

# Polarity Therapy Overview

Polarity Therapy is a truly holistic health system founded by Dr. Randolph Stone, DO, DC, ND. Dr. Stone believed that life was much more than chemistry and that healing was greater than freedom from symptoms. He saw life as a spiritual journey and healing as the total alignment with that journey.

Dr. Stone's understanding of the healing arts began with the study of Western medicine which included structural manipulation, nutrition, and natural therapies. He then journeyed throughout Europe and the Far East studying different healing modalities. In the Far East, he studied Ayurveda, (the traditional healing system of India), acupuncture, yoga, and meditation. In Europe, he studied homeopathy and Hermetic philosophy and visited many nature cure spas.

These studies developed in Dr. Stone a deep appreciation for the life force energy that underlies health and well-being. He expressed the skills he learned to work with this underlying energy field as Polarity Therapy. Its premise is that we are fields of pulsating life energy made up of specific frequencies known as the five elements: Ether, Air, Fire, Water, and Earth. Each element governs different life processes.

When we are in alignment with our higher self and authentic nature, these energy fields remain balanced and dynamic and we feel vibrant and alive. When these elements are out of balance or the positive and negative polarities of energy flow misaligned, symptoms may appear as physical, mental, and emotional discomfort, signaling us to learn, change, and realign our lives.

An ongoing and dynamic balance of life energy is our foundation for health and well-being. Polarity Therapy can help regulate this balance as well as improve a person's ability to self-regulate. Dr. Stone

says, "Obstacles are God's design to make man with a spine." We must have challenges to grow spiritually and become resilient. Restoring a balanced energy flow promotes the flexibility, spontaneity, creativity, and clarity necessary to meet the challenges in everyday life.

A Polarity practitioner utilizes the tools of bodywork, exercise, nutrition, and verbal guidance to evaluate and balance life energy. Polarity bodywork involves gentle rocking, stretching, and pressure sensitive touch based on energy flow. Polarity exercises are easy stretching postures combining sound, breath, and self-message. Polarity nutrition views food as energy and develops an ongoing, ever-changing, and creative nutritional awareness rather than a rigid set of rules. Polarity verbal guidance is the cornerstone of good health. Verbal processes involve taking responsibility for our lives and creating life-enhancing thoughts.

Polarity Therapy is under the guidance of the American Polarity Therapy Association (APTA). APTA maintains registry of professional Polarity practitioners. It also accredits professional Polarity Therapy courses, upholds high ethical standards, and interfaces with other healing arts professions. Through APTA, Polarity Therapy practitioners can continue to develop the practice and art of Polarity Therapy.

For more information the following sources can be ordered through the bookstore portal on The Polarity Center website.

[The Polarity Process: Energy as a Healing Art](#),  
By Franklin Sills, 1989.

[Your Healing Hands: The Polarity Experience](#)  
by Richard Gordon, 2004.

For More information about whether Polarity Therapy can help you

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