CSES Test Questions & Answers   APP 5/09

1. How does Dr. Stone define health and disease?

   Health accompanies energy in its natural movement; disease arises from energy fixation and reduction of flow.

2. How are Three Principles different from Five Elements?

   The Three Principles (Yang, Yin, Neutral—or Rajas, Tamas and Satva) describe the overall movement of energy, from spirit to matter and back. The Three Principles are the core basis for Polarity cosmology and treatment as well as the fundamental theme of biological processes in the body (i.e., inhalation/exhalation, arteries/veins, motor/sensory, attraction/repulsion, expansion/contraction, etc.).

   The Five Elements describe the incremental functional stages that are needed to get from spirit to matter and back. It is not possible to make the full leap in one step; instead, stages of increasing density (involution) and then increasing spaciousness (evolution) are required.

   The relationship of 3 to 5 is the earliest geometric approximation of the golden mean or phi ratio, which is the path of least resistance in biological forms ("Fibonacci Series").

3. Name the three principles and give at least 5 key words for each to describe their basic attributes, including at least one body-location key word.

   Yang (also known as Rajas)– Involution, male, downward pointing triangle, materialistic, front-back dimension, rocking touch; bodywork: path of fire and tummy rock

   Yin (also known as Tamas)– Evolution, female, upward pointing triangle, spiritualistic, top-bottom dimension, deep touch; bodywork: 5-pointed star and deep perineal

   Neutral (also known as Satva)– Transition, temporary stillness, point of balance, diaphragms and joints, throat, side-to-side dimension, light touch; bodywork: diaphragms and joints; bodywork: diaphragms and joints

4. Name the five elements and give at least 5 key words for each to describe their basic attributes including at least one body-location key word. Extra credit for naming the "triads" for each element.

   Ether– Throat, expression, gateway to the emotions, discrimination, choice, longing for spirit, thumb and big toe

Air– Chest, heart/lungs, desire, speed, ambition, hope, air triad- ankles-kidneys-shoulders

Fire– Solar Plexus, fire of digestion, directionality and will power, anger and frustration, determination, fire triad- thighs-solar plexus-head

Water– Pelvis, reproductive, attachment and clinging, water triad- feet-reproductive organs-breast area

Earth- Pelvic floor, colon, fear and courage, earth triad- knees-bowels-neck

5. Name the "three touches" and give at least one key word for their purposes.

Deep- Disperses congestion

Moving- Stimulates circulation of energy

Light- Balances and enables reflective listening

6. What does Body-Low-Slow-Loop mean, using at least one sentence for each. Using Polarity terminology, why is BLSL effective?

BLSL is a strategy to improve autonomic self-regulation

Body– Direct the attention into the body to notice a sensation. This effectively means present-tense orientation, countering trauma's past-future tendency

Low– Direct the attention to the lower border or downward generally. This effectively counters the upward effect of trauma (alarm & orienting responses)

Slow– Ask about the details of the sensation. This effectively slows down the awareness, countering trauma's tendency to speed things up

Loop– Direct the attention somewhere else for a minute or so, then back to the first site. Repeat as needed, slowly and gently. This effectively re-establishes Polarity movement and counters the trauma's tendency towards fixation.

BLSL is effective because it uses sensation awareness to create movement in the system, reducing trauma's tendency to cause fixation.

7. Why is the two-chair method representative of Polarity principles?

It uses self-awareness to create movement, reducing the tendency to be dominated by one habitual state of being, set of attitudes and expectations, or relational position.

8. Name the three branches of the autonomic nervous system and give at least three key words for each including at least one that would indicate which branch is being expressed. Why is study of the autonomic nervous system important for therapy?

Parasympathetic– Most primitive, manages baseline metabolism, immobilization response to threat, appears as dissociation and flat affect, depression, hypo- states.

Sympathetic– Newer, manages mobilization behaviors including daytime alertness, fight or flight (anger or fear) response to threat, appears as agitation, anxiety, hyper- states.

Social Engagement– Newest, manages maternal bonding and social interaction including language, cooperation and group activity response to threat, appears as eye contact, social engagement.

Most health problems can be interpreted as autonomic nervous system events, therefore therapies are most efficient if they address the client's issues on this level, in addition to whatever other levels are being supported.

9. What are three key phrases each for the Purifying Diet and the Health-Building diet?

Purifying Diet– Periodic cleansing or to be used when symptoms are present; cooked and raw vegetables and fruits; avoid animal products, sugar, salt, heated oil, processed food. Can be used with other cleansing techniques such as colon cleansing.

Health-Building Diet– Variety, fresh, minimize heated oil or processed food, separate protein from starchy foods to optimize digestion. Eat slowly, have proper hydration.

10. Name five Polarity Yoga poses and give a descriptive sentence or two for each

Squat– Fetal position, optimizes energy flow, exercises lower body

Pyramid– Change of state, optimizes flow, exercises lower body

Scissors Kick– Activates return current, mobilizes sacroiliac group

Rowing- Exercises back side of body especially lower area (tendon guard group)

Cliffhanger– Frees up scapulae, opens breathing and heart/lungs group

Sensory balance- Re-establishes energy circuits, calms and soothes

11. What is Dr. Stone's definition of the purpose of life?

"The purpose of life is the fulfillment of consciousness."