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By

James Arena

"Life is a song. It has its own rhythm of harmony. It is a symphony of all things, which exist in major and minor keys of *Polarity*. It blends the discords, by opposites, into a harmony that unites the 'whole' into a grand symphony of life. To learn through experience in this life, to appreciate the symphony and lessons of life and to blend with the whole, is the object of our being here."

These are the words of Dr. Randolph Stone who created Polarity Therapy in the early 40's. He created an entire philosophy of healing and health including diet, western yoga exercises, bodywork (using pressure-point balancing) and uniquely adding the spiritual component to our overall thinking to complete the cycle of living naturally.

The system of therapeutic touch developed by Dr. Stone utilizes his understanding of both physical energy and 'subtle' energy anatomy. The 'music' he speaks of are the subtle currents of sound that reverberates throughout the Chakras, each playing a major part and having specific functions in our bodies and our lives but together are harmonized to create health or de-harmonized to create illness. That means that each of us has to take responsibility for our own health and well being in order to live the best and most beneficial natural life we possibly can.

The three energy systems consist of 1) The Chakras; they are the supportive energy system in the body. 2) The Spine and its fluids; they are the life force of the body where the fluids 'BATHE' the spine and soothe the mental energies. Then there is 3) the 'Umbilical' forces in our digestion and how we take life into our system and how we respond to it. Using Pressure-Point Energy Balancing and cranial therapy the practitioner can unify these three 'electric-magnetic' or 'Atomic' forces to create harmony and balance.

Dr. Stone believed that life was much more than just chemistry and biophysics and that healing was much more than the removal of symptoms. Health, he believed, is based on our tuning in to the deeper truths and a way of life which expresses these truths. It is the therapist's role to act as a facilitator, encouraging this harmonizing process, which in turn implies that the therapists must also be working towards this same goal.

James Arena is a Registered Polarity Practitioner who has been in practice since 1979 in Los Angeles and New Orleans and has been teaching Polarity since 1988 in both cities.

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