

POLARITY THERAPY

Polarity Therapy is a synthesis of esoteric and scientific source, both ancient and modern. Randolph Stone, DO, DC, ND, conducted a thorough investigation of “energy in the healing arts” during his 60 year medical career. He experientially confirmed the ancient concept of a Human Energy Field, and showed that it is affected by touch, diet, movement, sound, attitudes, relationships and life experiences. He applied these findings in his Chicago medical practice with excellent results.

He chose the term “Polarity” to describe his findings, in recognition of the fundamental principle of energy: the universal pulsation of expansion/contraction known as yang and yin in Oriental therapies. Modern science has confirmed Dr. Stone’s research with its essential theme of energetic relationship (for example, atomic particle attraction and repulsion) as the basis of material form.

In the Polarity model, health is experienced when energy systems function in their natural state, with open connections from subtle spiritual source to gross physical matter and back. When energy flow is disrupted, pain and disease arise. Polarity Therapy supports the natural capacity of the energy field to resolve restrictions and return to normal ease.

Our programs are aligned with the Standards For Practice of the American Polarity Therapy Association (APTA). APTA offers two levels of certification, Associate Polarity Practitioner (APP, entry level) and Registered Polarity Practitioner (RPP, fully-qualified). Our status as an APTA Approved Training assures graduates of certification upon submission of completed applications to APTA. For more information on APTA, see www.polaritytherapy.org



Randolph Stone

POLARITY PROGRAM

INFORMATION

- Format: Training is available in two formats:
 - Full-time plans are intensive (Monday-Thursday weekly) programs, requiring 4 consecutive weeks for Level I and 14 consecutive weeks for Level II.
 - Weekend plans meet for three days once each month, and require 6 months (Level I) and 16 months (Level II).
- For APTA APP certification, students must also give 30 Polarity sessions and receive 5 sessions. RPP candidates are required to give 70 additional sessions (100 total) and receive 20 additional sessions (30 total). Both practitioner certifications also require Anatomy and Physiology requirements which may not be included in our basic curriculum. If not included in the core program, we will provide options and assistance in meeting anatomy certification requirements via other sources.

POLARITY PROGRAM CONTENT OVERVIEW

THE THREE CHANNELS OF THE ENERGY ANATOMY		
1 PRIMARY ENERGY The midline Fluid tides Still points Breath of Life Layers Shapes States of balance	2 THREE PRINCIPLES Yang “Front-back” current (+) zones reflexology Stimulating touch Energy of embodiment Yin “North-south” current (-) zones reflexology Deep touch Returning to Source Neutral “East-West” current Neutral zones reflexology Light Touch Energy of balance	3 FIVE ELEMENTS Ether Chakra Energy of the neck & throat Diaphragms & Joints Etheric Emotions Air Chakra Air reflexology & points Energy of the lungs & heart Air Emotions Fire Chakra Fire reflexology & points Energy of the solar plexus Fire Emotions Water Chakra Water reflexology & points Energy of the abdomen & pelvis Water Emotions Earth Chakra Earth reflexology & points Energy of the pelvic floor Earth Emotions
OTHER POLARITY TOPICS COVERED Diet & cleansing techniques Colon health strategies Polarity Yoga Spine & back		

General topics & skills throughout the programs		
Practitioner skills	Subtle Palpation	Energy Assessment
Business skills	Ethics	Communication skills
Scientific validation	Trauma resolution	Anatomy & Physiology

Polarity Therapy: Four interdependent study areas:

Bodywork: Polarity is a unique touch system based on the energy anatomy. Practitioners contact specific points and circuits, using deep listening and subtle guidance with the hands to facilitate a more natural and open expression of the life force.

Diet: Polarity uses nutrition to support energy flow, by providing simple dietary guidelines for a wide range of conditions. If illness is present, a cleansing routine can be very effective in supporting the body’s natural healing capacity.

Exercise: Dr. Stone’s “Polarity Yoga” is a profoundly effective self-help method for opening energy pathways. In addition to direct health benefits, Polarity Yoga cultivates increased sensitivity to energy flow and patterns.

Self-Awareness: Polarity emphasizes the value of conscious awareness of self and the interdependence of mind, emotions and body. In the energy concept, a problem on the physical level will have a corresponding component on the more subtle emotional and mental levels. Polarity Therapy is unique in comprehensively addressing all three levels in therapeutic strategies.