

Introduction to Polarity



This workbook has been created to accompany the 3-hour
Polarity Therapy workshop that took place on
Saturday 3rd April 2004 at
The Cottage, Babworth, Retford,
with Shlomo Downen

This workbook is available to download from
www.holonprojects.net or to purchase for £3

**The *Polarity Therapy* workshop is the
first in a series of four that make up the
*Vibrational Healing Quartet***

**For details and bookings for other
Saturday workshops, including:**

***Bach Flower Remedies* (1st May)
Crystal Healing (5th June), and
Vibrational Healing (3rd July)**

Contact Carolyn on (01777) 719807

Polarity Therapy

Polarity Therapy, developed by Dr Randolph Stone (1890 - 1983), draws on techniques from East and West to free blockages, allowing the body's energies (chi, prana, vital force) to flow freely. Polarity Therapy takes into account thoughts, attitudes, and nutritional needs, as well as physiological requirements, in treating the whole person. The introductory workshop will focus on a number of simple methods developed to help balance life-energy.

"A polarity system is concerned with balancing complementary opposites. The point of balance is neither one nor the other polarity, and is like a third and new situation which has a reality and wholeness of its own. It is both at rest and in constant motion: we call it the zero point."

"This flow between your hands is stronger than any blockage of energy. It always finds the shortest and quickest way to restore balance."

From 'The Polarity Handbook' by Wilfried Teschler

History of Polarity Therapy

Dr. Randolph Stone, the originator of the modern polarity system, was born in Austria in 1890. He immigrated to America with his father, settled in Chicago and became an American citizen. Dr. Stone became a doctor of osteopathy, a doctor of naturopathy and a chiropractor as well, maintaining a private practice from 1914 to 1972. Despite all this training, Dr. Stone was unsatisfied with the Western approach to healing and felt a need to explore other healing techniques. In China and France he studied acupuncture and herbology. In the Orient, he learned reflexology and other Eastern massage techniques. In the course of his work, he stumbled across the ancient Spagyric art of healing as taught by the great Doctor Paracelsus von Hohenheim, who had studied in Arabia. This provided Dr. Stone with essential knowledge of subtle electromagnetic fields of the body. Over the course of sixty years, Dr. Stone integrated this wealth of knowledge into a system he named Polarity Therapy.

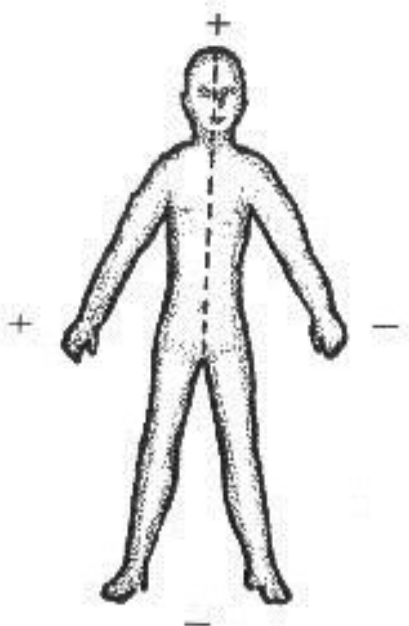
The Principle of Polarity

Just as the Earth and Sun have north and south magnetic poles, so do our bodies. In fact, everything that stands upright on the planet has a positive charge on top, and a negative charge at the base. For us, the top is said to be 'positive'

relative to the bottom, the right 'positive' relative to the left, and the front 'positive' in relation to the back.

“Every person is complete. This completeness can be experienced. Thoughts, feelings and emotions can be mistaken, life and the vital force can never be mistaken. Here and now is the path. The end of the journey is the unity of here and now. Everything is possible. Polarities do not exist. They are the product of our reason. What does exist is the continual flow of vital energy. Everything comes and goes. The all remains. It is love which heals, not “I”. Surrender to life which heals...” (Teschler)

Polarity energy balancing is a simple and effective method used to bring on deep healing relaxation. It is easy to learn, subtle, powerful, safe and fun. By employing the currents of life-energy that naturally flow through everyone's hands, we can release and balance another person's energy. As long as this energy is flowing freely, we experience peace, joy, love and health.



The top of the body has a positive charge. The feet have a negative charge.
The right side has a positive charge.
The left side has a negative charge.

When the positive and negative poles of magnets are put together, there is an attractive current between them. Similarly, polarity energy is directed magnetically along its lines of force to align and establish the vital polarities of the body. Blocked areas create an imbalance in the body's natural energy field, an imbalance which the polarity practitioner treats by connecting the right (+) hand to the left (-) side of the body, and by connecting the left (-) hand to the right (+) side of the body.

If you are working with someone, your right hand goes to their left side, and your left hand goes to their right side. If you are working on the vertical centre line of the body, the left (-) hand is always placed above in a relatively more positive area, and the right (+) hand is placed below in a relatively more negative area. Again, when working the vertical centre line of the body, your left hand goes above, and your right hand goes below.

Life-Energy

Life-Force, or Life-Energy, is a subtle form of electromagnetic energy. It is the animating current of life and a physiological reality in the body. Through the centuries, life-force has been called different names by many people. It is not a recent discovery. Christ called it 'light'; the Russians in their psychic research have called it 'bioplasmic' energy; Wilhelm Reich referred to it as 'orgone energy'; East Indian yogis call it 'pran' or 'prana'; Reichenbach spoke of it as 'odic force'; to the Kahunas, it is 'mana'; Paracelsus called it 'munia'; the usual Chinese term is 'chi' or 'ki'; alchemists' manuscripts speak of 'vital fluid'; Eeman described it as 'x-force'; Bruner named it 'bio-cosmic' energy; Hippocrates called it '*vis medicatrix naturae*' (nature's life force). It also has other names like bio-energy, cosmic energy, subtle energy, vital force, ether of space, élan vital, etc.

Life-energy flows through the body as if it were following an invisible circulatory system, charging every cell in its path. This current of energy can become weakened and partially blocked due to stress. The science of acupuncture involves locating the exact points where blockage occurs and, using needles, stimulates these points to restore flow.

In polarity life-energy balancing, physical and non-physical touch techniques are used to send energy through the entire system to open up the blocked points. This re-establishes the proper flow and alignment of life-force throughout the body. Energy is energy. There is no bad energy—only well-directed or misdirected energy. Polarity directs the life-energy along its natural pathways to untangle 'energy knots' caused by physical or emotional stress. Polarity brings on deep healing relaxation at all levels.

Experiencing the Force

Many people wonder why they had never been aware of life-energy in the past. Imagine a group of people who, when looking at the colours orange and red, had always called them both red. If someone came along one day and pointed out the difference between the two colours, suddenly everyone would see the distinction. Well, the life-energy has always been a part of our lives, but as in the hypothetical example of the colours, we have not bothered to differentiate it from the overall physical sensations that we are accustomed to experiencing.

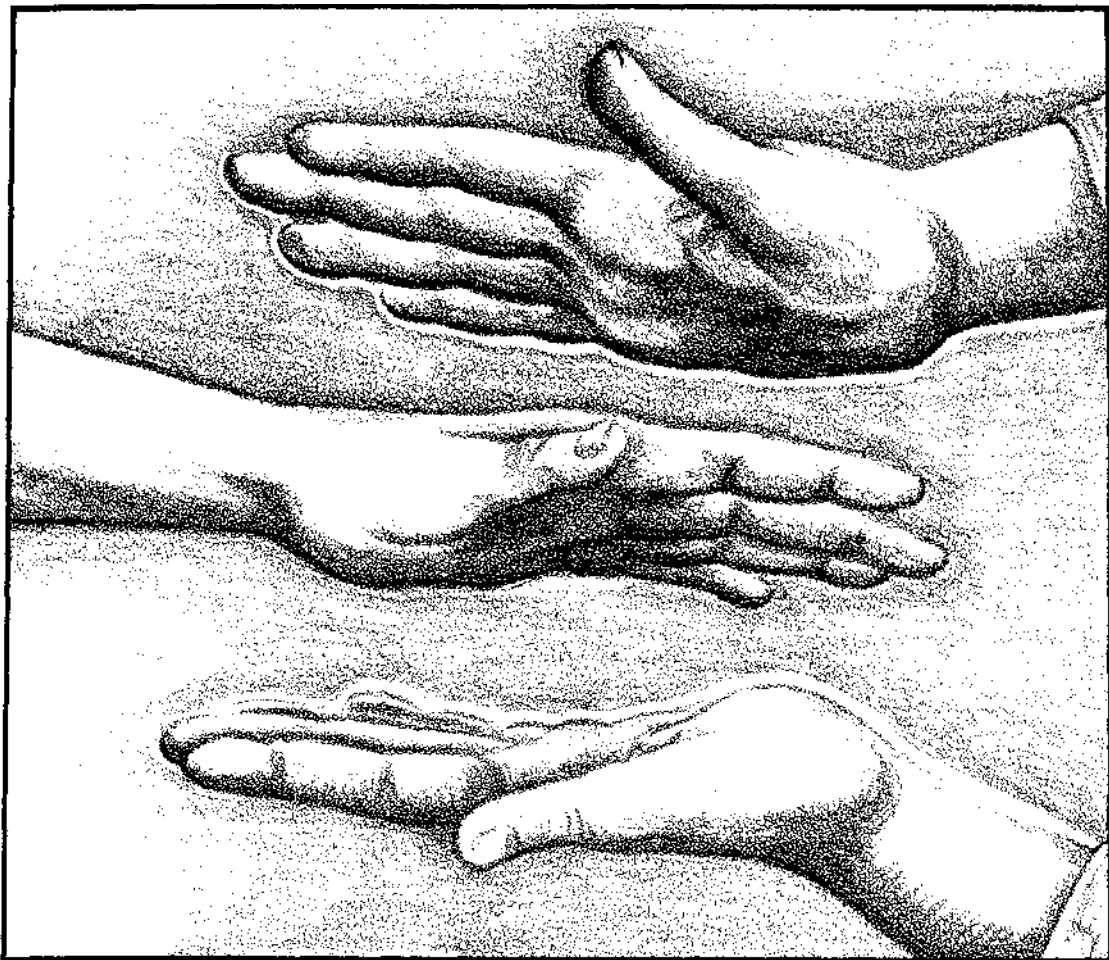
Life-energy can be easily experienced. Rub your hands vigorously together for a minute. Now hold them a few inches apart. Move your hands together and apart, between one to six inches, and see where you feel the strongest energy. It may be felt as a tingling, vibrating, hot or cold type of sensation, or as a magnetic field.

Have a friend rub his hands together too, and then have him place one hand between your two. Move your hands in and out, one to six inches from his. Within a few seconds to a minute, you will most likely be feeling something. If, for example, you experience tingling in a spot by your thumbs when your friend's palm is directly between yours, your friend will most likely experience tingling in exactly that part of the hand immediately between the places where you feel it.

When you start using polarity on friends or family members, the experience of the tingling and vibrating in your hands will at times become far more powerful than the effects you may have just

experienced. I have often held my hands above another person in one of the polarity moves when suddenly my hands felt incredible rushes of surging and tingling energy. My sensations correspond to the sensations of the other person, who simultaneously feels the energy surging and tingling through his or her body.

The more relaxed you are, the easier it is to feel the life-energy as it passes through your hands. The more relaxed your friend is when you are channelling, the more effective the polarity will be, and your own experience of the life-energy will be magnified. Don't be discouraged if you don't feel the life-energy at first, as it isn't always strongly felt. As you continue to work with the life-energy you will become increasingly aware of it.



Sometimes the experience of the life-energy is only slightly perceptible, while at other times it is intense. If you do not feel it the first time, try again with someone else.

Ground Rules for Healing in Pairs

Intend To Do No Harm
Honour your own Integrity
Honour the Integrity of the person with whom you are working
Trust the process - support self-healing for both of you
Step out of the way to let the healing energy flow
Heal with your hands - not your head
Arrive into each new moment
Sense, don't force;
Allow, don't direct
In each session you can only do 'just so much'

How to Stop a Headache

Stopping a tension headache is so easy, anyone can do it!
If you are with someone who has a headache, here's what you can do.

Rub your hands briskly together and feel your own energy.

Next, gently touch the palm of your right hand to the back of the person's neck. Hold your left hand one-half inch away from his or her forehead.

Ask your friend to take ten deep breaths and let each one out with a sigh.

Your friend's deep breathing will increase the feeling of life-energy that you will feel in your hands. If it doesn't, have them repeat the breathing again.

Leave your hands in place as long as you can feel a strong energy transference. You may experience the tingle of life-energy more in your left hand in this position because it is not physically touching the forehead of your friend.

Within three to five minutes, most headaches will be gone or greatly relieved.

When you are finished, shake your hands forcefully—as if you were throwing off water—then wash your hands in cold water to remove static energy.



Types of Touch

Polarity Therapy uses three types of touch:

- deep massage,
- light non-pressure touch, and
- non-physical touch,
where the hands are placed slightly away from the body.

Life-energy flows in a subtle circulatory system throughout the body. When there is stress because of worry or fear over work or personal problems, the flow of life-energy tends to become congested in various places, leaving the rest of the body without sufficient energy to function well. Deep pressure can release the blocked life-energy. After the energy is released and flowing freely, light touch and non-touch techniques can polarize the energy - that is, organise and align the life-energy along its proper pathways.

Attitudes

When giving a polarity balancing, the best attitude is a relaxed and loving one. Although the life-energy is affected by our thoughts, it is not essential to concentrate, meditate, or try in any way to do a good job. The energy flows all by itself, of its own doing.

It is helpful to ground (anchor) and center yourself before you give (or receive). This means getting in touch with your breathing, and with the Earth and Sky Energy flowing through you. It means gathering your attention and being aware of what you are doing. If you try hard to do a good job, you will not be relaxed and you will block the flow of life-energy. The best approach is to simply 'be' with the person receiving it. You can like the person, love the person, or just feel good inside. With any of these attitudes, the life-energy will flow freely.

Don't give a polarity session if you feel negatively toward the person who will receive it, if you are going through severe emotional turmoil, or if you are ill. These are wonderful times to receive a polarity, however!

Polarity energy balancing is not faith-healing and it works quite well for skeptics. Disbelieving in polarity will not alter your life-energy significantly, provided that you feel good inside while you do it. Polarity operates according to universal principles of life-energy and electromagnetic attraction, not by our opinions.

Self-Protection

When working with the subtle energy it is advisable to take a few 'precautions' in order to ensure that you don't pick up static energy from another person.

First, know that you are not the healer. It is the life-energy that is doing the healing, not you as a person. All we do is put our hands in position and watch what happens. The love within us, in the form of life-energy, does the healing. So a useful attitude to adopt is 'let it happen', or if you prefer, 'Thy will be done'. Just take a position as an observer. Even a sceptical observer will do fine, as long as you 'Intend do no harm' (see *Ground Rules for Healing in Pairs*).

Second, shake your hands and rinse them in cold water. When you finish giving a polarity, it is recommended that you shake your hands a few times with a strong downward thrust, as if you were throwing off water. You may wish to rinse your hands in cold water. These two steps remove and ground static, non-directed energy that may be on your hands. Static energy may be felt as heaviness, thickness, or as a swollen feeling in your hands.

Third, do not give a polarity session if you are very tired or 'spaced-out'. Under these conditions you will be more susceptible to picking up your friend's energy, a transference which is undesirable and to be avoided.

Fourth, trust the process. Don't worry if something unusual happens. A person may feel worse before feeling better, he or she may suddenly go into a deep sleep, perhaps become very cold, or have sensations throughout the body that have never been felt before. Know that the life-energy is connected with the body's intelligence, or 'body wisdom'. On rare occasions while giving a polarity session, you may feel symptoms of the other person in your own body. Do not be afraid! Observe it happening, and the experience will soon pass.

Starting a Polarity Life-Energy Balancing Session

Before starting a session, let your friend know that all he or she needs to do is take some deep breaths, relax, and enjoy the experience. Your friend can discuss what he or she is experiencing, laugh, cry, or be silent. The more you can help your friend relax, the more easily life-energy will flow through the body. Do whatever feels appropriate at the moment.

Breathing

You can greatly increase the power of polarity by encouraging the person on the receiving end to do some deep breathing during a session. Life-energy is in the air, and it can help to recharge the body. Deep breathing also enables a person to relax and release emotional tightness. You will discover that when your friend is breathing deeply, you can more dramatically experience the tingle of life-energy in the non-physical moves.

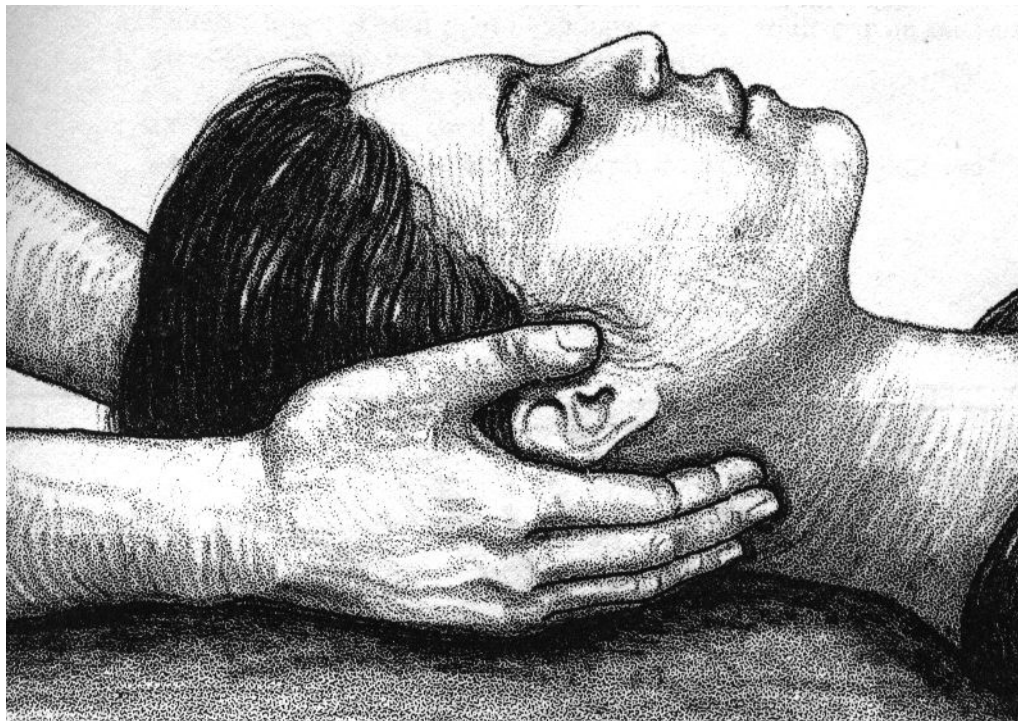
The power of polarity can also be increased by your own breathing patterns. Try deep breathing yourself as you give a polarity session. It does not have to be synchronized with the other person's breathing.

The Cradle

Rub your hands briskly together and cradle the head using no pressure. It's best to not quite touch the person. Keep your hands relaxed. The index and middle fingers go down the sides of the neck, while the thumbs rest by the ears.

The Cradle is a very comforting position. It can be of enormous aid in relieving nervousness, headaches and tension. Be sure your body posture is comfortable in this and all other positions of the polarity session. Don't strain if your back begins to hurt. Take a break, come back relaxed and continue. Hold this position for as long as you feel a strong energy exchange in your hands.

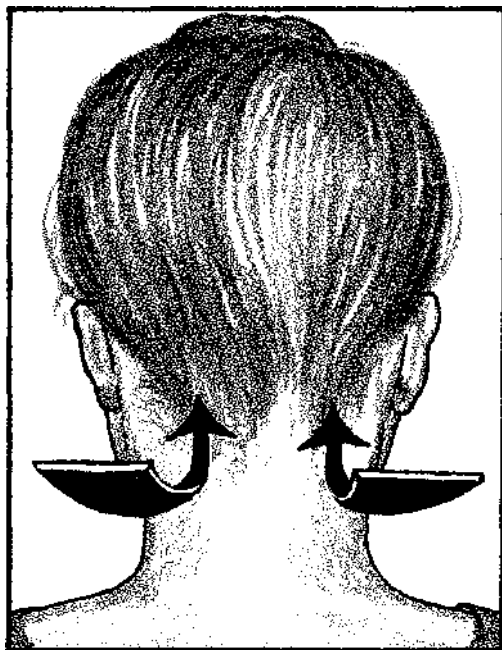
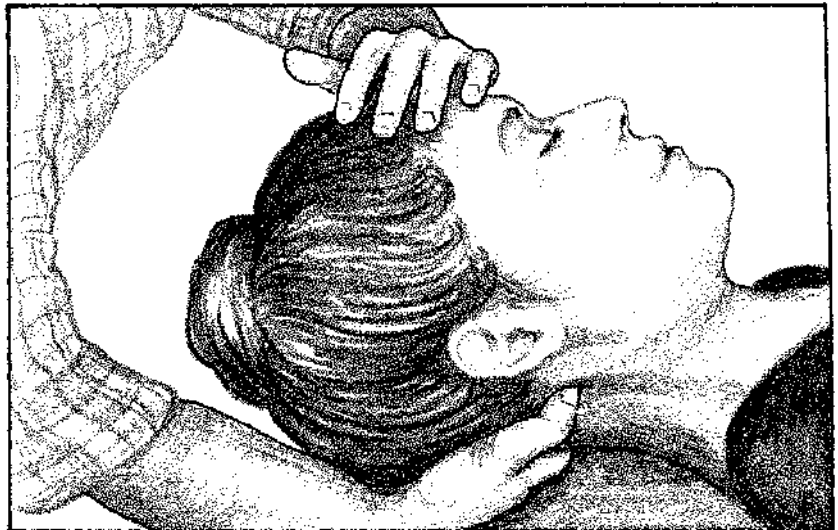
There is no set length of time to stay with any of these positions. You are best to trust your intuitions and feelings. In some cases, the cradle can be held for half an hour or more. Most often it is held for a few minutes. Encourage your friend to breathe deeply. It is easier to experience the life-energy when you are not quite touching your friend.



North Pole Stretch

Rest your friend's head on the palm of your right hand, so that your middle finger and thumb can take a firm hold on the occipital bone. Your left hand rests on the forehead. With steady pressure, pull straight back with the right hand only. Hold a minute or two.

Encourage your friend to relax and let you do all the work. If you feel up along the sides of the back of your neck, you will come across the base of the occipital bone. If you push up under the bone, it will probably be a bit tender. Once having found this place on yourself, it will be easy to find it on another person. When you feel that the thumb and middle finger of your right hand have a solid handle grip on the base of the occipital bone, you know you have it right.



Use as much pressure as your friend can enjoy.
If your right hand gets tired, go on to the next move.
Encourage your friend to breathe deeply if he or she is not doing so.

Tummy Rock

Rub your hands briskly together and from your friend's right side rest your left hand on the forehead, and your right hand just below the navel. Now rock the person rhythmically with the right hand. Rock for a couple of minutes, then stop, and leave your hands in place. Keep your hands there as long as you feel that tingling exchange of life-energy (at least a minute). Now lift your hands an inch or two off of your friend and again feel the tingle of life-energy in your hands.

Make sure that the rocking is even and gentle, like rocking a baby. The whole torso moves an inch or two during the rocking. Follow the momentum of the body to keep a smooth gentle pace. See that your right hand doesn't slide over the surface while the body remains still. Hand and torso should move together. If your friend doesn't seem to rock, try pressing down more deeply with the right hand. When you stop the rocking and leave your hands in place, your friend may feel energy tingling and rushing through his or her body.

This move is simple and powerful. It is recommended as a treatment if you have only a few minutes. It is wonderful for children before bedtime. Again, deep and even breathing is very important.



Spinal Charging

Have your friend roll over onto his or her stomach. Rub your hands together vigorously, then place your right hand on the base of his or her spine, and your left hand at the bottom of the neck. Rock gently with your right hand a few minutes, then leave your hands in place as long as you feel the life-force.

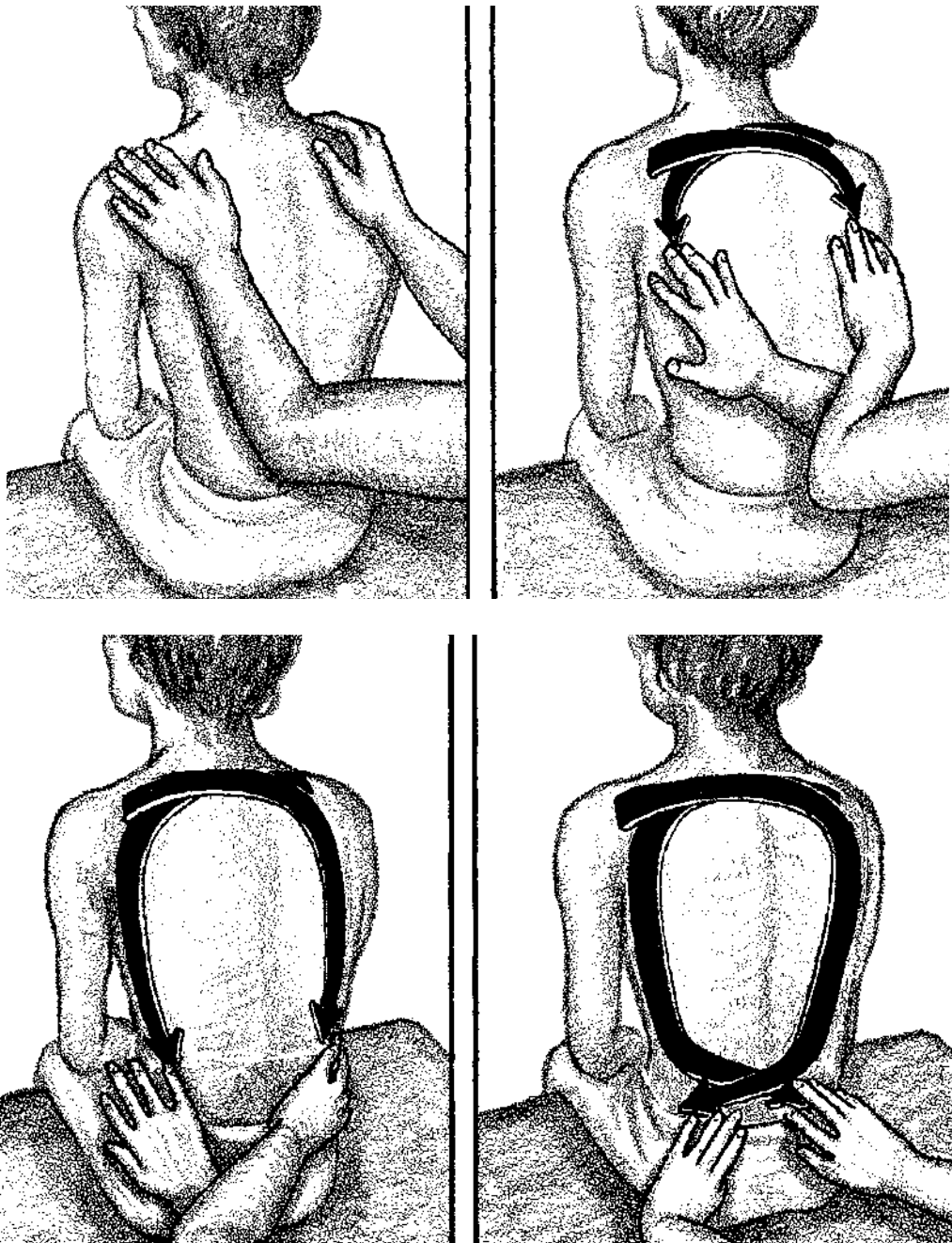
This move is especially important in this series if your friend has back problems. Rock in the same manner as in the tummy rock. After a minute or two with your hands in position, lift them slightly above the person's back and keep them at a level where you feel the greatest charge in your hands.



Finishing Moves - Brushing Off Back

Help your friend sit up when you feel he or she is ready. Gently stroke the back with your fingers in the following pattern: Start with your right hand on the right shoulder, and your left hand on the left shoulder. Brush across the back so the hands cross at the bottom of the neck and continue to the shoulders. Now, bring your right hand down the left side of the body while your left is going down the right side. Your hands cross over again below the waist. Do this about ten times.

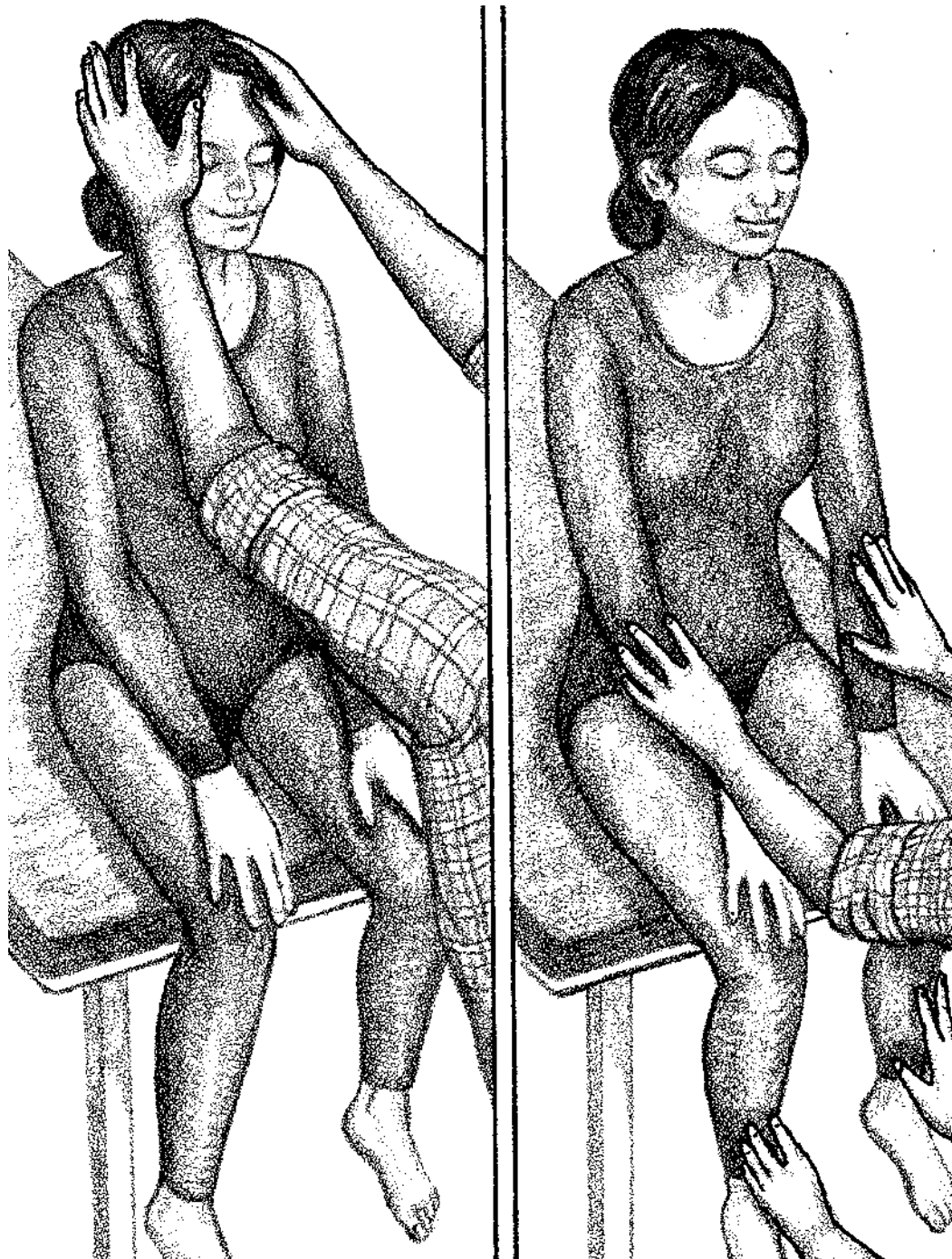
Start with a firm stroke and get lighter and lighter each time, until you are barely touching. Continue doing the move without touching. Throw off static energy each time you brush off. This is a good move you can do on friends when you have only a few minutes.



Finishing Moves - Brushing Off Front

Brush from the front, starting from the top of the head. Your right hand will go down the left side and your left hand will go down the right side of your friend. Do this about ten times.

Use the same touching techniques as in the previous move. At this point, allow your friend to rest as long as he or she pleases. Rinse your hands in cool water again to remove any static energy. Be sure to give your friend a glass of water, juice or herbal tea. I recommend that you practice the three lessons of the general polarity session before going on to the specific moves. Specific moves work best in conjunction with the general polarity session.



WHAT IS POLARITY?

Polarities are created by the limited view of human reason and, therefore, mean a limitation of life. Polarities do not really exist. They are deceptive, imaginary pictures of reality. Reality is a unity, a steady stream. It is only in the present that there is no restriction. The present is a stream, comparable to the stream of vital energy between the hands. Polarities are a means to an ever deeper experience of reality.

Everyone who wishes to develop further must accept polarities; but s/he must not identify with them, but must rather allow them to operate in order that they may be transcended. The polarity system is consistent in itself, but always it reflects only a partial reality from its own restricted point of view. Polarity work uses polarities in order to overcome them in the end. Polarity is a method. Polarity sees a person as a whole...Everything comes and goes. The all remains. It is love which heals, not I."

From 'The Polarity Handbook' by Wilfried Teschler

A polarity system is concerned with balancing complementary opposites. The point of balance is neither one nor the other polarity, and is like a third and new situation which has a reality and wholeness of its own. It is both at rest and in constant motion: we call it the zero point. We either live in and with this polarity and are thereby in harmony with it, or we simply block it and find ourselves in conflict. By so doing we are blocking the life force in and around us. Were T for instance to go about in winter dressed in light summer clothes, not accepting winter as the polarity of summer, it would come as no surprise if I were to catch a cold. The consequences of stubbornness (a blocking of energy) results in an illness.

Blockages such as discontentment, muscular tension, dis-ease, demonstrate, if we heed life's circumstances, how we have created an imbalance, how we have lost our unity. Nature's law of polarities demands that we should be constantly aware, weigh and harmonise ourselves with our environment. If we do not find this harmony, our very lives and our experience is inhibited, if not absolutely extinguished.

Once more: What is Polarity?

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Yet again: What is Polarity?

Polarity work uses polarities in order to overcome them in the end. Polarity is a method. Polarity sees a person as a whole. Polarity offers a person as the possibility of evolving completely.

"...For there is not a single human being...who is so conveniently simple that his being can be explained as the sum of two or three principal elements...[A person] consists of a hundred or a thousand selves, not of two. His life oscillates, as everyone's does, not merely between two poles, such as the body and the spirit, the saint and the sinner, but between thousands, between innumerable poles." - From *Steppenwolf* by Hermann Hesse

Sources for this workbook include:
***The Polarity Handbook* by Wilfried Teschler (1986, Gateway)**
***Your Healing Hands* by Richard Gordon (1978, Unity)**
Illustrations by Meg Studer

Shlomo Downen is a teacher, facilitator and holistic healthcare practitioner with more than twenty years experience. He teaches courses that focus on relaxation, holistic approaches to personal growth and spiritual development, personal mythology, citizenship and democratic engagement, and a variety of other subjects, through Adult Community Education, the Workers Education Association, the National Health Service and the Hospice Movement, Mind, and a variety of self-help groups, in the community and voluntary sector and privately.

As an holistic healer Shlomo works with his clients to support their own process of self-healing, helping them to help themselves. Shlomo is a practitioner of vibrational medicine, also known as energy healing. He works with the subtle energy systems (meridians and chakras), using massage, flower essences and crystals.

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