



ENERGETIC HEALING

The underlying principal of energetic healing is that all physical, mental, and emotional symptoms are a reflection of a disruption in the energetic body. Therefore, if the energy flow is restored, symptoms should naturally dissipate.

Life-force energy is the vital energy that animates the body, when free flowing it keeps us healthy--physically, mentally, and emotionally. When there are blocks in this energy flow, which manifest as static in our systems, symptoms such as pain and disease emerge.

These blocks or leaks of energy occur in response to daily physical and emotional stress as well as serious physical and emotional traumas. Though it is possible for such blocks to heal themselves, many do not heal completely. Energetic healing facilitates this recovery, restoring life and vitality.

Form is directly related to function; when smoothness and form is restored energy can flow properly. When the energy is flowing properly, it is self contained and smooth. Energetic healing prevents any leaks and removes static for a smooth self-contained flow.

NANCY GOSS

MA, RPP, RCST®

Nancy Goss, holds a Master's Degree in Linguistics and is nationally Registered both as a Polarity Practitioner and as a Craniosacral Therapist. She has over 2000 hours of training and 13 years experience.

A former university instructor and published researcher, Nancy has had 15+ years of experience teaching academic subjects as well as applied fields like Polarity Therapy, dance, skiing and swimming.

Daily meditation, dance and 4 years of living and traveling in Asia, Iceland & South America have taught her the value of self-reliance and self-expression as well as how to develop them.

The focus of this work is on health, not illness. As the founder of Polarity Therapy stated, "form follows thought". So if you focus on illness, you get more illness. If you focus on health, you get more health.



POLARITY THERAPY



THE ART OF ENERGETIC HEALING

215-816-6401

WWW.THEPOLARITYCENTER.COM



"ENERGY IS THE SUBSTANCE BEHIND FORM"



Dr. Stone, the founder of polarity, discovered many health benefits of Polarity Therapy

Benefits can include but are not limited to:

- Increased flexibility and range of motion
- Increased vitality and energy
- Increased sense of inner calm
- Increased sense of compassion and connection to other people
- Increased sense of relaxation
- Increased sense of well-being
- Increased positive outlook
- Increased sense of physical comfort in the body
- Increased speed of healing

Leads to:

- Fewer symptoms of stress and pain
- Less reactivity and volatility
- Less susceptibility to negative environmental influences
- Resolution of old traumas and injuries

These all apply to physical, mental and emotional levels of the body.

A person's energy becomes more whole, complete and self-contained.

POLARITY

Polarity therapy restores the balance in a person's energetic body by connecting and facilitating energy flow between various positive and negative pole points in the body.

Polarity also works on the mirror principle a well known example is reflexology; the understanding that our hands, feet, and ears are miniature maps of our bodies.

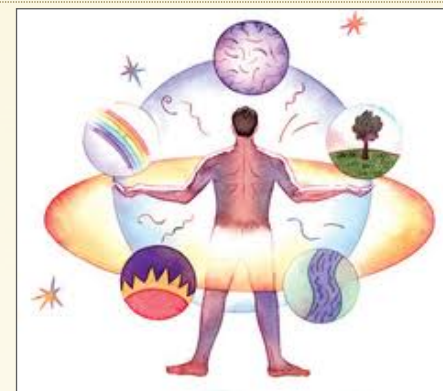
Through gentle touch and/or guided discussion, the practitioner will help strengthen spots in the energetic body that are weak, calm spots that are over-stimulated, and generate movement where the energy is blocked.

CRANIO-SACRAL THERAPY

As part of polarity therapy or a practice on it's own, cranio-sacral therapy restores the cranial pulse to a uniform wave.

The cranio-sacral pulse is the wave that moves throughout the body via connective tissue that joins all the organs, bones, and muscles together. In a healthy state this energy pulse should move freely.

This pulse may be restored with gentle touch of the head, neck, tailbone, and tension points in the body.



A balanced and smooth shape to the energetic body lends itself to better movement; motility and mobility.

Not only better physical movement can be achieved from a smooth and balanced form but more motility and flexibility mentally and emotionally; either eliminating symptoms or opening up the capacity to respond to previously unresponsive treatments.

