

POLARITY THERAPY TRAINING WORKSHOP **presented by Richard Overly**

Polarity Therapy was developed in the 1950's by Dr. Randolph Stone out of his experience as an osteopath/chiropractor/naturopath and his study of systems of healing in India and China. Randolph Stone passed his teaching legacy to his assistant Pierre Pantier who taught many students including Alan Siegel who eventually taught Richard Overly. Alan Siegel encouraged me to pass on Polarity Therapy principles and techniques that I learned from him. I teach a very gentle and simple approach to Polarity allowing the energy to do the work rather than mechanical force.



Polarity Therapy is based on an energy pattern that underlies the physical body. As a result of trauma this pattern may get blocked resulting in bodily symptoms. Usually, the energy will re-balance itself resulting in overall healing, but when this does not happen there are specific techniques in Polarity Therapy that can assist balancing. The techniques may include physical body balances, nutrition, exercise, counseling, and spiritual connection.

The majority of the workshop will be experiential so wear appropriate clothing. We will cover all or most of the balances in *A Manual Of Polarity Therapy & Gentle Bio-Energetics* included in the workshop fee. Here is a proposed order that may be altered for the interests of the class.

01.07.23r. 9:00-18:00: Getting to know each other: Introduction, theory, methods, principles: Spiritual Connection: Knee Balance demonstrating principle of Polarity: General Balance for whole body.

02.07.23r. 9:00-18:00: Stone's Basic Polarity Exercises: Specific Balances: Polarity reflexology; kidney balance; head balance; etheric balance; lymphatic balance (upper and pump); brachial plexus; sciatic balance.

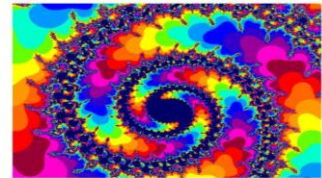
03.07.23r. 9:00-18:00: Polarity Nutrition and balance (cleansing diet): Specific Balances: neck balances; spine balances; hip balance; back currents balances; pelvic balance; back pain; shoulder; diaphragm; colon balance; gas release; chakra balance; 3 divisions of nervous system.

04.07.23r. 9:00-18:00: Counseling and balance: Specific Balances: Coccyx; Perineal; short leg; long currents in the body; fire center; prostate/uterine; Healing with Love and Touch Patterns.

The techniques can be used with family, friends or professionally: parents, massage therapists, physical therapists, medical personal, body workers, teachers, psychologists, children workers, social workers, interested parties.

Participants will receive certificate from Gentle BioEnergetics Institute Asheville, NC, USA indicating completion of the workshop.

A manual of
Polarity Therapy
with
Gentle Bio-Energetics



By Richard C. Overly
And
Sandra Tompkins
How to balance energy for relaxation and
healing

Additional info:

I first experienced Polarity with Eva Reich in my Gentle Bio-Energetics training in 1985. She talked of this technique she called Polarity that she learned in Australia in 1980 from Deborah Knight (Irvine) and adapted into Gentle Bio-Energetics. This treatment pattern was given to Paco Irvine by Dr. Randolph Stone, the founder of Polarity Therapy. When I initially learned this technique, I thought it was the complete Polarity Therapy model. Two therapists did the treatment on me, and when they placed their hands on my shoulder, a shock went through my body as if I had touched an electrical socket. About a year earlier, I had injured my shoulder throwing a football with friends. As on my shoulders, my whole I felt stunned and could not up off the mat for several on some pillows to observe Eva Reich kept saying, “Why my response was, “I might workshop, I had to have home until I could “wake up.” afterwards, I felt as if I were down stairs. I also felt as if I took a shower! Then I began my body that I had not known was better!! I started to use and found the benefits, dramatic as my own first profound and life changing.

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move. Then I could not get hours. I propped myself up the rest of the workshop. don’t you go to sleep?” and miss something!” After the someone else begin to drive For a couple of days floating when I was walking were walking on water when I to experience a connection to before. And my shoulder this technique with clients although not always as experience, to be very

In January, 1989, Alan Siegel approaches to Polarity in Dearborn, Michigan, a very learned new techniques from etheric current balance.

phenomenal thing happened to my hands and feet. Generally, my hands and feet had always felt cold. Even if they felt warm on the surface, at the core they felt cold. During one of the treatments, my hands began to radiate and felt very “toasty.” During the whole weekend, the warmth continued. Even when I was walking outside without gloves, my hands remained warm. The surface of the skin might become cool, but the core felt warm and it wasn’t long before the entire hand warmed up. I even walked from the hotel to the workshop site two miles away with the temperature in single digits, and my hands were still radiating warmth. This was a totally new and exciting experience for me. To this day the change has remained. There are times that my hands or feet will feel cold on the surface, but before long the warm radiation returns.

introduced me to two other Therapy during his workshop cold place that time of year. I Alan along with the Polarity During the workshop a

Over the next two years Alan Siegel came to a training center I developed in Kinsman, Ohio, to

teach Polarity Therapy. He encouraged me to teach what I learned, and I have done so in workshops since 1992 in the United States, Latvia, Estonia, Singapore, and Malaysia.

He first practiced in Chicago but became concerned that his treatments, although effective, were not as long lasting as he desired. So he sought out answers in the 1930's in the ancient healing systems of the East and then laid out the principles of Polarity Therapy in the 1950's. These principles can be found in his *Polarity Therapy, volumes 1 & 2*.

Polarity Therapy teaches that there is a life energy flowing through and around the body that forms a matrix for the body. In other words, there is an energy pattern that underlies the physical body. Many cultures of the world have a term for the life energy. This energy has been called Prana, Ki, or Chi in the Eastern systems; and in Gentle Bio-Energetics the word is orgone or simply life energy. Sometimes this energy can get blocked causing dysfunction which may appear in the body as pain, soreness, or tightness. Trauma may occur to the body distorting the energy pattern. Usually the energy will re-balance itself through an unconscious process resulting in overall healing, but when this does not happen there are specific techniques in Polarity Therapy that can assist the re-balancing. Western Medicine and treatment is great in dealing with physical impairments such as repairing a broken bone. Until recently, however, little or no attention has been paid to the energetic imbalance. Sometimes treatments, such as the anesthetic, actually shut down the energetic flow so the patient can tolerate the pain of the procedure. Polarity Therapy can be very beneficial when applied after these processes to restore the energetic balance to assist overall healing. (The Gentle Bio-Energetics Balance is the form of Polarity that I find best to use after anesthesia, broken bones, etc.) Polarity balances are **not** a substitute for medical evaluation or care. Remember, we are working with blocked or imbalanced energy and/or soreness in the muscles. If there is **any** possibility of illness or injury, seek medical advice and attention promptly.

Polarity Therapy basically works with life energy based on certain principles. Remember, we are treating the life energy not specific illness or disease. The Life Energy flows in a number of ways through and around the body. Chakras, whirling centers of energy located down the central core of the body give off energy that flows upwards and downwards forming five long currents of energy that flow through the body. The long currents of energy take their names from the corresponding chakras: the etheric current; the air current; the fire current; the water current; and the earth current.

Dr. Randolph Stone's Polarity Therapy techniques work with the body's own natural energy to restore balance after trauma, injury or dis-ease. Polarity Therapy is a system incorporating various aspects including bodywork that uses subtle and/or deep qualities of touch, enabling the recipient's energy system to seek balance. This workshop will equip participants with: - Stone's methods of balancing including exercise, diet, spirituality, therapy and therapeutic balances; - Tools such as General balance, Sciatica balance, Brachial Plexus balance, Reflexology and many others which will treat energy involved in back, neck, leg, shoulder pains, headaches, emotional blocks, illnesses etc.

Training details:

Date: 1-4 July 2023r. (9:00-18:00 each day)

Place: Warsaw, Poland

Cost: 400 USD

Registration on the website: <https://klinikabiozdrowia.pl/szkolenie-polarity>