

POLARITY

Teaching Tools

excerpts 2

GLEN
WEIMER

The Step Down of Energy - Chart 46

Pentamerous Combinations

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Polarity Therapy, Vol. 2, Dr. Randolph Stone, '71 Private Notes, Volume Pages 226 & 227

Universal Model - 3 Gunas



Sattva • Air Principle
Idea (Thought)
Mental / Causal Realm

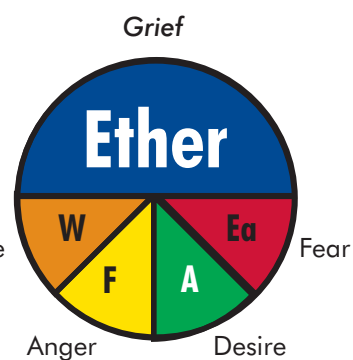
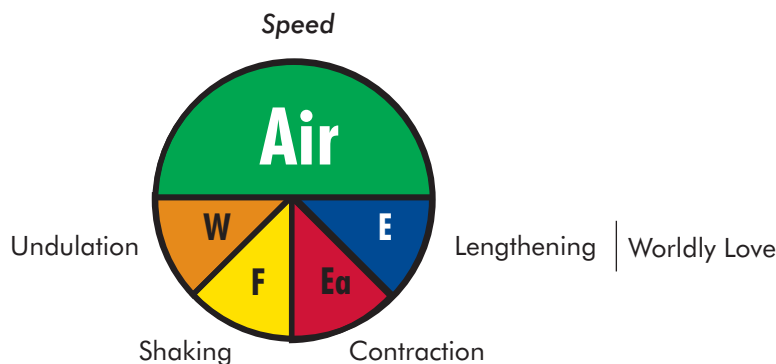
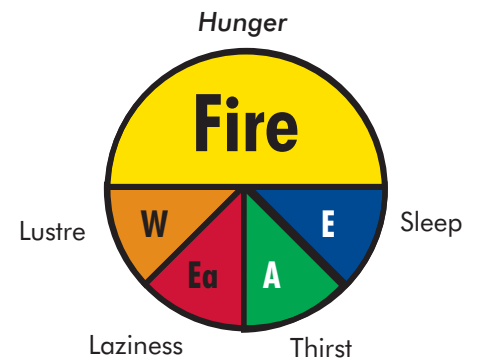
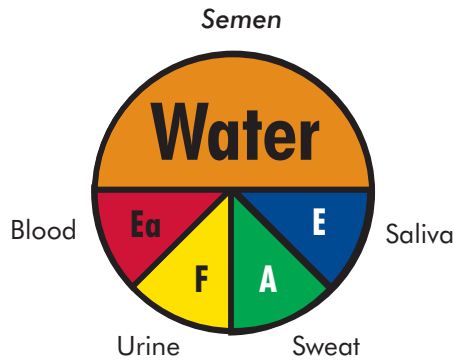
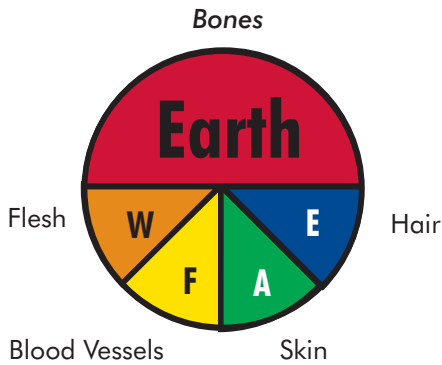


Rajas • Fire Principle
Feeling (Action)
Emotional / Astral Realm



Tamas • Water Principle
Creation (Reaction)
Physical Realm

Physical Model - 5 Elements

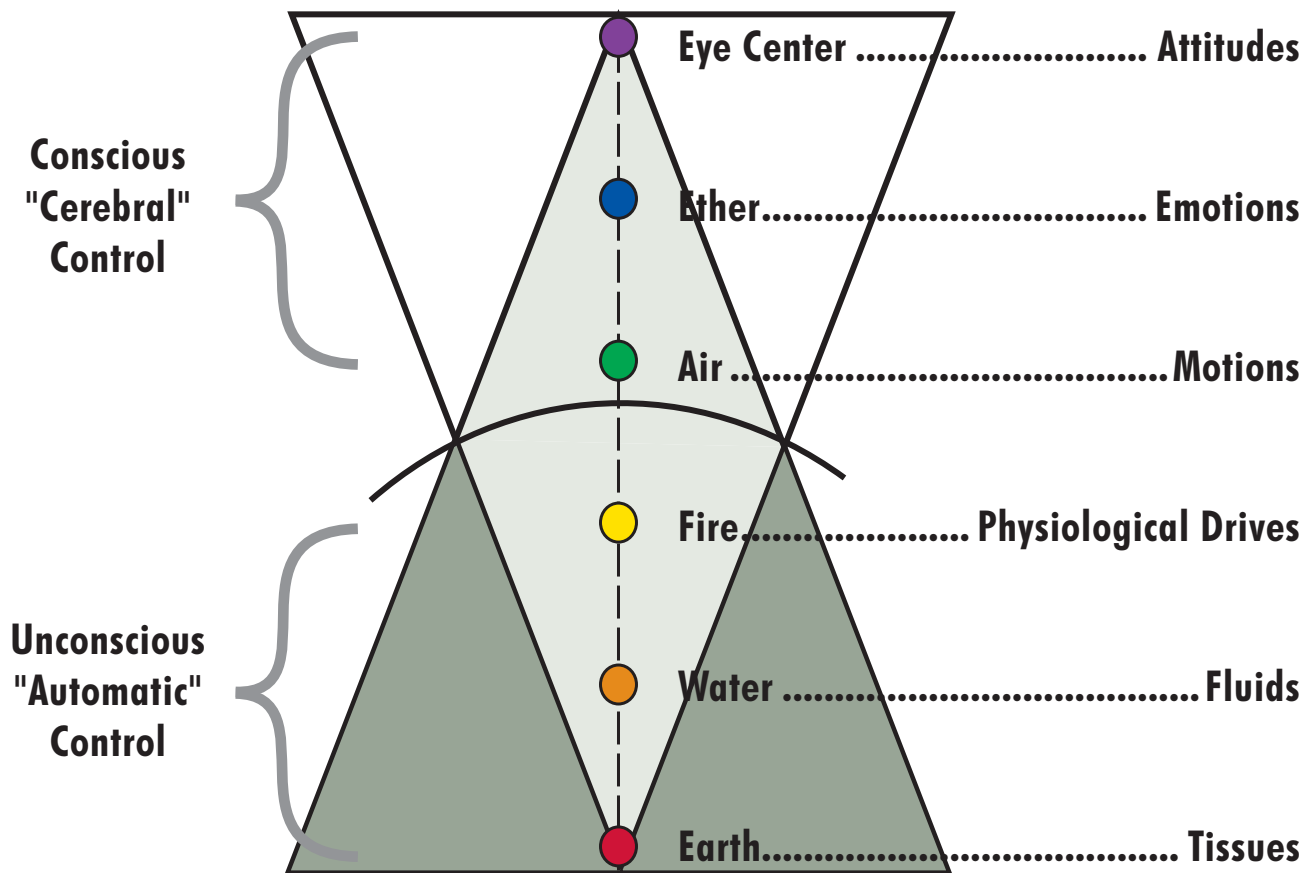


Pentamerosus Combinations - Chart 47

The Possibilities of Human Experience

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Each of the Five Elements
Combines With Each Other Element
To Create 25 Combinations



Dr. James Said - Lecture Notes
Polarity Therapy, Vol. 2, Dr. Randolph Stone,
'71 Private Notes, Volume Pages 226 & 227

The Step Down of Energy - Chart 48

Pentamerous Combinations

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POLARITY THERAPY PRINCIPLES OF THE 5 ELEMENTS OF MATTER AND
THEIR ENERGY FLOW AND BLENDING AS FUNCTIONS IN THE BODY

ENQUIRY INTO THE GROSS BODY

This gross body, I cannot be. Why? I am seeing it. It is an object for my sight.
I am the seer. It is separate and I am separate.

The Five Great Elements

This Gross body is not mine. Why? It belongs to the five Great Elements.
It is a product of the Pentamerous combination of the five Elements. It cannot be mine. Why? Look.
These represent the Five Elements.
Every Element is divided into two halves. One half remains unchanged.
The other half is further divided into four equal parts making each equal to 1/8 of the original.
Thus each is now found as five parts.

Pentamerous Division

With the unchanged half of each Element 1/8 part of each of the other four Elements are combined, thus making
a size as whole as the original Element. But each now contains all the Elements but one only predominates.

Thus in this Pentamerous Combination, twenty-five factors are manifested. How?

Five Fold Combination

Thus in this five fold combination twenty-five factors are manifested. How?

The Products of the Five Fold Combination of Sky (Ether/Space)

Grief, Desire, Anger, (Love or) Attachment, Fear.

Grief is the principal quality of Space, a feeling of nothingness.

Desire is produced by the combination of Wind with Space.

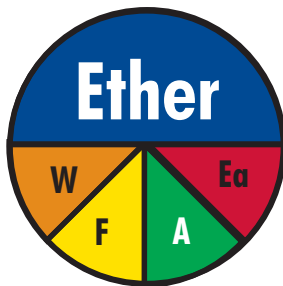
Anger is produced by the combination of Fire with Space.

Attachment or love is produced by the combination of Water with Space.

Fear is produced by the combination of Earth with Space.

I am not these: Grief, Desire, Anger, Attachment or Fear. I am seeing them.

I am the Seer. They are not mine, they belong to the various Elements noted
as above. I should not claim these as mine.

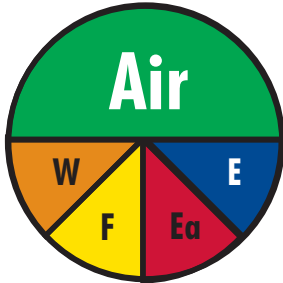


The Step Down of Energy - Chart 49

Pentamerous Combinations

Private Notes for Polarity Therapy Students,
Dr. Randolph Stone, volume pages 226 & 227

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The Products of the Five Fold Combination of Wind (Air)

Speed, Lengthening, Shaking, moving, contracting.

Speed is the main quality of Wind.

Lengthening is produced by the combination of Space with Wind.

Shaking is produced by the combination of Fire with Wind.

Movement is produced by the combination of Water with Wind.

Contraction is produced by the combination of Earth with Wind.

Speed, Lengthening, Shaking, Moving, Contracting, I am not. I am seeing these. I am the Seer. They are objects for my observation. They are not mine. They belong to the Elements noted above.

The Products of the Five Fold Combination of Fire

Hunger, Sleep, Thirst, Lustre, Laziness.

Hunger is the main quality of Fire.

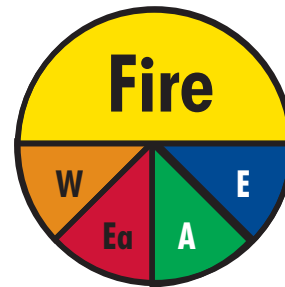
Sleep is produced by the combination of Space with Fire.

Thirst is produced by the combination of Wind with Fire.

Lustre is produced by the combination of Water with Fire.

Laziness is produced by the combination of Earth with Fire.

Hunger, sleep, thirst, lustre, and laziness, I am not. These are objects and I am able to see. They are not mine. They belong to the Elements noted above.



The Products of the Five Fold Combination of Water

Saliva, Sweat, Urine, Semen, Blood.

Saliva is produced by the combination of Space with Water.

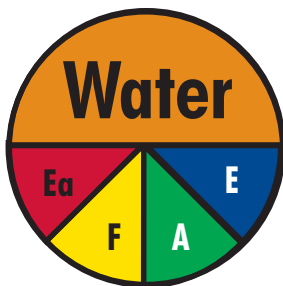
Sweat is produced by the combination of Wind with Water.

Urine is produced by the combination of Fire with Water.

Semen is the main quality of Water.

Blood is produced by the combination of Earth with Water.

Saliva, sweat, urine, semen, and blood, I am not. These are objects I am able to see. These do not belong to me. They are products of the Elements.



The Products of the Five Fold Combination of Earth

Hair, Skin, Blood vessels, Flesh and Bones.

Hair is produced by the combination of Space with Earth.

Skin is produced by the combination of Wind with Earth.

Blood vessels are produced by the combination of Fire with Earth.

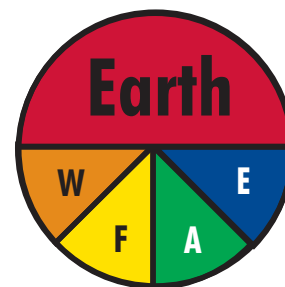
Flesh is produced by the combination of Water with Earth.

Bones are the main products of Earth.

Hair, skin, blood vessels, flesh, and bones, I am not. I am able to see them.

They are objects for my perception. They are not mine.

They belong to the five Elements. They cannot be mine.



I am not these. They are not mine. I am the Seer. Witness.

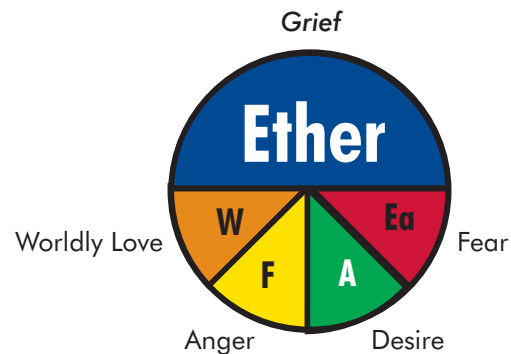
Pentamerosus Combinations - Chart 50

The Possibilities of Human Experience - Ether

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Emotions - Modulating Attitude



	<u>Ether</u>	<u>Air</u>	<u>Fire</u>	<u>Water</u>	<u>Earth</u>
Pride	∅ Grief + Identity - Egotism	Dependent Self-Importance Self-Satisfaction	Recognition Aggression Indispensability	Self-Conscious Ego-Survival Self-Doubt	Limitations Preservation Alone
Greed	∅ Desire + Discontent - Untruth	Acquisition Manipulative Competitive	Unscrupulous Deceitful Insensitive	Defensive Miserly Withdrawn	Attached Burdened Want
Anger	∅ Anger » World + Anger » Self - Failure	Unaccept Crit. Frustrated Disappointed	Uncontrolled Hostile Intolerant	Victimized Critical Cynical	Bitter Vengeful Hatred
Lust	∅ Worldly Love + Self Gratification - Pleasure Seeking	Rationalizing Cravings Weakness	Seductive Gluttonous Obsessive/Comp	Seduced Irresponsibility Indiscriminate	Squandering Defenseless Exhausted
Attachment	∅ Fears of World + Fears Loss of Self - Fears Unknown	Short-Sighted Lost Confused	Survival Desperate "Death-grip"	Withdrawn Enslaved Apathy	Suicidal Hopeless Disillusion

Involutionary Cycle

Dr. James Said - Lecture Notes
Polarity Therapy, Vol. 2, Dr. Randolph Stone,
'71 Private Notes, Volume Pages 226 & 227

Pentamerosus Combinations - Chart 51

Air & Fire

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Motions of Temperament & Body

1. Contour Changes
2. Effect on Physiology
3. Effect on Movement of field itself and energy through the field

		<u>3rd Eye</u>	<u>Ether</u>	<u>Air</u>	<u>Fire</u>	<u>Water</u>	<u>Earth</u>	
Ether	Lengthening							
Air	Speed							
Fire	Shaking							
Water	Movement							
Earth	Contraction							
		Head / Meninges	Neck	Chest	Diaphragm	Abdomen	Pelvis	Sacrum / Coccyx

*Dr. James Said - Lecture Notes
Polarity Therapy, Vol. 2 '71 Private Notes,
Volume Pages 226 & 227, Dr. Randolph Stone*



Physiological Drives

		<u>3rd Eye</u>	<u>Ether</u>	<u>Air</u>	<u>Fire</u>	<u>Water</u>	<u>Earth</u>
Ether	Sleep	Awake Within	Normal Sleep	Deep Sleep	Fatigue Diff to Arouse	Pathologic Sleep	Comatose
Air	Thirst	Quenched Within	Normal Thirst	Deep Thirst	Dehydration	Pathologic Thirst	Drowning/ or Insuff
Fire	Hunger	Satisfied Within	Eat To Live	Hunger From Work	Live To Eat	Pathologic Hunger	Starvation Malnutrition
Water	Luster	Clear Reflection Within	Radiance (childlike)	Effort To Radiate	Obsession	Lackluster	Giving Up
Earth	Laziness	At Rest Within	Conscious Quieting	Rest To Recuperate	Rest From Exhaustion	Inertia	Catatonia

Pentameros Combinations - Chart 52

Water & Earth

Polarity Teaching Tools: Glen Weimer ©2020



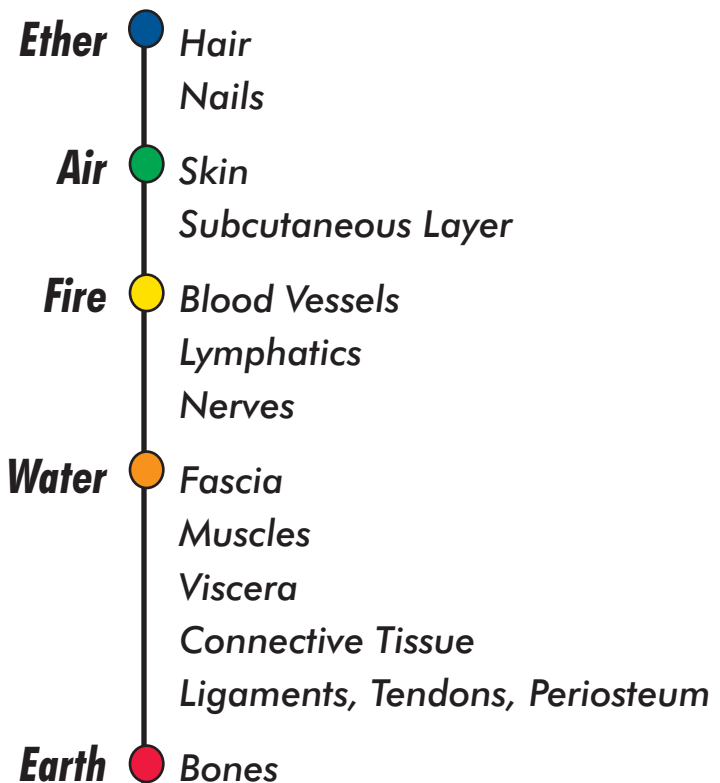
Body Fluids

1. Constituents
2. Physical Chemistries
3. Physical Qualities

		<u>Ether</u>	<u>Air</u>	<u>Fire</u>	<u>Water</u>	<u>Earth</u>
Ether	Saliva					
Air	Sweat					
Fire	Urine					
Water	Semen					
Earth	Blood					
		Optimal Physiology	Sub-Clinical Pathology	Acute Inflammation	Sub-Acute to Chronic	Degenerative / Irreversible



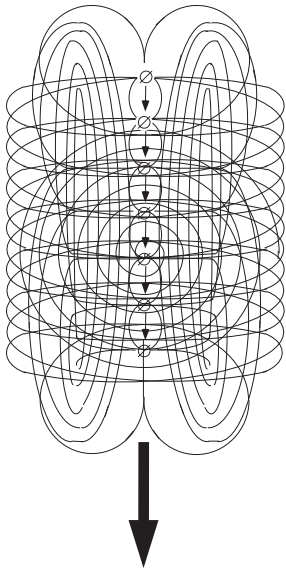
Body Tissues



The Step Down of Energy - Chart 53

Energy Coalescing Into Physical Form

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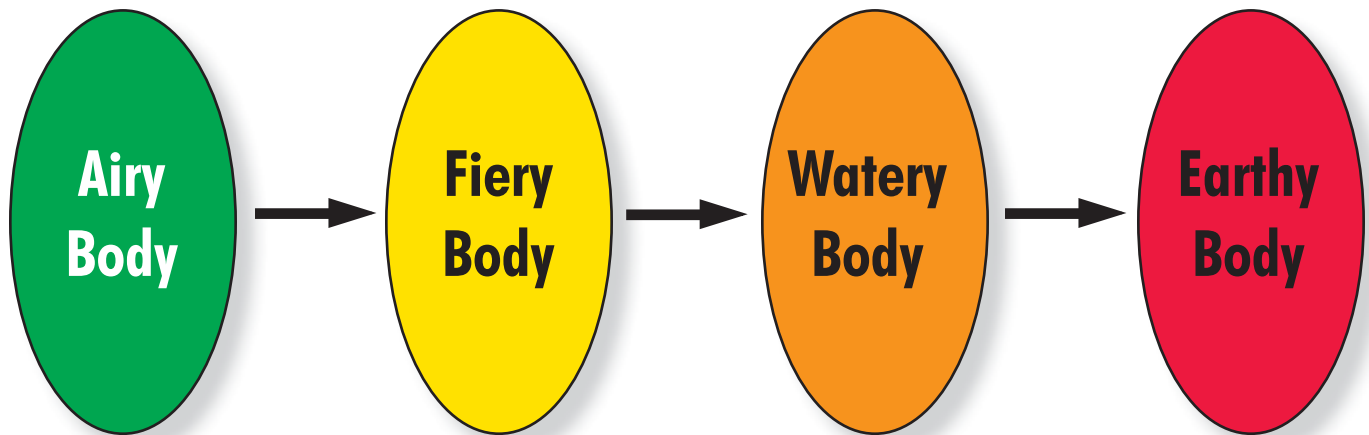


Etheric Body

Holographic Body

Etheric Organization of Energy

Composed of: The Ultrasonic Core and Caduceus, 7-Chakras, 5-Elements, 3-Gunas, 3-Primary Currents of Energy (East/West, Long Line, Umbilical Spiral), and Geometric Lines of Force.



Airy Body

Fiery Body

Watery Body

Earthy Body

Radio-sonic Body

Airy Organization of Energy

Composed of:
100-Chakras of sound vibration.

Micro-Ductular Body

Fiery Organization of Energy

Composed of:
1,000-Chakras, the Chinese Meridians, Conveys Ionic Information.

Metabolic Body

Watery Organization of Energy

Composed of:
10¹⁴-Chakras, the Molecular Level, Blood, Lymph, Cerebrospinal Fluid.

Micro-Molecular Body

Earthy Organization of Energy

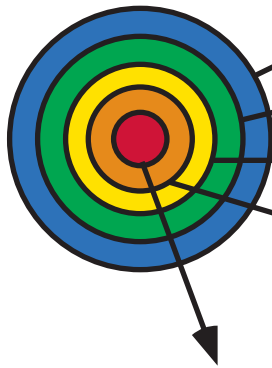
Composed of:
10²-Chakras Conveying the Genetic Code, DNA, the Cellular Level.

The Step Down of Energy - Chart 54

Organization of the Psyche

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Earth - 5 Bodies



Holographic Body
Etheric Organization of Energy

RadioSonic Body
Airy Organization of Energy

Micro-Ductular Body
Fiery Organization of Energy

Metabolic Body
Watery Organization of Energy

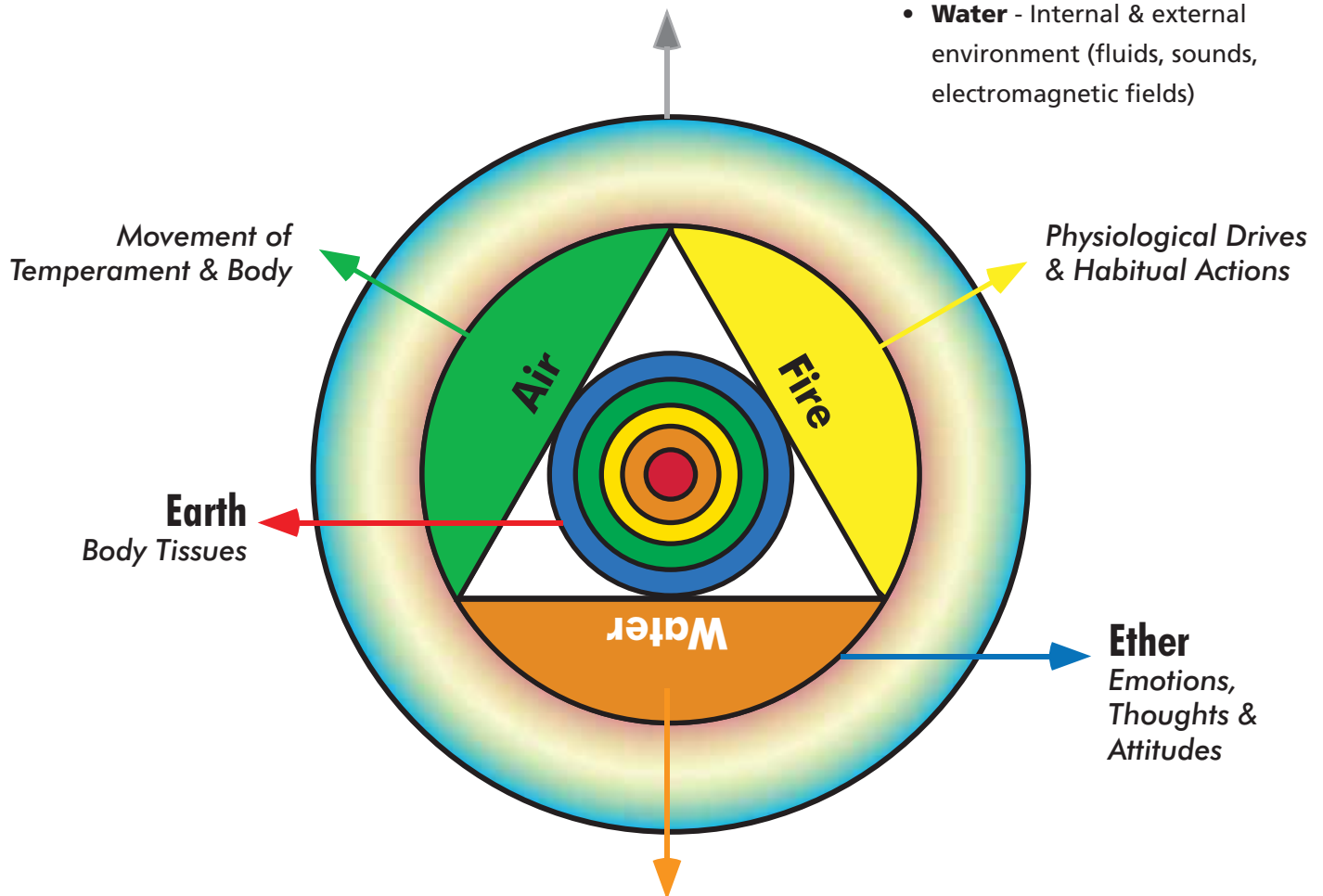
Micro-Molecular Body
Earthy Organization of Energy

The Organization of the Psyche

This process begins in utero, as the we orient to the challenges in our inner and outer worlds. It continues throughout life in what we accept as self and reject, becoming shadow.

- **Earth** - 5-Bodies, the lens thru which we see our world
- **Ether** - Emotions, thoughts, identity and true self
- **Air** - Subtle & gros movements
- **Fire** - Drives, motivations & habitual actions
- **Water** - Internal & external environment (fluids, sounds, electromagnetic fields)

Organization of the Psyche



Body Fluids - Internal & External Environments

Dr. James Said - Lecture Notes

Process Orientation - Chart 40

General Adaptation Syndrome

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Notes from Lectures by Dr. James Said, ND, DC, RPE
Adapted to Polarity from Hans Selye's study of stress

Ether - Creation of Identity / Self Image

In our early years, we organize energy efficiently. We create strategies for survival. We eventually reach a point where our strategies no longer serve us. We become more and more inefficient in how we move our bodies, run our energies, interact with our world, and function in our lives.

Air - Alarm Reaction Phase

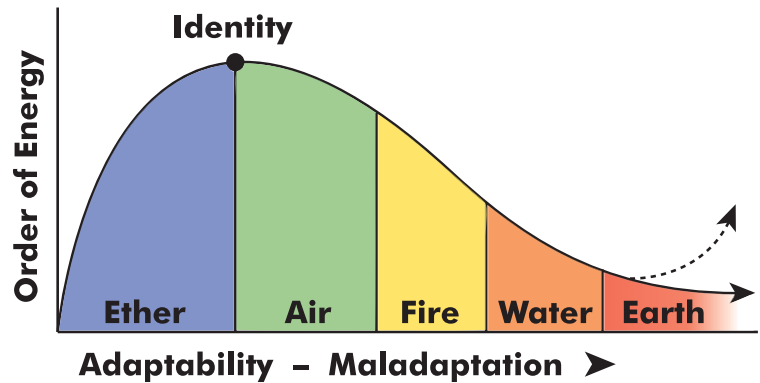
Quality of energy is in a Plasma Gas State (streams of charged particles). In this phase we first become aware that something is wrong. Airy blocks are Plasma Gas Bubbles, VIRAL.

Fire - Resistance Phase

Quality of energy is in a Gaseous State. Fiery blocks are BACTERIAL - tissue becomes inflamed, infected, hot, red, volatile, explosive - things are up!

Water - Exhaustion Phase

Quality of energy is in a Liquid State. Water blocks are FUNGAL - tissue fill with fluids and cool down. Movement becomes restricted.

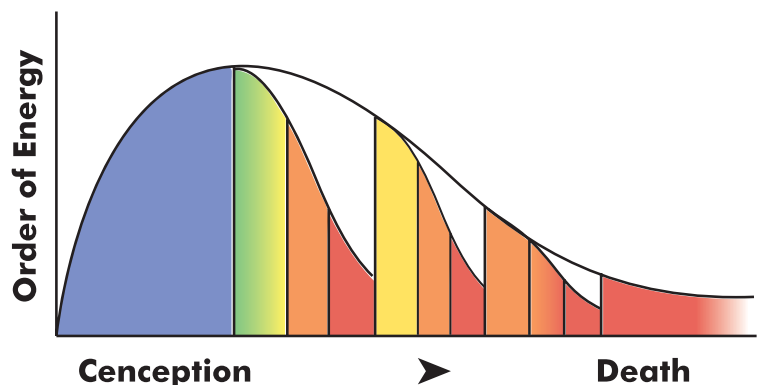


Earth - Degenerative Phase

Quality of energy is in a Solid State. Earth blocks are CANCEROUS - tissues become hardened, lets no energy through. Point of No Return! Tissue is competing for autonomous life, secedes from the union to become independent entity.

Rapid Degeneration in Each Phase

- Air** Spontaneous Human Combustion
- Fire** Central Nervous System Degeneration (Muscular Dystrophy, etc.)
- Water** Organ System Breakdown (Heart Disease, Kidney Failure, etc.)
- Earth** Cancer

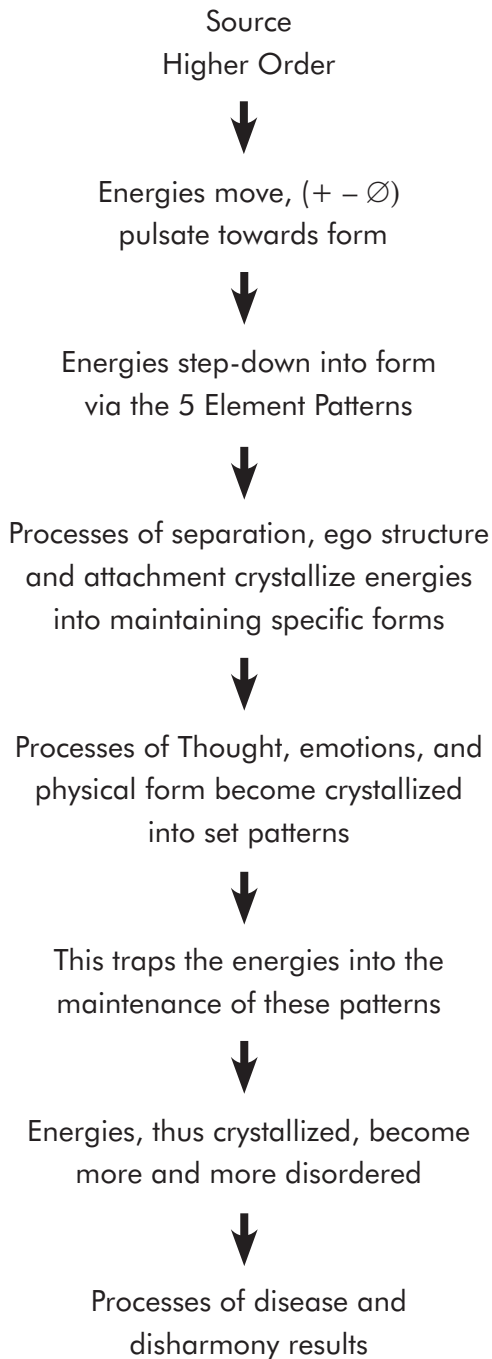


Process Orientation - Chart 39

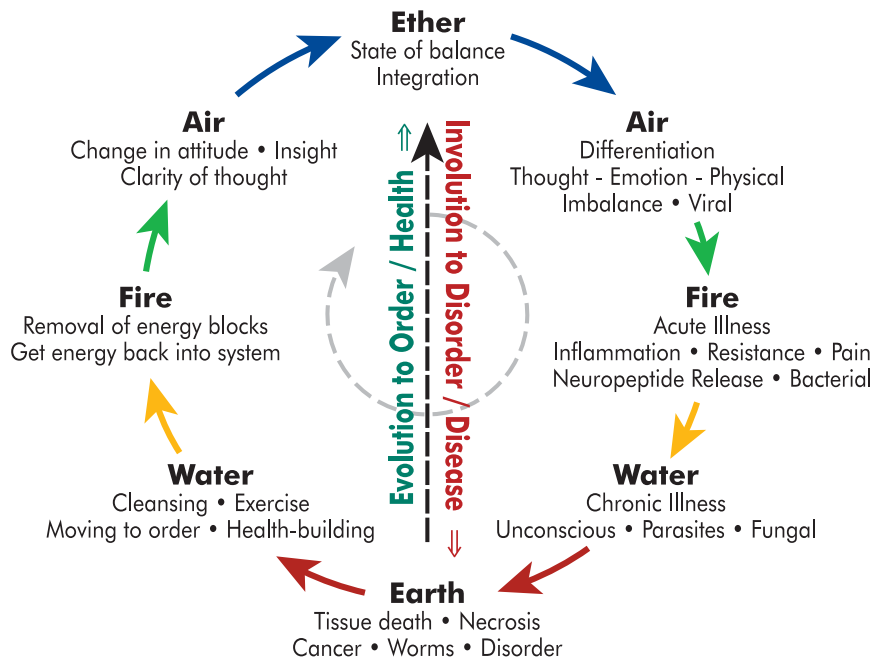
Movement Into Disease & Towards Health

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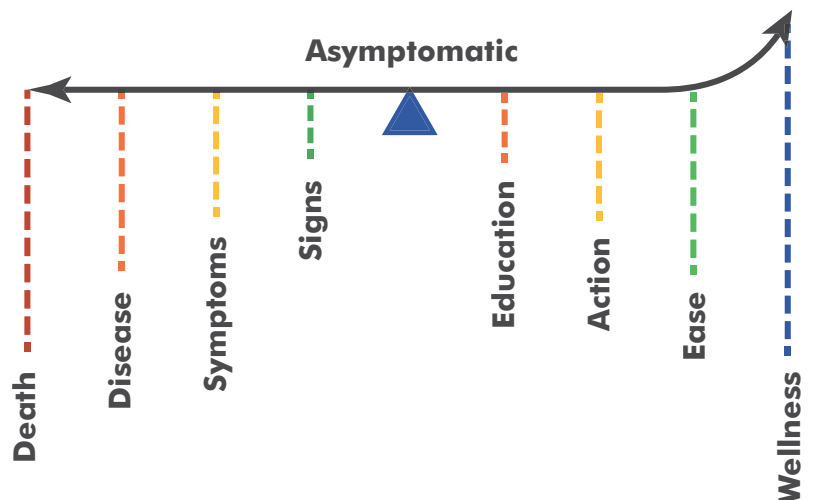
Movement Away From The Source



Healing & Disease Model



Wellness Model



The Polarity Process, Franklyn Sills
Notes from Lectures by Dr. James Said, ND, DC, RPP