

Energy Newsletter



President's Column

by Lisa Nemzo



There is never a dull moment in the midst of accreditation.

The APTA office has been 'abuzz' with changes for the website,

processing so many wonderful renewals, updating the database and supplying the CGB (Certifying Governing Board) with what is required to meet our August deadline for certification. LaRose Daniels has promised all kinds of homemade pie when we convene in Greensboro this fall for our first face to face board meeting.

Nancy Lehto and Mary Jo Hoven attended the Federation Meeting in Boulder this past April. Both were inspired by the high regard for Polarity in the process of certification.

Recently, someone asked me why I said yes to becoming president for APTA.

I have two main reasons. One was that early on in my teaching the APP and RPP program, although I didn't know about certification, I was already heading strongly in that direction. I wanted consistent quality, and always wanted Polarity to be a more widely known healing art since it had helped me so much and I saw profound healing in my clients and students.

Secondly, there has been a long-

standing disconnect among different factions in our community. When I accepted the nomination for president, I promised myself and the board, that we would move into a time of reconnecting with one another within our community no matter what our differences are or have been.

My father was an Optometrist during a time when Optometry was viewed suspiciously and respect was given only to Ophthalmologists. My father forged ahead with his own protocols, exercises and corrective lenses to save and improve eyesight, avoiding surgery. He was a beloved doctor in his community. Chiropractors and Acupuncturists went through similar challenges. Many were viewed as quacks. But they prevailed; and now flourish.

Polarity is on the same edge; unknown in some circles, yet deeply effective for those who receive sessions, and those who become practitioners and educators.

I believe wholeheartedly we are on the threshold of gaining similar stature. Once accredited, Polarity will be insurable and available through many new opportunities that have been previously closed. All BCPPs will be able to enjoy discounts- honored as professionals alongside others- for homeopathic remedies, supplements and items now only available to doctors and chiropractors.

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The American Polarity Therapy Association, working alongside of the CGB, in compliance with ICE (NCCA) is moving Polarity ahead of all other alternative therapies and will be the first to have this certification. All BCPPs will be protected under this certification to practice and teach, aligned with our standards.

I didn't realize it until writing this letter, but I am following in my father's footsteps. He would be proud. Dr. Stone would be proud too, as we honor his legacy.

Congratulations to all our new BCCPs! You will benefit greatly from becoming accredited.

If you haven't already, please renew your membership, your RPE, ATM; take the exam for the BCPP and join us as we walk together into the 21st Century of Healing Medicine.

Lisa Nemzo, APTA Board President



Energetic Evaluation

by Mary Jo Ruggieri



Polarity therapy is about balancing the elements of life. The core of this life system is the five elements: Ether, Air, Fire, Water and Earth.

Understanding

the interaction of the five elements of life - their harmony and disharmony, their functions and dysfunctions, and their relationship within a living system (mentally, physically and emotionally) - are the tools to determine health and wellness.

Most diseases and dysfunctions are dynamic and integrated chain reactions affecting the whole organism. The Polarity practitioner- using the basic principles of Polarity, the knowledge of the five elements and techniques such as energetic touch, energetic foods, communication and lifestyle issues - can energetically assess the whole organism and its process of balance or unbalance.

Dr. Randolph Stone, the founder of Polarity, was reported by many who worked with him personally to have used a highly developed system of assessing his clients by taking their pulses. William Lechnitz, RPP, would fondly say that he had the good fortune to assist in many of Dr. Stone's sessions with his patients (*Lechnitz,*

1992). "One of the highlights I clearly remember was his ability to assess the clients' problems by taking pulses" (p. 1).

Dr. Stone also would spend a great deal of time with a client taking pulses especially in the wrist and neck area. He came to realize that the pulse shows dimension and follows the three -dimensional make-up of the body: 1) Superior-Inferior; 2) Anterior-Posterior; and 3) Lateral-Lateral (*Lechnitz, 1992*).



HISTORY OF THE PULSE

Historically, using pulses as a health assessment tool has been documented for over 5,000 years. From the Greeks and Hippocrates, the father of Modern Medicine, to the Chinese, Japanese, Indian (Ayurveda) and the Arabs, pulses were a source of medical

information.

The Greeks made reference to pulses around the time of Democritus (460-370 BC) and the Chinese accounts dealing with the pulse date from 500 BC back to 2500 BC. Egyptians were using the pulses as early as the 13th to the 20th centuries, and Ayurvedic pulse use can be traced from the 6th century BC. Arabs continued the traditions established by the Egyptians, Greeks, Ayurvedists and Chinese (*Amber & Babey-Brooke, 1993*).

Pulses have continued as diagnostic tools in many healthcare systems even today. Japan is currently working on many research projects using pulse technology, which they base on the Chinese interpretation of the pulse. One can also trace the European use of the pulse today, predominantly the Ayurvedic interpretation via the Arab world (*Amber & Babey-Brooke, 1993*).

Many historians feel that Western Medicine has been limited and has many failures

due to its inability to adequately use the pulse as a diagnostic tool. For centuries a complete system for pulse analysis was highly developed by the Ayurvedics, Iranians and Chinese that made them complete experts in the diagnosis of diseases (*Amber & Babey-Brooke, 1993*).

(Continued on page 3)



Energetic Evaluation, *continued*

by Mary Jo Ruggieri

(Continued from page 2)

The system of Ayurvedic Medicine has documented as many as 600 different pulses with each one having its own unique language. The importance of the pulse needs to be a focus for every holistic practitioner today. Its depth of information and its accuracy in assessing imbalances in the human energy field could be of great value in our current healthcare system.

THE PULSE

The pulse reflects, projects and measures life force. It is accurate, speaks out of every limb, and can quickly measure imbalances in the energetic system. When imbalances can be assessed at the energetic level, it is truly a most precise preventive system. If the balance can be restored at the energetic level then the disease will not move into the physical body. Pulses, like lie detector tests, can predict patterns, reveal weak areas, and set up a system of assessment for a holistic and integrated approach.

We must begin to train ourselves, and once again become competent, in the process of using pulses as an assessment tool. To understand pulses in Polarity and to be able to use them, one must turn to the basics of understanding Ayurvedic principles, especially the five elements.

The basic premise to all energy

medicine is that disease is an imbalance in the life force, Chi or Prana. To have a tool as accurate as pulse assessment to identify these imbalances can be a lifesaver.

The general differences between Chinese pulse assessment and Ayurvedic pulse assessment is simply as follows:



- ❖ Chinese theory uses the Yin/Yang [positive/negative] relationships. Their energy system is based on the concept of the meridian system. The meridians are wireless connections that flow in defined patterns throughout the body.
- ❖ Ayurvedic theory uses the Step-Down Theory. Energy moves from source to form via a step-down process. Life force resonates via

the Chakras and out of each Chakra comes a quality of energy called an element. Out of the elements comes the body. Each juncture of energy as it steps down is called a marma or nadis. These are energy pathways and specific cross-highway points.

- ❖ Chinese theory relates to twelve classical pulses where Ayurvedic

theory relates to the tridoshas, or the five manifested elements.

AYURVEDIC PULSES— THREE PRINCIPLES OF ENERGY

The basic three principles of energy (or three forces) are called Vata (Vayu), Pitta (Pitha) and Kapha (old spelling).

When the three forces are in balance and the body is also in a state of balance it is called a tridhatu. Any of the three forces out of balance causes a discord or a dosha. The term tridosha is derived from tri – the three principles of energy or forces, and dosha – a

Sanskrit term that represents the three forces: Vayu, Pitha, and Kapha, when they are not in balance (Amber & Babey-Brooke, 1993).

Vata is based on the qualities of Ether/Air, which are the movers and transitions in the body. Air influences the nervous system and our mental activity. Ether influences Air and gives

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Energetic Evaluation, *continued*

by Mary Jo Ruggieri

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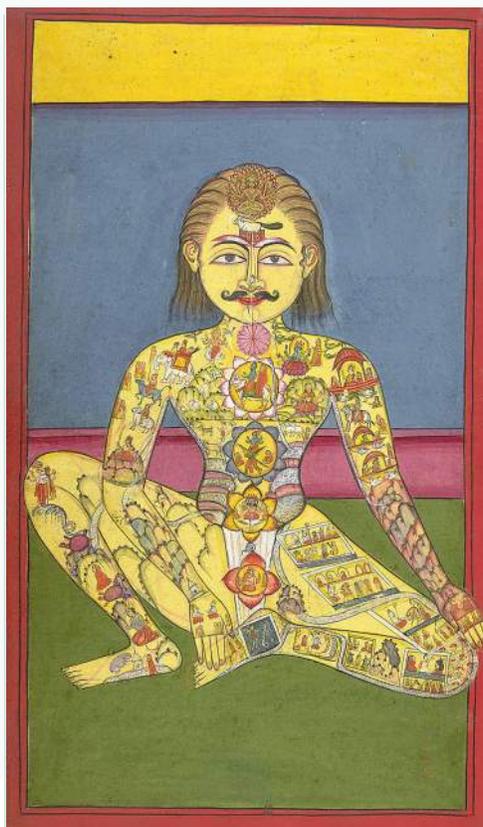
space to movement. Air affects the gases of the body, and if joints are inflamed, lack of space and Ether are involved. Air (Vata) reflects the quickness of the body and movement in all directions. Areas of the body affected by the Air Principle are the shoulders, lungs, kidneys, ankles and colon.

Pitta is based on the heat concepts of the body (Fire). Metabolism, combustion, circulation and digestion are the actions of Pitta. Fire focuses Air and yields heat, brightness, clarity, focus and vitality. Fire is about doing, motivation and a sense of personal power. Areas of the body affected by the Fire Principle are the digestive system, liver, gallbladder, pancreas, heart and thighs.

Kapha is based on the concepts of the mucous systems, regenerative system of the body and body structures (Water/Earth). Water and Earth are the first line of immune defense in our body. Water needs Fire for warmth, Air for cleansing and Earth for boundaries. Water moves downward, connecting the other elements to Earth. Water/Earth is about attachments and letting go. Areas of the body affected by the Water/Earth Principle are the lymphatic system, secretor glands, generative organs, feet, bones, structure and neck, knees and bowels.

PULSES IN THREE DIMENSIONS

In Ayurveda, as energy steps down it



moves from high vibration to low vibration via the Chakra system while projecting elemental qualities of energy. The three forces of energy stepping down form three primary energy patterns, or three dimensions of energy systems. These three primary dimensions of the body can be assessed using the pulses.

Dr. Stone describes the three dimensions as spatial areas of the energy field patterns.

- ❖ Left-Right – Air Principle (left lateral to right lateral), which affects the ultra-sonic core.
- ❖ Back-Front – Fire Principle (posterior to anterior), affecting the Chakra system.

- ❖ Top-Bottom – Water/Earth Principle (superior to inferior), controlling the surface currents.

HOW TO IDENTIFY PULSE DIMENSIONS

When we work with the pulse of a client we are experiencing the body's inner state of balance. The pulse beating at the root of the thumb is said by many to be the "witness to the soul." Its throbbing shows whether the soul is happy or miserable.

The three basic pulses can be measured at: 1) the wrist (radial pulse) – the root of the thumb; 2) the neck, in direct line down from the Ramus of the jaw; and/or 3) the inside of the heel on the Ether line. The traditional pulse of choice is specifically below the root of the thumb. This pulse correctly tells the condition of the client. I recommend that all Polarity practitioners become skilled on all three pulse areas.

PLACEMENT OF FINGERS

The person doing the assessment uses three fingers of the right hand (Air finger, Fire finger and Water finger). All three fingers are placed two fingers in width below the root of the thumb. Using the left hand, gently press the artery at the elbow and hold the client's hand in a slanted manner. The touch should be direct, but not too hard, or the pulse will disappear. Take the right (thumb side) pulse for males and left (thumb side) pulse for females.

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Energetic Evaluation, *continued*

by Mary Jo Ruggieri

(Continued from page 4)

PULSE PATTERNS

Pulses have their own patterns: fast, sharp, jumpy, slow or heavy.

- ❖ **Vata:** Air/Ether is represented by a zigzag pulse. It is detected with the pad of the Air finger (index). The Vata pulse is curvilinear motion (movements like a snake). The beats are above normal (female: 80-100 bpm; male: 70-90 bpm).
- ❖ **Pitta:** Fire is represented by a jumpy pulse. The Fire finger (middle) is used to detect this pulse. The Pitta pulse resembles a frog leaping forward in a jerky movement. The beats are medium (female: 70-80 bpm; male: 60-70 bpm).
- ❖ **Kapha:** Water is represented by a slower pulse. The Water finger (ring) is used to detect this pulse. The Kapha pulse resembles swan- or peacock-like movements. The beats are weaker and below normal speed (female: 60-70 bpm; male: 50-60 bpm).

THINGS TO CONSIDER WHEN ASSESSING THE PULSE

- ❖ Locate the pulses with the center of the finger pad.
- ❖ Check the rhythm — regular, full, scattered.



Mandala of the Five Elements by Carmen Mensink 2008

- ❖ Determine the size of the pulse — feel the artery. Roll it gently to feel size. Look for firm, beaded, or crystal-like qualities.
- ❖ Allow the artery to move freely with limited pressure.
- ❖ Locate the artery by pressing it gently against the bone of the thumb (radius).
- ❖ Rotating the pad of each finger will give you more information on direction of the pulses — front/back, left/right or top/bottom.
- ❖ It is best to read pulses before eating, drinking or exercising. Practitioner and client should sit very quietly and not engage in conversation.

The most significant assessment

technique available to us as Polarity practitioners is the pulse. Pulses can reveal the inner energetic functions and provide a barometer for monitoring a client's condition. Learning basic Ayurvedic readings of dosha pulses can be an asset in our energetic evaluation process. How the elements and the doshas act, individually or in combination, affect each of the pulses: Vata, Pitta and Kapha.

Owning the energetic assessment of the pulses is truly a Polarity process.

Courses in pulse work should be included at all levels of Polarity Therapy Training.

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Stone, R. (1987). Polarity therapy. Summertown, TN: CRCS Wellness Books.

ABOUT MARY JO

Mary Jo is President of the Great Lakes
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Welcome New APTA Members!

Jessica Deak, APP Ohio	Brittany Heidt, APP Ohio	Zipporah Smith, APP Ohio	Crystal Williams, APP Ohio
Megan Deely, APP Ohio	Yuriko Honda, APP Japan	Lindsay Sparnoga, APP Ohio	Kathryn Ross, APP Ohio
Jill Ackiron-Moses, APP Ohio	Jennifer Lauer, APP Colorado	Jenny Ortolani, APP Ohio	Robin Koenig, APP Ohio
Jan Hermans, APP Ohio	Stacy Garbo, APP Ohio	Jill Schiavello, APP Ohio	Lisa Timoteo, APP Ohio
Melissa McLaughlin, APP Massachusetts	Julie McAleb, APP Ohio	Troy Maddux, APP Ohio	Monica Longmire, APP Ohio
Yu Chen, APP California	Lyndsay Biehl, APP Ohio	Victoria Emily Cobb, APP Ohio	Eva- Marie Vrla, Student Arizona
Bonita Wine, Student Virginia	Nadia Duchelle, Student Virginia	Niseema Diemer, RPE New York	Celeste Weinreis, BCPP Arizona

Energetic Evaluation, *cont'd*

(Continued from page 5)

School of Integrative Medicine and Health Sciences. She has a 30-year background in all facets of education with a focus in health science, physiology of exercise, sports training, and physical education. Mary Jo is a retired assistant professor of 25 years from Ohio State University where she also coached national and Olympic athletes in synchronized swimming. She was a two-time Olympic coach in 1988 and 1992.

Board Thanks Office for Hard Work



Julie Chapman

The APTA Board and the Certifying Governing Board would like to extend a warm, heartfelt *thank you!* to APTA Board Vice President and Office Manager Julie Chapman, and nonprofit experts Travis Compton and Belinda Sledge for extraordinary efforts to reorganize the office, balance our financial statements, keep certification moving ahead and process many wonderful renewals.

Thank You!



My First Practitioner

In Memory of Leila Joseph, EdD, RPP, BCST 1947-2014 by Bo Jansen, BCPP



In 1999 I was searching for an apartment in the Boston area, and through a series of coincidences ended up at the home of Dr. Leila

Joseph, who was renting an apartment in her New England Farmhouse. I wasn't interested the apartment, but was struck by Leila - who stood just over five feet tall, and beamed with a special kindness that put me at ease.

"So what is it you do?" I asked in the driveway. Her voicemail mentioned Craniosacral and Polarity Therapy ...sounded like brain surgery or some proposition in nuclear physics.

She resisted explaining the work too much but instead invited me to view her office.

It was set in the living room of her home. Leila's "medicine" began there: carefully arranged pictures, artwork, artifacts - an eagle feather, a photo of the Dalai Lama, a piano, a rocking chair, and a massage table in the midst of it all.

The late afternoon sunlight gave a warm clarity to the space and for a

moment, in the midst of my suffering, I felt my heart open.

Her business card had a soaring dove on it and said "healing for body, mind and spirit." I was

23 years old and in need of aid in all three areas -- soul suffering, in secret.

I held onto her card for a year before calling.



The healing didn't happen all at once. In fact during the first session I had my doubts. "A hundred bucks for her to hold my head?" But I felt serenity on the drive home and a magnetic pull toward Leila as someone I could trust.

I didn't return until six months later

when I was more desperate, and willing, to receive the help she offered.

Things shifted. Leila worked with me with great empathy, patience, and a good dose of humor.

Over the next few months I began making changes that took courage I didn't even know I had.

And Leila's work was the fountain from which these changes flowed: life-long, lasting changes.

I kept a journal, *Adventures With Leila*, that marked the cathartic dreams I was having and the progress I was making. After a year and a half I looked and felt utterly different, healthier; I set out to travel the world for six months, and during that trip began studying healing bodywork myself.

I saw Leila on and off for over 12 years. She started as my practitioner and as I did my own training became a mentor and then colleague and friend. She was very much my hero. Her perception, presence, skillful touch and communication were exemplary, and yet she worked humbly, without great accolades, from her lovely

(Continued on page 8)



My First Practitioner

In Memory of Leila Joseph, EdD, RPP, BCST 1947-2014

by Bo Jansen



living room.

Leila passed away on Jan 16, 2014 in her latest home in Vermont after a sudden illness.

She is survived by two sons, Jacob and Benjamin and her beloved grandson Stash. Her kind, wise spirit and powerful work made a positive difference in so many lives - in the Polarity and Craniosacral communities, in the Tibetan Buddhist and Native American meditation societies to which she belonged, and

certainly in my own journey toward wellness.

I think of the soaring dove on her business card - a perfect symbol for the beacon of peace and light she was to me and so many others. Thank-you, Leila, for your light and love!

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See Bo's bio on page 9 of this issue of APTA's Energy Newsletter!



Image by Kaley Vask

Energy Newsletter

Energy Newsletter is a publication of the American Polarity Therapy Association (APTA). This publication provides an open forum for member news, articles about Polarity Therapy and energetic bodywork, Dr. Randolph Stone and related information. It is available to the public in pdf format on the APTA website at www.PolarityTherapy.org.

Articles presented in this publication are provided for informational and educational purposes and not meant to substitute for advice provided by an individual's healthcare provider.

Submission Guidelines for Energy Newsletter and APTA Member's Updates

Relevant written pieces (200-1000 words) may be submitted for consideration for publication to: news@polaritytherapy.org Please include a brief (approximately 50 words) bio, your picture and any additional images to enhance the article.

Send images as jpg, or png files only. Images imbedded into an email, pasted into a word document or sent as a pdf will not be used. Do not use inline links in the body of your article. List url's at the end of the article.

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APTA Welcomes New Board Members Johnny Henderson, Bo Jansen



Johnny Henderson, Ph.D., BCPP, RPE, CWC is a Polarity Therapy Wellness Counselor/Practitioner and Curriculum-Training Manager.

He is a seeker and constant student of energy and conscious development. After leaving corporate training and education he began his career in the healing arts. Polarity Therapy discovered him while he was working on his PhD in Energy Therapies. His life commitment and avocation is to facilitate through education and self empowerment, a higher awareness of physical presence, consciousness awakening and the spiritual path.

As a teacher/educator and full-time practitioner of Polarity Therapy he also incorporates Sound Therapy, Craniosacral Therapy, Color Therapy, AstroHealth, and Medical Aromatherapy into his private practice

and training workshops. He has maintained an approved program in Polarity Therapy training since the mid-90's. Johnny has served APTA in many capacities including Conference Coordinator, Board of Directors, Education Committees, and the inception committee up to the Certification Governing Board (CGB) for APTA's Board Certification.

Basically, he believes the world would be a perfect place if everyone knew and practiced the Principles of Polarity Therapy. "Polarity Principles and Elemental awareness needs to be taught to a child as soon as they are ready to learn about life!" What a wonderful world that would be.

Bo Jansen, BCPP, CMT, MFA, brings an eclectic background to his service on the board- as a therapist, performing artist, educator, and businessman. As a therapist, he has had a successful Polarity Therapy practice for over 10 years; he's a Certified Massage Therapist and is currently in training in Biodynamic Craniosacral Therapy with Franklyn Sills.

In addition to healing work, Bo is also a professional actor with an MFA from the American Conservatory Theater; he has appeared in major Regional Theaters, National Commercials, and Films.

As an educator, he works as the



Associate Director of a non-profit company that uses theater as a tool for health education; he has led workshops around the country, and served as artist-in-residency in programs and schools. As a businessman, Bo worked in the high tech industry as a consultant and marketing /sales/ bid manager. He loves Polarity Therapy and looks forward to helping APTA to expand as an organization while anchoring into the healing principles of the work itself.





Marketing: US Politics, Practitioners, and Payments by Fran Kerg



Paying for holistic care has been an issue for many, and often clients ask why these services are

not covered by health insurance. After all, a number of clinical trials have proven the effectiveness of polarity and other healing methods. So why is there bias?

MEDICINE AND POLITICS

Political influences in the US are partly to blame, all the way back to the formation of the country. George Washington's personal physician Benjamin Rush wanted a clause written into the US Constitution that would guarantee each American "medical freedom of choice."

This omission opened a window of opportunity for any influential, well organized, or even unethical healthcare organization to badly cripple or effectively eliminate the "competition".

Those who prefer natural health solutions first had their choices narrowed after the Flexner report to Congress in 1910. Prior to the report, Americans enjoyed full freedom of choice in healthcare, and for the vast majority payment came out of pocket.

Flexner, who had no medical background, was the brother-in-law of the American Medical Association (AMA) president at that time. His report led Congress to narrow the legal options for acceptable medical training and treatment.

Unfortunately for the American public, Flexner and the AMA which contracted him to produce the



report had little interest in natural medicine. At that time, there was a need to close down poorly run medical schools in order to protect the public from badly trained physicians. Intentionally or not, the result was that all forms of medicine not surgically or chemically-based became difficult- if not totally illegal- to practice in the US.

Here we are 100+ years later. A large

number of health-insured Americans pay out of pocket for holistic care- 33+% of the population according to the National Institutes of Health. It is important to note that, of these numbers, energy healing constitutes a small but steady percentage of users.

ALLOPATHIC MEDICINE AND EVEN MORE POLITICS

The AMA now represents only 17% of all US physicians- down from 75% in the 1950's. At the same time, smaller organizations including those representing holistic, functional, and integrative physicians are growing rapidly. Interestingly, the AMA itself even has an Integrated Physician Practice Section (AMA IPP). Published online bios of AMA's IPPS principle members, however, give no evidence of integrative medical training, membership in any integrative organizations, or even integrative medicine interest beyond the IPP. So the purpose for the inclusion of the IPP within the AMA is open to speculation.

Perhaps covering holistic care in all medical insurance can't be too far off. After all, it was back in 2002 that the White House Commission on Complementary and Alternative Medicine Policy stated, among other recommendations, that holistic training should be included in

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US Politics, Practitioners, and Payments, cont'd

by Fran Kerg

(Continued from page 10)

allopathic medical school and that "The health system should be able to accommodate differences in patient preferences and encourage shared decision making". It is interesting to note that over half of the 19 commissioners making up the panel had allopathic backgrounds, yet understood the importance of including holistic modalities within the health system.

FINANCIAL HELP FOR COMPLEMENTARY CARE

But what about now? Is there financial help for the client seeking natural methods of care today?

Many polarity therapy clients are surprised to find out that they can use their flexible savings accounts (FSA's) or health savings accounts (HSA's) to pay for sessions. The advantage to having these accounts is that money put in them is exempt from income tax. Since the money is set aside primarily for healthcare, it also makes it easier for the client to take advantage of multi-session discounts, saving them even more money.

FSA's are set up by employers, and HSA's are set up by individuals. To date, there are no special accommodations for those on Medicare to pay for polarity sessions, since this group is not eligible for

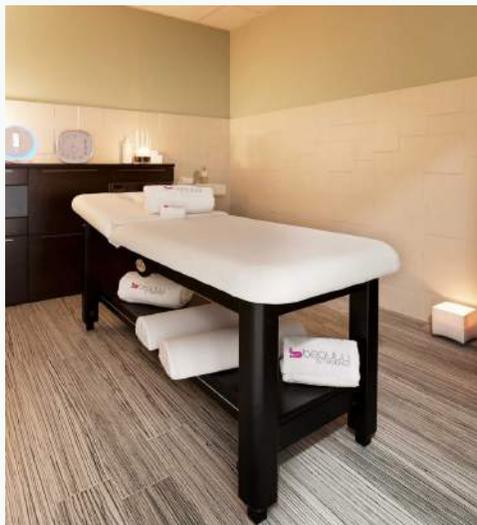


Image by Nagagym (Own work) via Wikimedia

HSA's. However, a great number of holistic practitioners offer senior discounts, sliding scale fees, multi-session discounts, and specials that can help.

Some businesses offering self-funded employee wellness programs are making payments to complementary medicine providers, like Parker-Hannifin, who include BCPP's on their preferred provider list.

It's also becoming less uncommon for mid-size corporations to offer things like chair massage at the office. An enterprising polarity practitioner who can arrange a meeting with a company HR manager and "pitch" the benefits of polarity may find they can work onsite at a number of businesses.

CLIENT EDUCATION

All who are self-employed must include some form of client acquisition

in the myriad of day-to-day business functions. By getting the word out about FSA's, HSA's, multi session discounts, and participating in corporate wellness programs, polarity practitioners can reach more of those in need of assistance and increase their earnings while doing this wonderful healing work.

Fran Kerg, BCPP, RMT

The Healing Room at Holistic Health Cleveland

www.ClevelandHealer.com

ONLINE LINKS TO SOURCES

White House Commission on Complementary and Alternative Medicine Policy
[FINAL REPORT, March 2002](#)

[Reflections on the Sorry State of America's Healthcare System](#) by David Osborn, MH, L.Ac
Monday, January 10, 2011

[American Medical Association membership woes continue.](#) by Roger Collier

[Integrated Physician Practice Section](#) of the American Medical Association

[Trends in the Use of Complementary Health Approaches Among Adults: United States, 2002-2012](#)

ABOUT FRAN

Fran is an intuitive healer with 20 years of energy medicine experience who practices in Cleveland, Ohio and is trained in numerous energy based modalities. She is a member of APTA's Marketing Committee and former APTA Board Secretary. In addition to being an APTA member, she is a member of the Academy of Integrative Health & Medicine. She is also has a background in graphics and web design, writing/editing for print and web, advertising and marketing.



Dr. Stone Writes about PRANA...

“Prana is the life principle in the air and in the blood. Without it there can be no physical life. It is the breath of life in the body. When it departs, death occurs. It is the stored energy and a principle of food value in all things that we eat or are warmed by. It is a form of radiant energy that is the life essence in all living forms.

THE ARTERY RULES through this supply of Prana in the blood stream, mingled with oxygen from the air, as the denser chemical medium and conveyor. Man has his roots in the brain as Consciousness, and in the heart as Life. He breathes in oxygen. Plants are the reverse; they have their roots below the ground, inhale carbon dioxide and nitrogen, and give off oxygen as long as they are alive and connected to their root system.

THE LIFE RHYTHM: The heart has four chambers and valves; THEREFORE, ITS COMPLETE CYCLE IS ACCOMPLISHED WHEN THE BLOOD HAS CIRCULATED THROUGH ALL CHAMBERS.

OBSERVATION: In giving treatments of any kind, we can learn a lot about the effectiveness of any therapy by first checking the pulse and its

ratio to respiration. Then, as the treatment progresses, note the quality and volume of the pulse as well as its rhythm. Checking the carotid pulse on each side, and comparing them, gives us an idea of the blood supply and Prana to each hemisphere of the brain. The pulse may also be taken at the extremities, and compared as the treatment progresses.

Prana is everywhere; we extract and convert what we need from the air, the water and the foods which we consume. Fresh foods, and those that are processed after they are placed in sealed containers or utensils, have more Prana in them than the dead foods, such as those that are preserved, spiced and cooked. Cooking with less heat, and retaining the vapors, seems to preserve more of the Prana in foods.

Prana is Nature's mother that keeps the shell of matter pliable. The more elasticity and pliability present in an organism, the greater the Prana contents. That is the secret of 'flaming youth' or the 'Fountain of Youth'. The softness and tenderness of brain and nerve tissues are good examples. All young life is extremely flexible and endowed with unusual energy to play and romp.



When the shell or body of matter gets too dense, too stiff and resistant to the subtle flow of life currents, then it starves for lack of Prana, and perishes. Matter, by crystallization and density, becomes its own tomb and destroyer. It is then broken up as an organism, and resolved back into the elements that composed it. The stored energy that is residual in any substance, is then liberated by combustion or burning, like the heat and fire element in wood, coal, oil, etc. Or, in vegetation and in bodies cut off from life, slow oxidation and decay also resolve substances back to their elements, without utilizing the liberated energy. ”

~From Book 1: Energy - The Vital Polarity in the Healing Art



From Patti Garland's Kitchen



These yummy recipes follow Dr. John McDougall's recommendations for whole food that is plant based and low fat.

GINGERY CARROT AND TOMATO SOUP

Ingredients:

1 small onion, chopped
2 cloves roasted garlic
1 T ginger root, minced
3 cups vegetable broth or water
1 ½ lbs. peeled, sliced carrots
One 14.5 oz can diced tomatoes (fire-roasted preferred)
1 T low-sodium soy sauce
½ teaspoon dried basil
⅛ t cayenne pepper or smoked paprika

Garnish ideas: avocado, toasted pepitas, brown rice

Stove Top Instructions

Heat a large pot to medium heat and add onions. Cook, stirring often, until they soften. (If they stick, add water by the tablespoon). Add garlic and ginger and cook for one minute. Add broth or water, carrots, and cayenne or paprika. Cover and bring to a boil. Reduce heat. Cook until carrots are tender, about 20 minutes. Add the remaining ingredients. Puree with an immersion blender.

Simmer, covered, on very low heat for at least 20 minutes so flavors blend. If it seems too thick, add additional

vegetable broth. Garnish and serve.

Pressure Cooker Instructions

Sautee onions in small amount of water until soft. Add remaining ingredients. Cook at high pressure for 4 minutes and puree when finished. Garnish as desired and enjoy!

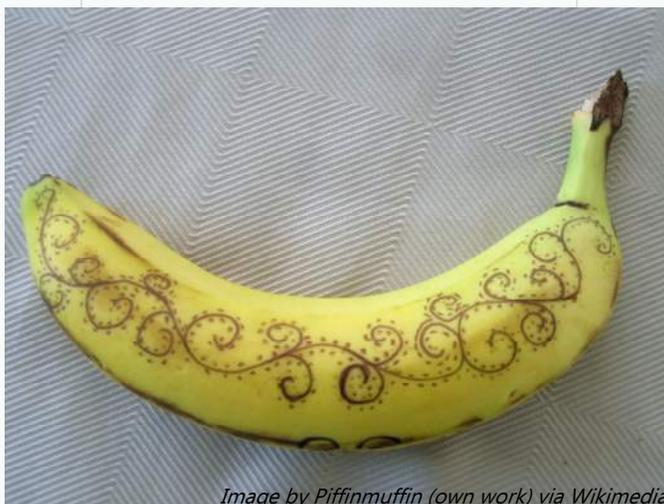


Image by Piffinmuffin (own work) via Wikimedia

BANANA COFFEE CAKE

Ingredients

1 tablespoon flax seeds, ground
4 tablespoons warm water
1/4 cup sugar
1 teaspoon cinnamon
1/3 cup applesauce
1/3 cup plant milk
1 teaspoon vanilla extract
1/3 cup maple syrup
1 cup white whole wheat flour (or whole wheat pastry flour)
1 1/2 teaspoons baking powder
1/2 teaspoon salt
2 bananas

Instructions

Preheat the oven to 375F. Mix the ground flax seeds with the warm water and set aside to thicken. Mix the sugar and cinnamon together in a small bowl. Set aside. Combine the

applesauce, plant milk, vanilla, and maple syrup in a bowl. Add the flax mixture.

In another bowl, combine flour, baking powder, and salt. Pour the applesauce mixture into the flour mixture and stir just until combined.

Use a pie pan or an 8-inch square baking dish.

Pour half of the batter into the pan and spread to cover the bottom.

Slice bananas and place slices over the batter. Sprinkle with half of the cinnamon-sugar. Spread the remaining batter over the bananas. Sprinkle with the remaining cinnamon-sugar. Bake for

25 minutes, or until cake appears set in the middle. Cool for a few minutes before serving. Serves 6.

Patti Garland

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ABOUT PATTI

Patti calls herself "a deliberate creator". She is a professional chef and restaurant owner, householder, marketing and product designer, eco-preneur and co-owner of Xeno Design. She has studied reflexology, ayurveda, fashion design, marketing design, cooking, aromatherapy, organic and biodynamic gardening, green housecleaning, holistic health, organic cotton knitting, TM, yoga, Law of Attraction, and Internet Marketing.



Aromatherapy: An Invisible Influence on Your Body, Mind, Emotions and Healing Arts Practice

by Tracy Griffiths



The powerful aromas of essential oils reach deep within, moving through every cell of one's being and

causing physiological and emotional effects.

There are many ways to use aromatherapy for self-healing. By using certain essential oils in combination in your private practice you can create our own olfactory sanctuary. Before we look at how to use them, let's take a look at what they are, why they will work wonderfully in your practice, and some very important considerations to take before using them with your clients.

WHAT ARE ESSENTIAL OILS?

Known as "the oil of the plant", an essential oil is a concentrated hydrophobic liquid containing volatile aroma compounds from plants. They are derived via distillation, expression or solvent extraction. Very delicate plants are subjected to more gentle extractions and these oils are called florasols. Florasols can be extracted from various plant parts including leaves,

flowers, roots, buds, twigs, rhizomes, heartwood, bark, resin, seeds and fruits. Essential oils are often referred to as the 'life blood' of the plant, as they are bio-chemically similar in structure to human blood. What one must keep in mind is that essential oils are exponentially more concentrated than their herbal counterparts. For example, one drop of peppermint oil is the equivalent of 26 cups of herbal peppermint tea!



Essential oils are crucial to the health, function and protection of the plant and affect the human body in much the same way.

Many clinical studies show that

essential oils help increase the uptake of oxygen in our blood cells, and have properties that can help us fight off infections, help with hormonal balance, curb appetites, promote tissue regeneration, calm nerves and ease pain and anxiety.

THE POWERFUL SENSE OF SMELL

Why is it that fragrances are able to move us—to really touch our hearts? What is the magic key they seem to possess that opens the secret door to our souls?

Searching for the mechanism that triggers the sense of smell and the feelings that are evoked is a fascinating journey to the center of the brain.

The sense of smell, known as olfaction, is our most primal sense, dating back to the origins of life on Earth. It is the most fully developed sense we have at birth, and in the wild, it's how animals survive. They rely on it to hunt their prey and protect themselves from predators.

As one inhales an essential oil, aromatic molecules are instantly taken into the body via the nasal passages and olfactory bulb, to the limbic region at the center of the brain where emotions and memories are stored. The limbic system

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by Tracy Griffiths

(Continued from page 14)

regulates memory, creativity, motivation, the autonomic nervous system and endocrine systems.

A unique and amazing characteristic of scent is that it has the ability to bypass the cerebral cortex, or "thinking" part of the brain. This why when you walk into a new environment and smell a particular aroma, you are suddenly reminded of a particular person, have an instant memory flash or even feel a specific emotion.

ANCIENT MEDICINE TO MODERN MIRACLES...

Throughout history, essential oils and other aromatics have been used for religious rituals, treatment of illness, and for other physical and spiritual purposes. Ancient writings, dating back to 4500 BC, chronicle scented barks, resins, spices, and aromatic vinegars, wines, and beers used in rituals, temples, astrology, embalming, and medicine.

Egyptian hieroglyphics and ancient papyrus scrolls, dating as early as 1500 BC, depict alchemists' oil blends and recipes for medicinal treatments for over 80 diseases, as well as for perfume and high priests' formulas for spiritual rituals. The Ebers Papyrus, one of the most highly regarded ancient Egyptian medical texts in the

form of a scroll, included over 800 herbal prescriptions and remedies.

According to other scrolls, many herbal mixtures contained myrrh and honey. Myrrh is still recognized for its ability to help with infections of the skin and throat, and to regenerate skin



Ancient Egyptian Oil Vessel- Walters Art Museum via Wikimedia

tissue. Because of its effectiveness in preventing bacterial growth, myrrh was also used for embalming.

China experienced a similar exploration and use of oils during this same period in history, while concurrently in India essential oils began to be included in Ayurvedic treatments. It wasn't until Hippocrates (c 460-377BC), the "Father of Medicine," started using oils for

therapeutic massage and for fumigation to combat plagues in Athens that essential oils were widely introduced in Europe

Essential oils were successfully used to treat wounded soldiers during World Wars I and II, as many essential oils like lavender, melaleuca, lemon, geranium and peppermint have the ability to fight infection, kill various strains of bacteria and promote tissue healing.

Now, essential oils are being used in many hospitals, nursing homes and in hospice care in the U.S. and through the world to treat patients for pain, insomnia, nausea, and anxiety. I am personally training doctors, nurses and other healthcare professionals at Ronald Reagan UCLA Medical Center in Southern California how to use essential oils for patient care.

PLANTS

An essential oil's potency depends on plant cultivation, where the plant is grown, soil quality, use of natural methods to encourage growth, and even the time of day the plant is harvested. For best results, make sure the essential oil company you purchase from is knowledgeable about this.

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Aromatherapy: An Invisible Influence on Your Body, Mind, Emotions and Healing Arts Practice, cont'd

by Tracy Griffiths

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PREPARATION

Once the optimal soil, plant, cultivation, and harvesting conditions have been adhered to, the plants must be distilled properly. To meet genuine and pure therapeutic grade quality, distillation standards require that the proper temperature be maintained throughout the distillation process, while pressure, length of time, equipment, and batch size are strictly monitored.

PURITY

Make sure the oil brand that you use prohibits the acceptance of any diluted, cut or adulterated oils.

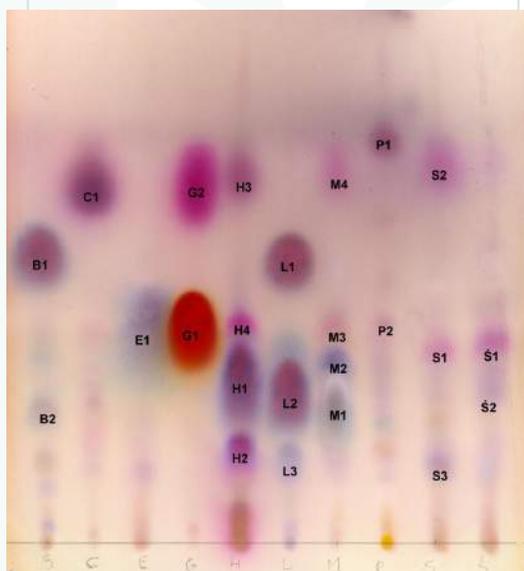
Can they guarantee that every batch of essential oils is subjected to rigorous, state-of-the-art analysis? If any oils exhibit even the slightest hint of possible adulteration or tampering are they rejected?

POTENCY

The preceding three stages determines the essential oil's potency. This means that naturally occurring compounds in each essential oil product are of the highest and most consistent bioactive levels. Without strict adherence to a pure genuine therapeutic grade standard in the plant, preparation, and purity phases, the final product would not have the necessary

potency to create the desired effect.

Through the simple inhalation or topical application of genuine therapeutic grade essential oils, you can positively promote wellness for nearly every major system of the body and empower clients with a self-care resource. By using therapeutic quality



Essential Oil Testing Image by Lukke via Wikimedia

essential oils in your practice, your clients can have lasting benefits from their sessions with you.

INCORPORATING ESSENTIAL OILS INTO YOUR POLARITY PRACTICE

For thousands of years, essential oils have been used for healing purposes to cleanse and balance the body, mind and emotions. Incorporating essential oils into your healing arts practice is simple, quick and can powerfully enhance client's feelings of wellbeing

and presence.

Many practitioners have found that essential oils help:

- ❖ Refine focus and mental clarity
- ❖ Deepen mental and emotional grounding
- ❖ Strengthen body-mind connection
- ❖ Reduce muscle and joint pain and tension

Learning how to use essential oils can be a bold step towards radiant health.

THE INHALATION METHOD

Place one or two drops of essential oil on your left palm (the receiving side of the body), then slowly and gently rub the oil in a clockwise motion three times with the fingertips of your right hand. This process will spread the oils evenly on each hand. Then, bring your cupped hands slowly towards your nose until they are about one to two inches away and inhale slowly and deeply. You can also put a drop of essential oil on a round cotton cosmetic pad. The scent will last for hours or sometimes days.

DIFFUSING

Another great way of using essential oils is by diffusing them with a cold

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Aromatherapy: An Invisible Influence on Your Body, Mind, Emotions and Healing Arts Practice, cont'd

by Tracy Griffiths



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air or cold water diffuser. I advise against potpourri burners, as candle heat denatures the delicate molecular structure of the oil.

I recommend diffusing citrus oils like grapefruit, lemon, tangerine, lime or orange. These oils have a very uplifting, yet mild scent and also help combat airborne microbes.

TOPICAL APPLICATION

Essential oils can be placed under the nose, on the back of the neck, on the

lower back, chest or belly.

For those with skin sensitivity, essential oils may be diluted with carrier oils, like coconut, sesame, olive, jojoba or a blend of these fatty oils.

Before distributing essential oils to your clients, remind them to avoid touching their eyes and explain that if they do get an essential oil in their eyes, they should use a vegetable based carrier oil. Do not use water in the eyes. It will intensify the physical effect of the essential oil on the eye. A vegetable carrier oil will usually ease the discomfort in seconds.

Now that you know what essential oils are, why it's so important to use only genuine pure therapeutic grade, understand the safety precautions and

how to utilize them via the inhalation method and topically, you can use them confidently in your healing arts practice.

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ABOUT TRACY

In 2002 Tracy endured a mysterious and series health challenge and credits essential oils for her speedy and total recovery which set her on a course to learn everything she could about aromatherapy and sharing them with other healthcare professionals. She currently teaches aromatherapy to the staff at the Ronald Regan UCLA Medical Center via the Urban Zen Integrative Therapy training and created the essential oils curriculum for the Kent State School of Nursing.

For your consideration before using essential oils in your private practice ~

One time or another, you may have lovingly offered a few drops of an essential oil, like lavender, chamomile, or clary sage for your client to experience. While these essential oils are a wonderful for enhancing relaxation, you need to realize that not all essential oils are created equally. According to essential oil authority, Kurt Schnaubelt, Ph.D, of the Pacific Institute of Aromatherapy, over 98% of the essential oils on the market are adulterated. That means they have been synthetically produced and they won't deliver the benefits that one may be looking forward to receiving. Unfortunately this could cause more harm than good.

The whole point of using essential oils is to promote and enhance health naturally. Using only genuine pure therapeutic grade essential oils is just common sense.

Just as we need of beware of the dangers of genetically modified food vs. the benefits of eating organically grown food, we must also realize how important it is to use genuine pure, therapeutic grade essential oils as opposed to dangerous artificial imposters that can be found on most health food store shelves. Resist the temptation of buying cheap oils!



By aussiegall via Wikimedia Commons



Providing Evaluation in Polarity Programs

by Nancy Lehto

2. Learning – what facts, knowledge etc. did the learner gain?
3. Behaviors – what skills did the learner develop – what new information can the learner now use? Results or effectiveness – what results occurred - did the learner apply the new skills to the necessary tasks and what results were achieved?

REACTION

Why do you want to know the reaction of the student? In order to improve your training program, it is good to know what worked and what didn't, in the student's perspective. You can't make changes or improvements unless you know what to change.

LEARNING

It is important to check for understanding, to measure what has been learned. It provides you, the instructor with feedback to gauge your delivery of the information. Did all of the students miss the same question? Review the material associated with those frequently missed test questions. You may need to add information or change the way you are delivering, so the student is assured that they are learning what is intended. The outcome of quizzes or other means of evaluation of learning give both the student and the instructor the

opportunity to expand on the learning. The student may realize they need to put a little more effort into reading, paying attention or whatever is needed for understanding. The instructor may find out that he or she needs to give more detailed explanations or more

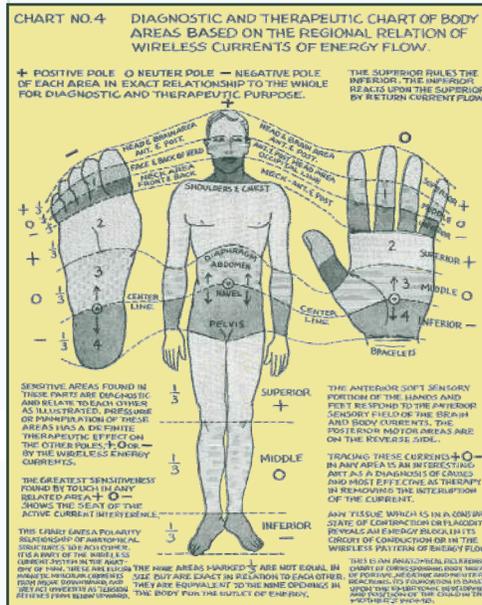
instrumental in changing the student's behavior? If the point of the training is to teach a new skill, the only way to know if that skill has been learned is for the student to demonstrate the use of it; to demonstrate that their behavior has indeed changed or that they can perform the new skill. Certainly before certifying a potential Polarity practitioner, one would want to ensure they perform Polarity sessions with competence.

RESULTS

A measure of overall results tells both the student and the instructor that the training has been absorbed and transferred from classroom to workplace. The end-of-course test, whether written, demonstrations or a combination of both is a valid measure of results. The students should always perform an end-of-course test and for Polarity, it should include both content in all the required competencies and practical demonstrations.

There is no one way that is best to measure your students knowledge, no best way to evaluate your training. Think through the purpose of your training, the purpose of the evaluation, the purpose of looking at the results and the overall method of evaluation.

Nancy Lehto, APTA Education Director



anecdotes or more time for discussion to fully provide the students with the information they need. An effective way to train adult learners is to set expectations of learning and verify it has taken place incrementally in the course. It also reinforces learning at a cognitive level.

BEHAVIORS

Measuring behaviors before and after training, clearly define what learning was achieved by the student. Has the training been



APT Foundation Appreciates Support

LET US HEAR FROM YOU!

Looking for a worthy cause to make a year donation to? Look no further than the American Polarity Therapy Foundation! By supporting the Foundation, you are helping to promote Polarity Therapy community service, education and research.

The Foundation Board of Trustees are looking forward to expanding the outreach of the Foundation, including publishing a research journal. Donations of any amount can be sent to the APTA office at 122 N. Elm St, Suite 504, Greensboro NC 27401 and made payable to APTA Foundation.

Thank you for considering the Foundation.

Newsletter Ad Prices Now Reduced

APT has reduced the price on advertisements in the Energy Newsletter. There are discounts for multiple placements and for APTA members.

Energy Newsletter readers include members as well as people interested in Polarity Therapy. As a member, you can now get a business card sized ad *for under \$10.00!!*

At that price, why not advertise your business?

If you have a school or you offer CEU's, this newsletter is a great way to reach a targeted audience and let them know about your business.

Check out the fee schedule below.

Are You Missing Referrals?

When was the last time you checked your listing on the APTA website?

If you've changed your email address, phone number, or website since joining you may be missing out on valuable referrals! Check out your online APTA listing today and see if you need to make any changes or updates.

Help potential clients or your future students find you!

Energy Newsletter and APTA Journal– Advertising Guidelines

A publication of the American Polarity Therapy Association

Ad Size	1X Member	1X Non Member	2X Prepaid Member	3X Prepaid Non Member
Full Page	\$150.00	\$175.00	10% Discount	20% Discount
Half Page	100.00	125.00	10% Discount	20% Discount
Quarter Page	50.00	65.00	10% Discount	20% Discount
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Rates above are for camera-ready copy. Copy changes will incur a minimum charge of \$25. Ad design available for \$40/hr.

Ad copy received after the closing date is not guaranteed placement.

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122 North Elm Street, Suite 504
Greensboro, North Carolina 27401

Issue	Ad Closing Date	Publish Date
Spring	February 15	March 15
Summer	May 15	June 15
Fall	August 15	September 15
Winter or Journal Issue	November 15	December 15

Email ads to:

aptaoffices@polaritytherapy.org

Any person, member or non-member, choosing to be an exhibitor at an APTA conference will receive one complementary quarter page ad in the Energy Newsletter, which must be used within one year of the conference.

Ads must be accompanied by payment. Checks must be made payable to APTA. Multiple insertion orders must be accompanied by payment in full for the series. Ad cancellation after the first deadline but before all placements have been run will reflect the single issue fee for ads actually run, plus a 10% service fee.

Please provide all ads electronically. If using images, send jpg or png files as email attachments, not imbedded in an email. APTA will not change ad copy, but needs flexibility for formatting.

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