Ether-Ether is in the joints.

Illustrations of utilizing these relationships would be the release of painful points in a stiff neck by associating these to sore points beneath the knee (Earth), and the decompressing of tight thighs by relating sensitive points on the thighs to the bellybutton – the solar plexus touch point (Fire).

Points located on each part of the body, for example, elbow, form a kinship. Utilizing this data may lead to really effective treatment, which we might call ‘above and below’, for instance.

Headaches might be treated by laying one hand over the place of the headache and the additional hand on the opposing side of the head. At the same time as the practitioner feels energy flow between the hands, the client feels a drop-off in the intensity of the headache.

A different example would be quieting the site of an injury, for instance, knee or ankle by positioning the hands on each side. Frequently the shock from the injury will be discharged by dramatic jerking, accompanied by easing of pain.

There has been discovered useful therapeutic relationship by applying the precept that the part contains the whole. For instance, if the entire body is superimposed on the foot, the relationship between body parts and points on the foot gets clear, a fact long-familiar to Reflexologists.

The polarity healer will touch the foot reflex, for example, diaphragm reflex, with a sole finger and touch the comparable part of the body, for instance, diaphragm beneath the ribs, with the other, waiting for energy current and tissue release.

Freeing of both body and foot reflex is typically faster utilizing this technique than the traditional technique in Reflexology of working the foot reflex solely. Alternatively, the knowledge of polarity touch points on the body may be applied to the foot, holding 2 points on the foot and awaiting release.



Chapter 6:

Polarity Stretching Exercises

Synopsis

Polarity Yoga is a system of rules of exercise that works on the energetic level. Polarity yoga is one element of polarity therapy, and is based on the same 5 element system of rules (Earth, Water, Fire, Air, Ether).



Exercise

Polarity yoga exercises sustain full expression of a certain element by perking up the zones in the body associated to that element, and likewise by utilizing movement of a quality related to that element.

For instance, Earth element exercises tend to be unchanging postures stable on the ground, without quick movements. In counterpoint, Air element exercises tend to be quick -moving, silly, and amusing, stimulating the heart chakra and the characters of joy and merriment.

There are likewise exercises specifically centered on balancing the brain and systema nervosum. Not all of these are polarity exercises. A few of them come from a system of rules called "Brain Gym" which is, as you may suspect, an exercise for your brain.

If it appears relevant to your session, I might advise a polarity exercise that you are able to do on your own to continue to move toward balance in a certain area. The goal is to empower you to sustain your health and energetic balance on your own.

You don't have to be strong or exceedingly limber to start benefitting from polarity yoga. The exercises were planned for Westerners before yoga was popular, and are easy and gentle. As these exercises work on an energetic level, merely carrying out the motions energizes the necessary energy zones. The exercises may produce astonishing results, even if done for merely a couple of minutes a day.

Chapter 7:

The Research

Synopsis

The research encircling the practices of energy medicine is profound. Results of many studies demonstrate that energy therapies may relieve pain, speed up healing from trauma based injuries, and positively affect individuals during surgery as well as act upon the healing process of cancers, arthritis, fibromyalgia and a lot of other auto-immune issues.



The Studies

In a couple of decades men of science have gone from a conviction that there's no such thing as an energy field about the human body to a downright certainty that it exists. Furthermore, science is explaining the roles of energy fields in wellness and disease.

Involved in the unparalleled theories and science of polarity therapy, is the construct that life energy has to flow in and through the body in a fluent and continuous pattern to preserve optimum health.

The founder of Polarity indicates in his writings that the energy fields existent in and around the physical body are where the brain and emotions reside in physical space. Consequently, what we go through is recorded in our energy field and reverberated in our physical body as structure, form and function.

What does this mean to us separately? We just might want to include on our top 5 health professionals list an Energy Medicine Practitioner. Why wait till a disease evidences on a physical level? Prevent it!

There's knowledge that every organ in the body and each functioning process of the body bring forth particular energetic features and fields of electrical patterns that may be discovered through self awareness, therapeutic touch and now particular measuring instruments. Prevention works!

The future in energy medicine is in recognizing that our current medical tests wait till the issue may be seen only in our physical body

- blood tests, smear tests, x-rays, and brain scans. By the time we discover cancer in our bones, or our colon it's already a major issue.

By being aware of different features of energy pulses and energy blueprints in the body we may map the way diseases alter these blueprints and discover the issues on an energetic level before it demonstrates on a physical level.

What an insight to disease management! Energy medicine practitioners may help the client feel distorted energy fields and locate the root and reason for the pain.



Wrapping Up

In Polarity Therapy, we seek where energy is barricaded and where there are pain blueprints that are not open for optimum energy movement. By applying particular contact points, or utilizing techniques that will free these painful holding patterns the energy comes back to normal flow and the physical body mends.

Yoga as well as Tai Chi and Qigong practitioners feel that a sensation of health and well being may be produced through the study of the human energy field. By exercising a daily practice of yoga, for instance, a personal awareness is produced that keeps the lights burning and personal energy in equilibrium.

Try an energy awareness practice once a day. Sit down comfortably in a chair; take your own heart rate on your wrist or your neck with one hand. Shut your eyes and breathe deep while holding your pulse.

Now connect with your pulse and your breath, feel it, hear it, and notice its patterns. Carry on for 2 or 3 minutes. Following, carry on sitting in a chair, keeping your eyes shut, rub your palms together ceaselessly for one minute and then slowly pull your hands apart, holding them somewhat apart. Breathe deep while noting what is going on between your hands.

Energy cognizance processes are simply the tip of the iceberg that may melt away a few of our outmoded ideas on treatment.