

“The outward and inward currents must move in all fields if there is to be health and happiness... The heart center is the pivot for the circulation of these energies through the blood... and becomes the control center for these energies.”

–Polarity Therapy, Vol I, Bk 3, p. 36

“The next problem is...: Where to draw off excess energy and where to tonify or stimulate? Plus and minus, or “Yang” and “Yin” are the two main factors; why, where, when and how, the repeated questions and these no one fully answers, or the doctor could cure almost anything. I can only call attention to your high and artistic calling, and its deeper meaning. In this way, looking for deeper causes, we will find them, and our work will be creative and interesting, not merely repetition.”

–Polarity Therapy Vol. I, Book 1, p. 71.

