

Masterworks

International



Dr Randolph Stone's vision for Polarity Therapy, when he created it back in about 1946, was to see Osteopaths and Chiropractors, of which he was one, embrace the concept of energy alongside a more esoteric approach to their work. Whilst some did, many remained rooted in their original ideas and training and so it fell to other bodyworkers to answer the call.

Polarity is a truly holistic therapy embracing diet and nutrition, energy exercises, mental/emotional processing and bodywork, it has, like all things,

changed and evolved over the years, with some practitioners dropping the dietary and exercise influences, but what has remained is the bodywork. Though some practitioners have been seduced into incorporating cranial sacral and trauma work, the heart of a true Polarity session remains Stones' original concept of combining good bodywork with energy.

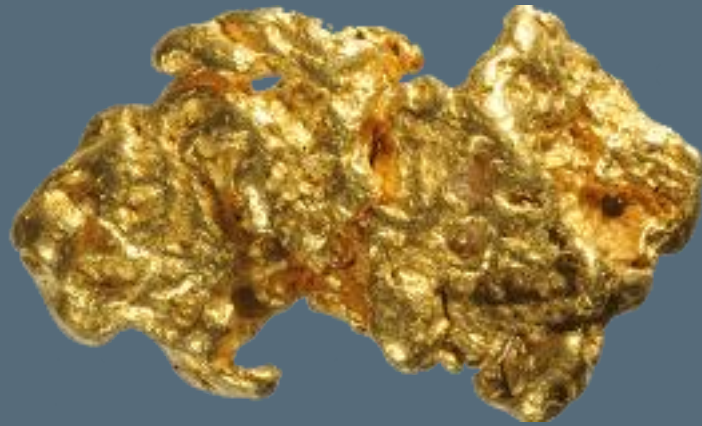
It is in this combination that we see Polarity's golden nugget. The use of good bodywork that works both tissue, nervous system and structural alignment is married with the eastern philosophy of the chakras, the body's energy centres, and the notion of the universal five elements of Ether, Air, Fire, Water and Earth and how they affect everyone of us.

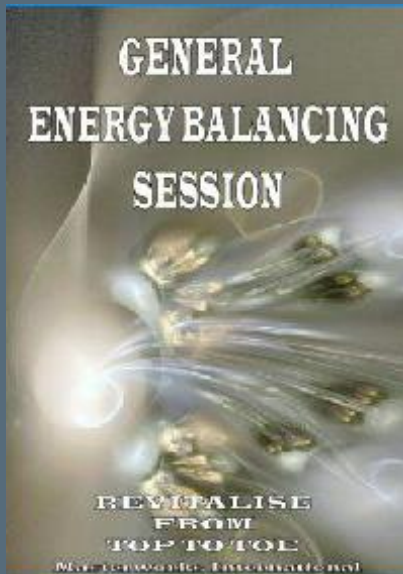
In Polarity there is no differentiation between the body and mind and our connection to the natural world. It encompasses astrology and how the planets affect us especially with regard to our constitutional energy; it has a myriad of reflexes throughout the whole body set up by the doctrine of signatures, astrological triads and sacred geometry. Added to this is the structural and nervous system work mined from Osteopathy as well as the known healing benefits of conscious touch.

This combination of western knowledge of the structure and function of the human body,

combined with eastern energy awareness, makes for a superior treatment that addresses every aspect of what it is to be human.

Morag Campbell





The General Energy Balancing Session, designed by Pierre Pannetier, is a whole body treatment that incorporates Polarity's three modes of touch to enhance the free flow of energy throughout the body

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