

polarity



the wisdom of all
energy

Manual by Julie Collet Volume One

1

Introduction	1
Polarity Energy Balancing	2
Polarity Therapy: The Art and Science of Energy Medicine	3
Dr. Stone: The Background of Polarity Therapy	4
t h e w i s d o m o f a l l e n e r g y	5
How Energy Transforms Itself to Create Matter	6
The Unity of Opposites	15
The Energy Anatomy of Human Life	18
Prana: The Life Giving Force Within the Breath	18
The Pranic Life-Breaths Within the Body	20
The Three Major Energy Currents in the Body	21
The Energy Fields, which Enable	25
the Function of Body, Mind and Senses	
The Chakras and their Correspondences	27
The Crystallization of Energy and	29
the Emergence of Form	
The Sacred Geometry of Human Life	29
The Astrological Zodiac and the Human Body	30
Geometric Lines of Force Giving Rise to Structure	32
Polarity Energy Balancing	33
Polarity Relationships in the Body	33
Balancing Energy	35
The General Polarity Energy Balance	41
Techniques & Procedures	42
of the General Polarity Energy Balance	
Polarity Yoga	59
Introduction	59
Polarity Yoga Techniques	62
Exercises that can be done using Furniture	72





The Energy Fields which Enable the Function of Body, Mind and Senses

Refer Diagram 7

For any form of manifestation to take place, the primary energy pulsations must carve a space for their purpose, much as a bird builds its nest for the hatching and nurturing of its chicks. And so it is that the chakras carve an oval field around themselves for their purpose and function. These oval fields give rise to the body cavities, which, in their turn, give rise to the organs, systems, senses and work organs, all of which enable the body to function and respond. It is via a combination of the elements that this expression of form takes shape.

There are five oval cavities in the body:

- One in the head which gives rise to the brain and cognitive function

- One in the throat which gives rise to hearing and verbal expression
- One in the chest, which gives rise to the respiratory and circulatory systems
- One in the abdomen which gives rise to digestion, assimilation and elimination
- One in the pelvic basin which gives rise to reproduction, and urinary elimination. Due to the slower rate of vibration of the last two chakras, it takes two chakras to drive one oval field.

These oval fields provide the matrix upon which the human frame is constructed.

Energies continually weave back and forth in polarity action in these energy fields to create and sustain human function.

The Distribution of the Five Elements in the Body

Chakra	Element	Sense	Sense Organ	Work Organ	Digits & their Charge
Throat	Ether	Hearing	Ears	Throat	Thumb/Big Toe (ø)
Heart	Air	Touch	Skin	Arms/Hands	Index/Second (-)
Solar Plexus	Fire	Sight	Eyes	Thighs/Feet	Middle – both (+)
Sacral	Water	Taste	Tongue	Genitals	Ring – both (-)
Base	Earth	Smell	Nose	Anus	Little – both (+)

The Body Centres, Cavities and Pathways

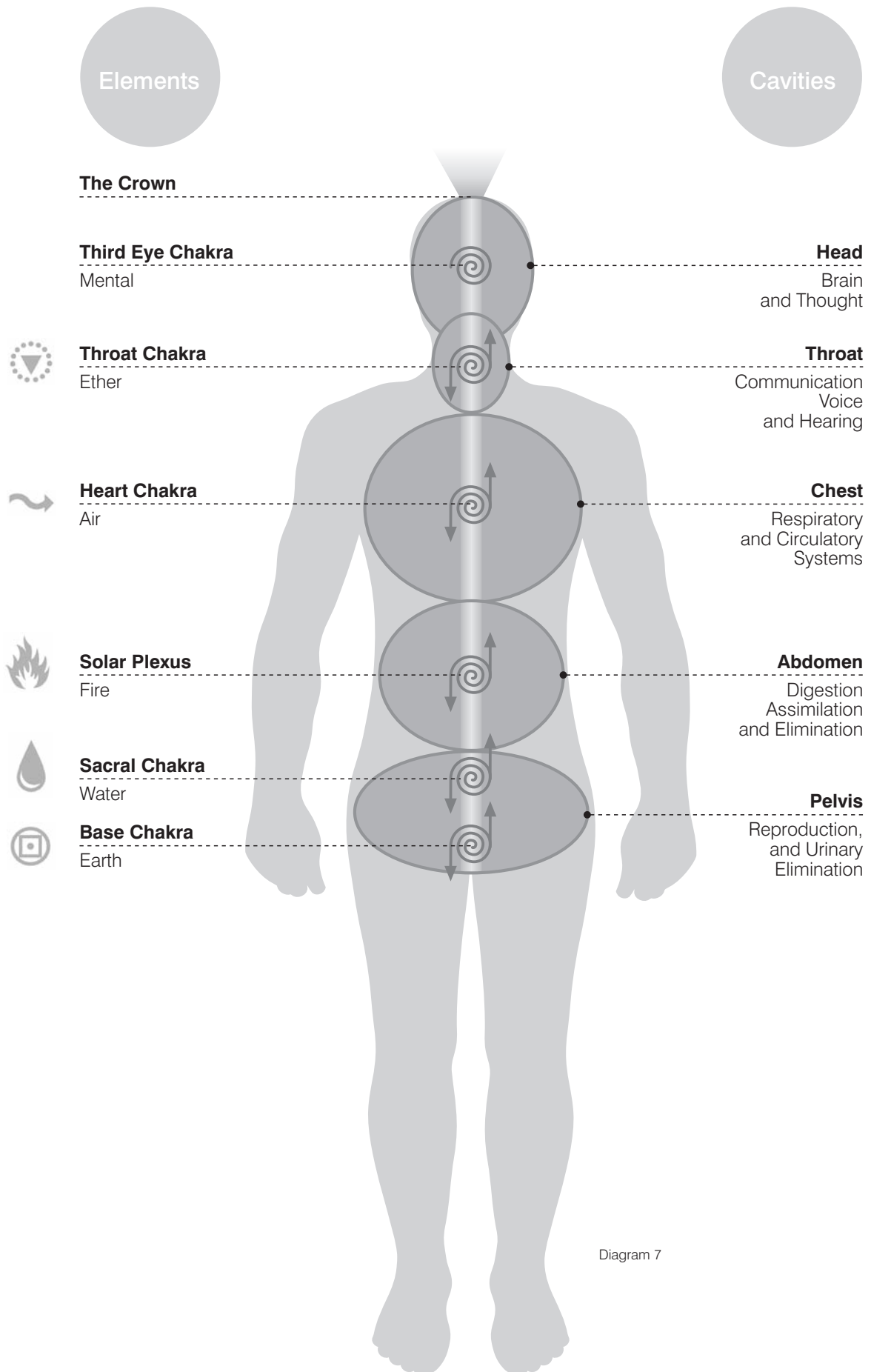


Diagram 7

The General Polarity

Energy Balance Outline

Centre yourself. Before and after the session check the leg-length of your client to determine the basic left/right body balance. Hold each joint, starting at ankles, knees, hips and shoulders for 1 - 2 min to prepare for the General Energy Balance

CLIENT LYING ON BACK

Practitioner seated /
standing at Client's Head

- 1 Head Cradle
- 2 Frontal / Occipital Hold

Practitioner standing
at client's right side
- 3 Tummy Rock

Practitioner seated /
standing at client's feet
- 4 Leg and Foot Brushing
- 5 Ankle Release 1 (In & Up)
- 6 Ankle Release 2 (Down & Out)
- 7 Ankle Rotation
- 8 Toe Stretches and
Tendon Compression
- 9 Toe Pulls
- 10 Foot Reflexology
- 11 Leg Pull
- 12 Repeat 4 - 11
19 on Right Foot

Practitioner returning to
client's right side
- 20 Leg Rock
- 21 Wrist Flip
- 22 Arm and Shoulder Rotations

23 Finger and Arm Stretches

24 Thumb and Web Contact with Elbow Reflex

25 Elbow and Lower Rib Contact

26 Caduceus Rock

27 Repeat 20 - 26 on

33 Client's Left Side

Practitioner seated /
standing at client's head

34 Occipital Ridge and Orbital Corner on Right then Left Side of Face

35 Occipital Claw Hold

36 Cranial Balance

CLIENT LYING ON FRONT

Practitioner standing
on left side

37 Cranio-Sacral Balance

38 Nervous System Balance

39 Chakra Balance

CLIENT LYING ON BACK

Practitioner standing
on right side

40 Chakra alignment on front.

CLIENT SITTING
ON SIDE OF TABLE

41 Brush Currents on Back & Front

42 Polarity Hug



1

Technique 1

Head Cradle (Occiput and Tenth Cranial Nerve)

Purpose

To induce the Relaxation Response

Procedure

1. Sit or stand at your client's head. Make sure you are comfortable to work on your client's head.
2. Turn the head to one side with one hand, slide the other hand under the head and overlap both hands as shown in Fig.5. The head of your client rests comfortably in the palm of your hands and the index finger touches the shoulder where the neck meets the torso, as shown in Fig.6.
3. Hold and feel the energy both under the occiput and in your finger tips. The Occiput is a major energy and nerve cross over area in the body. The index finger rests where the tenth Vagus Nerve passes from the head to the torso. The Vagus Nerve relaxes the body's main organs, and forms a major part of the parasympathetic nervous system. See diagram below.
4. Hold for 2-3 minutes and notice how the energy settles.



Figure 5



Figure 6

