

# Defining Polarity Therapy

## *Image Is All*

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*One picture is worth a thousand words!*

*One vision creates a beautiful poem!*

*One word of encouragement can change a person's life!*

Ether, Air, Fire, Water, and Earth are expression of the basic elements of life. Clear, concise and image provoking, the elements are the cornerstone of Polarity Therapy.

Everyone can relate to any of the elements whether it be to express a feeling, to share an emotion, or to explain a physical sensation. The element quickly can define a person's reality.

The Elements allow for the word to be turned into a clear vision that immediately communicates intent. Words that can express a precise image to others are called a universal language.

When expressing the word fire, the image of a flame is apparent and the feelings of anger, rage or warmth are understood. No matter what language is being spoken, fire can be quickly related to issues such as digestive problems, acid reflux, or an image of "fire in the eyes" to explain someone's anger.

The important factors when using Elemental expressions to communicate are clarity, purpose, intention, and image. *Image* is all.

## The Fine Art of Communication

Communication is synonymous with awareness and building relationships. It all begins by the spoken word whether it be written, verbal, or non-verbal. When someone says, "I am a Polarity practitioner" what actually is being heard if the person listening knows nothing about Polarity Therapy? The questions that may follow are:

"I've never heard of Polarity – What is it?"

“It is a system of Energy  
Work” “What do you do?”

“We work with the person’s energy system to relieve stress and bring balance  
back to the body.”

“Well, what do you actually do?”

This conversation then becomes a drawn out process to get someone to understand  
what Polarity Therapy is all about.

The idea of any person understanding Polarity Therapy begins immediately with a  
unique perspective of how they perceive the word Polarity! If there is no  
immediate image conveyed, there is confusion.

## Words and Image

Pierre Pannetier, a student of Dr. Stone, the founder of Polarity Therapy, is quoted as  
saying that Polarity Therapy is a therapeutic method for releasing energy blocks and  
for balancing bodily energy.<sup>1</sup> He also wrote that in Polarity work, there is simplicity of  
methods and practical application of the teaching. He strongly believed that the Polarity  
Principles can be applied to all life situations with success.<sup>2</sup> Pierre was an advocate of  
the idea that Polarity can be used by people of all ages and all conditions.<sup>3</sup>

There is a need expressed by many Polarity practitioners to have Polarity become a very  
useful healing tool available to all who understand its purpose and desire the work.

The problem that currently exists is with the word Polarity, and the image it expresses.  
Success is about image and image is about identity and purpose.

Identity creates the explanation of what is being offered. This gives consumers an  
informed choice.

The image is what will attract the consumer to at least explore, use the services, or  
buy the product.

As Pierre Pannetier said so well, Polarity is simple, effective and can be used by people  
of all ages  
and all conditions.

Usually after people have tried Polarity, understood its purpose, and experienced  
successful results, they then become an advocate of the work. It is often exhausting  
however to get the consumer in the door. “What Is Polarity” is the issue and creating an

image of the word Polarity is the answer.

An Example!

Most people worldwide have no problem knowing immediately what the word McDonald's means or understanding the image of the Golden Arches. What does the name McDonald's really mean and when did the Golden Arches become a multi-billion dollar hamburger?

Not that there is a healthy purpose behind the fried hamburger, but the message is clear — McDonald's created a universal image and attached identity to the word McDonald's. Establishing an image is about success.

## Defining Polarity

### Polarity as a Science

The study of Polarity has a significant place in science and scientific research, according to Stella M. Hurlley from *Science* magazine. She explains that establishing and maintaining Polarity and the recognition and exploitation of gradients are key features of living organisms.<sup>4</sup> She further emphasizes that when Polarity is disrupted early in development dire consequences for the body plan result.<sup>5</sup> In her opinion, throughout development and into the adult organism, polarized cells and organismal Polarity remain important in promoting and maintaining health.<sup>6</sup> Hurlley is clear that knowing Polarity explains key characteristics in nearly all forms of life, and refining our understanding of the cellular and molecular mechanisms involved in the Polarity process remains an important aspect of ongoing research in cell and developmental biology and neurosciences.<sup>7</sup>

A quick reference to some of the studies focused on the science of Polarity. As reported in *Science* magazine are:

- Shapirio, et al. examined extensively the issue of Polarity in bacteria.
- Pellettieri and Seydoux describe how the anterior-posterior Polarity is established and maintained within an egg.
- Keller, Finally, & Dickson describe how one of the most structurally and functionally polarized cells — the neuron — exploits its characteristics to establish specific connection within the developing nervous system.<sup>8</sup>

Will Wilson, in an article titled *Polarity Therapy: An Introduction*, talked extensively about modern physics and Polarity. He effectively reviewed the relationship of the Bose-Einstein Condensate which could explain the effectiveness of Polarity. The essence of the Bose-Einstein Condensate, he states, is that parts which go together to make up a system will come together to behave as a whole coordinated system.<sup>9</sup>

“According to physicist Herbert Fröhlich, in the body a system of electrically charged molecules (“dipoles” i.e. polarized molecules with a positive and negative end) are vibrating. Beyond a certain threshold, additional energy pumped into the system [which occurs during a Polarity session] will cause them to vibrate into unison, pulling them into a very ordered form of matter termed a ‘Bose-Einstein Condensate’.”<sup>10</sup>

Does science give us a understandable definition of Polarity Therapy? Polarity practitioners look for the science behind Polarity. The scientific explanations are a good basis of support for documenting why Polarity Therapy works so effectively. But science can not give Polarity the clear and concise image that would make it a household word. The science behind the image is its sustenance — the image is all.

### Polarity as Energy

James Oschman, in his book *Energy Medicine*, says in a few decades scientists have gone from a conviction that there is no such thing as an energy field around the human body to an absolute certainty that it exists. Moreover, he states, science is explaining the role of energy fields in health and disease.

Chinese and Indian traditions have used the principles of energy as the foundation of their health care system. Life force, chakras, auras, prana, and chi are words often expressed when discussing the human energy field.

Polarity Therapy as well as many other energy based therapies state that these modalities influence the human energy system, affecting, physical, emotional, mental and spiritual health and healing.

Energy-based healing systems are becoming more popular! The Eisenberg study found that 13% more individuals are using complementary alternative therapies than they were five years ago and that energy-based therapies increased the most.<sup>11</sup>

According to *Massage Magazine* (November 2004), the three most commonly used energy techniques in the western world are Therapeutic Touch (TT), Healing Touch (HT), and Reiki. There is an underlying assumption as stated in the article *Energy*

*Medicine: A Field of Potential* by Karrie Osborn, that both scientific research and anecdotal accounts tell us that the gentle giant we know as Energy Medicine has potential in every aspect in our being.<sup>12</sup>

The top three energy-based healing systems have one thing in common, they are simplistic and easy to access. When a person hears Reiki or Therapeutic Touch, they have a quick understanding of what it is about.

Reiki has established an image by making itself available to thousands of people in one to two weekend courses where anyone can learn the basic skills. Therapeutic Touch uses a term called fluffing! Does the word fluffing create an image? YES! Fluff the pillows is a great image where one can create space, become light and airy. These images express calm and something different for the fast-paced world we inhabit. Success is about image.

#### Explanation of Polarity Therapy

Polarity is a natural health care system based upon the universal principles of attraction, repulsion, and neutrality. This is the basic principle of Polarity. Can John Doe grasp this concept and be willing to set up a Polarity session?

Polarity Therapy addresses the interdependence of body, mind, and spirit. This concept could lead the reader to the understanding that Polarity is a holistic approach to health care. Does this idea provide enough information on what Polarity can offer?

Sher Smith, in *Researching Your Potential* (August 1997) training manual defines Polarity as:

Polarity Therapy is the art and science of balancing the life energy within the body. Polarity Therapy is an integrative approach to body, mind, emotions, and spirit. This powerful holistic healing system combines both ancient medical wisdom with the most modern advances in health care.<sup>13</sup>

Sher also talks about energy blocks and Polarity restoring the flow of the energy currents.

Stefan Gerganoff was always writing about “What is Polarity.” He often said that Polarity Therapy is a comprehensive energy-based holistic health care system which promotes

healing and wellness. But, as he continued on he said he was not sure what that really meant.

He went on to say that Polarity Therapy is a non-invasive system of promoting balance and the Polarity practitioners role is to assist the individual in reconnecting with their own energy.

Morag Campbell, in an article called *Polarity Therapy and the Five Elements*, said Polarity Therapy is a broad based system of healing. It has techniques for re-aligning the physical body and improving posture and organ functioning, ways of influencing the nervous system, and ways of working with the subtle energies that make up the body and mind of man. She does a nice job of then relating the five elements to the Polarity Process.<sup>14</sup>

John Beaulieu in his *Polarity Therapy Workbook* says Polarity is based on the premise that we are fields of pulsating life energy made up of specific frequencies known as the five elements: Ether, Air, Fire, Water, and Earth. Each element relates and flows in a balance of positive and negative attraction arising from a neutral center. When our thoughts, emotions, and physical body are out of alignment with the energy necessary to meet a life challenge, an energy imbalance results. These imbalances may appear as physical, mental, and emotional discomfort or pain. Polarity teaches us that this pain and discomfort is a signal for us to learn, change, and realign our lives.<sup>15</sup>

Most defining statements about Polarity Therapy express the idea that everything has a positive or negative charge and that Electromagnetic Force (EMF) creates energy fields in and around the body.

By balancing these energy fields we maintain a healthy system.

Leslie Korn, in her article *Polarity Therapy: To Touch the Heart of (the) Matter* published in *Somatic Magazine* (1987), called Polarity Therapy the *Meditation of Touch*. She defines Polarity Therapy as a modern synthesis of ancient theories and techniques, which derive from Indian Ayurvedic medicine and Chinese healing traditions, such as acupuncture and Taoist meditation. Additionally, she says it is based on postulates of theoretical physics, such as field theory and principles of electromagnetic energy.

Most explanations of Polarity include the components of its holistic approach which are Energetic Touch, Energetic Foods, Polarity Stretches and Lifestyle Skill Education. Polarity is generally understood as a holistic health care system and a system that

returns balance to the body.

So, What is Polarity Really?

- Polarity is a system of balance.
- Polarity is balancing the life energy.
- Polarity is a holistic healing system.
- Polarity removes energy blocks.
- Polarity is a broad based system of healing.
- Polarity is based upon fields of pulsating life energy and electromagnetic fields.
- Polarity is a synthesis of Ayurvedic and Chinese medicine.
- Polarity is based on the qualities of the five Elements of life.
- Polarity is the balancing of the body's energy.

Obviously, the field of Polarity Therapy is diverse and based on two very complex systems: Ayurvedic and Chinese medicine. Because of this, it is not surprising that it lacks a specific identity. Dr. Randolph Stone, the founder of Polarity Therapy, created an incredibly unique and very effective system of health care, which has numerous components. But does it have an image or an identity?

Polarity Therapy is also a premier system for integrative health and wellness. It is not a struggle in Polarity to be a holistic practitioner — it is a major part of the practice. Can the use of Polarity's integrative system be an asset to creating an image?

The Elements are the basis of all Polarity. From elemental assessment to understanding everything about a client mentally, physically, emotionally is all based on the five Element theory. In Polarity Therapy you can live by the Elements. The Elements may be the real source of a Polarity identity.

In Toronto, several years ago at a teacher training meeting, the discussion of defining and creating an image for Polarity became a hot topic. After much discussion and a cathartic moment a new phrase emerged: *Polarity: Balancing The Elements of Life*<sup>SM</sup>

*Balancing The Elements of Life*<sup>SM</sup> seemed to be a practical phrase with a clear focus. It was

a step forward in trying to establish clear words that would become an understandable image of Polarity Therapy.

## A Challenge

Polarity practitioners from all over the world could draw on their collective consciousness to establish a well thought-out word or phrase and/or a short paragraph that would bring daylight and awareness to the wonderful world of Polarity. Creating an image would be the goal of this collective consciousness. An image that defines *what Polarity is* and what incredible benefits can be received from Polarity Therapy.

Another challenge would be for Polarity schools to work together to create a one weekend course — Introduction to Polarity Therapy and the Science of Energy. This universal *Polarity Intro* would be

easy to access, and would include the basic and simple components of Polarity. The five *Elements* would be introduced and everyone would leave with a simple general session that could be done on everyone. Imagine what would happen if thousands of people could take a *Polarity Intro* course taught in many languages and in many countries all around the world.

It can be done!

## Conclusion

As we gain more knowledge of the functioning of the human system, we will understand that energetic interactions are paramount. This understanding will lead us to the realization that there is a new paradigm emerging — one that will emphasize the energetic communication and interactions occurring within the body, in every aspect of life, and in every manifestation of the universe. As the old Hermetic Principles state, “As above so below. As below so above.”

Disease prevention and the *New Medicine* will soon be based on identifying problems — first, at the energetic level, and then, bringing that energy back into balance, removing the blocks before the disease occurs. Energy-based practitioners need to prepare themselves to be as competent and knowledgeable about their profession as possible. It is a new day!

Defining Polarity is the key to success. Defining Polarity may also be about truly understanding the importance of the word *balance*.

If quality of life, happiness and wellness are a matter of knowing how to maintain

balance in one's life, then Polarity offers many of the answers. The energy aspect of our universe and the world we live in is based upon the fine art of balance — whether it is global warming, peace in the Middle East or maintaining a healthy immune system.

Creating an image around the power of the word *balance* may be our guiding light.

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