



polarity energy balancing

introductory training

course description

The introductory training in polarity energy balancing is a course in understanding and working with the core energy pulsation and intelligence of human life. It traces the process by which energy steps itself down via its many levels and dimensions to weave and spin us into form. It also traces the process by which energy liberates itself to heal and elevate consciousness back to its universal and cosmic levels. The course provides a detailed mapping of the human energy field with its centers, fields, pathways and geometric lines of force.

The focus of this course is to provide the tools to balance the human energy field when once it becomes blocked. This enables the body to restore the self-healing process and consciousness to continue its path of evolution. The tools provided to do this include hands-on polarity balancing techniques, polarity yoga and self-awareness, diet, nutrition and a healthy lifestyle.

The Polarity Principle

The Polarity Principle is the creating law of nature underpinning all expression of life. It belongs to no particular school or philosophy, art or science. It simply makes all things possible. Opposites and their laws of attraction and expulsion enable movement and the creation of patterns and forms. The polarity principle enables the energetic patterning of human life. This includes:

- The chakra energy centers, with their codes of information and power to govern
- The oval fields of energy that surround the chakras which support organ and system function
- The orbiting pathways of energy, which emanate from the chakras and take the influence of the chakras and their elements to the periphery of human life and make the interplay between body, mind and senses possible.
- Geometric lines of force which arise within the human energy field and support structure, somewhat like the struts support a building

Dr. Randolph Stone D.O., D.C., D.N., founder of polarity therapy

In the early part of the last century, Dr. Stone considered there was something missing with the naturopathic, chiropractic and osteopathic skills he was working with in his practice in Chicago, Illinois, America. He traveled to China, India and the Middle East to study the eastern healing and spiritual traditions. Here he learnt about the body's life energy patterns and their determining effect on structure and form. From this he formulated a system of hands-on healing, polarity yoga, diet, nutrition and counseling to restore balance between the energy field, the nervous system and body structure.

Polarity Energy Balancing is the art and science of releasing energy blocks in the human energy field. It uses the polarity principle to restore the integrity of the human energy field to balance the flow of energy that governs all aspects of human life. It understands that when there is a block to the free flow of energy anywhere in the body, everywhere else will be effected. On the one hand there will be a build up of energy causing inflammation, heat or anger, and on the other hand there will be a depletion of energy causing cramping, coldness or depression. Learning where and how to release and re-stimulate the flow of energy in the body is the art and science of polarity energy balancing. It assists the body to heal itself and restore balance between the body, mind and soul. It is more than just a healing modality; it is an understanding of human life and a way to live harmoniously with nature.

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 or from poor digestion to colon disorders. When energy is free flowing, toxins and their companion emotions are released, and the body is free to breathe and pulsate and the mind is able to center and become still. A balanced

energy flow will also greatly serve the spiritual aspirant; as chakras spin into alignment, the energy field will support meditation rather than distract from it. In this way, it helps to set the soul free.

Theoretical Principles and Course Topics

How Energy Transforms Itself to Create Matter

Unity and the Polarity Principle

The Energy Anatomy of Human Life

Prana: The Life Giving Force within the Breath

The Pranic Life-Breaths within the Body

The Three main Energy Currents in the Body

The Energy Fields, which enable the Function of

Body Mind and Senses

The Chakras and their Correspondences

The Crystallization of Energy and the Emergence of form

The Sacred Geometry of Human Life

The Astrological Zodiac and the Human Body

Geometric Lines of Force Giving Rise to Structure

Polarity Energy Balancing

Polarity Relationships in the Body

Balancing Energy

The General Polarity Energy Balance

Techniques & Procedures of the General Polarity Energy

Balance

Polarity Yoga & Meditation

Introduction

Polarity Yoga Techniques

Exercises that can be done using Furniture

Techniques and Procedures of Polarity Energy Balancing

1. **The General Energy Balance** is a comprehensive hands-on healing system to balance the human energy field. The specific techniques and procedures are:

- Head Cradle
- Frontal / Occipital hold
- Tummy Rock
- Leg & Foot Brushing
- Inside Ankle Release
- Outside Ankle Release
- Ankle Rotation
- Alternate Toe Stretches with Tendon Compression
- Toe Pulls
- Leg Pull
- Pelvis and Knee Rock
- Wrist Flip
- Arm and Shoulder Rotations
- Finger and Arm Stretches
- Thumb and Web Contact
- Web and inside elbow point
- Elbow and lower rib contact
- Caduceus Rock
- Occipital Ridge and Orbital Corner
- Cranial Balance
- Occipital Claw Hold
- Cranial-Sacral Balance
- Nervous System Balance
- Chakra Balance on Back
- Chakra Alignment on Front
- Brushing Energy Currents on Front and Back
- Polarity Hug

2. **Polarity Yoga and Meditation** is a self-healing tool which enables the individual to balance their own energy field. Techniques include:

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

Pre-Requisites

None required. The course is suitable for both novices and practitioners. It is an excellent introduction to the field of energy balancing, with its knowledge of the way of energy and detailed mapping of the human energy field. It also provides complimentary and integrative knowledge and techniques for advanced students of natural healing.

Course Logistics

Duration: 5 days, as arranged, either consecutively or over an arranged period of time

Hours: 9:30am to 5:30 pm.

Activities: presentation of course topics, question and answers and the instruction and practice of polarity hands-on healing, yoga and meditation.

Venue: as arranged

Manual: A comprehensive and fully illustrated manual, covering all course topics, techniques and procedures is provided.

Investment: \$575(includes manual)

Deposit upon Registration: \$250

Balance: \$325 10 days prior to training.

Courses are on going. Refer event schedule on website

Assessment and Certification

Assessment will be ongoing through observation during practice times and through oral and written questionnaires. Adequate opportunities will be provided to bring each participant to the required level of competency. Certificates will be provided upon competency and the completion of the Course.

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