

# **PETER LEVINE on Trauma Resolution and Polarity Therapy**

*(Seminar 6/97)*

“...The two polarities, just like in Polarity Therapy, are expansion and contraction. The two results of polarization are expansion and contraction, so you have a wave undulation between the expansive quality of the energy movement and its contraction. That’s the normal response of that universe: expansion-contraction, expansion-contraction.

“As you go into the trauma vortex you could call that the compression vortex or the constriction vortex. As you move out of that into the inner vortex, then the experience is one of expansion. Again, they have to be linked together, because from a physics point of view, singularities are notoriously unstable. If you have something that’s just one polarity, either expansion or contraction, it will eventually go into an unstable explosion or annihilation, either rigidity or fragmentation.

“You have to have this pulsing back and forth. This is the key that we come to over and over, really the fundamental essence phenomenologically of this approach. The movements between expansion and contraction is the normal process of self-regulation, the energetic basis of self-regulation.

“As I talk about this, I really see how deeply I was influenced by Stone [in 1966]. I had not thought about it for years, but being here I can really see how he got me to start thinking in these terms, how he helped me start to put these thoughts together, as did many others mentioned in the book acknowledgements. But he is one person I should put in, in the second edition.”