

This is a scan of Appendix C specifically
on
Polarity Therapy
from the book

Astrology, Psychology and the Four Elements

By Stephen Arroyo, CRCS publications.

This book is still in print and is recommended reading for all
Polarity Therapists.

APPENDIX C

Astrology & 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, imbalanced, or out of phase, and we therefore feel pain, sickness, fatigue, or depression.

Naturally, there is no life without tension; no one 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 millenia 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.

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.

Ed. Note: Dr. Stone's works are now being reissued in new editions. His book *Health Building: The Conscious Art of Living Well* is an inexpensive paperback that includes all his writings on diet, vitalizing exercises, and basic health principles. This book is accessible to anyone and includes over 50 illustrations of his exercises and photos of Dr. Stone. For those who want to study the basic energy principles he elaborated and/or Polarity Therapy, the 2-volume set *POLARITY THERAPY: The Complete Collected Works* includes all his written works on the subject and over 100 charts and diagrams illustrating energy patterns and principles as well as specific therapeutic techniques. Write to publisher of this book, CRCS Publications, for complete information.

The Four Elements

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.