

POLARITY

Teaching Tools

excerpts 1

GLEN
WEIMER

What Is Polarity Therapy?

Who Was It's Founder?

Polarity Teaching Tools: Glen Weimer ©2020

What Is Polarity Therapy?

Polarity Therapy is a body-mind, whole-person health care system that works with electromagnetic energy currents flowing in and around the human body. The premise is that these flow patterns create, support, and sustain both the form and function of our bodies, and that obstructions to their flow are the true causes of physical pain and disease. Polarity looks to patterns of behavior, emotions, and belief systems for causes and reinforcements of the physical patterns. To clear these obstructions, Polarity uses the very energy matrix that forms the body as the blueprint for healing. This energy is consciousness in motion.



- A) Polarity draws from Western, Ayurvedic, Hermetic, & Chinese Medicines + other sources
- B) Holistic approach includes: Bodywork, Diet, Exercise, Dialogue
- C) Bodywork Manipulations: Off-body to very light on-body contacts, active rocking oscillation, and deep pressure-point work
- D) Assessments: 3-gunas, 7-chakras, 5-elements, energy currents, anatomical structure, and physiological motilities
- E) Addresses 4 levels: Spiritual, mental, emotional, physical
- F) Addresses physical systems: Nervous System, Organ Physiology, Anatomical Structure

Dr. Randolph Stone, DO, DC, ND, 1890-1981

Dr. Randolph Stone was born in Austria and emigrated to the USA when he was 13 years old. It is said that he learned English from the Bible which is evident in the content and tempo of his writings.

He practiced medicine in the early part of the 20th century in Chicago, Illinois. Despite his eclectic training in drugless-medicine he eventually became dissatisfied because all too frequently a physical adjustment would provide temporary relief before the original imbalance would recur, necessitating further treatment. This led him to investigate other systems of healing. His quest eventually took him to India and China in the 1930's to study the healing methods of their ancient cultures.

Polarity grew out of Dr. Stone's study of modern Western: osteopathic, craniopathic, chiropractic, and naturopathic medicines; the emerging 'new physics' of subatomic theory; traditional Chinese medicine; (Indian) Ayurvedic medicine and yogic practices; and (Greek) Hermetic

medicine and alchemy; as well as esoteric teachings such as astrology and the Kabbalah.

In 1948 Dr. Stone published his first book, The New Energy Concept Of The Healing Arts and in 1953 he published The Wireless Anatomy of Man, containing many hand-drawn charts which were to become the foundation for Polarity. His work and ideas continued to evolve throughout his life and he continued to publish his writings through 1970.

During his Lifetime, Dr. Stone traveled around the world sixteen times studying and treating thousands of patients, mainly in India. He settled for a long time at the Dera Baba Jaimal Singh Colony, Beas, India where he ran a free clinic. His reputation grew as being the Doctor who treated hopeless cases that other therapies had failed to cure.

Dr. Stone taught on and off in the USA through the early 1970's. In 1973, he declared his senior student, Dr. Pierre Pannetier as his successor and retired to India to spend his final years in meditation. He died in 1981 at the Radha Soami Satsang, Beas, India.

What Is Energy? - Chart xx

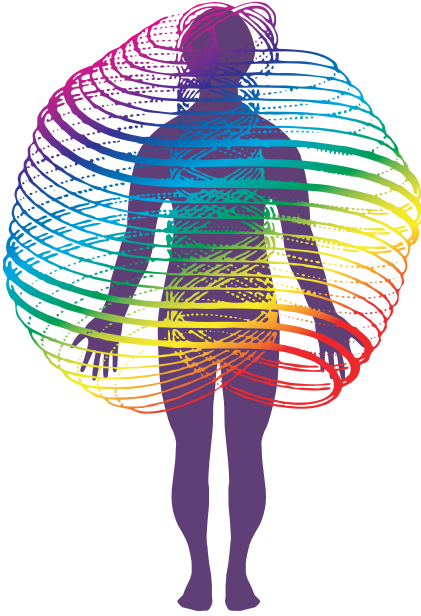
XXX

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en·er·gy

/'enərjē/

noun



1. the strength and vitality required for sustained physical or mental activity.

"changes in the levels of vitamins can affect energy and well-being"

synonyms: vitality, vigor, life, liveliness, animation, vivacity, spirit, spiritedness, fire, passion, ardor, zeal, verve, enthusiasm, zest, vibrancy, spark, sparkle, effervescence, exuberance, buoyancy, perkiness, sprightliness; strength, stamina, forcefulness, power, might, potency, dynamism, drive, push; informal zip, zing, pep, pizzazz, punch, bounce, fizz, oomph, go, get-up-and-go, vim and vigor

"she set out feeling full of energy"

2. power derived from the utilization of physical or chemical resources, especially to provide light and heat or to work machines.

3. the property of matter and radiation which is manifest as a capacity to perform work (such as causing motion or the interaction of molecules).

"a collision in which no energy is transferred"

- a degree or level of energy possessed by something or required by a process.

So what do we mean when we talk about Energy? There is electromagnetic, mechanical, thermal, acoustic, gravitational, kinetic, etc.

In relationship to Energy Medicine it is not so easy to summarize but gets to the heart of the matter. It either seems completely self-evident or like some mysterious elusive esoteric enigma. The obvious answer is that it's the Life Force called *Prana* by the Hindus and *Chi (Qi)* by the Chinese. But for many that still doesn't answer the question. The dictionary defines Energy as "the strength and vitality required for sustained physical and mental activity". Now we're getting closer. The simplest definition is that it is movement and the potential for movement. But what in fact is moving? In short, what is

Energy Is Consciousness In Motion

moving is consciousness—Energy is Consciousness in motion!

What polarity therapists spend their lives studying is how consciousness moves, becomes restricted, and gets freed up within the body-mind system. Every cell in our bodies is like a micro-

unit of consciousness coordinated in its function by a greater organizing force of consciousness. Wherever we have pain, in our lives or in our bodies, this body-consciousness has a hard time being—it is continually running away from pain to avoid becoming overwhelmed. The healing techniques polarity utilizes enables consciousness to first 'be with' and then release the pain and inhabit more and more of our whole being.

Neutral Source - Chart 7

Potential, Blueprint, & Creator

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Dr. Stone observed patterns of energy and movement everywhere—from microcosmic models like atoms to macrocosms models like galaxies. He realized that for there to be movement, the push and pull of polarized forces, there must be a source to this energy. For example, electricity arises from a generating plant, no generator no electricity. Furthermore, there must be a complete circuit or the generator would simply deplete itself.

*Notes from Lectures
by Dr. James Said, ND, DC, RPE*

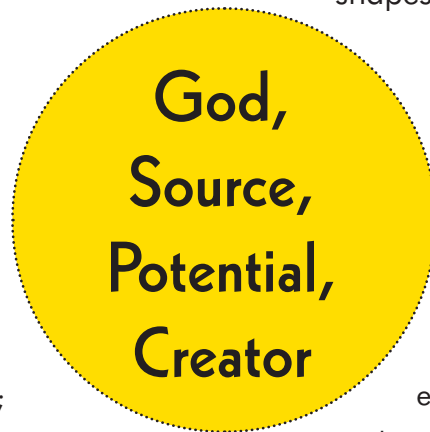
“Energy must have a center to move from and an object to flow to. The positive pole, in its outward flow; is expressed as motor currents; while the necessary return flow, the centripetal current or the negative pole, is expressed in sensation. The source or reservoir of the energy is in the neutral center, or neuter essence, the neutron from which it proceeds and to which the currents must return in the unit and in the cosmos (microcosm / macrocosm).”

“Opposites have their origin in a common center of unity. They stimulate each other in resistance, and balance each other in exhaustion or in the creation of a new unit.

A Source is Whole. What a Source puts out A Source must have back!

- A Source has the potential within it for everything that comes out from it.
- No Energy is ever lost, it moves out to exhaustion and returns to it Source.
- As Energy moves it organizes and creates shapes.

- These shapes are a reflection of the potential within the Source.



Unity or balance is the ultimate aim of all opposites. They oppose each other on the surface and unite in the center. Internal attraction of the fine centers of invisible Unity and external repulsion of extremes keep the surface active as a field of manifestation. This may be likened to the planets in their whirling orbits around the sun.

Polarity is the law of opposites in their finer attraction from center to center. Unity is the merging of these currents in to one Essence.”

Polarity Therapy, vol. 1, books 1 & 3, Dr. Randolph Stone

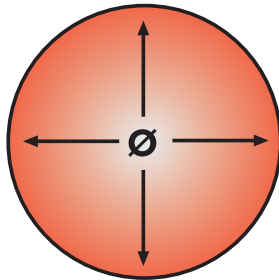
The Step Down of Energy - Chart 8

Polarized Energy Movement

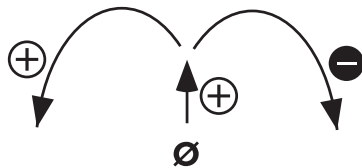
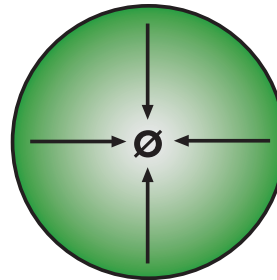
Polarity Teaching Tools: Glen Weimer ©2020

∅ = Source
(core stillness)

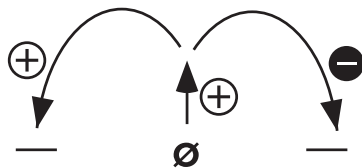
(+)
Outward Expansion
Centrifugal Phase



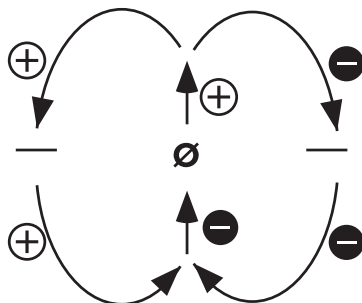
(-)
Inward Contraction
Centripetal Phase



Completion



Completion



- Energy moves outward from a unified source via a positive expansion.
- This impulse pushes out the energy in the form of polarities or (+) and (-) energies.
- These energies find completion in form and express their relationship in some way (ie. electricity, matter, atomic energy, pain, thought, etc.)
- Once the energies have reached this point of completion, the energy is drawn back up into the source by a negative receptive pull.
- Energy must return to its source both to complete its cycle and to prevent dissipation.

The Polarity Process, Franklyn Sills

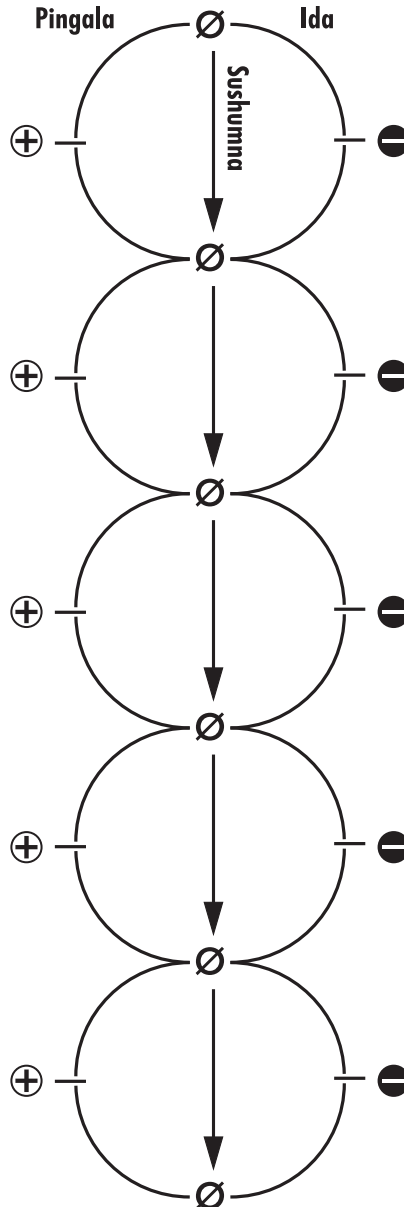
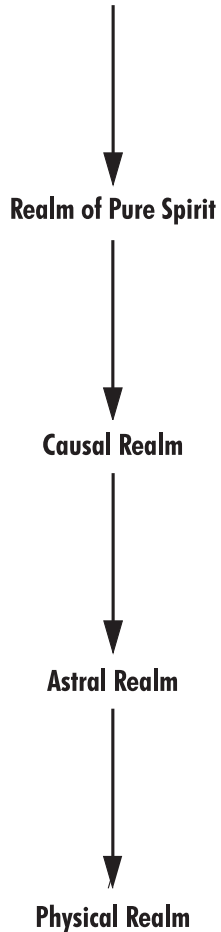
The Step Down of Energy - Chart 9

Energy Currents: The Creation of Chakras

Polarity Teaching Tools: Glen Weimer ©2020

Universal Model

Primal Neutral Source



Energy Slows Down, Becoming Denser ⇒

Physical Model

BROW CENTER



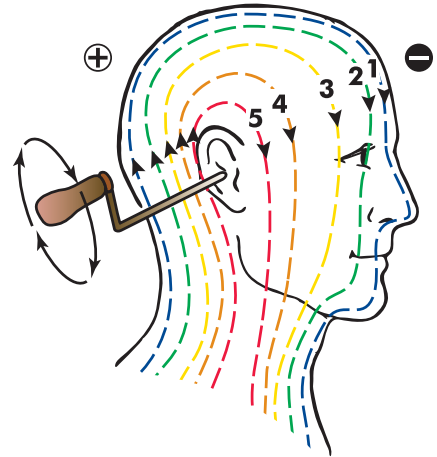
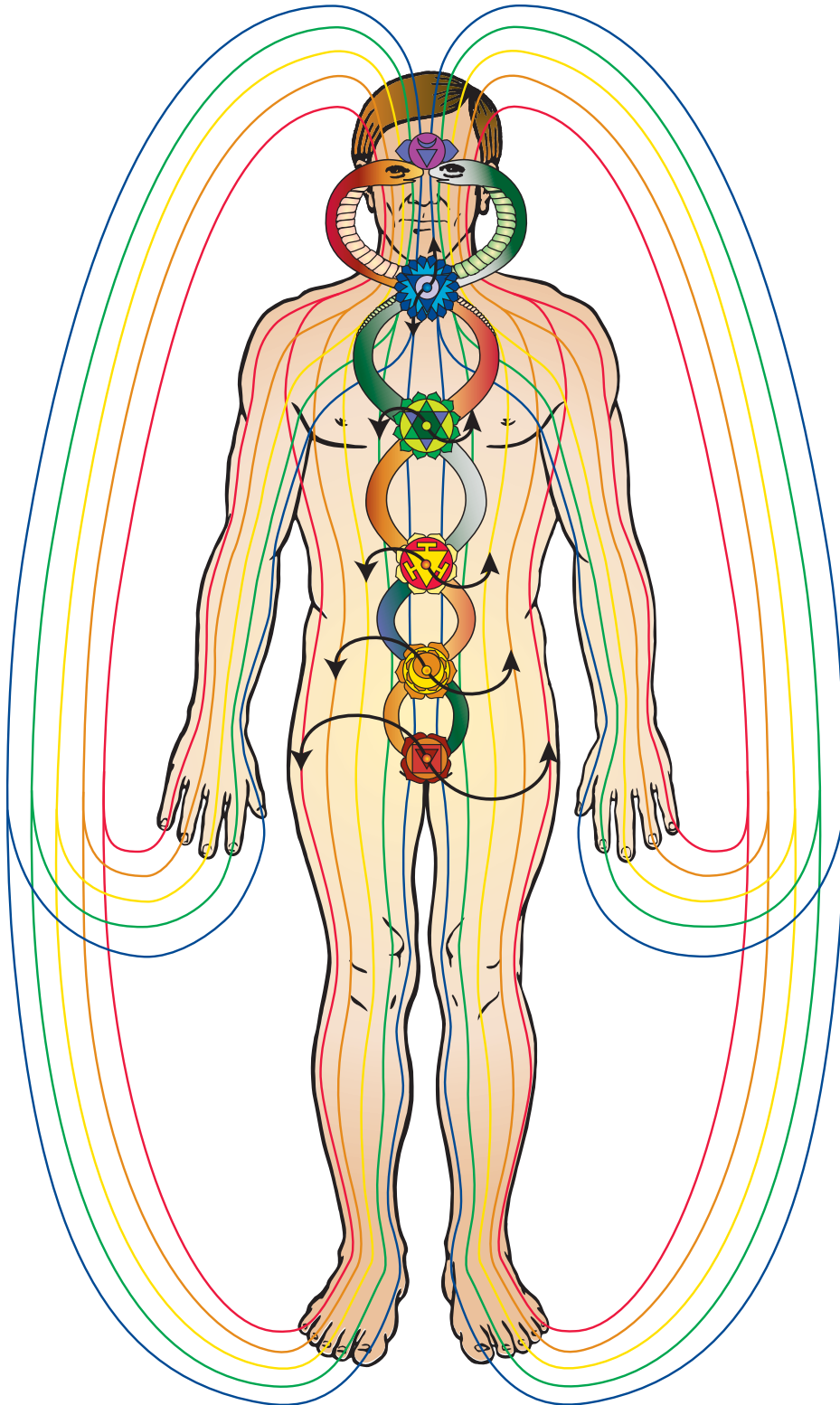
"At each phase of the step-down dynamic we have a movement of energy which mirrors the Polarity Principle. Here we have a flow of energy moving from a source in an expansive, outward (+) phase of movement to a point of exhaustion or completion. At that point, the energies have moved so far from their original source that they lose touch with this connection. At the point of this completion of the outward (+) impulse, a contractive (-) phase ensues. The energies, which are now of a lower vibration and of a more contracted quality of consciousness, are drawn together to form a new neutral center which resonates with the original source, but is of a coarser (denser) quality."

The Polarity Process, Franklyn Sills

Wireless Anatomy of Man - Chart 14

The Chakras, Caduceus, & Long Line Currents

Polarity Teaching Tools: Glen Weimer ©2020



“The spinning of each Energy Center or Chakra produces electromagnetic waves of current which flow down the right hand side of the body in the front and up the back, and up the left side of the body in the front and down the back.

Each of the five active chakras produces a line of current which conveys the energetic qualities of that Chakra. These currents are collective known as the Long Line or North / South Currents.”

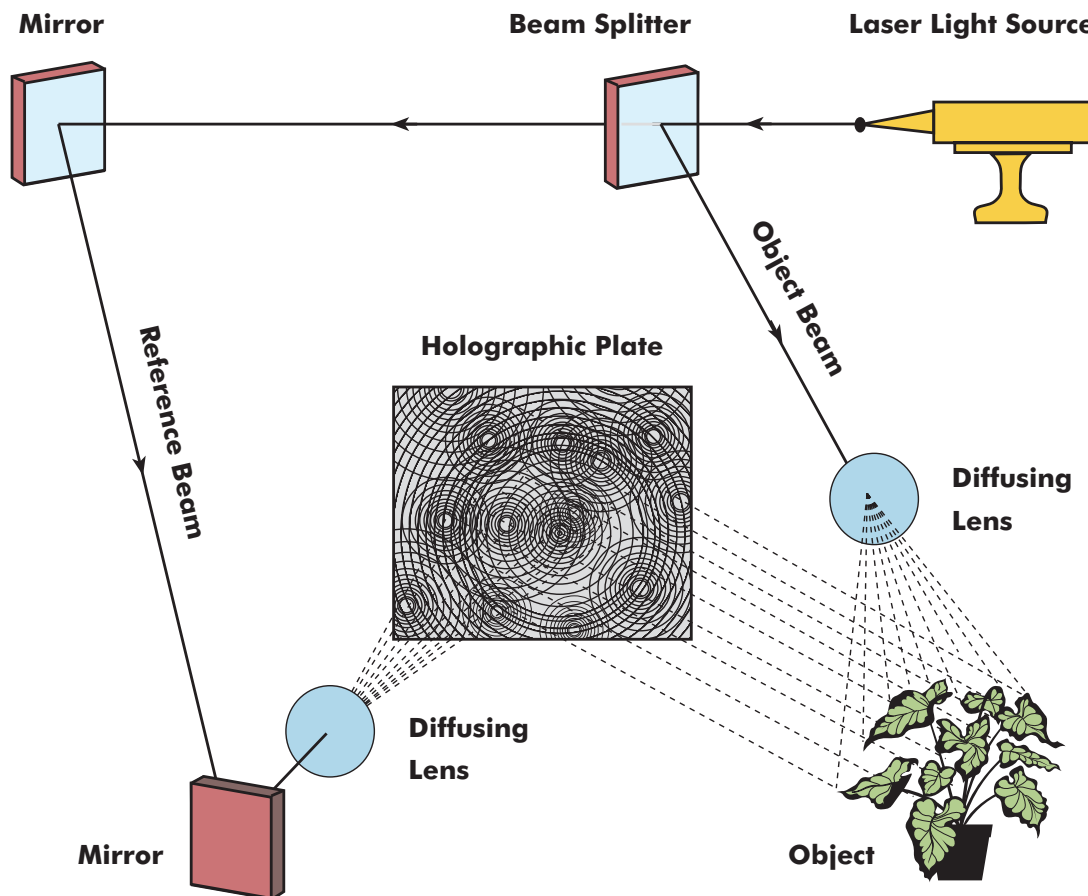
Illustration adapted from *Alive Polarity*, Jefferson Campbell
Polarity Therapy vol. 1, Randolph Stone

The Holographic Model • Chart 29

Holodynamics

Polarity Teaching Tools: Glen Weimer ©2020

"The hologram is produced when a single (laser) light is split into two separate beams: the reference beam and the object beam. The first beam is bounced off the object to be recorded - in this case, a plant; the second beam, the reference beam, is allowed to intersect with the reflected light of the first beam. The interference pattern created by the intersecting beams is then recorded on the holographic plate.



When coherent light is again shown through exposed holographic film the encoded images project as three dimensional images in space. By changing the angle that the light hits it, a single piece of holographic film can encode and project an almost infinite number of images or pieces of information. Cut into pieces, each part of the holographic film contains an image of the whole, only with diminished information.

There is scientific research which suggests that our world and everything in it are simply projections from a level of reality beyond our own – that what we perceive are simply interference patterns in space and time, that memory and each of the senses encode holographically, that the inherent behavior of particle-waves are to create holographic interference patterns."

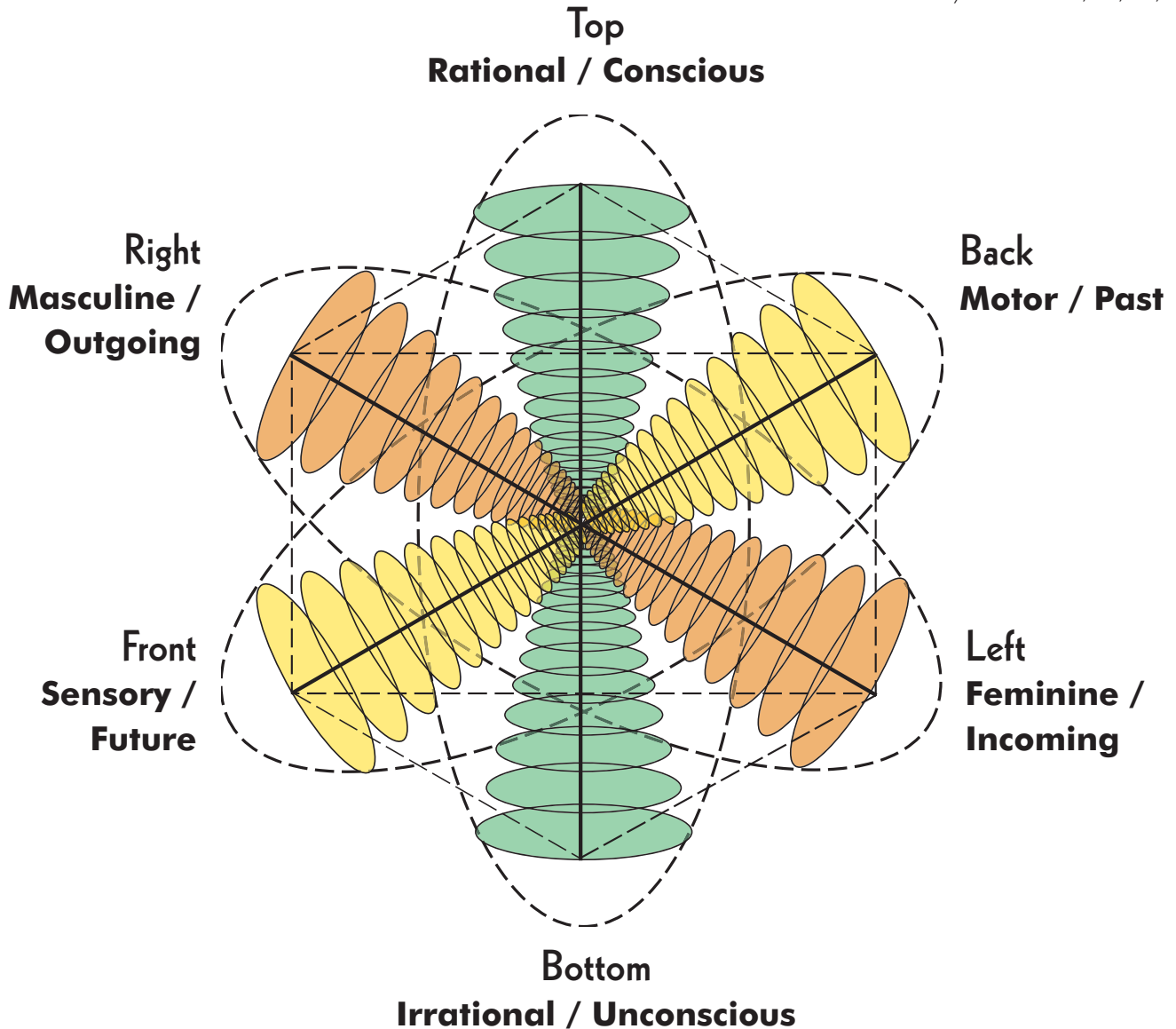
The Holographic Universe, Michael Talbot

3-Gunas In 3-Dimensions • Chart 31

Triaxial Spatial Relationships

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Notes from Lectures by Dr. James Said, ND, DC, RPP



Sattva Guna

Top / Bottom Axis - Air Principle, Transverse or East/West Current



Rajas Guna

Front / Back Axis - Fire Principle or Umbilical Spiral Current



Tamas Guna

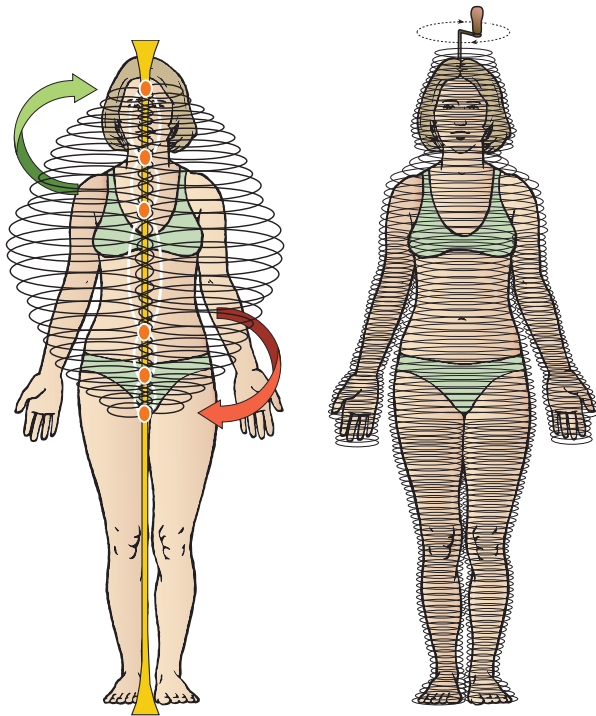
Right / Left Axis - Water Principle or Long Line Current

Process Orientation - Chart 44

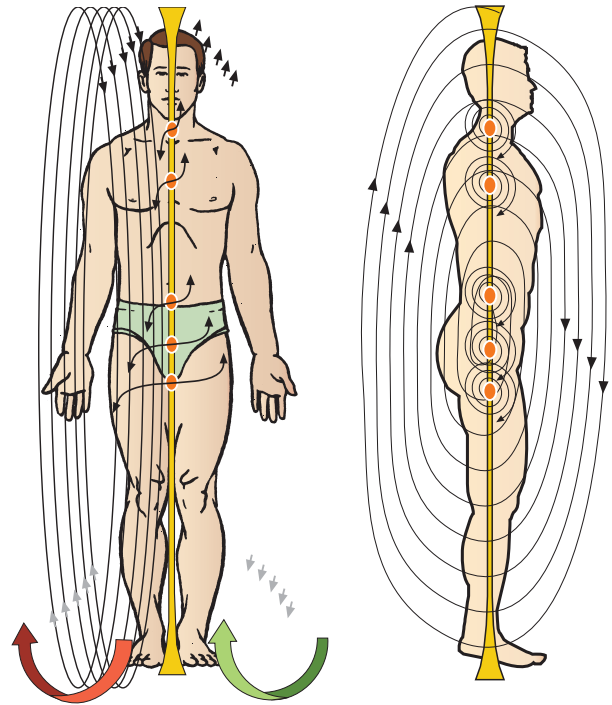
5 Dynamic Patterns of Energy

Polarity Teaching Tools: Glen Weimer ©2020

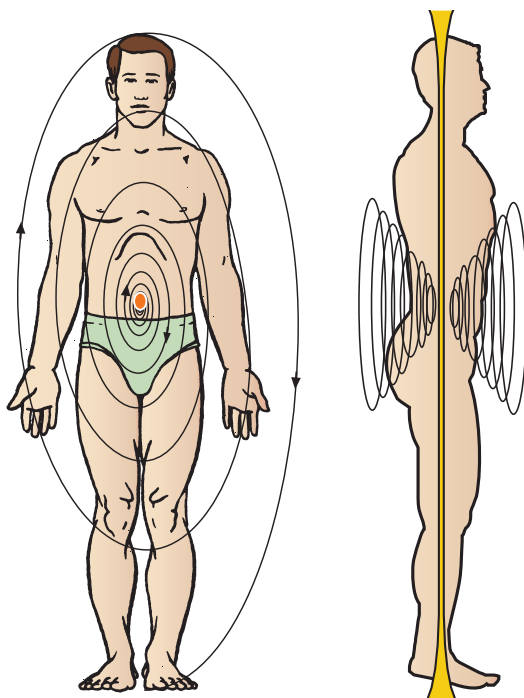
Caduceus & East / West Current



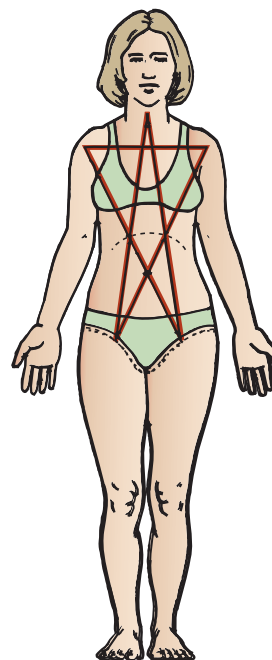
Long Line Currents



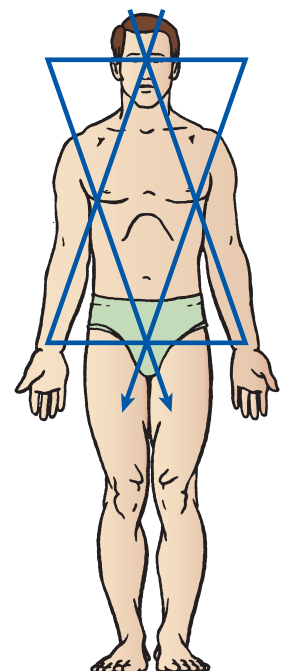
Umbilical Spiral



5-Pointed Star



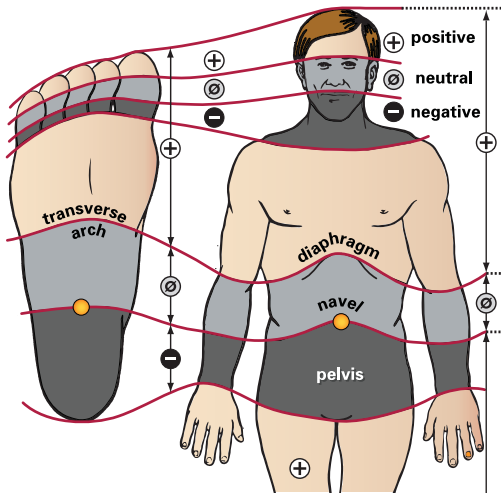
6-Pointed Star



The 3-Geometries - Chart 45

Relationships

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Projection & Reflection Geometries that Create Form

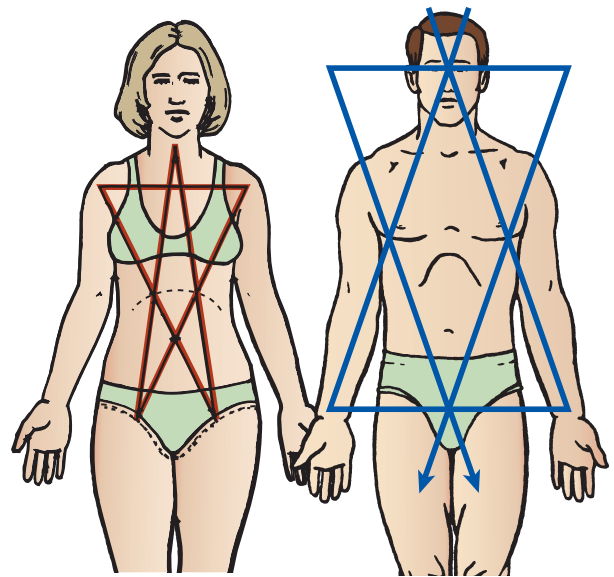
These geometric relationships interconnect the 5-Elements and the 3-Principles with the various fields and centers. Projection & Reflection describes the harmonic relationships created as the 3-Principles, (+, -, 0), create and sustain the 5-Elements. These can be illustrated by: the Harmonic Zones, Spinal Harmonics, and the Primordial Mind Pattern.

"Energy Impulses are from above downward. Structural reflexes are from below upward."
Dr. Randolph Stone

Symmetry & Balance Geometries that Describe Forces

These geometric relationships illustrate the lines of force that direct the energies as they from the body. These are represented by the 5 & 6-Pointed Star Patterns which depict the internal and external forces against which the system compensates to maintain balance.

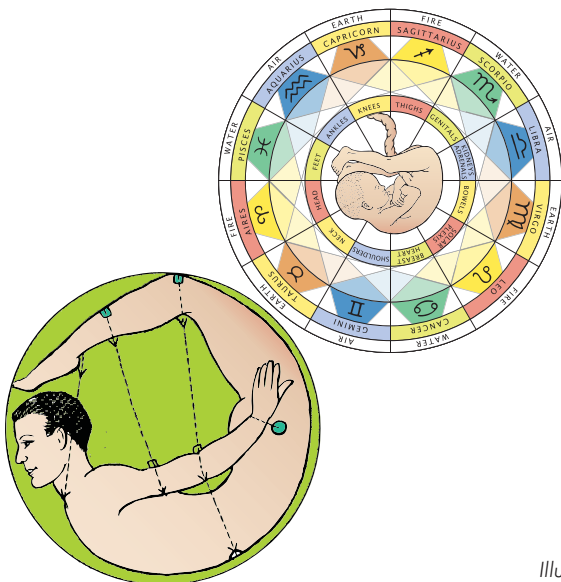
"The Important question is does the form rule the life or does the life rule the form?"
Dr. Randolph Stone



Involution & Evolution Geometries that Describe Process

These geometric relationships illustrate a shift in the focus of one's attention, either downward and outward into the world of sensation, duality, and multiplicity; or inward and upward towards unity, singularity, back to Source. The postures which represent this shift are the Fetal Posture (Involution) and Bow (Evolution).

"We become that which we contemplate."
Dr. Randolph Stone

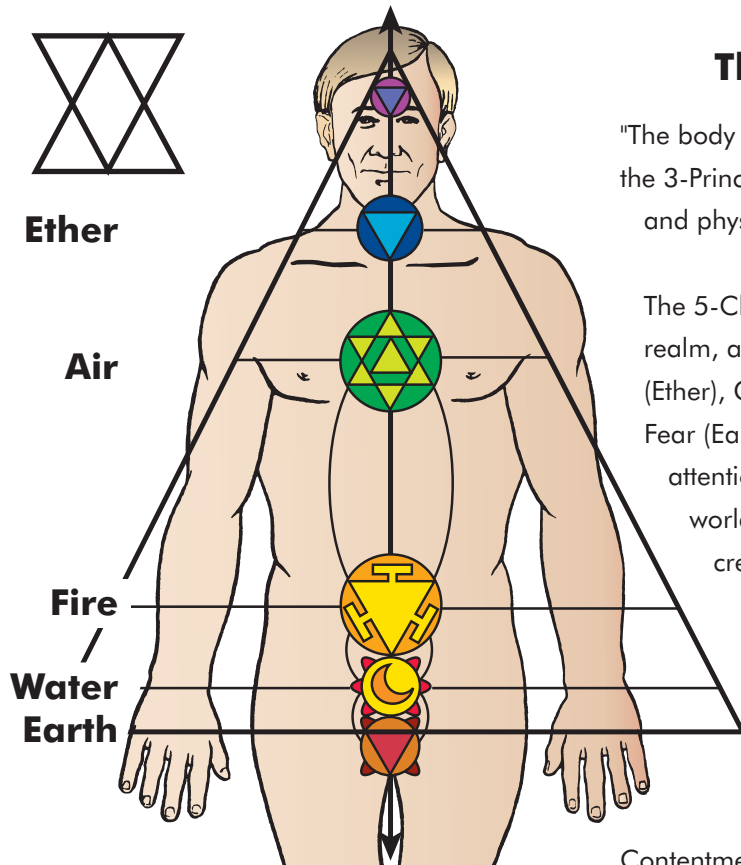


Illustrations adapted from *Polarity Process, Alive Polarity and Polarity Therapy, Complete Works* text from *APTA Satandards For Practice*.

Involution & Evolution - Chart 38

Focus into Life & Back to Source

Polarity Teaching Tools: Glen Weimer ©2020



The 5-Passions & the 5-Virtues

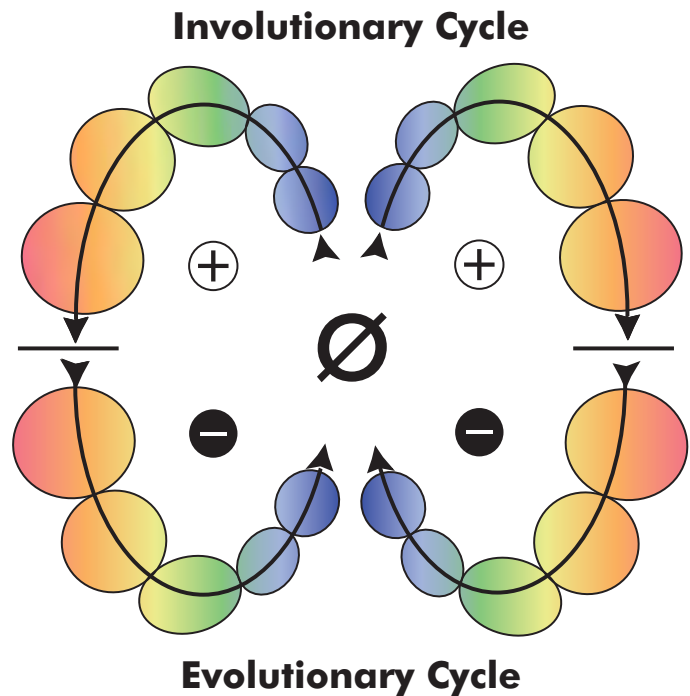
"The body can be seen as an intricate and dynamic interplay of the 3-Principles and 5-Elements which creates its subtle anatomy and physiology.

The 5-Chakras, which first define the elements in the physical realm, are expressed negatively as the emotions of Pride (Ether), Greed (Air), Anger (Fire), Attachment (Water), and Fear (Earth). This is the expression of consciousness when the attention is directed entirely downward and outward into the world for the purpose of identifying the ego with the worldly creation, thinking itself the prime mover of life.

In contrast, when the attention is directed inward and upward, acknowledging the Source of life energy as the doer behind our experience, the 5-Passions give way to the 5-Virtues of Courage (Earth), Detachment (Water), Forgiveness (Fire), Contentment (Air), and Humility (Ether)."

"Energy moves outward from the Source until it exhausts that centrifugal force, comes to completion and meets its own surface tension. With no more energy to move outward, it is then drawn back to the Source by the magnetic pulling force within the Source."

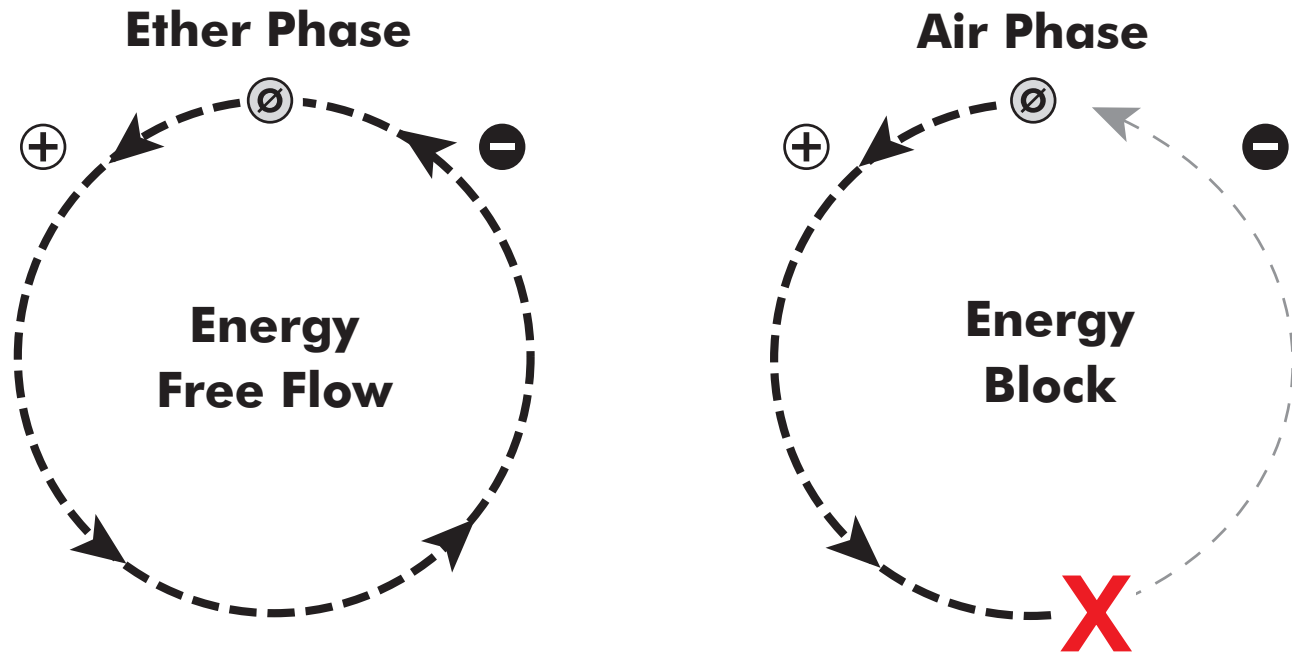
Exhaustion, Completion



Process Orientation - Chart 41

5 Phase Step Down of Energy

Polarity Teaching Tools: Glen Weimer ©2020



A Source is Whole. What a Source puts out a Source must have back!

- A Source needs to give all of itself to itself.
- As Energy organizes it creates shapes.
- The mind's function is to secrete thoughts.
- Mind requires form to function.
- Souls moves into mind to experience creation.
- Thoughts take on charges as they move through the Astral Realm.

When the quality of flow is complete the state is **Etheric**. As Energy steps down out of the realm of Pure Consciousness thoughts take on charges. These charges create distortions, interference patterns, blocks in the free flow of energy. The outgoing energy meets that block and is restricted (**Air-Alarm Reaction**). The feedback tells the Source to send out more energy in order to push through the block (**Fire-Resistance**). The energy back-up creates pressure at the site of the block. If the block persists, decreasing amounts of energy return to the source and the outgoing supply of energy begins to also decrease (**Water-Exhaustion**). Finally, no energy is able to move through the block, and the supply ceases (**Earth-Degeneration**).

Notes from Lectures by Dr. James Said, ND, DC, RPP

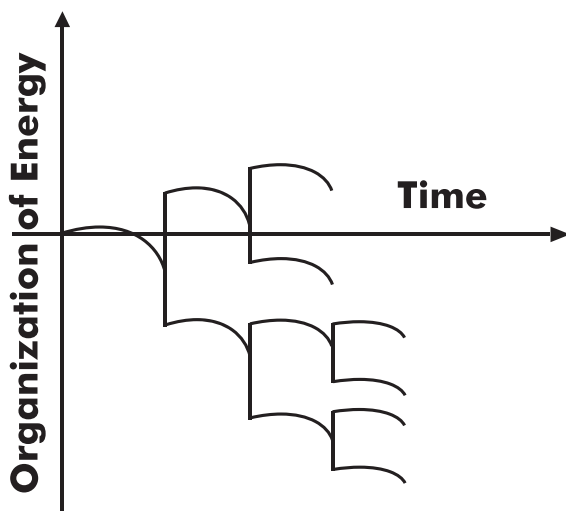
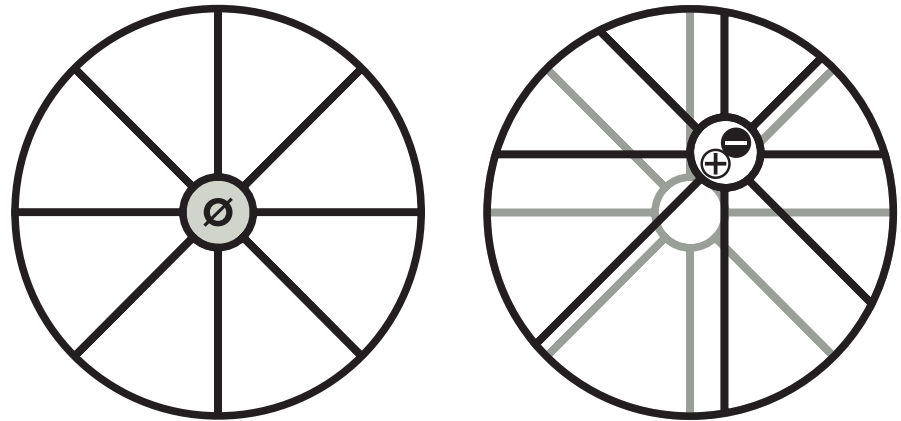
Process Orientation - Chart 42

5 Phase Step Down of Energy

Polarity Teaching Tools: Glen Weimer ©2020

Notes from Lectures by Dr. James Said, ND, DC, RPP

- Mind requires form to function.
- Neutrally charged fields spin like a wheel with a perfectly centered/balanced axis. It takes very little effort to keep it spinning.
- Thoughts take on charges as they move through the Astral Realm.
- The greater the charge the more eccentric the spin.
- As thoughts take on charges their fields distort and it requires more and more energy to maintain life/movement.



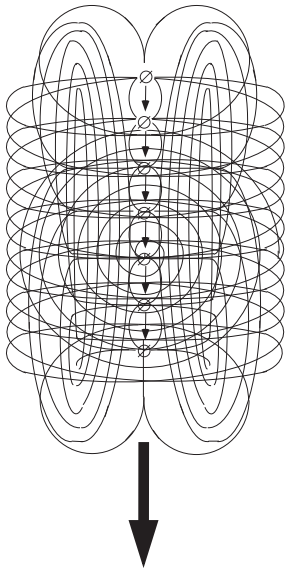
Inertia = Resistance to change

- This model expresses the process we experience in our efforts toward wholeness.
- We begin with the best of intentions but gradually lose our momentum. Inertia takes affect. Our lives, health, self-limiting or self-destructive habits, etc. become worse until we reach a critical juncture, a crossroads.
- At these points our health, life, etc. makes a quantum shift with either marked improvement or substantial worsening.
- We either discover a new diet, exercise program, meditation, etc. and find renewed enthusiasm or we plummet deeper into dis-ease and disfunction.
- This cycle continually repeats itself.
- To break free takes EFFORT, commitment, consistency and trust in the process.

The Step Down of Energy - Chart 53

Energy Coalescing Into Physical Form

Polarity Teaching Tools: Glen Weimer ©2020



Etheric Body

Holographic Body

Etheric Organization of Energy

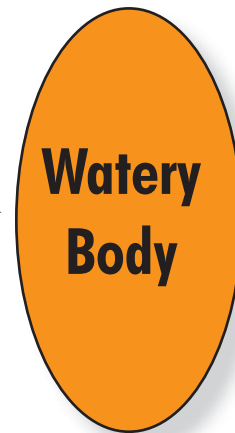
Composed of: The Ultrasonic Core and Caduceus, 7-Chakras, 5-Elements, 3-Gunas, 3-Primary Currents of Energy (East/West, Long Line, Umbilical Spiral), and Geometric Lines of Force.



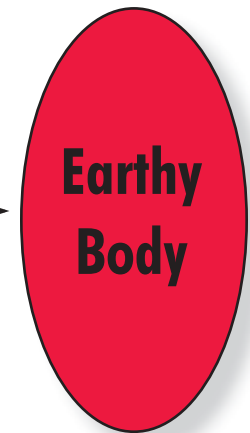
Airy Body



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.