

polarity



a journey of
transformation

Manual by Julie Collet Volume Two

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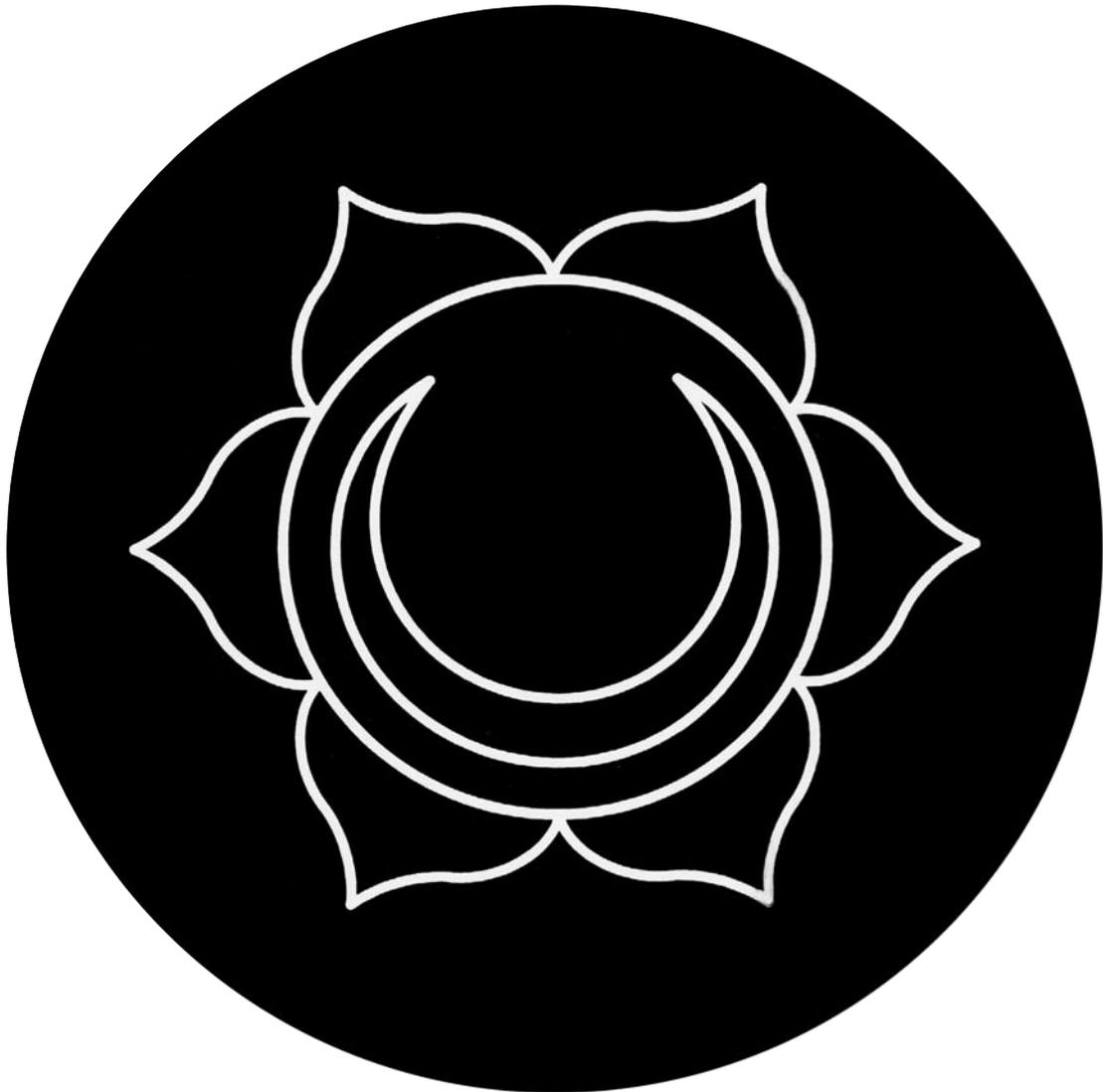
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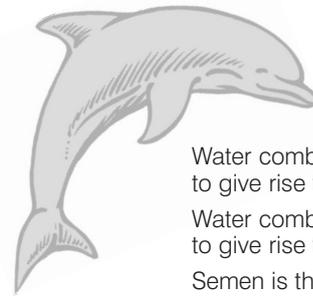
the river runs deep

swadisthana: water / sacral / sexual chakra



“ “ The way of least resistance ” ”

sacral chakra



Element

Water

Colour

Orange

Note

D

Operating Principle

Fluidity / Attraction of opposites

Metal/Crystals

Iron; Smokey Quartz, Carnelian, Gold Topaz, Orange Calcite, Coral, Amber

Aroma Essences

Ginseng, Musk, Ylang Ylang, Sandalwood, Clary Sage

Archetypes

Eros, Cupid, Pan, Vishnu, Rakini, Archangel Gabriel, Inania

Animals

Fish, Frog, Pelican, Alligator, Dolphin, Whale, Lovebirds, Cow

Foods

Liquids, Green Vegetables, Cucumbers, Melon, Squash, Marrow

Sense

Taste

Sense Organ

Tongue

Work Organ

Genitals

Ruling Planet

Moon

Astrological Triad

Cancer (+ / breast)
Scorpio (Ø / genitals)
Pisces (- / feet)

Brings the Right

To give / To receive

Stage of Growth

Childhood

Initiation

Leaves home to go to school.

Personal Developmental

Self as sexual.

Self Declaration

I am sexual.

Tasks of Self Development

Sexual identification, individual expression in interpersonal relationships, personal boundaries, personal needs met in relation to those of others, socialization.

Elemental Combinations

Water combines with space to give rise to saliva.

Water combines with air to give rise to sweat.

Water combines with fire to give rise to urine.

Water combines with earth to give rise to blood.

Semen is the main quality of water.

Associated Emotions

Instinctive / Sensual When in balance it gives rise to spontaneity and creativity. When suppressed it gives rise to denial & deprivation. In excess it gives rise to competition, addictions, indulgences and obsessions.

Passion

Lust

Virtue

Purity

Body Type

Endomorph – watery.

Full breasts, broad hips, overweight

Physical Correspondences

Body Parts: Hips, Pelvis & Sacrum

Body Systems: Reproductive Lymphatic, Urinary and Endocrine Systems, Glands, Hormones and Kidneys

Fluids: Semen, blood, urine, sweat, saliva, phlegm and cerebrospinal fluid

Glands: Gonads. Ovaries in women; testes in men

Muscles and fascia

Nerve Plexus

Sacral Plexus, situated at 4th and 5th lumbar vertebrae, and sacrum. The Sciatic Nerve.

Stressors

Repression of sexuality, caused to feel wrong, bad or guilty, invasion of privacy, criticism, judgement, denial of pleasure, betrayal.

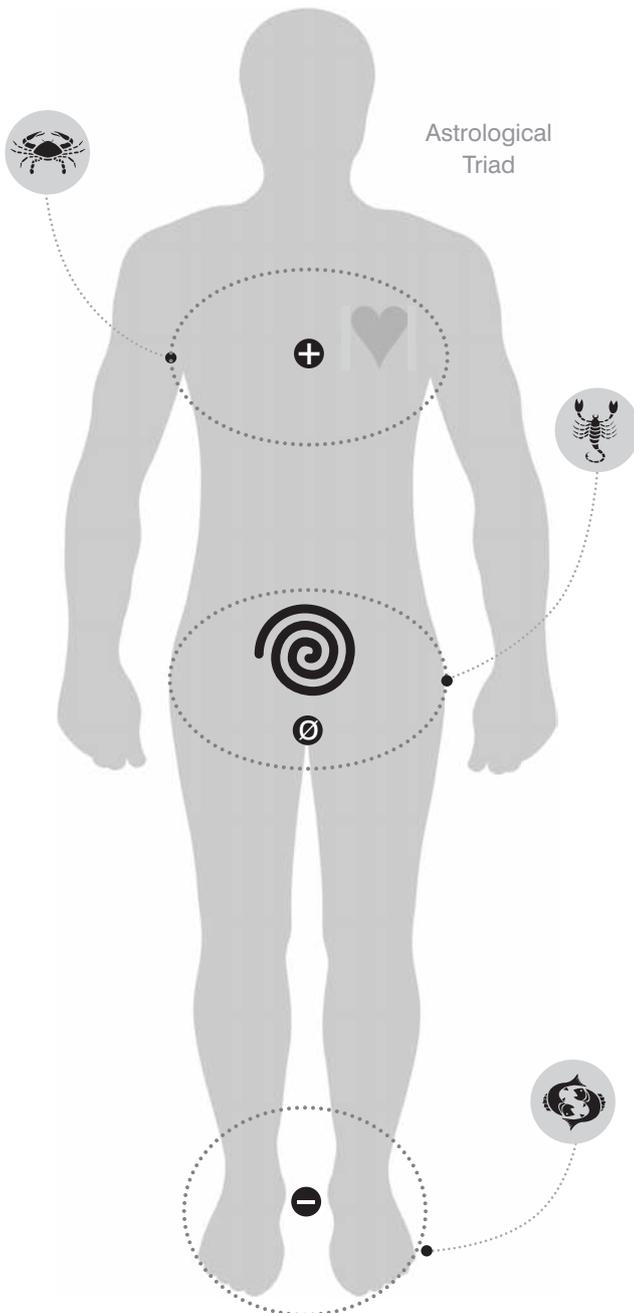
Malfunctions

Physical: bed wetting, menstrual and sexual problems, edema, infertility, impotence, incontinence, uterine and bladder infections, birthing difficulties, cystitis, kidney complaints, lower back pain, muscle cramps and immune deficiency problems e.g. cancer, aids and chronic fatigue syndrome.

Emotional: denial, emotionally unstable or shut down, frigidity, isolation, unable to cope with emotions, obsessions, addictions, possessiveness, jealousy, envy, greed.

Mental: ideas wishy-washy or poorly formed.

Behavioural: all antisocial behaviour, including obsessive addictive behaviours.



Astrological Triad

Element



Archetype



Food





The River Runs Deep

The Nature of the Water Element

The Law of Opposites

The operating principal of Swadisthana, is the attraction of opposites. At this level of manifestation, polarity brings opposites onto the physical plane and opposites take form as male and female. The attraction of opposites manifests here in a dance of life which brings about continuation. This level of consciousness provides us with an opportunity to explore difference, dualities and opposites. Opposites create the platform for desire and for fulfilment and resolution.

Love and Sex

The sacral chakra is intimately connected to the heart chakra. The polarity that arises on the path of manifestation at the heart chakra is brought to fruition by the coming together of these opposites at the sacral chakra. The element of air at the heart chakra initiates the law of opposites to enable movement. The element of water at the sacral chakra enables the manifestation of these opposites, as man and women, to interact creatively and sexually. What is initiated in one chakra as the positive pole, manifests in the other as the negative pole. One must connect with the other for the cycle to be complete. So love at the heart chakra, and sexuality or creativity at the sacral chakra are polar opposites of the cycle of life. Alister Crowley once expressed there is a: *“need of every unit to extend its experience by combining with its opposite”*.

Difference and Pleasure

As with all the chakras, energies arise to support us in all our phases of development. Initially at this level a child becomes aware that it is different from the opposite sex. During adolescence teenagers become attracted to the opposite sex, and in adulthood, through sexual union, fulfilment is experienced and new life conceived. In

childhood it is important that a child is free to discover its sexuality, and begin the process of getting in touch with its deep instinctual feelings. Sensuality is of the senses! The senses contain the purpose of pleasure. It is when this pleasure is denied that problems arise and we see the emergence of addictions and obsessions. This chakra brings *“the right to give and receive”*.

Desire And Purification

On the path of manifestation, water gives birth to matter, and on the path of liberation, water purifies and gets things moving to free man from the grip of matter. Water brings with it fluidity, movement and change. Consciousness thrives on change. The desire for change is central to human evolution, without it, there would be little variation or colour in life. Desire is a need to extend and grow. We all have physical, mental, emotional and spiritual desires. What we desire shows us what our needs are. If our desires are blocked, we can easily become attached or hooked into the external means we think will satisfy us, and addictive and compulsive behaviours can arise.

Water Lessons

The challenge, or lesson, at this stage of development is detachment, and it is the nature of water itself that will teach us this very lesson. Water is both fluid and patient. The waters of our rivers always find their way back to the ocean, no matter how they do it, or how long it takes. If need be, they will slowly, surely and persistently erode anything in their path. Water takes the path of least resistance and moves with the force of gravity. Water is non assertive, yet quietly powerful. It will always reach its destination, and so will we, as we learn to become fluid



and patient in our desires. The behavioural task of development at this stage is interaction with another and socialization. Here we are learning to get our own needs met, whilst at the same time, considering those of others.

The Subconscious Mind

Consciousness at this level of awareness is that of the subconscious mind, the world of archetypes and universal images. Water is deep and mysterious and the conductor of hidden messages. Water holds and stores, and just as water conducts electricity, so it conducts the finer essences of life. Water reflects who we are. Just as we saw earlier, that the water element is the negative pole to the positive air element in relation to our creativity and sexuality, we see another polarity in relation to the mind. The water element is the negative *irrational* pole of the mind and governs subconscious thought and feeling, and the air element is the positive rational pole of the mind and governs conscious thought and feeling. The water element therefore governs our dreams, myths, deep feelings and intuitions. When it is in balance and the *waters are still*, we grasp the deeper meaning of things and touch the collective unconsciousness.

Emotion

Emotion resonates with the nature of water. They speak the same language. When they are still we see ourselves clearly, when the wind blows they become turbulent, when the heat is on they transform and disappear and when blocked they become stagnant and toxic. Emotion can easily settle in the watery lymphatics giving a swollen or puffed-up appearance. Emotions are evasive like water, they cannot be caught or held. Just like water they are meant to always be moving, one giving rise to another to merge yet again into another. Just as the waves upon the beach arise from and return to their ocean, emotions also have a source – a still, central, calm and neutral reservoir, from which they need to be able to arise from and return to.

Nourishment

Water nourishes, purifies, eliminates and regenerates. When the waters of life flow freely, so do we. Water flows downward and seeks its lowest level. It brings us to earth and grounds us. Through its fluidity we take form. Without the nourishment of water, life in form would not be possible. Flowing water flushes and cleans. It is vibrant with oxygen, the carrier of the prana or life force. When water is trapped however, it stagnates, and becomes ripe for the growth of disease. If it accumulates, it pools, floods and destroys normal pathways of communication. In the absence of water, life withers and wilts, or becomes brittle and snaps. We cannot live without it. The focus of development at this level of manifestation is therefore all about creativity, sexuality, sensuality, pleasure, nourishment, elimination, personal relationships and socialization.

Water Governs

The reproductive system

female – breasts, ovaries, fallopian tubes, uterus, vagina, vulva

male – testes, seminal vesicles, urethra, penis

The lymphatic, endocrine and urinary systems.

The kidneys

Body fluids – semen, blood, urine, sweat, saliva, phlegm and cerebro-spinal fluid

Glands – gonads. Ovaries in women and testes in men

Muscles and fascia

The sacral nerve plexus and together with the earth chakra the sciatic nerve.

A constriction to the free flow of the water element would be seen in someone who has difficulty in expressing their sexuality and establishing personal boundaries, who is socially isolated and unhappy, whose needs are unmet or who abuse those of others or in someone who reaches obsessively outside of themselves for their satisfaction.



I am water.
I am deep and mysterious.
I nourish, cleanse and purify.
I birth.
I seek the path of least resistance.
I am quietly powerful.
I accept and embrace all that comes unto me.
I reflect back to you your own true self.



5

Pelvic Release (Refer Figure 37)

Purpose

To release blocked energy and relax the pelvis. Good for menstrual cramping and releasing emotion.

Procedure

Client lies facing downwards.

Stand at client's left side.

1. Visualize the five long – line currents flowing through the left buttock.
2. Using your right fire finger go down each current pressing to find tender spots. Start at the top of the buttock and work downwards. This will be more relaxing than working in the reverse manner.
3. Bring the five fingers together over the sore spot and hold.

4. Place your left hand under the sore spot.
5. Hold above and below for 1 – 2 minutes or until you feel a pulse.
6. Repeat on client's right side.



Figure 37

6

Coccyx Balance (Refer Figure 38)

Purpose

To release blocked energy in the lower back, bladder, prostate gland in men and uterus in women. To release toxic waste held in the buttock. Excellent for menstrual cramping and emotional release.

Procedure

Client lies facing downwards.

Stand opposite client's left buttock.

1. Hold your right hand over the tailbone and point the fingers towards the right side of the body and hold.
2. With your left thumb slowly stroke or comb through the buttock looking for tension, lumps or soreness. Work towards the head as this will help to disperse the toxic waste.
3. When you find a block, point the five fingers into the block.
4. Hold these two contacts for 1 – 2 minutes or until you feel a pulse.
5. Work the entire right buttock in this way.
6. Repeat 1 – 5, holding the right hand pointing towards the head.



Figure 38

7. Repeat 1 – 5, holding the right hand pointing towards the left side of the body.

Repeat this entire procedure working the left buttock.

Exercises

All polarity exercises (Refer Manual 1)

In particular

- Spinal Breathing and Squeezing the Perineum
- Occipital – Sacral Tap
- Squatting and Rocking
- Five pointed Star release
- Sinus Clearing Exercise