

Polarity Therapy

Polarity Therapy is a holistic health care program designed by Dr. Randolph Stone over his sixty-year career. It incorporates a set of principles of energy flow, and the Polarity Therapist evaluates the ways in which the individual's energy is imbalanced, using a variety of procedures to aid the individual in establishing balance and harmony physically, emotionally, and mentally.

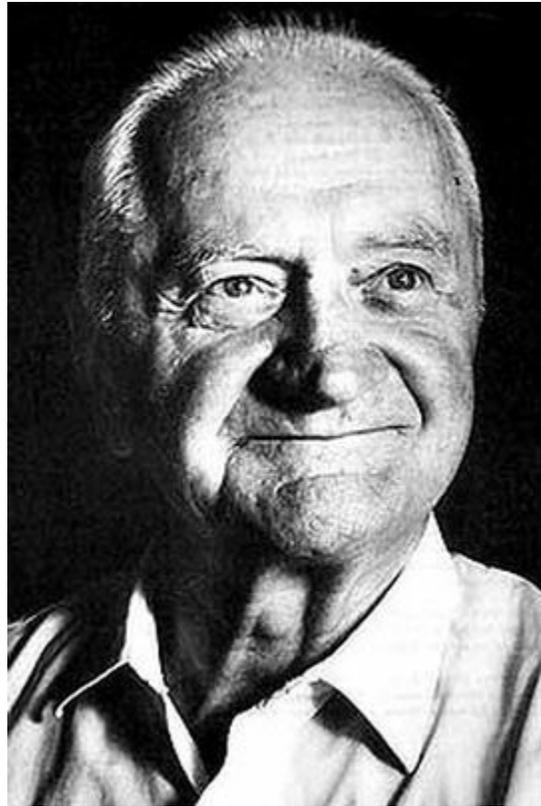
Diet and nutrition, stretching postures, exercise, manipulation and the rule of lifestyle and individual thought patterns are all included. Dr. Stone directs his attention to the “energy anatomy” of the human body and seeks to release and balance the energy that is blocked and causing pain and disease. Dr. Stone seemed to have “x-ray” hands, which immediately located where the energy was blocked, and he knew what to do to give relief.

In short, Polarity Therapy is a way of working with the fundamental energies of life, a way of bringing these energy currents to a state of balance and removing obstructions to their free flow throughout the human energy field. Establishing this state of flowing balance enables the life energies to bring about whatever healing needs to be done, if the patient cooperates!

I love how Polarity Therapy addresses the electrical function of the body’s energy in such a straightforward, simple way. Polarity training includes an Associate in Polarity Principles (155 APP Certification) and an advanced training Registered in Polarity Principles (RPP is an additional 520 hours).

<https://polaritytherapy.org>

It was Dr. Stone's original intention and hope that Polarity Therapy would be used by doctors of all sorts, as well as truth seekers exploring the great mysteries of life. Polarity Therapy can be said to have its roots in many traditions of energy language, Eastern and Western, ancient and elevated spiritual teachings of India. In addition, he was not only thoroughly educated in all the drugless therapies of his time (Chiropractic, Osteopathy, Naturopathy,, etc) but he also studied Zone Therapy, Reflexology, Yoga, Acupuncture and Ayurvedic Medicine.



<https://polaritytherapy.com/energy-exercise>

<https://youtu.be/YJh0E2rzKAQ>