



# polarity energy balancing advanced training

## course description

### acquiring wisdom: a journey of transformation

The advanced certificate in polarity energy balancing is designed to be a personal journey of healing and transformation. The underlying theme of the course is the unfoldment of human consciousness. It develops an understanding of the health-disease process and provides methods to restore health and healing, as well as the means to develop consciousness. It provides an understanding and the tools to work with and restore the polarity principle, as the way of all energy. It works with an intricate understanding of the mapping of the human energy field. It is always mindful to unite all things to their source of supply. In general, the course provides methods and techniques to:

- restore balance to the 7 chakras and the flow of the 5 elements in the body
- realign physical structure and restore healthy tissue and organ function, and
- develop a way of living live harmoniously with the forces of nature and their greater universal presence.

Polarity Energy Balancing works from an understanding that health is the ability to take responsibility for one's health - physically, mentally, emotionally and spiritually. The course is designed to enable the participants to commit and deepen their self-awareness. The techniques, procedures and processes of polarity energy balancing are presented and understood in the context of the involution and evolution of human consciousness. It explores in depth the seven main levels of human development as governed by the 7 main chakras. At each level of human development as governed by the 7 main chakras, the relevant health-disease process is explored and appropriate techniques, methods and procedures learnt to bring the chakras and their elements back into balance. As the course starts at the base chakra and proceeds through to the crown chakra, it sets the stage for those

participating to heal and strengthen their evolutionary pathway back home.

Whilst each element is explored, the course sets the stage for the development of a healthy lifestyle that is harmonious with nature. In this way healing is empowered by the loving, supportive universal presence of prana and consciousness. This facilitates practitioner and client working together to restore balance and develop consciousness.

### Polarity Skills and Tools

Polarity energy balancing works to reunite broken threads of energy to their source. It understands that the components of form and consciousness are inseparable. The polarity practitioner works with the: human energy field as the blueprint of human life with its centres fields, pathways

- geometric lines of force, supporting the manifestation of form
- body organs, systems, muscles, and fascia,
- body chemistry and its acid-alkaline ratio
- body structure
- food as medicine and
- lifestyle in harmony with nature

Polarity balancing does not diagnose or treat disease, but rather sets about to release blocked energy and facilitate the body's natural healing response. It works with the client to develop self-awareness and accept responsibility for their responses and reactions to life events. It draws upon tools of self-awareness, hands on healing techniques and procedures, polarity yoga, breath work, meditation, diet and lifestyle. A polarity practitioner, whilst being centred in awareness and intention will draw on appropriate polarity tools to assist energy to return to its source for its renewal and transformation. A polarity practitioner has an educative role to play in terms of helping another understand the way of nature and how to work with it for health and a harmonious lifestyle.

## Benefits of Polarity Energy Balancing

As Polarity Energy Balancing re-establishes the integrity of the blueprint of human life and thus intelligent function, it will benefit all aspects of human life e.g. from physical pains to negative thinking, from sleeplessness to hyperactivity and from poor digestion to emotional instability. Spiritually, it is of great benefit. As chakras spin into alignment, the energy field is able to support centeredness and meditative states and in this way help the soul along its evolutionary pathway.

## Theoretical Principles and Course Topics

- The Polarity Principle as the Law of Cause and Effect
- The Triune Nature of All Things and the Importance of Spin
- The Source and the Importance of Stillness
- Pathways of Manifestation and Liberation
- Consciousness and the Way of Involution and Evolution in the Health-Disease Process
- The Energy Anatomy of Human Life and the Caduceus Currents
- The Ultrasonic Core and the Significance of Breath
- The Role of the Seven Major Chakras in the Stages of Human Development
- The Interplay of the Five Elements and their Relationship to the Five Body Cavities, Senses and Work Organs
- the Five Passions and Virtues of Human Nature
- The Pentamirus Combination of the Five Elements
- The Polarity and Triadic Relationships of Organs, Systems, Tissues, Fascia and Structure
- The Three Fold Nature of the Nervous System and it's Energetic Correspondences
- Stress and How it Effects The Nervous System
- The Three Fold Nature of Consciousness: the Superconscious, Conscious and Subconscious Mind
- The Governing Role of Mind Pattern Energy
- The Relationship of Mind and Emotion in the Health- Disease Process
- The Harmonic Relationship of the Three Life-Breaths in the Body  
Astrological Signatures and their Cosmic Influence on the Human Body.
- The Geometric Lines of Force in the Body and the Way they Support Function and Structure
- Polarity and Triadic Structural Relationships
- Spinal Harmonics
- Understanding and Recognizing Energy Blocks in the Body
- Ways to use Polarity and Triadic Relationships to Release Blocked Energy in the Body
- The Client-Therapist Relationship and the Importance of Client Involvement in the Healing Process
- Client History and Information Taking
- Treatment Plans and Follow-up
- On Becoming Whole

## Techniques and Procedures of Polarity Energy Balancing

### Balancing Centre-Core Energies in the Body

- Balancing the Five Long-Line Currents in the Body
- Cranial-Sacral Hold
- Sensory and Motor Spiral Current Release
- Balancing the Five Oval Fields of the Body
- The Five Pointed Star Release
- The Six Pointed Star Release

### Ways to Balance the Earth Element

- The Earth Astrological Triad
- The Colon Release
- The Basic Perineum Balance
- Knee Pain Balance
- Sciatica Release

### Ways to Balance the Water Element

- The Water Astrological Triad
- The Perineum Balance
- Lymphatic Drainage
- Release for Pelvic and Reproductive Organs
- Kidney Balance
- Coccyx balance

### Ways to Balance the Fire Element

- The Fire Astrological Triad
- The Fire Principal in the Body
- Working from the Life-Centre at the Navel
- Five Pointed Star and Shoulder Release
- Liver and Gall Bladder / Stomach, Spleen and Pancreas Release
- Umbilical-Leg Release
- Balancing Digestive Reflexes at the Neck, Scapula and Thigh
- Gas Releasing Techniques in Upright Position

### Ways to Balance the Air Element

- The Air Astrological Triad
- Heart Chakra Balance
- Balancing Respiratory and Mental-Emotional Currents
- Balancing the Three Life-Breaths in the Body
- Treatment to Stimulate Nasal Breathing
- Techniques for Heart Problems

### Ways to Balance the Ether Element

- Full Body Joint Release
- Jaw Release
- Spinal Balance
- Lateral Vertebrae Balance
- Diagonal Vertebrae Release
- Neck Tension Release
- Throat Release
- Cranial Balance

### Ways to Balance Structure

- Foot and Heel Corrections
- Short Leg Corrections
- Sacral, Pelvic and Hip Corrections
- Spinal Balancing
- Upper Body and Head Corrections

### Ways to Balance the Third Eye

- The Perineum Balance
- Body-Pattern Correspondences in the Head
- The Evolutionary Hold
- Cradle of the Sages

### Ways to Balance the Crown Chakra

- Energy Potential Alignment

- Chakra Balance Using A Pendulum

## Polarity Yoga and Stillness

Polarity Yoga is a system of self energy balancing. It provides the means to any individual to release energy blocks throughout the body and bring the energy field into balance. This process triggers the self-healing response and strengthens self-awareness. It also supports all attempts to centre the mind.

### Techniques and Procedures of Polarity Yoga

- Spinal Breathing
- Occipital-Sacral Tap
- Spinal Rock
- See-Saw Rock
- Five Pointed Star Release
- Cliffhanger
- The Chair Lift
- The Shoulder Release
- Lower Back Release
- Calf/Foot Release
- Woodchopper
- Ha on the Cross Current
- Squatting and Rocking
- Cat Walk
- Sinus Clearing Exercise
- Alternate Nostril Breathing
- Stillness

## Polarity Diet and Nutrition

The polarity diet provides a way to balance body chemistry, cleanse the gut and strengthen the digestive process. Like polarity yoga, it provides an opportunity to take responsibility for ones health. When the body is either too acid or too alkaline disease and dysfunction can easily arise. Generally speaking, in the West, bodies are overly stressed and way too acidic. The Polarity diet has an alkalizing effect on the body. It supports hands-on energy balancing, yoga and meditation to bring the body, mind and soul into harmony.

### Pre-Requisites

- 5 Day Certificate Course in Polarity Energy balancing
- Demonstrated proficiency in the General Polarity Energy Balance

### Course Duration, Structure and Content

- 2 1/2 days over a 10 month period
- 170 hours face-to-face training including inter-active lecture/discussion, demonstration and

practise of polarity energy balancing techniques, polarity yoga and self awareness

- 3-5 Polarity Therapy sessions to be received from course facilitator
- 3-5 Polarity Energy Balancing sessions given to course facilitator
- Study Time and Assignment Time – Topic choices to be confirmed upon commencement of the course
- 1- 3 Polarity Balancing sessions to be given each month of training. Can be given to colleagues, family, friends etc
- 1 Written Case Study to be submitted per month (suggested format covered upon commencement of course)

## Course Logistics

**Duration:** 21/2 days each month for ten consecutive months, as arranged

**Hours:** 9:30am – 5:30pm, plus practise session, as arranged

**Investment:** \$2500

**Venue:** as arranged

## Requirements to Receive the Advanced Certificate in Polarity Energy Balancing

- 80% Course Attendance
- Knowledge of Course Text: *“Polarity - Pathways of Manifestation and Liberation”* as demonstrated through oral and written questionnaires conducted monthly throughout the Course.
- Assignment submitted.
- 10 - 30 Polarity Sessions documented and submitted
- 10 written Case Studies submitted
- Demonstrated Proficiency in Polarity Energy Balancing Techniques, Procedures and Yoga.
- Co-operation and participation in Class Discussions, Self Awareness Processes and Hands on techniques and procedures

## Assessment and Certification

Assessment will be ongoing through observation during practice times and through oral and written questionnaires, case studies and through written assignment. Adequate opportunities will be provided to bring each participant to the required level of competency. The advanced Certificate will be granted upon fulfillment of all requirements, competency and the completion of the Course.

The Advanced Certificate of Polarity Energy Balancing is recognized by **Weaving Sacred Webs**, and endorsed by the **Australian Polarity Therapy Association**

polarity energy balancing  
re-uniting fragmented patterns of energy