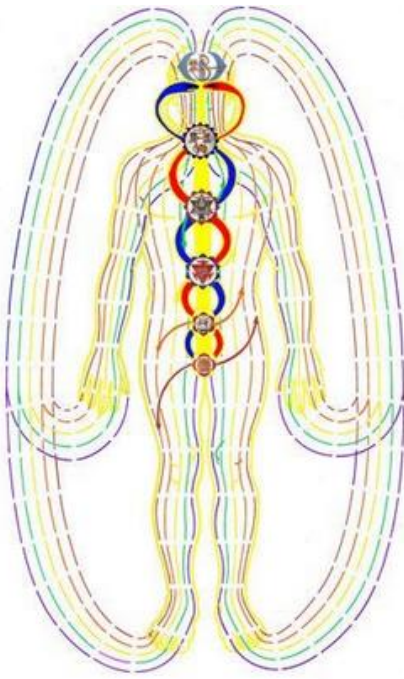


Polarity Therapy



Polarity Therapy is a truly holistic practice that **works for anyone, in any state of health**. It meets you where you are and inspires positive changes that are just right for you. Polarity Therapy is a system of treatment intended to restore a balanced distribution of the body's energy by combining touch, exercise, nutrition and self-awareness.

Polarity Therapy was developed by **Dr. Randolph Stone**. He was a chiropractor, a naturopath and an osteopath. After many years of practice and study of **Ayurveda in India and Chinese traditional medicine**, he came to the conclusion that there is only one true disease, which is the disturbance or blockage to the flow of life energy. All pain and illness is a manifestation of energy imbalance, and good health is the result of having **an uninterrupted and abundant flow of life energy**.

Body Work

The body work of Polarity Therapy consists of specific **manipulations aimed at releasing tension and holding in the physical body and then balancing the life energy**. Different kinds of touch are used to interface with the body. These range from working with the hands off the body, contact with body which can be combined with gentle rocking that helps to release physical tension patterns and encourages the energy to move, to a deeper, and a more penetrating touch which can break up chronic, deep congestion in the tissues and enliven the area. I will sense where and how the body needs to be touched by listening, observing and touching.

Your Experience

You can experience **deep relaxation, release of pain, greater range of movement, changes in breathing, shifts in the nervous system, sensations of heat or cold, spontaneous movement** and the **surfacing of memories** which can lead to a release of energy blockages and there may be tears or laughter. **Each polarity session is different** as both client and therapist adjust to the needs of the energy at any one time. As the energy which may have been locked in the body for a long time due to physical damage, fear or emotional holding releases, that body part and its associated experiences are accepted and re-integrated and profound healing takes place.

Polarity therapy energy centers

- Ether - Voice, ears, throat.
- Air - Cardiorespiratory system.
- Fire - Eyes, GI tract, gallbladder, liver, pancreas, spleen, sympathetic nervous system.
- Water - Pelvic and endocrine secretions, which control generative and emotional forces.
- Earth - Rectum and bladder, which eliminate solids and liquids.

Transformative Energetics

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