

Astrology and Polarity Therapy

THERE IS AN EXCHANGE of energy in everything, a rhythmic pulsation of contraction and expansion which enables us to recognize that a plant, animal, or person is “alive.” Even the teeth and bones participate in this vital exchange of energy with the universal supply. All substance results from the unlimited combination of energy frequencies, and the basic energies at work have been termed the four humours, the four elements, or have been together designated as Qi, Prana, Mana, Vital Force, and other names depending on the culture concerned. Every living plant, animal, and human being is a complex energy field operating simultaneously at many levels, and each must maintain its own individual frequency in order to ensure its growth and development.

At birth, the first breath initiates our direct supply of energy, our life-line with the Universal Power, our immediate attunement with the cosmos. So long as our particular energy pattern is well established and flows without obstruction, we are in tune with the Universal supply of life force, and we experience this state of being as one of perfect health and emotional well-being. However, due to physical, mental, or emotional shocks, improper diet, or negative emotional-mental patterns, most of us live in a state of constant tension and wind up feeling “out of tune.” In other words, the energy currents that enliven us become blocked, unbalanced, or out of phase, and we therefore feel pain, sickness, fatigue, or depression.

Naturally, there is no life without tension; no one

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can deal with the material world without experiencing stress. Polarity Therapy is not based on the illusion that one can achieve a state of constant relaxation and an end to all conflicts. It is rather based on the fact that most people are capable of utilizing their energies more effectively, waste a good deal of energy merely in the effort to block the expression of some energies, and can work through their conflicting experiences with more awareness and centeredness than they have done in the past. Polarity Therapy is based on the fact that the mind, emotions, and physical body work together and have a mutual interaction. For example, not only do the emotions and thoughts affect the body, but also the diet, physical environment, and general state of health have a profound impact on the inner state of being. During treatment with a qualified Polarity Therapist, the emotions, thoughts, diet, exercise, living habits, and spiritual inclinations are all taken into consideration; the treatment is holistic, and of course the birthchart is invaluable in understanding the wholeness of the client, his particular needs, yearnings, conflicts, physical weaknesses, and so forth.

The human energy field is now a scientific fact which Acupuncture, Kirlian Photography, and other research have forced orthodox science to recognize. Of course, this living energy field concept of man is nothing new. Psychics have been seeing “auras” for millennia and have been using the aura to diagnose physical, mental, and emotional problems. Unfortunately, we nowadays get so much “education” that we early in life forget what is real. Our minds become cluttered with so much useless information and so many dead mental concepts that it takes years to re-establish our original sensitivity

to the energies which manifest through all life. Polarity Therapy is a way of working immediately with life energies, an education in how the life forces operate, as well as a therapeutic tool of amazing power. The essence of Polarity Therapy is elegant in its simplicity, although on the surface it seems to the novice like a mind-boggling science that can never be mastered. In this way, it is like astrology: a system so simple and unified in its essence that it takes many years of practice to perceive its simplicity.

Polarity Therapy is a way of working with the fundamental energies of life, a way of bringing these currents (air, fire, earth, and water) to a state of balance and removing obstructions to their free flow throughout the total energy field. Polarity Therapy is one of very few systems in the healing arts that enables the practitioner to work immediately with the energies symbolized by the individual birth-chart. Enabling this state of flowing balance to establish itself allows the energies themselves to bring about whatever healing needs to be done. The therapist is by no means a healer; he simply stimulates the client's own healing forces to assert themselves. The balanced condition resulting from a Polarity Therapy treatment can expect to experience a marked degree of very deep relaxation, as well as heightened awareness of his or her fundamental needs, energies, and potentials for growth.

Before we deal more specifically with the techniques and implications of Polarity Therapy, some historical background might be useful. Polarity Therapy was developed and synthesized in its present form by Dr. Randolph Stone, an osteopath and chiropractor who was in practice actively for over sixty years. Combining inspiration, deep insight, psychic sensitivity, and personal instruction from many doctors, healers, and spiritual teachers all over the world (but especially in India), Dr. Stone began to formulate the principles of Polarity Therapy in the 1940's. He published numerous books on the subject (all of which are still available through private channels, but are hardly ever found in book stores), and he continued to teach Polarity Therapy in seminars until his retirement in 1973 at the age of 84. Polarity Therapy is unique in that,



Oil on canvas, left panel of triptych, Alex Grey

Holy Fire

This painting depicts the first of three stages in the soul's spiritual journey: "the consciousness of separateness and the impact of the Divine on the frame of the human personality."

while it is related to Acupuncture, Shiatsu, yogic healing methods, Ayurvedic medicine, Zone Therapy, and Reflexology, it encompasses the essence of all these systems and it is entirely compatible with spiritual disciplines and astrological factors.

The clairvoyant Eileen Garrett in her book *Awareness* has described energy centers in the human body identical to the chakras of yoga traditions and to the concepts expressed in Dr. Stone's books. She states: "Though there are many therapies, there is but one kind of healing. Whether one treats a man in his physical organism or in his psychological states, one aims at the reintegration of the forces of his life." These life forces are considered by Dr. Stone to be the very four elements that comprise the foundation of all astrological theory.

The elements are correlated with specific functions physically and psychologically and also with certain energy centers (chakras) in the total energy field. According to Dr. Stone, the four elements (called the “tattwas” in Sanskrit) “are the field and structural tissues of anatomy. They support the life winds of ‘prana’ that flow through our body.” They are the invisible builders of all life’s structures and must operate in harmony with one another if the person is to have good health.

These energies, according to Dr. Stone, are “a fine variety of the nature of mind substance and emotions in their various functions.” He goes on to say:

Even as planetary bodies exert an influence in certain relationships to each other, so do their representative electromagnetic fields in the human body stimulate or inhibit vital function in that individual. In the macrocosm, the signs and planets embody keynotes of atomic forces which differ in polarity and effect....They affect us by the same vibratory energy waves which are within us and to which we respond. There are definite centers within us which correspond to certain centers in the universe. Like the air we breathe, radionic action of finer energies in the universe sustains our physical body. We have a definite relationship to these forces but no control over them externally.

In Polarity Therapy (and also in Ayurvedic Medicine), the element air is associated with the nervous system, mind sensation, perception, and expression. Fire is the warming, energizing principle of the circulatory system. The fire current manifests as the light of the eyes and heat of the brain (Aries), the fire of digestion in the solar plexus area (Leo), and the motor energy in the thighs (Sagittarius). The air current is especially active in the lungs and as intelligence expressed through the hands (Gemini), in the kidney area (Libra), and it electrically charges the body in the ankle area (Aquarius). Water is the soothing, cooling, healing and nurturing principle which expresses itself through all the secreting glands and mucous membranes (e.g. Cancer rules the breasts traditionally, Scorpio the genitals and nose, and Pisces the lymph system.) The element earth refers to the

gross matter of the body, to the physical form of the individual, and to the assimilation and elimination of earthly matter needed to sustain the physical body. Traditionally Capricorn rules the bones, teeth, and skin; Taurus is immediately attuned to the tangible forms of all earthly things; and Virgo is associated with the intestines.

Dr. Stone says that an understanding of these fundamental energies “is the foundation of the mystery of the link between Consciousness and Matter.” He points out that general medical practice today is grossly physical rather than atomic in its principles and application. And yet, as astrology makes clear, the actual life cycle of any living creature begins as a process of specific lines of force, specific energy attunements which are liberated according to a specific seed pattern. Dr. Stone’s criticism of modern mechanistic medicine could be applied equally to the general practice of Medical Astrology, for most practitioners who deal with this field tend to isolate specific organs, body areas, and names of “diseases” which in reality does very little good. A more constructive approach to medical astrology and to the practice of the healing arts themselves would be to focus on the function and the process that is disturbed.

As an example, to know that Libra “rules” the kidneys doesn’t provide us with much understanding or with any means of preventing kidney trouble. But to realize that the sign Libra and the kidneys are associated with the air current energy flow, and to know that this energy can be stimulated, altered, and redirected can open our eyes to an entirely new approach to healing, an approach concerned with the fundamental energies that enliven all creation. Such an approach can provide us with a unified and holistic theory of health, “dis-ease,” and healing. Dis-ease is not a special state but rather part of man’s way of being; it may be regarded as a temporary flare-up or intensification of ongoing processes. An approach to medical astrology on the level of energy can give us a key to the continuing processes animating each of us; and astrology gives us a language with which we can describe types of energy as well as specific energy dynamics.

It is impossible to describe accurately the

multitude of techniques and procedures used in a Polarity Therapy treatment. All practitioners of Polarity Therapy have studied the subject in workshops designed to see firsthand demonstrations and then to practice the various techniques repeatedly on many different people in order to gain a real understanding of the principles involved. However, if we might take the above case of “kidney trouble” as an example, a Polarity Therapist would consider the person as a whole,

inquiring about the individual’s dietary habits, present situations and psychological state that might be pertinent, etc. The air current would undoubtedly be blocked, with the symptomatic manifestations being pain in the kidneys (Libra), perhaps swollen or pitted ankles (Aquarius), and very likely also restriction of the diaphragm and lungs (Gemini), of which the person might not even be aware. The therapist could then work directly on those areas of the body, utilizing specific techniques, in order to free the air current energy. In many such

cases, however, he would find that the water current was also blocked, that it was in effect smothering the air element, and that specific emotional conflicts were being experienced by the individual at that time. A glance at the current transits and progressions would usually indicate very specifically what the nature of this conflict was, and talking it over with the person while simultaneously applying the manipulative techniques would have the effect of bringing to full awareness the way in which the individual was blocking his own energy flow. While the treatment was in progress, the therapist would note the smoother flow of respiration,

deep sighs, yawns, stretching, and other indications of the air current’s release.

To give another example, let us say that a client comes in who has many stressful aspects to natal Scorpio planets and that these stressful aspects are currently being activated by transits or progressions, resulting in a blockage of the water current energy and severe emotional turmoil. In such a case, one would not work only with the pelvic area

of the body, but also one would pay special attention to the feet (Pisces), the entire digestive area (Cancer),

and to certain other points on the body that correlate with emotional flow. As the water current released, the person would give vent to specific emotional expressions, whether through sighs, crying, talking about their pain, or simply letting go of the desires and expectations that were creating the tension in the first place. A common physical symptom of the release of the cleansing, soothing water current is a rather profuse outpouring of perspiration. Then, once the currents are flowing

somewhat, one can begin to polarize the energy field through the application of other techniques.

The primary polarities worked with are indicated by the pairs of opposite signs in the zodiac. For example, with the client whose Scorpio planets are being activated, one would polarize the sacrum (Scorpio) with the neck (Taurus) by putting one hand on each area and holding that position until a balance was achieved. For someone with lung or air current blockages (indicated, for example, by stressful aspects to Gemini planets), one would polarize the hip, buttocks, and thigh areas (Sagittarius) with the shoulder blade area

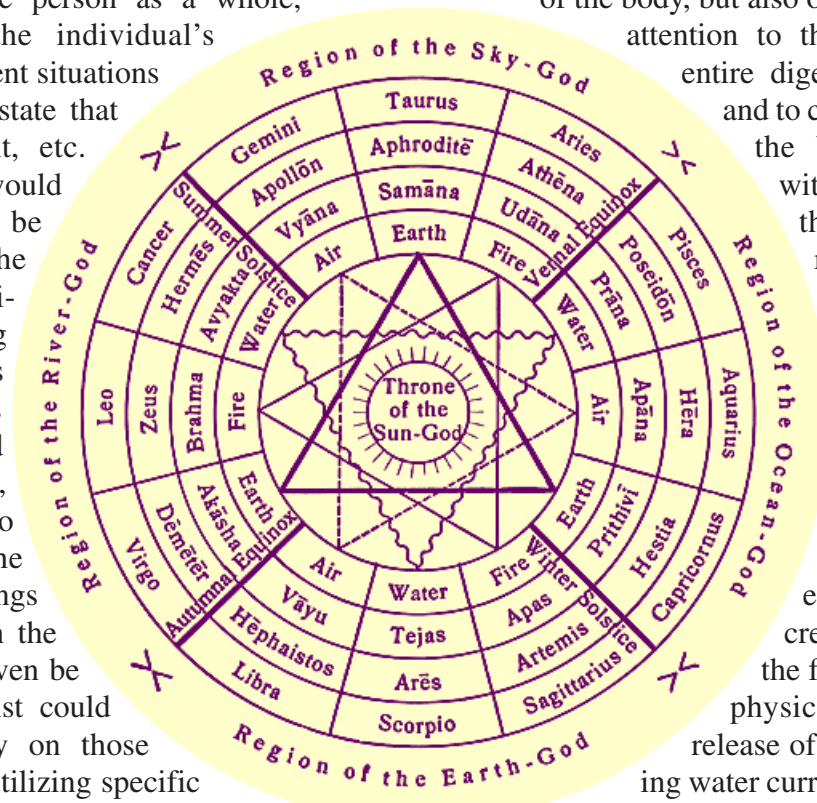


Illustration shows correspondence between the astrological elements and signs and their ancient Greek and Hindu counterparts.

John O'Neil

(Gemini). (This particular polarity, incidentally, is dealt with extensively in Dr. Louis Moss's book on acupuncture, *Acupuncture and You*, in which he calls these two areas specific "trigger zones" for the treatment of arthritis by acupuncture methods.)

Although an objective observer of a Polarity Therapy treatment might think that one was working only with the physical body, what in fact is occurring is that the energy field of the therapist is simultaneously activating the physical, mental, and emotional energy fields of the client. All the different levels of being are affected by a treatment, although a few very unconscious people don't recognize this aspect of a treatment. Most people, however, will experience an immediate reaction to a treatment at very deep levels. How much they gain from it will depend totally on their openness to the experience and their level of self-knowledge.

It should also be pointed out that most Polarity Therapists are not astrologers. Dr. Stone himself was well acquainted with astrology and derived some of his insights from it, but he himself was not a practicing astrologer. Therefore, most Polarity Therapists are not aware of how valuable a tool astrology can be. They are all trained in an understanding of the four elements and their functions, but that is as far as it goes. Still, in all fairness, I must say that some of the best therapists have no knowledge of astrology whatsoever; so it should not be assumed that this necessarily detracts from the value of these peoples' work. Polarity Therapy is a system of immense power and great value by itself, and the addition of astrological knowledge will simply enable the practitioner to be more attuned to the individual he's working with, and to have more perspective on what the person is going through and how long it will last.

The value of learning Polarity Therapy for practicing astrologers is likewise immense. First of all, the astrologer who has some degree of mastery in this field will no longer have to content himself with good advice, a pat on the back, and philosophical encouragement as a remedy for clients who have severe problems. Rather he can work immediately with the vital energies, help the person to work through stressful periods more quick-

LIFE

Life is a gift to be used every day,
Not to be smothered and hidden away;
It isn't a thing to be stored in the chest
Where you gather your keepsakes and treasure
your best;
It isn't a joy to be sipped now and then
And promptly put back in a dark place again.

Life is a gift that the humblest may boast of
And one that the humblest may well make the
most of.

Get out and live it each hour of the day,
Wear it and use it as much as you may;
Don't keep it in niches and corners and grooves,
You'll find that in service its beauty improves.

—Edgar Guest

ly, and provide his clients with an immediate experience of how life forces operate within them. Another value of Polarity Therapy is that, after a person has passed through a very stressful period (indicated by various transit cycles, etc.), a few treatments enable him to gain his balance more quickly and to release the psychic and physical residual effects that otherwise can linger on for years. The fact is that most people still carry around residual tension and the emotional scars of past shocks, when they could have left them behind years ago. Polarity Therapy is a way of encouraging this kind of growth....

The usual method of procedure in getting Polarity Therapy Treatments is to arrange for a series of at least three appointments, during which period one is also eating a purifying diet specified by Dr. Stone. The cumulative effect of the diet and a series of treatments is much more powerful than getting just one treatment and expecting some miracle cure. This system has nothing whatever to do with faith healing, spiritual healing, or psychic healing. It is a definite science in itself, and its proper practice need not exhaust the practitioner; for he is merely stimulating the client's own energies rather than pouring forth his own to make up for the client's depleted condition. □