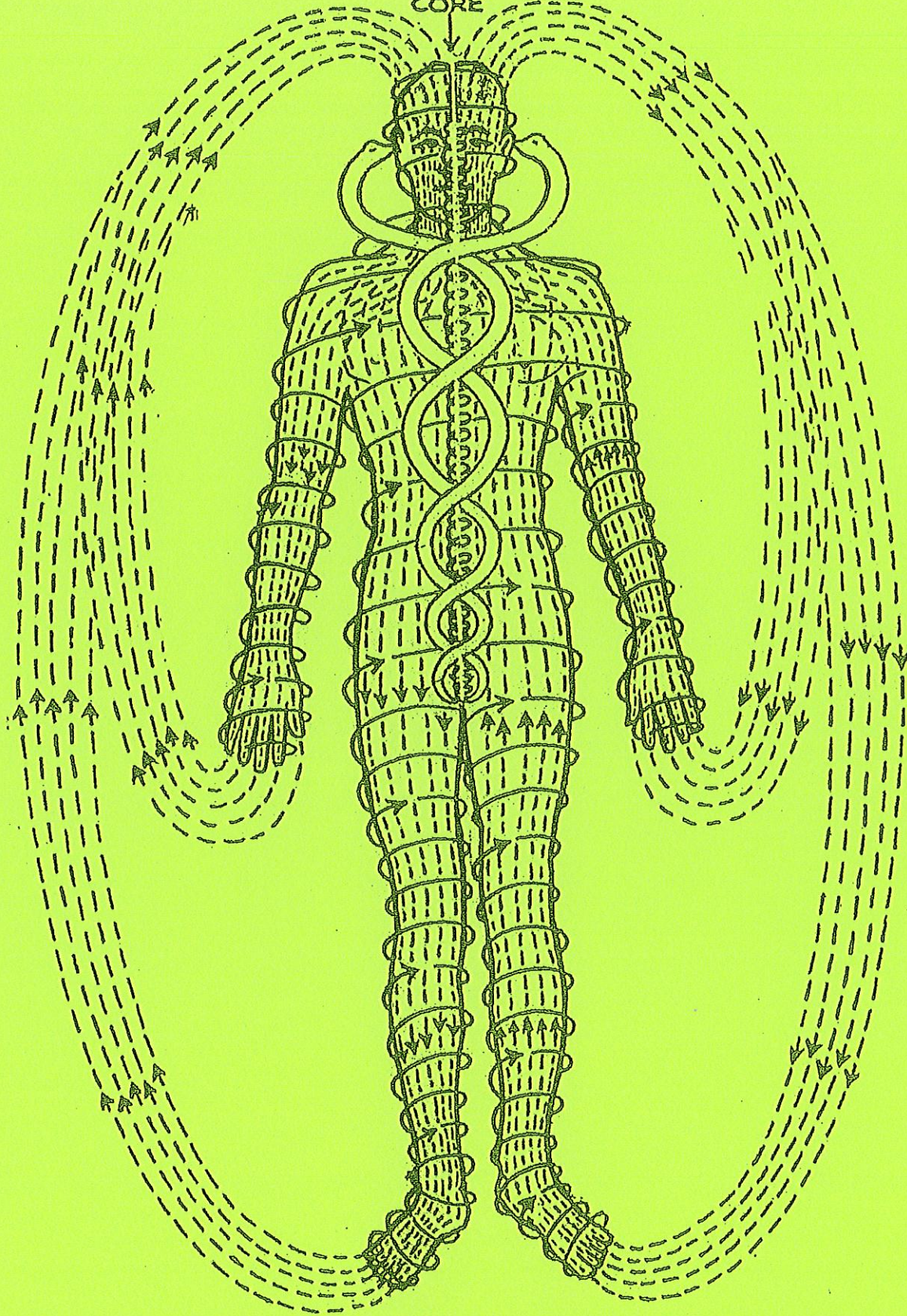


ULTRA-SONIC
CORE



POLARITY THERAPY

"THE ART OF MEDICINE HAS ITS
ROOTS IN THE HEART"

- PARACELSUS

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Polarity Therapy

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Polarity Therapy in Essence

1. The founder of Polarity Therapy was Dr. Randolph Stone, D.O., D.C., D.N. After long years of study of the medicine of the East and the West, Dr. Stone established a system of therapy based on the knowledge of the human being and the principles of life.

To better understand Polarity Therapy, we should know that a human being is a physical body, a mind, and a soul, which will react constantly with the environment of the present time based on the previous past experiences. The physical body, soul, and mind are a unity that cannot be separated and will interact on each other all the time. The soul or the mind will be the power in charge, depending on the awareness of the individual. The physical body will always automatically take the orders, as a slave. What is life? Harmony, balance, and motion. If we don't follow these three principles, we will cut ourselves off from nature and become first sick mentally and after that, ill physically.

2. The word *polarity* refers to the concept that there are opposite poles to everything in the universe: positive/negative, male/female, inside/outside, etc. The human being is a microcosm of the universe and as such is subject to the laws of polarity. The body has positive, neutral, and negative poles through which the life energy flows. When the opposite poles are equal in strength or are balanced with each other, they are polarized. This creates a condition of balance, what we call health and well-being. One feels relaxed, aware, whole.
3. Polarity Therapy is a scientific system for balancing the life energy in the human being. This is done through an understanding of the invisible energy currents, their design and function in the human form. We can say that Polarity Therapy is a wholistic *system* because it includes five aspects or approaches for achieving balance, harmony, and motion. These five arts/sciences are: 1) Love; 2) Thought and Attitude; 3) Manipulations; 4) Exercise; and 5) Diet and Nutrition.

4. Life energy is the current of nature, which gives the human being its life. All illness and disease is simply and originally an imbalance in the flow of life energy. Nature has designed an invisible river system through which our life energy flows. If these rivers of life energy become dammed up, blocked, or even narrowed, the result is pain, tension, and a weakening of the system, which leaves the body open to attack. These blocks can be caused by negative emotions, mental outbursts, emotional or physical traumas, habitual negative thought patterns, or suppressed emotions. By use of the Polarity system, the river channels can be widened or reopened, and the proper flow of energy re-established. When this happens, the body automatically rights itself and returns to its natural state of balance, what we call health. The mind and emotions return to harmony and life becomes once again happy and very enjoyable. Thus, Polarity Therapy is not only a school of manipulative therapy, but also a full, complete philosophy of life.

Polarity Therapy - Remembering Uncle Randolph



BY ROBERT K. HALL M.D.

**Photo: Dr. Randolph Stone in 1974 - Courtesy of Robert K. Hall
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In January 1970, I made a journey to India in order to see a spiritual master whose teaching had strongly attracted me. I had finished a two-year apprenticeship with Fritz Perls and we had parted ways a month or so before the trip.

His anger over my interest in meditation and spiritual practice had shaken me deeply. I tried to explain to him that I thought meditation was an ancient form of therapy. He let me know, in a fit of rage, that I was crazy. The argument stopped there and he stomped out of my house.

The last thing he said to me was that I should return from India when I recovered my sanity. I never saw him again. He died two months later, while I was still at the ashram.

The disagreement was a huge turning point in my life, because my relationship with Fritz, my devotion to him and his work, were very central to my personal and professional journey. The rupture in our association left me saddened and disillusioned. I sputtered to myself about how he taught people to 'do their own thing,' but he objected when I did what he taught.

Besides, maybe he was jealous of the spiritual master I was going to see. Fritz always wanted to be the main attraction and he certainly thought Gestalt was the only therapy. I'd get along without him.

I would study meditation no matter what he thought. And so it was in this go-it-alone frame of mind that I arrived in India. I wasn't looking for another mentor. That's when I met Randolph Stone.

I probably wouldn't have met Dr. Stone if my traveling partner hadn't fallen ill. Alyssa became sick with some mysterious scourge that Western travelers in the Orient are likely to encounter. She was very weak. Her hair started to fall out and her back was covered with a skin eruption I had never seen before.

The local doctor wasn't helping very much and we were worried. Another resident of the guest house where we lived told us about an old man who was personal physician to the Master.

He was also a Westerner, had very unorthodox methods of healing, and was much envied because of his close friendship with the Master. At the ashram, being in close contact with the Master gave automatic celebrity status, and we were impressed. Everyone we asked told us, though, that Dr. Stone, or Uncle, as he was affectionately called by the Indians, never saw Westerners.

He had limited his healing practice to Indians only. The word was that he thought Westerners were a little silly and not very serious in their spiritual life. We thought he was probably right, but Alyssa needed attention soon. She was getting weaker every day and we were much too scared to feel silly.

The first time I saw Dr. Stone he was doing what he often did in the afternoon. He was pumping along on his short legs, trying to keep his stocky and sturdy body abreast of the tall, lithe form of the Master as he strode along the brick streets of the little community.

The Master glided when he walked. Dr. Stone waddled. His body was strong for an 84-year-old man. He was amazingly vital. His bulky torso was carried along by the rapid churning of two stubby legs. He was constantly on the verge of catching up, but the Master moved gracefully and his legs were long.

Dr. Stone was dressed in Western clothes except for a crisp, white Indian cap he usually donned for his afternoon excursions. I remember commenting that he followed the Master like a faithful servant, always in attendance. And that's what he was. The Master was his Teacher and he was a devoted disciple. They were an odd-looking couple hurrying along the sun-baked streets. The Master appeared to be everything a spiritual master should be: tall, noble, handsome, graceful, bearded and turbaned.

Dr. Stone looked like a baker or a storekeeper. The way his large head and thick, short neck rested on those wide shoulders, he looked a bit more like a bull than a magician. All of my Hollywood stereotypes were cancelled.

Dr. Stone's maiden niece, Louise, was his caretaker and guardian of the gate. She was fierce. No-nonsense and brisk of manner, she protected him like a barbed-wire fence from curiosity seekers and afflicted Westerners looking for cures. To this day I don't know how Alyssa got past her.

But one day she announced to me that she had an appointment with Dr. Stone the next day at 11 a.m. I was allowed to accompany her because I am a doctor. That didn't impress Louise much, but Dr. Stone had said, 'It's OK, bring him along; it'll be interesting for him.'

Interesting was hardly the word. When we arrived at the second floor, rooftop apartment where Dr. Stone's rooms and clinic were located, the first person I saw was an old woman sitting in the sun on the brick veranda. She had metal clips pinched on her nose and ear lobes. She was holding curious, metal, comb-like prongs in each hand.

She smiled beneath the gadget hanging from her nose. I noticed she had what looked like paper clips on the tip of each finger also. I decided I needed an open mind. After all, I had encountered unorthodox methods before. I was a progressive physician. Louise informed me in her no-nonsense voice that the lady was getting her energy balanced. I nodded casually.

Dr. Stone poked his head out of his workroom, saw Alyssa and me and exclaimed, 'My, my the psychiatrist and his wife! I'll be right with you, little lady. Louise will tell you what to do.'

Louise started hooking Alyssa up to the peculiar paper clips. There were loud groans coming from the workroom. I inspected a crop of alfalfa sprouts growing in long, flat boxes in a corner of the veranda. Alfalfa sprouts were an oddity in those days. I had never seen them before.

The groans grew louder. Louise told me that she and Dr. Stone ate the sprouts for snacks. She said fenugreek sprouts were good too, with a little oil and vinegar. She offered me a dish full. I politely dipped my fingers in and munched carefully. Louise told me they contained all the protein I'd ever need.

Dr. Stone prescribed them to all his patients. They actually tasted OK. 'Of course they do,' she said. 'We have to teach people how to eat properly, too. Uncle's very strict about diet.' There was a yelp of pain from the workroom. Then a long, satisfied groan. I was sweating from the hot noon sun.

When Alyssa had been unhooked from the paper clips I whispered, 'What did you feel?' She looked at me with one of those I-don't-know-what's-going-on looks and whispered back, 'Nothing, I think. My nose hurts.'

The man who walked reverently out of the workroom looked like he was feeling pretty good, so we began to feel optimistic as Dr. Stone motioned for Alyssa to climb on the bodywork table. She told him about feeling so ill and her hair falling out. He seemed to know what was wrong without listening.

'It's digestion,' he exclaimed. 'It's all digestion. We just have to get the currents flowing. It's simply a matter of stasis. That and diet. We work with the five tatwas you know, the five elements. When they're in balance everything functions the way the good Lord planned it. Of course you're sick, little lady; you just need attention.' With that he started pressing on specific places on her neck, shoulders, arms, hands, feet and legs. All the while he worked with his thick powerful hands, he talked. Rather, he orated. He exclaimed. He preached.

He fixed me with his clear, blue eyes. His skin looked like that of a baby and it glowed with health. His eyes lit up with joyous enthusiasm, and he began one of the many lectures on life, the body, and God that I was to hear in the next three months. I was his student. I didn't have the remotest idea what he was exclaiming about, but his ardor made me feel about five years old again. I just locked my eyes on his and told myself to let go.

Alyssa was groaning in a mixture of pain and relief, as his stubby fingers pressed her. Sometimes he would hit a spot and she would yell. Then she cried. Her crying sounded like relief too, but I wasn't sure and wondered how I could stop him and get her out of there.

Dr. Stone just kept on pressing and pulling and moving her feet around. She started to shake and shiver all over. Then she broke out in a sweat and started to burp and gulp in between gasps.

I stared into his eyes. They were kind and smiling. 'She's going to be just fine ... might have a bit of a purge after this, but she's going to be fine. Yes, it's a good thing you came. I don't treat Westerners anymore. The Indians need me. They send me kings and prime ministers.

'I treat them all. They all come to me when they can't get help anywhere else. I get all the impossible cases. They send the hardest cases to me, the ones the doctors don't know what to do with anymore. They never listen to me, doctors, but I can see your cup is empty.

'Most of them are all full of themselves ... can't hear a thing but their own ideas. It's the tatwas that do it all. Energy locks, like here.' With that he squeezed some mysterious spot on the ball of Alyssa's big toe and she screamed. He broke into a grin and emitted a high pitched, lilting laugh.

'Yeah, send you to the moon, that one will. It's so sore.' More squeaky laughing. 'No wonder you don't feel good. You're all clogged up. We need to get the currents flowing. Energy locks. It's a gas problem. You'll be all right. Yes, why you're a wonderful woman. You need some attention though.'

Compassion radiated from him. I was entranced ... immobile. My mind simply stopped. My medical school mentality sputtered, protested and clicked into neutral. I decided to think about it all later. Alyssa was quivering and sobbing, but she didn't seem afraid. In fact, she seemed transported in some kind of blissful trance. He continued working ... small movements, gentle caresses and sudden jerking pulls. Joints popped. Sweat broke out. Limbs shook. Alyssa had her eyes closed and was smiling.

All the while he worked he orated about the Holy Sound, the Divine One, the Ida, Pingula and Shushuma, the three rivers of life-giving energy, the divine step-down from the Word of God to flesh.

One minute he was exclaiming on the wonder of God's love; the next second he was instructing me about clogged bowels and rubber tube enemas. The connection between God and the five elements seemed perfectly clear. The cause of clogged bowels and the cure for man's diseases were all obvious.

The emergence of the body from divine, formless energy, plasma gases and ultimately vibratory sound, all seemed perfectly simple. Medical school had never been like this. For that matter, neither had Gestalt therapy and certainly not Rolfing.

Alyssa was holding his hands and saying thank you. I could tell she loved him. I thought I did too, but I reminded myself I needed to think later. I felt like Mr. Jones. (Something is happening but you don't know what it is, do you, Mr. Jones?)

He told Alyssa to come back in two days. As we were leaving he pumped my hand and said, 'You can come back with her. You're a psychiatrist, huh? Well, that's good. Your cup isn't overflowing. All those doctors ... they don't know what they're doing. I get all the hard cases - the ones they don't know what to do with.'

He was still talking as we left. I could hear him as we descended the steps. We walked a while in silence. Alyssa was still shivering. Finally I said, 'What in the hell was that?' She replied, 'I don't know but something's working. I feel like a balloon.'

Well, I not only returned the next time but pretty regularly for the next three months. Most mornings would find me standing across the worktable from Dr. Stone as he treated one after the other from a long line of ailing Indians.

They came with all kinds of complaints ranging from poor digestion to broken bones. He treated them all with his method that he called polarity therapy. Whatever the complaints, his concern was always the same, releasing and balancing blocked energy. And for each patient, his method was amazingly repetitious.

He pressed on pressure points, taught exercises, advised diet changes, and ran his powerful hands over the body, stopping always in specific places to release what he called connective tissue locks. The response from his patients was pretty uniform also. They yelled and protested his probing hands at first.

He would commiserate and sympathize. 'Yes! Of course that hurts! Oh, you suffer so much! Nobody knows what suffering you have and they never pay attention, do they? You just need some help here. Your body is so toxic! We've got to get this moving so you can feel good.'

With that he would surprise his mesmerized patient with some crucial manipulation that would bring a yelp of pain, followed by the signs of release tears, shaking, burping, sweating, and finally relaxation. They all seemed to get better. Alyssa did too. I became totally fascinated by this unorthodox and thoroughly original healer and vowed to learn whatever he could teach me.

Sometimes he would work with my body and I would feel first-hand the power of his method, his personality, and his hands. I remember leaving his clinic a number of times, my body vibrating from his ministrations, thinking, 'What am I doing here? This man is a maniac. I'm a doctor. I shouldn't be associated with such madness.'

But, I'd be there the next morning, trying to understand what he was doing with his hands that created such profound reactions. Hour after hour we worked together. He would place my hands under his on the patient and guide me to the crucial area, exclaiming, 'Do you feel that? Now that's how it works - the life force, God's gift to man.'

And then while I labored to open my hand and senses, he would launch forth loudly, and sometimes ecstatically, on a lecture about the creation of matter, the human body, the microcosm and the macrocosm. He was possessed and inspired.

When I asked him where his information came from, he would always answer, 'From study. I've studied for 50 years burning the midnight oil. Meditation, you know. It's all there. You just have to ask. Christ said, 'knock, and you shall enter.'''

He was so eccentric. During the evening discourses given by the Spiritual Teacher, he would fall asleep in his usual front row seat, and his hearing aid would suddenly give forth a jolting screech. Somebody would have to wake him so he could turn off the noise and the discourse would proceed. Sometimes he would snore and we'd all smile affectionately.

He was obsessed with his work and spiritual practice, and that's what he talked about constantly. I remember a long train ride to New Delhi with him and Louise. He lectured me for the entire time, all the while manipulating Louise's shoulders. Then he would go to sleep, only to instantly begin working on whomever was near when he awoke.

He never stopped teaching. 'Yes, it's a wonderful life,' he would say laughing, 'If you only get interested in it. Why it's marvelous. But it's better in the inner worlds, you know. That's why we're here - to make that journey. But you need the Master's grace. You can't do it alone.'

Later, after Richard had studied with him and Catherine had become one of the growing band of his admirers, we invited him, on his next trip to the United States, to give a workshop in our home. We had begun an association that was to be the Lomi School, and his work was having a large influence on us. He had not had many serious students in America and so he refused that first invitation.

The second time, a year later, he accepted our offer and came to Mill Valley to teach. There were about 25 people who enrolled for the two-day workshop, a good mixture of therapists, physicians, artists and curious clients from our own work. He was excited - such good students.

For me, it was initially a horrible experience, because he didn't tone down his performance one bit. That first morning I looked around the room with embarrassment as I saw the looks of consternation, confusion and disbelief on the faces of my colleagues. I was sure they thought we had invited them to pay good money to watch a lunatic.

As the day wore on, he continued to warm up and so did everyone else. I relaxed and enjoyed his ability to uplift people with his childlike, spiritual fervor. A number of workshops followed that one and the number of students grew. Polarity therapy had started its growth in America.

His association with those of us who founded the Lomi School became more intimate, and there were many visits to our home. Always he taught. Richard loved to spend time with him and often volunteered to drive him around sightseeing, to classes, and to the airport.

Once, while they were driving through San Francisco, Dr. Stone stopped one of his spontaneous discourses on polarity therapy, and looking around in astonishment, said, 'Why this looks exactly like San Francisco!' Richard said, 'It is, Uncle. We're in San Francisco.' He had been so involved in his oration that he hadn't noticed the journey from Marin County over the Golden Gate Bridge. 'Oh,' he said and set forth again on his explanation of how the five elements precipitate as physical matter.

Often, we had our meals together around a long Spanish table - delicious vegetarian food made with special care for Dr. Stone. But while we would all be stuffing the food in, he would sit at the head of the table laughing,

beaming and giving a lecture on how bean sprouts are composed of earth and water and full of protein and, most of all, directly descendent from the divine, vibratory sound current.

I remember looking up from my eating to see him talking excitedly and beaming at me with so much love in his eyes. I could barely hold this glance. Once he began eating, however, he never spoke a word of the remainder of the meal.

There was a swimming pool in back of our house and it was so private that we were all, including the children, in the habit of swimming, and relaxing in the sun nude. Actually, Lomi School had its beginnings from the conversations while relaxing around the pool.... Proper Californian beginning. We were quite apprehensive about Dr. Stone visiting the aspect of our scene, because he was always attired in jacket and tie and seemed rigid at times about social interaction. We doubted that the group of us, naked, sprawling, around a swimming pool, was his idea of decorum. So we used to sneak out to the pool while he was taking a nap. Well, fears were our own projections, of course. One hot day, while we assumed that he was resting, he appeared at the back door in his jacket and tie. As he walked down the steps and into our embarrassed midst, he exclaimed, 'Yeah, how natural! What a good psychology', just like the early Christians. You are just like the early Christians in your psychology. It's healthy too.' We were all stunned. While we were in reaching for towels to cover ourselves, he smiled and, without another word, ball back into the house.

During 1972 and 1973, Dr. Stone was invited to conduct a number of his training workshops throughout the Bay area and southern California. Many people wanted to become polarity therapists. Most of my clients were eagerly studying his difficult and puzzling manuals. He had never been able to interest publishers in them, so he had designed the workbook format, and published them at his own expense. When they started to sell, he was delighted. After many years of not being accepted by the health of establishment, he was suddenly being taken seriously by a large group of people disaffected with the Orthodox allopathic methods. He became a sort of folk hero. And he basked for a short time, in the experience of being a well-known founder of a philosophy of therapeutics. He would say to me, 'just think 80 students in my workshops. Why, it was a large room too, and the hall was full of people. They want to know! They need some practical answers. And by the Grace of Maharaji, I can give them answers. This work gets to the causes of disease, not just the symptoms but the causes! I'm so grateful that I've been given this opportunity. 80 of them! Why there wasn't room for any more in the room.'

He had no selection procedures for those he taught. We asked him about this. Didn't he worry that such powerful techniques might be misused by the immature and irresponsible? There were suddenly, hundreds of 'alternative' people who fancy themselves healers, armed with naive intentions in four days polarity training. He advises not to worry about it, 'they'll weed themselves out, those who have the gift will use it, those who don't will fall by the wayside.' Then he would quote Christ's parable of the scattered grain, how some landed on fertile soil and took root, while other seeds fell on rock.

Suddenly, in 1973 at age 86, he announced that he was finished teaching. He designated his older student Pierre Pennetier, as heir to his teaching and custodian of polarity therapy. Then he gave away all his personal possessions. To Richard, Catherine, Alistair and me, he bequeathed a collection of oriental rugs, some of which are museum pieces. As one last gesture, he offered to do his final training workshop at the new Lomi School on Kauai. It was to be his farewell, because from there he was returning to India in order to end his days in meditation. He told me that he could plan a brief stop in Fiji, however, because the fresh fruit that grows there is so wonderful.

And so he came to Kauai 10 days and taught the final classes. He was inspired. As wonderful as his teaching, however, was the way he breaststroked in the Pacific surf, swimming like a young man – all the while exclaiming on the beauty of the island. He told us, though, that the 'inner worlds' were even more beautiful.

As I walked across the concrete runway with him to his waiting plane, he was still teaching 'the work.' Then just before boarding he turned to me and said, 'I'll always be with you.'

Recently I had word that he died a year ago. He must have been about 95.

Polarity Therapy: Basic Concepts

Energy: Everything is defined in terms of **Energy**.

Health: Energy flow that is balanced, unblocked, and free-flowing.

Disease: Energy flow that is unbalanced, blocked, and has an interrupted flow.

Blockage: An interrupted Energy flow. This results in pain on a mental/emotional and/or physical level. Blockages produce deficient Energy in some areas and excess Energies in other areas. All blockages originate on subtle, mental/emotional levels.

The object of Polarity Therapy:

To find and release blockages so that the client's Energy pattern can return to a state of balance.

How the energy field is affected:

There are **five ways** in which the Energy field of a client can be affected:

- 1) Touch
- 2) Diet
- 3) Thought and attitude
- 4) Exercise (Polarity Yoga)
- 5) Most importantly, **Love**

Three styles of Touch:

Satvic- slow, relaxing, light touch, associated with a neutral charge.

Rajasic- fast, stimulating, moderately deep, associated with a positive charge.

Tamasic- slow, dispersing of chronic blockages, deepest penetration, associated with a negative charge.

Relationships:

A body part can be described as positive, neutral, or negative only in relationship to another body part.

Positive outgoing, fast, hot
Neutral balanced and relaxed
Negative receptive, slow, and cool

Comparing the right to the left side:

- the right is positive
- the midline is neutral
- the left is negative

Comparing superior to inferior:

- superior is positive
- the midpoint is neutral
- inferior is negative

Comparing front to back:

- the front is negative
- the midpoint is neutral
- the back is positive

Polarity Connections:

To establish the best connection with a client, touch using the principle of “opposite poles attract,” just as the North and South poles of a magnet attract each other.

For example:

- 1) Left/Right Rule – If you are touching the right and left sides of their body, touch their right with your left hand and touch their left with your right hand.
- 2) Anterior/Posterior Rule – If you are touching the front and back of their body, touch their front with your right hand, and their back with your left hand.
- 3) Superior/Inferior Rule – If both of your hands are along their midline, touch the superior part of their body with your left hand, and the inferior part of their body with your right hand. Only use this superior-inferior rule if both hands are on the midline.

The Law of Polarity

“The superior hand establishes polarity” (by the Left/Right Rule) meaning that the superior hand should have the correct polarity connection, and the bottom hand can have a correct or incorrect connection. The reason is that the inferior part of the body is negative (and therefore, inherently receptive), whereas the superior part of the body is positive (and inherently outgoing).

Five Elements

Energy in Polarity is divided into **Five Elements**:

- **Earth**
- **Water**
- **Fire**
- **Air**
- **Ether**

Each Element is associated with a finger, toe, zone, chakra, and personality type. All of the Elements, except Ether, are associated with Triads (three body areas).

Any body part that is described as being associated with a certain Element is really only 50% that Element, and the other 50% is a mixture of the other four Elements.

Focus and Acceptance:

While touching a client during a Polarity Treatment, therapist should be fully present, not thinking about other things, and accepting of the client and their process (including acceptance of lack of change or improvement). Change comes through Acceptance and Love, rather than through technique.

Hand Placement in the Satvic & General Treatments

There are a number of rules we use to describe our hand placement:

A. The Superior/Inferior Rule

When working in the **midline**, your left hand, which is negative, should be superior (closer to the head), which is positive. Your right hand, which is positive, should be inferior (farther away from the head), which is negative.

Moves that fall under the Superior/Inferior Rule:

- Belly rock

- Body Mechanics

- Chakra balance on the front

- Chakra balance on the back

- Xiphoid to Manubrium (Finger placement) – The index finger (which is negative compared to the middle finger) is superior (closer to the head). The middle finger (which is more positive) is inferior (farther away from the head).

B. The Left/Right Rule

When your hands are on the **left and right sides** of the body, your right hand, which is positive, should be on the left side of the body, which is negative. Your left hand, which is negative, should be on the right side of the body, which is positive. (Note: this may also follow the “Law of Polarity”.)

Moves that fall under the Left/Right Rule:

- Hip to shoulder cross current on the front

- Hand to foot cross current

- Hold the feet (when client is face up)

- Hip to shoulder cross current on the back

- Kidney treatment (initial position)

- Magnetic pass on front of body

- Six point progression cross current

- Scapula to calf

C. Using the “Law of Polarity”

When your hands are on the same side of the body, use the law of polarity, which states that the superior hand establishes a correct polarity contact (right to left). Your inferior hand can go anywhere as long as it does not cross the superior hand.

Moves that fall under the “Law of Polarity”:

- Ankle to Diaphragm to Clavicle

- Ankle rotation

- Kidney Treatment (ending position)

Xiphoid to Manubrium (Explains hand placement, but not the finger placement which is explained by the Superior/Inferior Rule — the fingers are in the midline, while the hands are both on the same side of the body.)

D. The Anterior/Posterior Rule

When your hands are directly opposite each other and you are making an **anterior/posterior** connection, your left hand, which is negative, should be on the back of the body, which is positive. Your right hand, which is positive, should be on the front of the body, which is negative.

Moves that fall under the Anterior/Posterior Rule:

- First ending head move

E. Body Mechanics

There will be some connections that are *incorrect polarity* because they are **anatomically or mechanically too difficult** for the therapist to do with correct polarity.

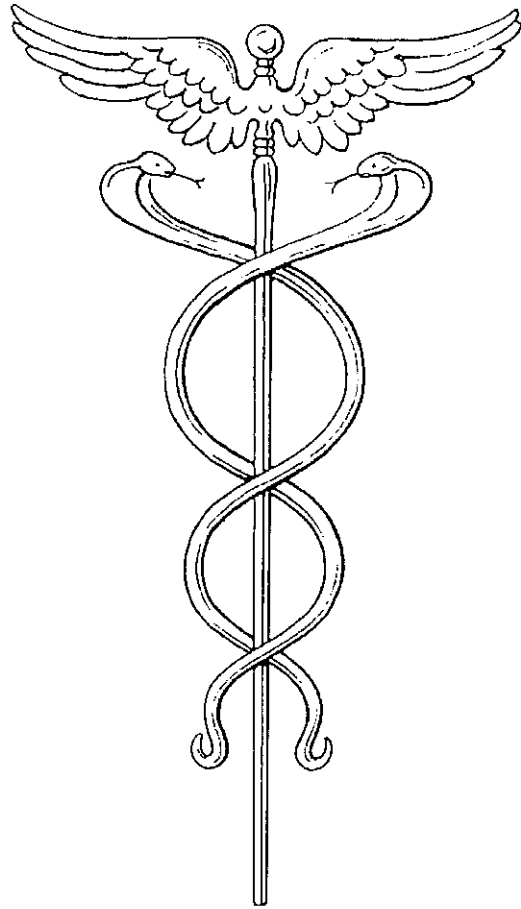
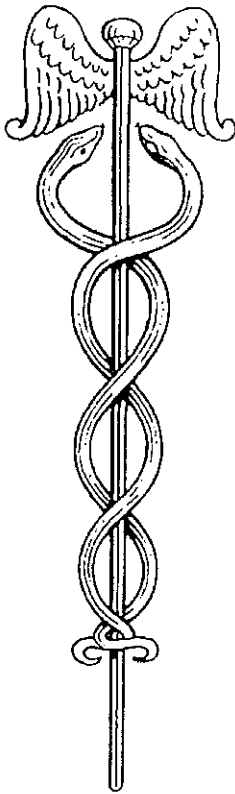
Moves that are incorrect polarity:

- Cerebrospinal fluid stimulation
- Coccyx stimulation
- Cup the ears
- Cup the eyes
- Dural Tube Traction
- Finger pull
- Hold the feet when client is face down
- Leg rotation and pull
- Magnetic pass on back of body
- Occiput to eye to fontanel
- Second ending head move
- Shoulder rotation
- Thumb web to elbow to brachioradialis
- Toe pull
- Two-handed head pull
- Vagus nerve stimulation
- Wrist flop

CHART No. 1

The Egyptian Caduceus
or the Staff of Hermes
The Insignia of the Ancient Physicians

The Caduceus



Two types of Caduceus are given here. Different countries had their own design of this same mystery of Energy Current flow in the human body and in Nature. The description of the "TREE OF LIFE" and of the "TREE OF KNOWLEDGE OF GOOD AND EVIL" in our Bible had a similar meaning hidden in its symbolism, where Life and Knowledge were closely interwoven for good and bad or positive and negative effects in the life of every being.

All these cryptic designs bear a hidden message to thinkers, of ENERGY PATTERNS in man's make-up so he can better understand himself and his dual and complex pattern design and thinking process. By knowing them, man can work from the center out and regulate the currents of thoughts and feelings through intelligent direction and knowledge rather than being tossed around by every temporary impulse and reaction. "MAN KNOW THYSELF" is the admonition contained in the symbolism of the Sphinx and of the Staff of Hermes.

CHART NO. 2

CHART OF THE SUBTLE PRANA CURRENTS IN THE HUMAN BODY AND THEIR CHAKRAS AS WHIRLING PRIMARY FUNCTIONAL CENTERS OF ENERGY.

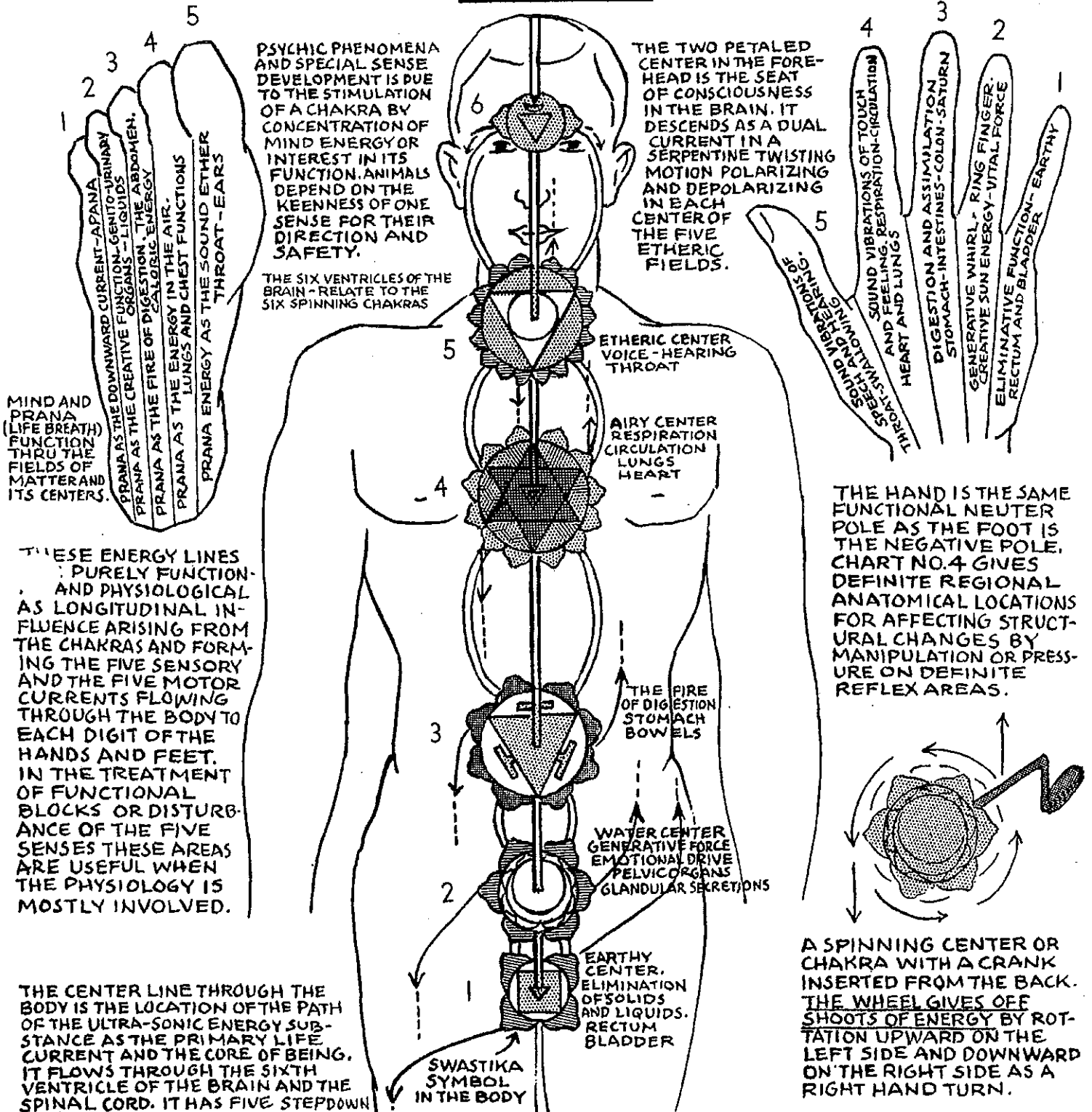


CHART NO. 1

MIND WORKING THROUGH FIVE ETHERIC PATTERN FIELD OVALS WITH SIX GOVERNING CENTERS CONNECTED BY THE ULTRA SONIC CENTRAL BEAM.

OVALS AND CENTERS

FIRST OVAL IS THE HEAD FOR CONTROL AND DIRECTION. (FIRE OR INTELLIGENCE)

SECOND OVAL IS THE THROAT. A LINK FOR EXPRESSION THROUGH SPEECH. (ETHER AND SOUND)

THIRD OVAL IS THE CHEST. THE HEART EXPRESSES THE LIFE ENERGY IN FLUIDIC FORM THE LUNGS AND DIAPHRAGM AS GASEOUS FUNCTION. (AIR)

FOURTH OVAL IS THE ABDOMEN NOURISHING AND SUSTAINING THE BODY. (EARTH ENERGY)

FIFTH OVAL IS THE PELVIS PERPETUATING THE PATTERN FORM. (WATER ENERGY)

THREE FIELDS AND CENTERS ARE NECESSARY TO EXPRESS THE SOUL AS INTELLIGENCE, SPEECH, LIFE AND MOTION. TWO FIELDS AND THREE CENTERS ARE NECESSARY TO SUSTAIN AND PERPETUATE THE BODY.

ARMS AND LEGS ARE EXTENSION LEVERS TO OVERCOME GRAVITY BY MOTION OF SHIFTING POLARITY FORCES FROM A POSITIVE THROUGH A NEUTER TO A NEGATIVE POLE AND REPEAT.

THE MOST ANCIENT AND PERFECT ARROW OR ROCKET DESIGNED BY NATURE SELF-PROPELLED AND SELF-DIRECTED.

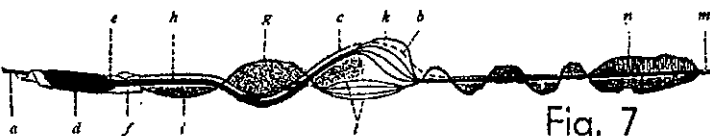
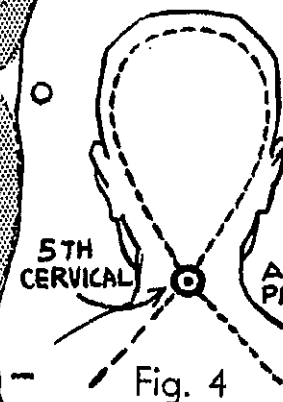
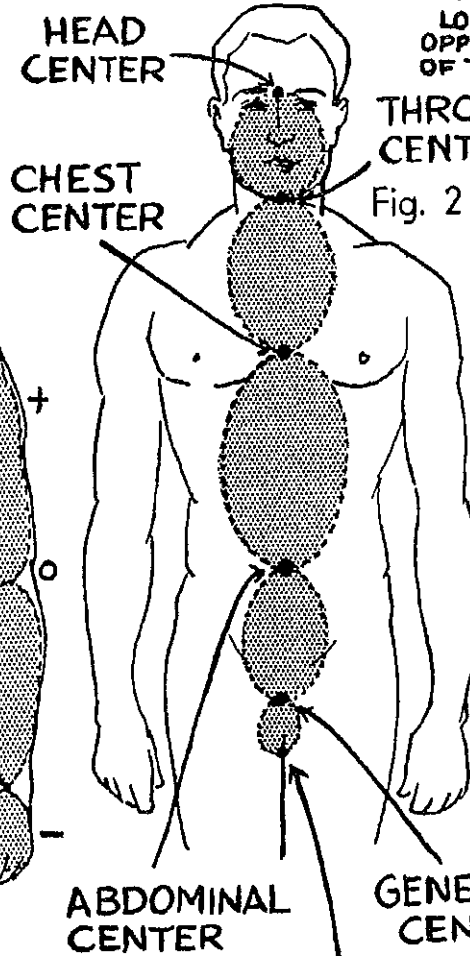


Diagram showing the general characteristics of the spermatozoon of various vertebrates: a, Lance; b, segments of the accessory thread; c, accessory thread; d, body of the head; e, terminal nodule; f, middle piece; g, marginal thread; h, axial thread; i, undulating membrane; k, fibrils of the axial thread; l, fibrils of the marginal thread; m, end piece of Retzius; n, rudder-membrane.

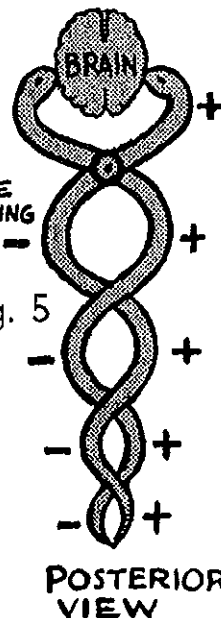
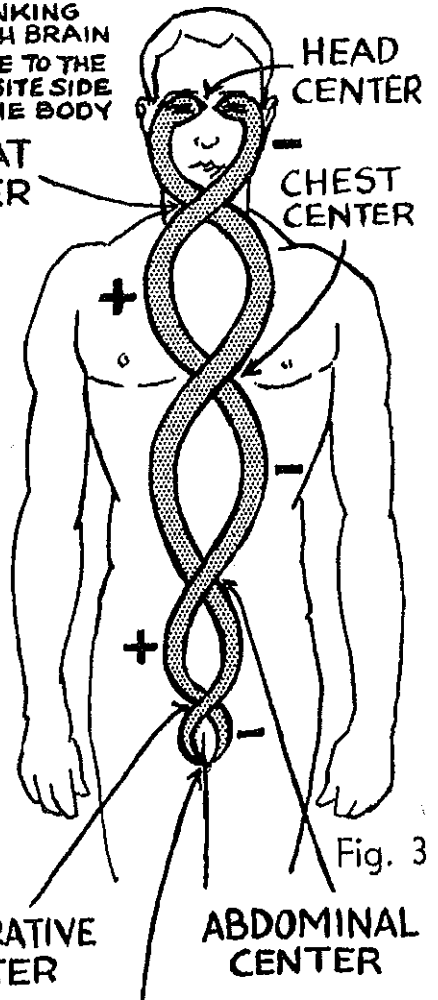
CURRENT CONNECTION OF CENTERS



THE SA PASS OF THE ANCIENT EGYPTIAN PRIESTS A SECRET MADE PLAIN BY POLARIZING THE BRAIN

CONTINUOUS ENERGY FLOW THROUGH CENTERS

LINKING EACH BRAIN LOBE TO THE OPPOSITE SIDE OF THE BODY



CELLS ARE MINATURE OVALS WITH THE FIVE MODALITIES OF MATTER IN ACTION IN EVERY LIVING CELL.

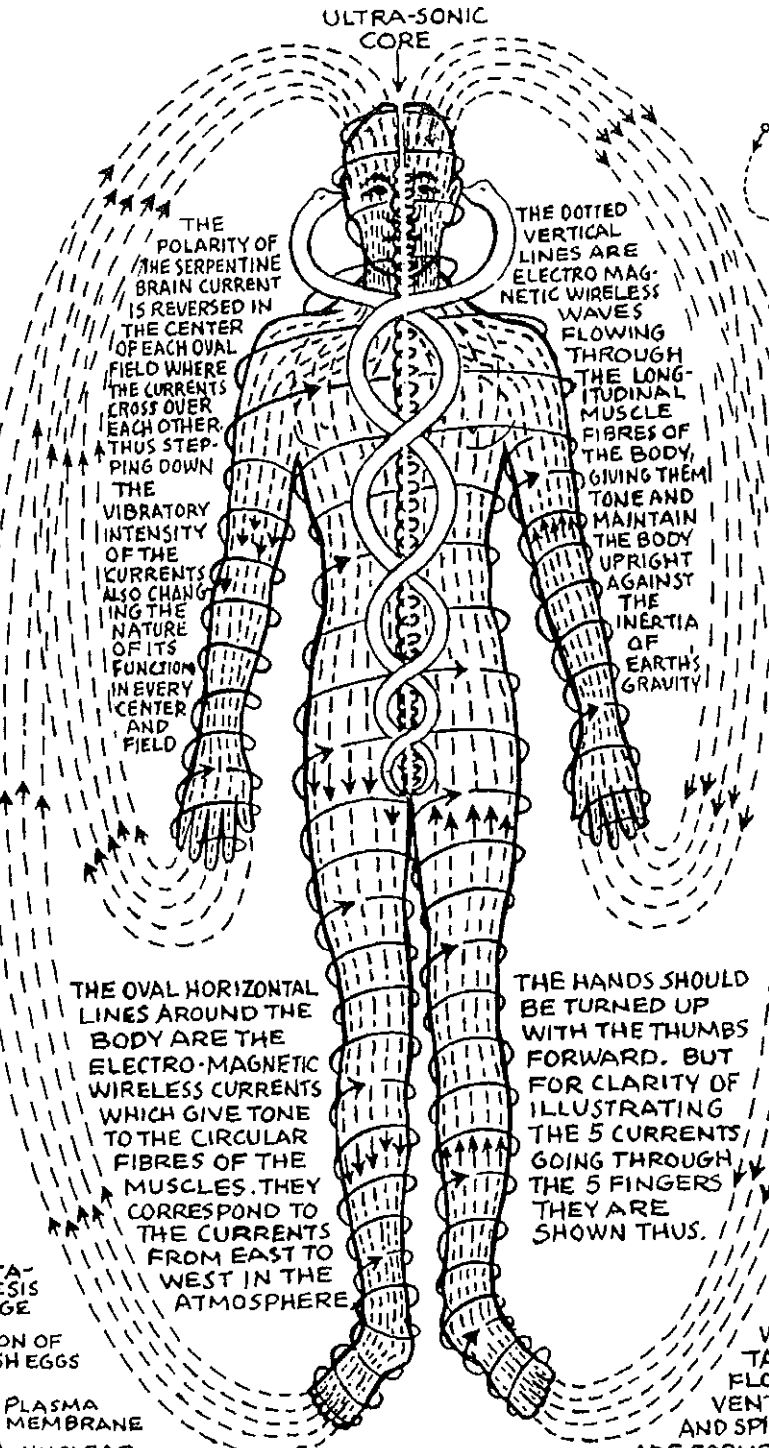
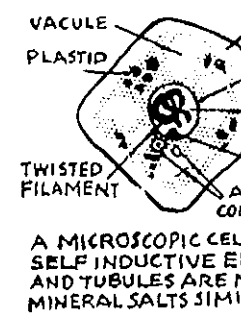
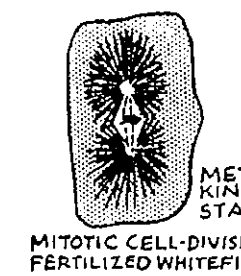
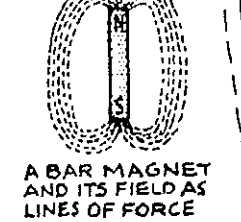
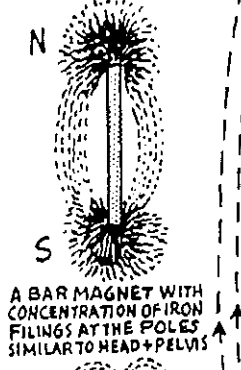
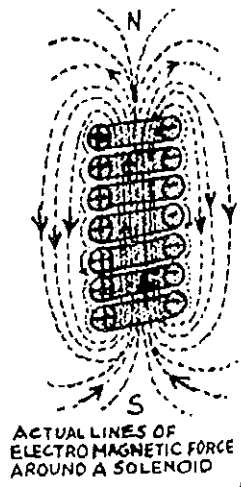
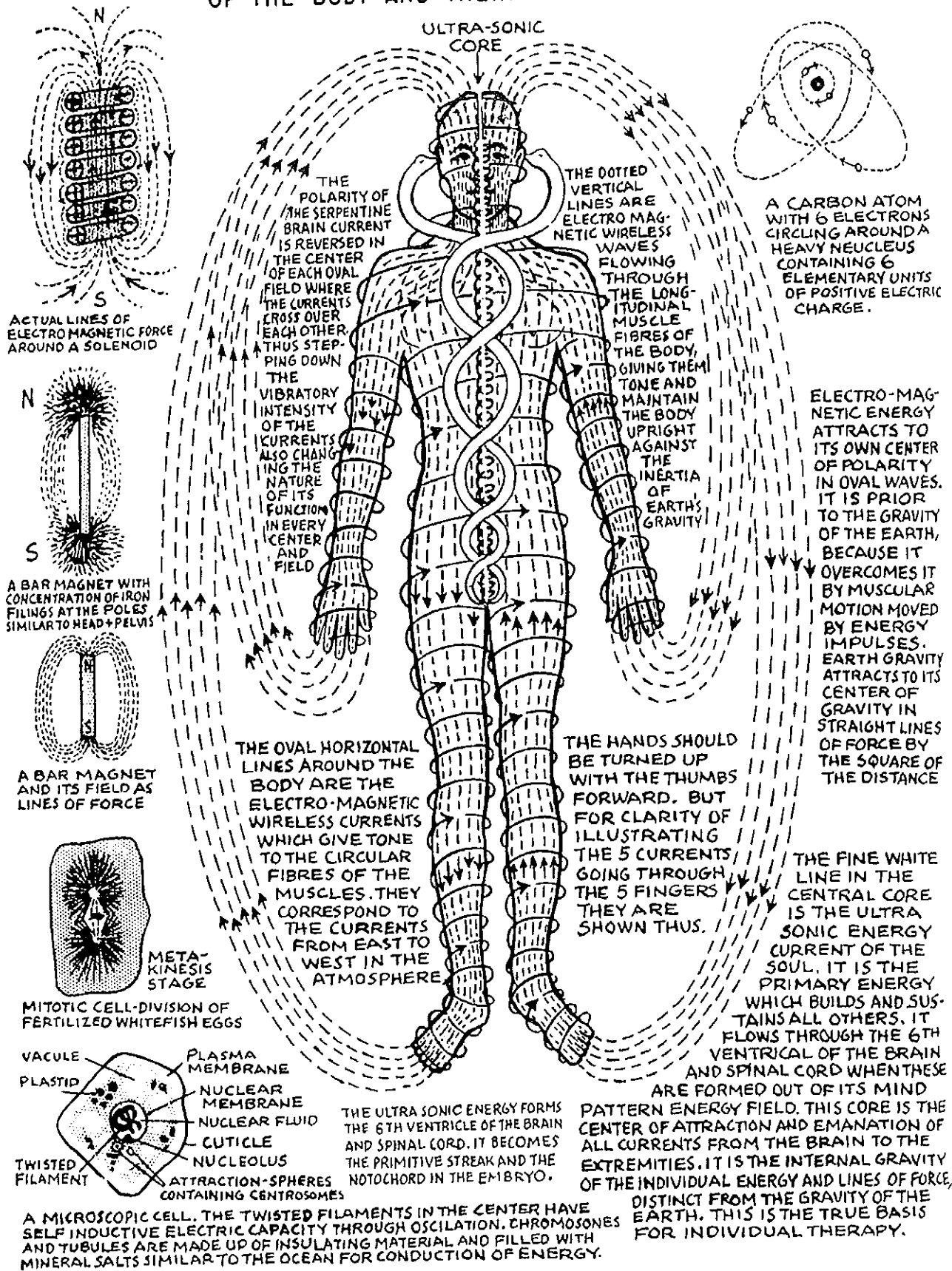
FIELDS

STRAIGHT LINES OF MATERIAL GEOMETRIC EXTENSION USED IN MECHANICS. EXPANSION AND CONTRACTION BY MECHANICAL MEANS SUCH CONGESTIONS ARE SEEN IN THE MUSCLES OF THE BACK.

Fig. 6

CHART NO. 3

COMPOSITE PICTURE OF THE PATTERN FORCES OF THE BODY AND THEIR WIRELESS CIRCUITS.



THE POLARITY OF THE SERPENTINE BRAIN CURRENT IS REVERSED IN THE CENTER OF EACH OVAL FIELD WHERE THE CURRENTS CROSS OVER EACH OTHER, THUS STEPPING DOWN THE VIBRATORY INTENSITY OF THE CURRENTS ALSO CHANGING THE NATURE OF ITS FUNCTION IN EVERY CENTER AND FIELD

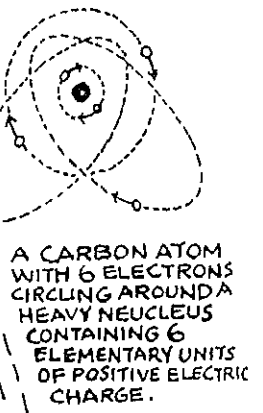
THE OVAL HORIZONTAL LINES AROUND THE BODY ARE THE ELECTRO-MAGNETIC WIRELESS CURRENTS WHICH GIVE TONE TO THE CIRCULAR FIBRES OF THE MUSCLES. THEY CORRESPOND TO THE CURRENTS FROM EAST TO WEST IN THE ATMOSPHERE

ULTRA-SONIC CORE

THE DOTTED VERTICAL LINES ARE ELECTRO-MAGNETIC WIRELESS WAVES FLOWING THROUGH THE LONGITUDINAL MUSCLE FIBRES OF THE BODY, GIVING THEM TONE AND MAINTAIN THE BODY UPRIGHT AGAINST THE INERTIA OF EARTH'S GRAVITY

THE HANDS SHOULD BE TURNED UP WITH THE THUMBS FORWARD. BUT FOR CLARITY OF ILLUSTRATING THE 5 CURRENTS GOING THROUGH THE 5 FINGERS THEY ARE SHOWN THUS.

THE ULTRA SONIC ENERGY FORMS THE 6TH VENTRICLE OF THE BRAIN AND SPINAL CORD. IT BECOMES THE PRIMITIVE STREAK AND THE NOTOCHORD IN THE EMBRYO.

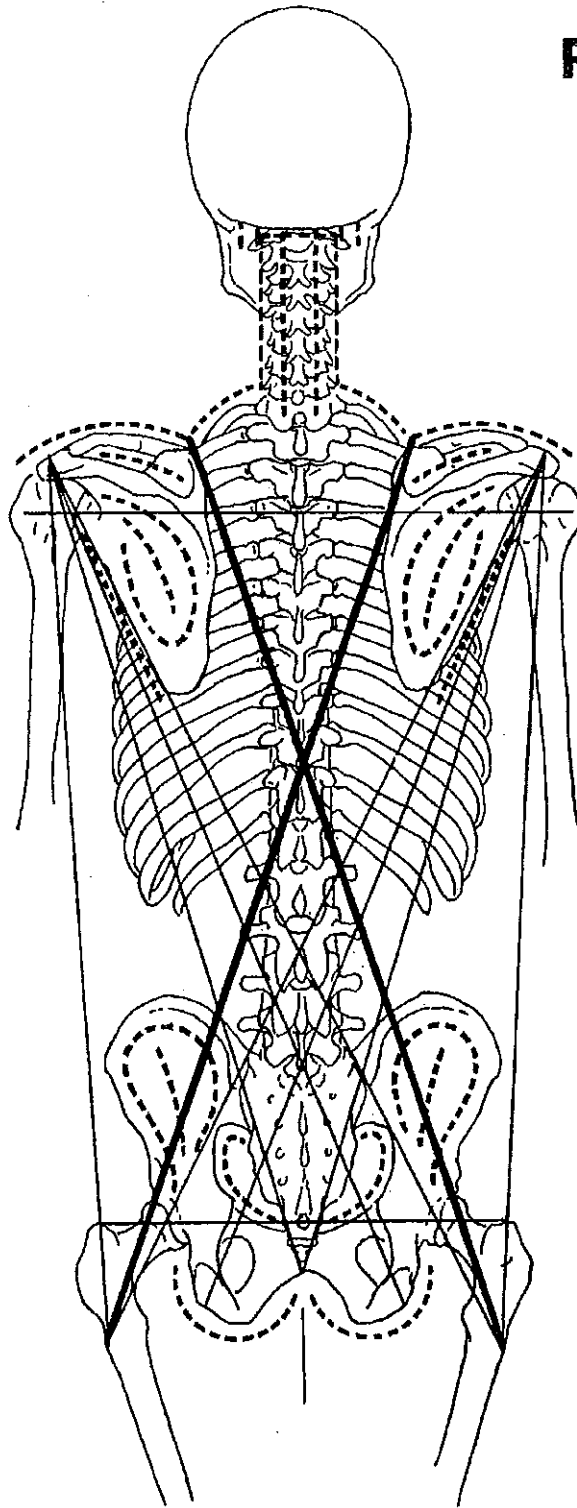


ELECTRO-MAGNETIC ENERGY ATTRACTS TO ITS OWN CENTER OF POLARITY IN OVAL WAVES. IT IS PRIOR TO THE GRAVITY OF THE EARTH, BECAUSE IT OVERCOMES IT BY MUSCULAR MOTION MOVED BY ENERGY IMPULSES. EARTH GRAVITY ATTRACTS TO ITS CENTER OF GRAVITY IN STRAIGHT LINES OF FORCE BY THE SQUARE OF THE DISTANCE

THE FINE WHITE LINE IN THE CENTRAL CORE IS THE ULTRA SONIC ENERGY CURRENT OF THE SOUL. IT IS THE PRIMARY ENERGY WHICH BUILDS AND SUSTAINS ALL OTHERS. IT FLOWS THROUGH THE 6TH VENTRICLE OF THE BRAIN AND SPINAL CORD WHEN THESE ARE FORMED OUT OF ITS MIND PATTERN ENERGY FIELD. THIS CORE IS THE CENTER OF ATTRACTION AND EMANATION OF ALL CURRENTS FROM THE BRAIN TO THE EXTREMITIES. IT IS THE INTERNAL GRAVITY OF THE INDIVIDUAL ENERGY AND LINES OF FORCE, DISTINCT FROM THE GRAVITY OF THE EARTH. THIS IS THE TRUE BASIS FOR INDIVIDUAL THERAPY.

CHART No. 7

POSTERIOR GRAVITY LINES

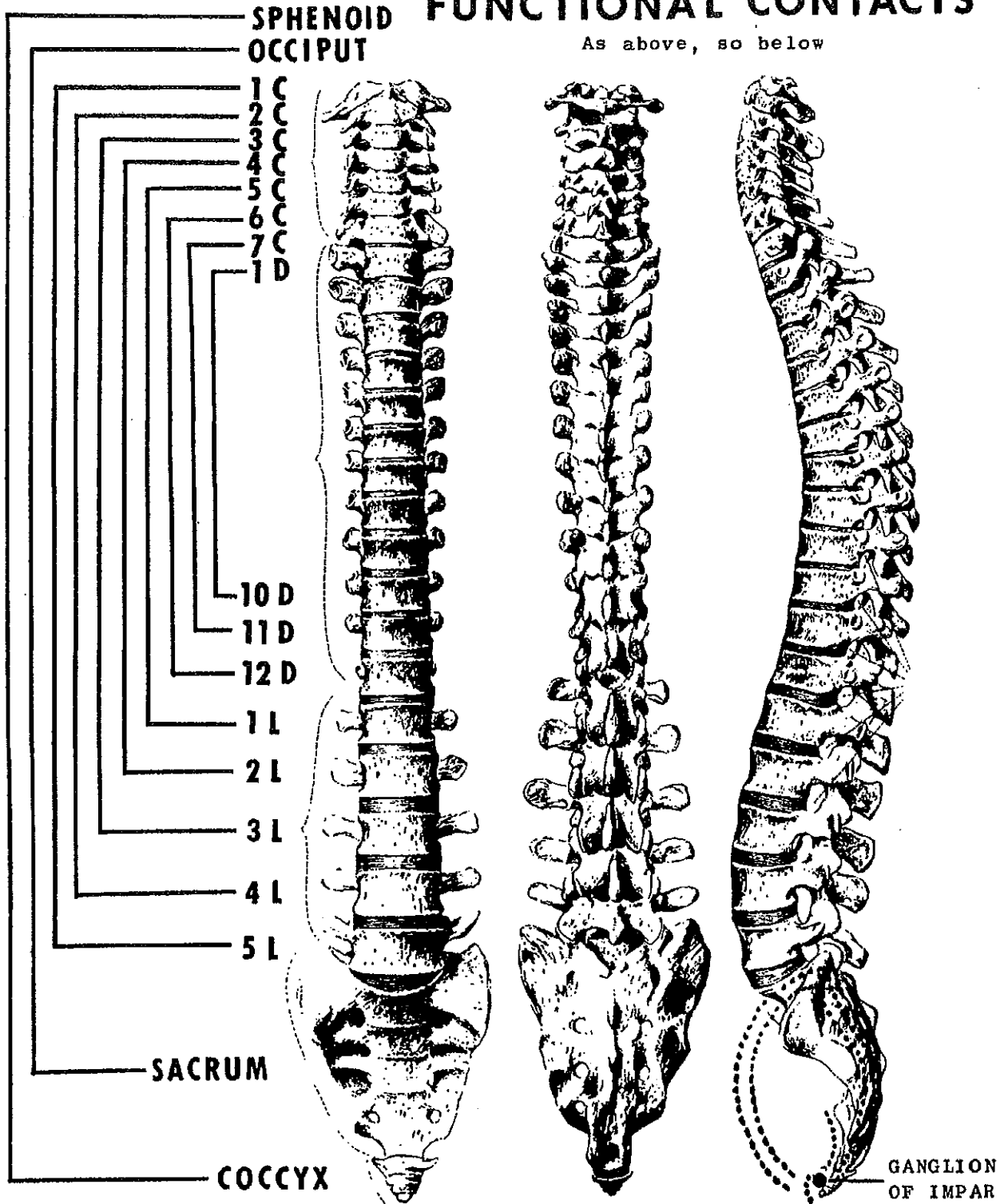


The squares indicate gravity straight downward. The tri-
angles indicate lines of force in motion and stress, in pivoting
 and reaching. The dotted lines are contact points to balance:
 THE PERINEUM WITH THE NECK, OCCIPUT, CLAVICLE, FIRST RIB,
 AND THE TOP OF THE SHOULDERS.
 THE GLUTEI WITH THE SCAPULA.
 THE TOP WITH THE BOTTOM, INCLUDING THE FOUR JOINTS.

CHART N^o.2

**STRUCTURAL BALANCE
FUNCTIONAL CONTACTS**

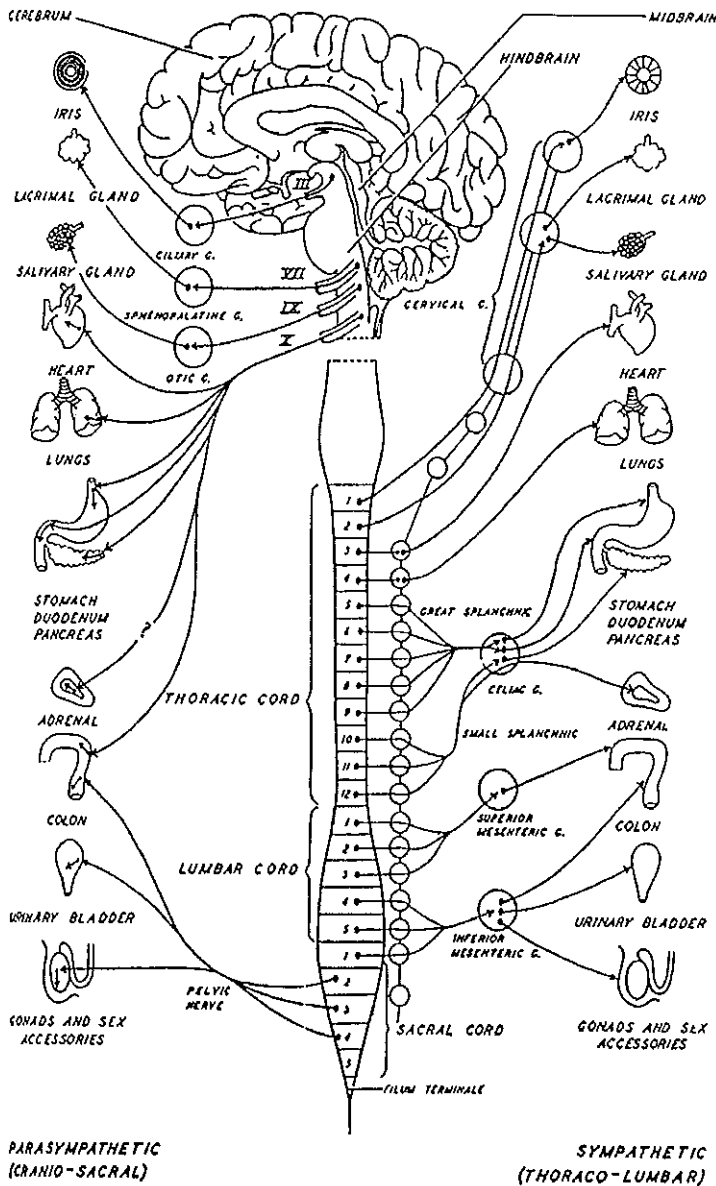
As above, so below



Energy impulses flow downward and outward. Sensory and structural reflexes flow upward and inward. The geometric proportion of two ends depends on POLARITY CURRENTS for balance between them and with gravity outside. GRAVITY IS BUT THE MIRROR TO SHOW POLARITY DISTORTIONS.

Dotted lines are contact points for PELVIC THERAPY, for PROSTATE, BLADDER, UTERUS AND LOWER BACK PAINS. (See CHART NO. 8 on page 81 and pages 82, 83 and 84 in Book I.)

CHART No.17 THE THREE NERVOUS SYSTEMS AND THE THREE WIRELESS ENERGIES WHICH BUILT THEM AND SUSTAINS THEM



A diagram of the autonomic nervous system. The parasympathetic division is shown on the left, the sympathetic division on the right. Roman numerals refer to cranial nerves.

NOTE: This diagram is reproduced from Part 1, Lecture No. 1 of "Chiropractic Neurology" by kind permission of Otis J. Briggs, D.C., Ph.C., Dean and Instructor at The Indiana Chiropractic College, Indianapolis, Indiana.

The Fire Principle radiates like atomic warmth from the chakra at the umbilicus, in oval waves, outward, and creates the vital aura of devotion shown in pictures of the saints. When stepped down it works thru the sympathetic nervous system as autonomic function, to sustain the body. See Chart 2 in this series.

The Airy Element is illustrated in Chart No. 12 of this series. It works thru the parasympathetic system, above and below, from the outside in and out. Air expands and locks up function in tissues, causing spasm and pain anywhere. It acts as a brake to the motive energy, like an air gap in conduction. Most pains are due to expansion and gas formation in tissues before the actual gross accumulations occur. Great relief can be given by removing these energy blocks and closing the wireless gap by means of POLARITY APPLICATION over the polarity regions, above and below, as shown in WIRELESS ANATOMY and in POLARITY THERAPY, as well as over the parasympathetic regions shown here, for specific response. This is a simultaneous contact with one hand above and the other below. See Chart No.4, page 11 in WIRELESS ANATOMY. Stimulating the Fire and Water principles by POLARITY, in their local fields, will move the Airy blockage by flowing thru it.

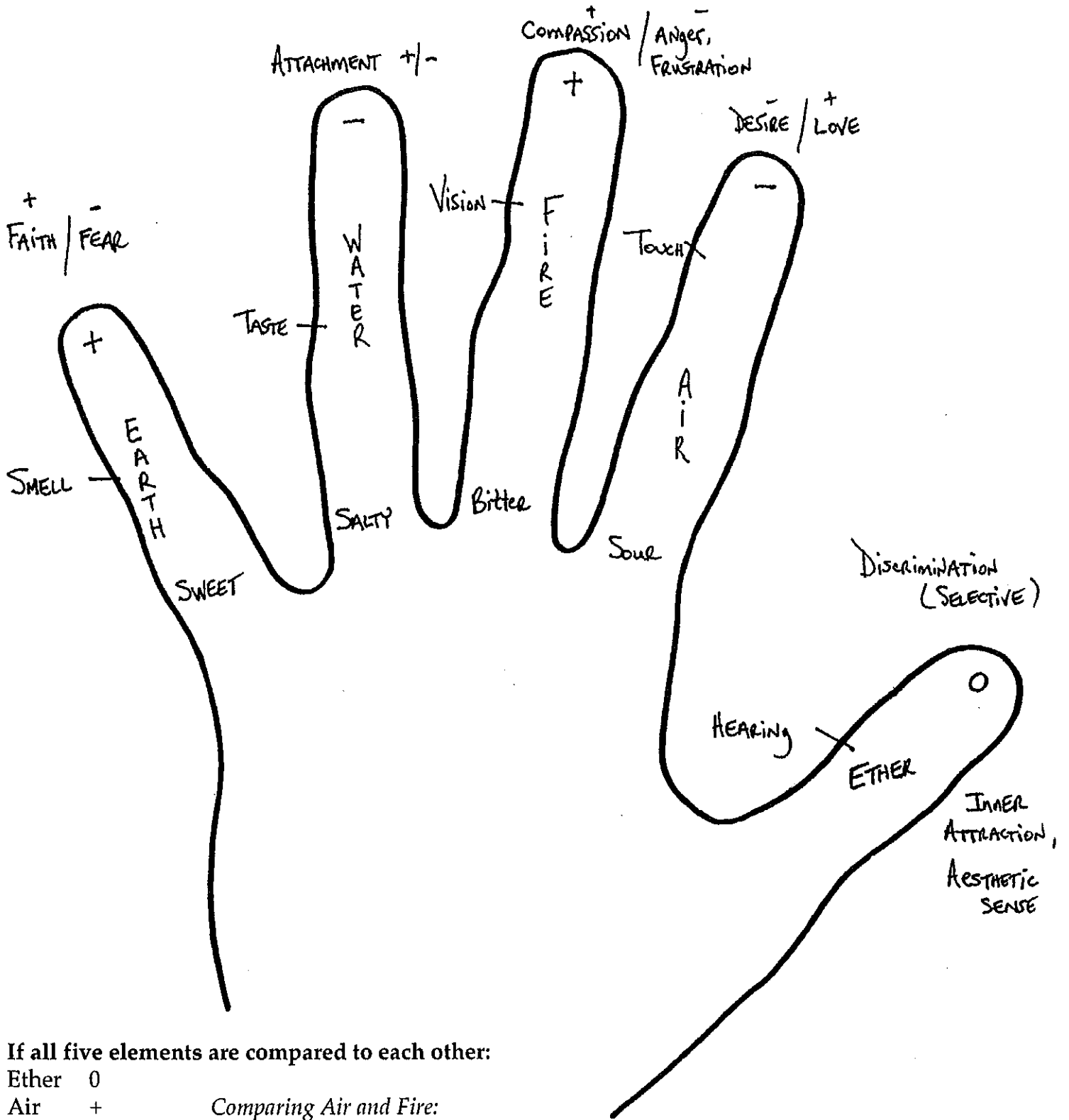
The Water Principle acts in the cerebrospinal system and its fluid in the arachnoid space. Moving this is better than vertebral adjustment for pain and spasm. Nothing can be forced when tension exists in the tissues due to the air locked in the cells. See Chart No. 1 in this series. This is the North and South Pole POLARITY in the body and its zones are illustrated throughout the book, "WIRELESS ANATOMY".

CHART OF EFFECTS OF SPINAL MISALIGNMENTS

"The nervous system controls and coordinates all organs and structures of the human body." (Gray's Anatomy, 29th Ed., page 4). Misalignments of spinal vertebrae and discs may cause irritation to the nervous system which could affect the structures, organs, and functions listed under "areas." The effects listed are conditions or symptoms that may be associated with malfunctions of the areas noted.

| Vertebrae | Areas | Effects |
|-----------|---|--|
| 1C | Blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system. | Headaches, nervousness, insomnia, head colds, high blood pressure, migraine headaches, nervous breakdowns, amnesia, chronic tiredness, dizziness. |
| 2C | Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead. | Sinus trouble, allergies, pain around the eyes, earache, fainting spells, certain cases of blindness, crossed eyes, deafness. |
| 3C | Cheeks, outer ear, face bones, teeth, trifacial nerve. | Neuralgia, neuritis, acne or pimples, eczema. |
| 4C | Nose, lips, mouth, eustachian tube. | Hay fever, runny nose, hearing loss, adenoids. |
| 5C | Vocal cords, neck glands, pharynx. | Laryngitis, hoarseness, throat conditions such as sore throat or quinsy. |
| 6C | Neck muscles, shoulders, tonsils. | Stiff neck, pain in upper arm, tonsillitis, chronic cough, croup. |
| 7C | Thyroid gland, bursae in the shoulders, elbows. | Bursitis, colds, thyroid conditions. |
| 1T | Arms from the elbows down, including hands, wrists, and fingers; esophagus and trachea. | Asthma, cough, difficult breathing, shortness of breath, pain in lower arms and hands. |
| 2T | Heart, including its valves and covering; coronary arteries. | Functional heart conditions and certain chest conditions. |
| 3T | Lungs, bronchial tubes, pleura, chest, breast. | Bronchitis, pleurisy, pneumonia, congestion, influenza. |
| 4T | Gall bladder, common duct. | Gall bladder conditions, jaundice, shingles. |
| 5T | Liver, solar plexus, circulation (general). | Liver conditions, fevers, blood pressure problems, poor circulation, arthritis. |
| 6T | Stomach. | Stomach troubles, including nervous stomach; indigestion, heartburn, dyspepsia. |
| 7T | Pancreas, duodenum. | Ulcers, gastritis. |
| 8T | Spleen. | Lowered resistance. |
| 9T | Adrenal and supra-renal glands. | Allergies, hives. |
| 10T | Kidneys. | Kidney troubles, hardening of the arteries, chronic tiredness, nephritis, pyelitis. |
| 11T | Kidneys, ureters. | Skin conditions such as acne; pimples, eczema, or boils. |
| 12T | Small intestines, lymph circulation. | Rheumatism, gas pains, certain types of sterility. |
| 1L | Large intestines, inguinal rings. | Constipation, colitis, dysentery, diarrhea, some ruptures or hernias. |
| 2L | Appendix, abdomen, upper leg. | Cramps, difficult breathing, minor varicose veins. |
| 3L | Sex organs, uterus, bladder, knees. | Bladder troubles, menstrual troubles such as painful or irregular periods, miscarriages, bed wetting, impotency, change of life symptoms, many knee pains. |
| 4L | Prostate gland, muscles of the lower back, sciatic nerve. | Sciatica; lumbago; difficult, painful, or too frequent urination; backaches. |
| 5L | Lower legs, ankles, feet. | Poor circulation in the legs, swollen ankles, weak ankles and arches, cold feet, weakness in the legs, leg cramps. |
| SACRUM | Hip bones, buttocks. | Sacro-iliac conditions, spinal curvatures. |
| COCCYX | Rectum, anus. | Hemorrhoids (piles), pruritis (itching), pain at end of spine on sitting. |

For further explanation of the conditions shown above, and information about those not shown, ask your Doctor of Chiropractic.



If all five elements are compared to each other:

- Ether 0
- Air +
- Fire +
- Water -
- Earth -

Comparing Air and Fire:

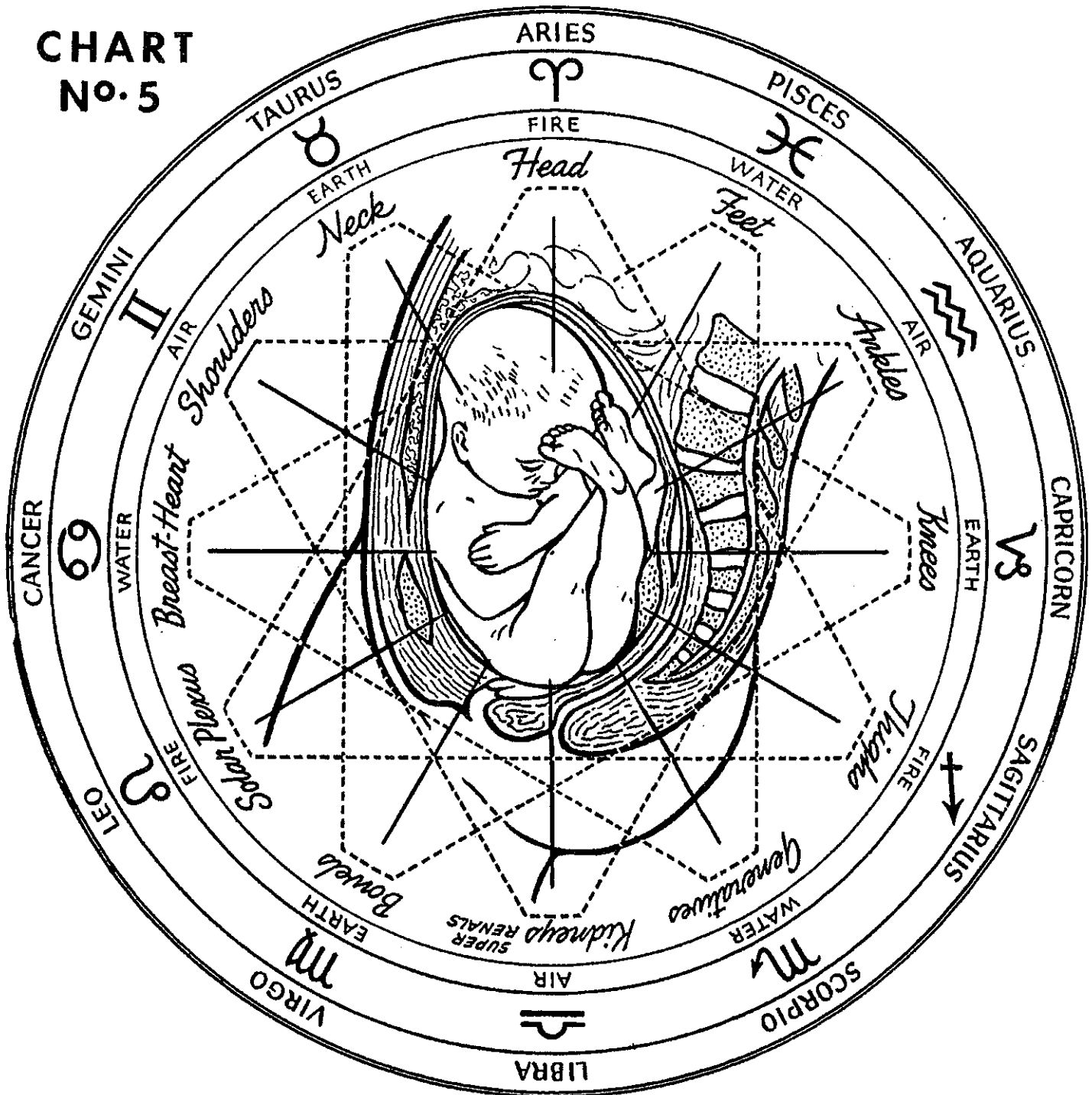
Fire is + and Air is -

Comparing Earth and Water:

Earth is + and Water is -

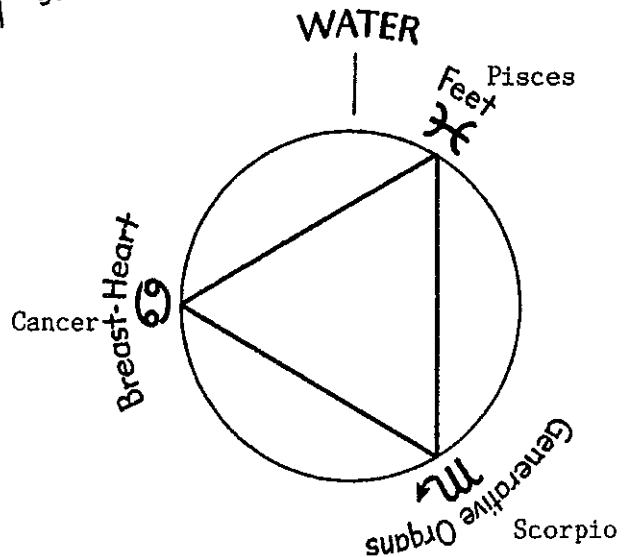
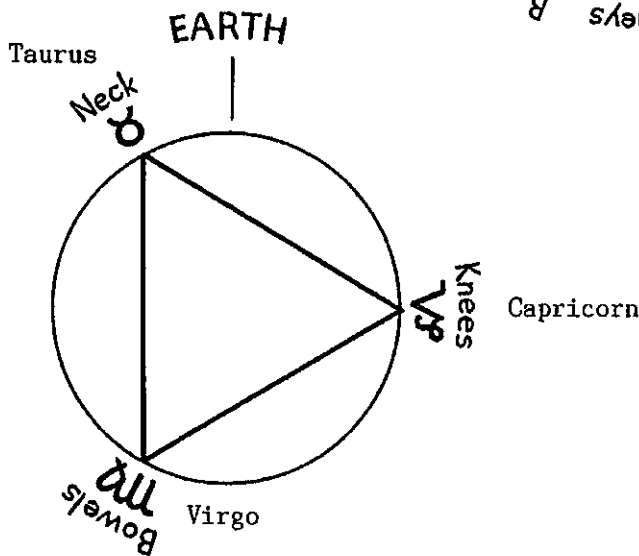
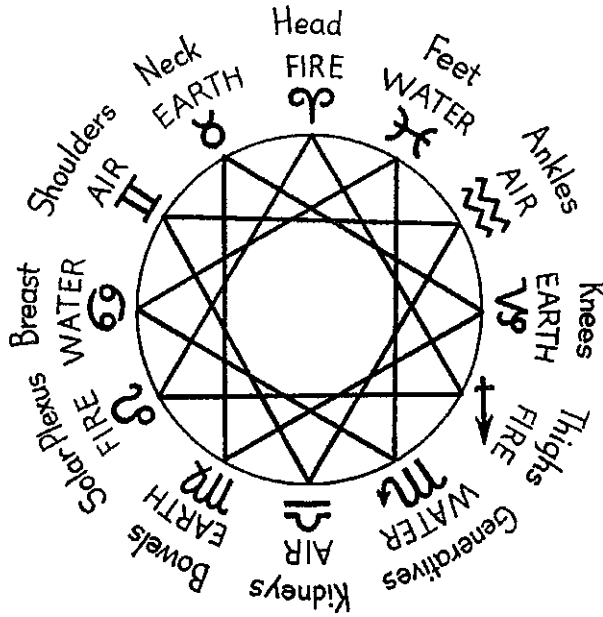
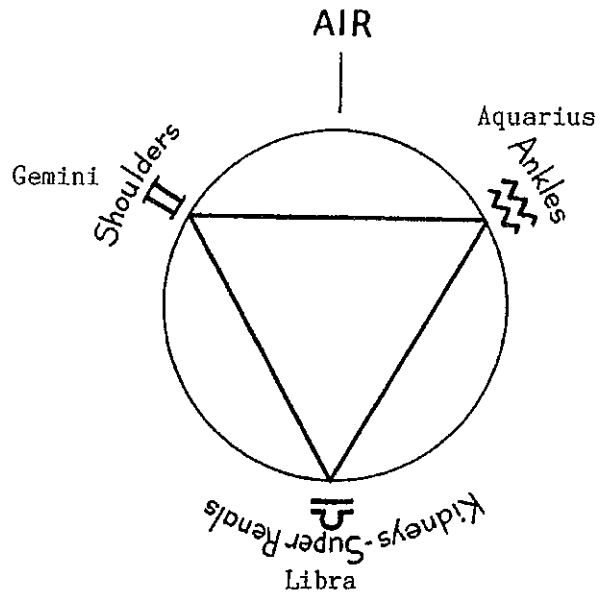
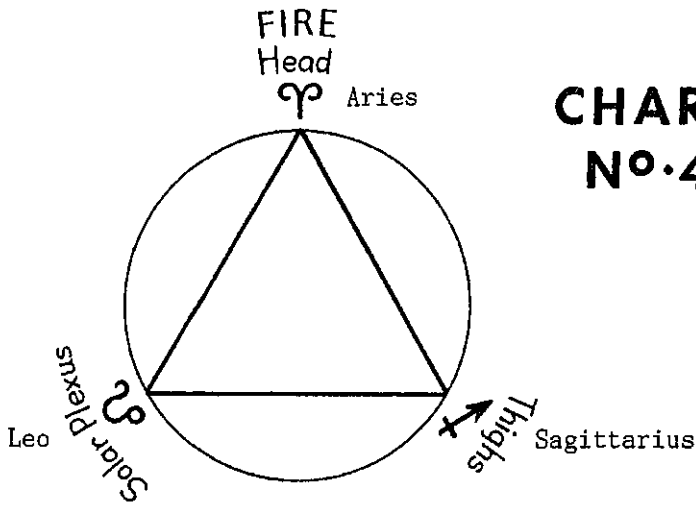
THE EMBRYO (FETUS) IN THE MOTHER'S WOMB, WOVEN BY THE ENERGY LINES OF THE FOUR ELEMENTS IN THEIR THREE-FOLD ACTION.

**CHART
No. 5**



The position of the child in the mother's womb is the natural squatting posture of man, where all energy currents can flow freely to produce a perfect human body, and for maintaining good health after birth and throughout life in this world. (Please refer to my book, "EASY STRETCHING POSTURES FOR VITALITY AND BEAUTY", This is the origin of it and here is the reason for its fine results as a NATURAL HEALTH EXERCISE.)

CHART No. 4



PRINCIPLES OF CORRESPONDING ENERGY LINES IN THE BODY, BASED ON THE FOUR ELEMENTS, THEIR TRIAD NATURE IN FUNCTION, WEAVING THE FORM IN THE MOTHER'S WOMB. THESE ENERGY LINES ARE PATTERN LINES AND CANNOT BE SEEN.

CHART NO.7. THE PATH OF THE FIERY PRINCIPLE OF LIGHT AND WARMTH.

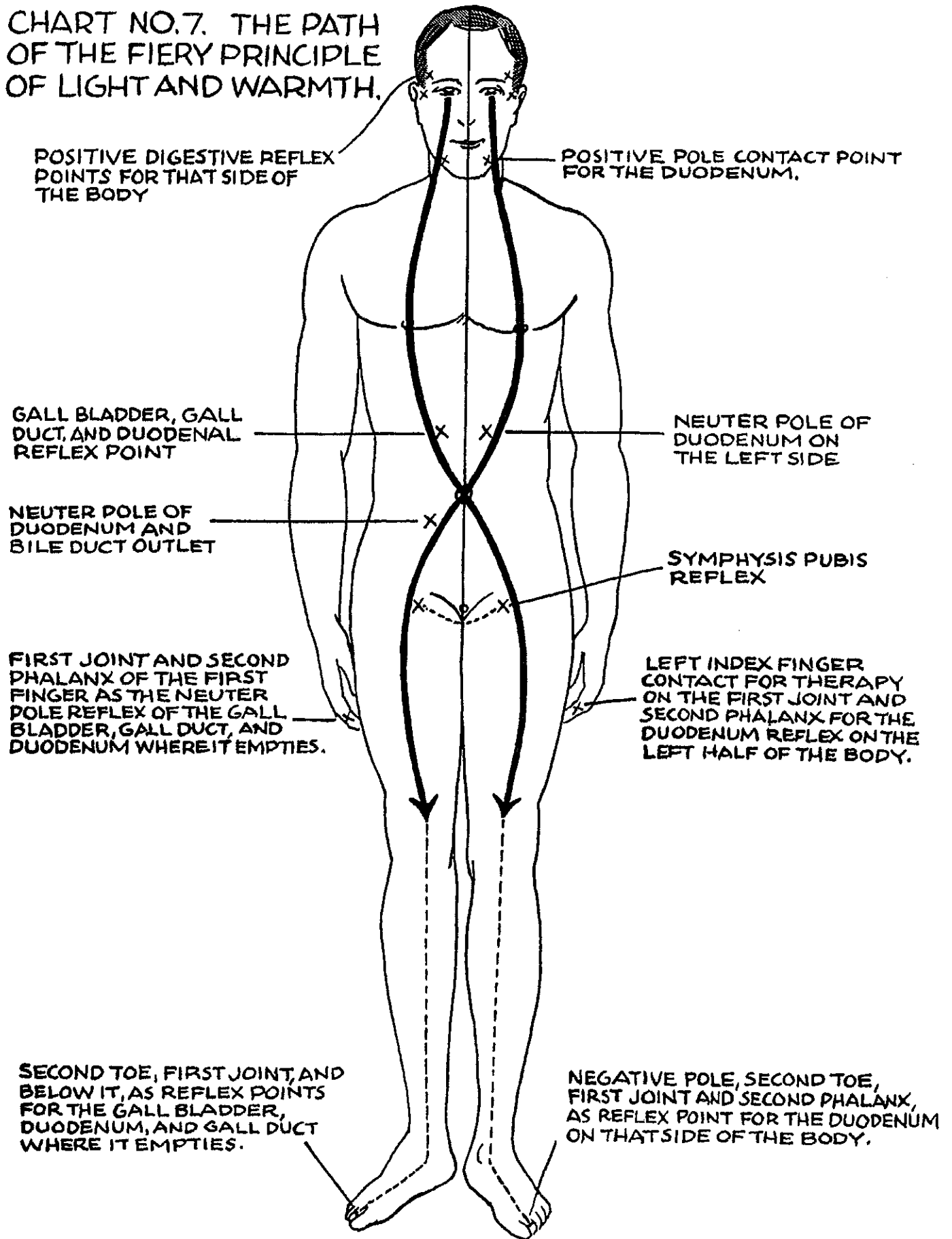


CHART NO. 7

The illustration given here is of the FIERY principle as it functions in the human body.

The superior pole is manifested in the light of the eyes and descends over the region of the heart and chest as respiration and the fiery warmth in the blood, to supply every cell of the body. It crosses over in the abdomen in the region of the umbilicus, where it becomes the fire of digestion in the splanchnic area and in the solar plexus. It centers especially in the duodenum as an emotional seat of the fire principle; also in the gall bladder and duct as the organ of anger, jealousy, envy, hatred and bitterness. Its third function is action and motion which are expressed through the skill of the hands in the neuter pole and as running through the action of the thighs. The thighs express this definitely in the motor field as the negative pole. When a horse runs away, if his eyes are covered by the hands of the rider, he will stop at once. These psychological qualities were expressed as planetary characteristics in alchemical writings because truth had to be veiled. Planets also radiate energy waves as their keynote of action.

In headaches, in hemicrania and when there is the pulling and straining sensation in the eyes, even with glasses, as if they were being drawn out of the head, it is the fiery circuit which is disturbed. The head symptoms are but reflexes from the neuter pole of the gall bladder and the duodenum, where the real trouble is located. Emotional stress is the hidden background of these recurring symptoms. This is verified by gas pains, abdominal cramps and indigestion symptoms. Belching is a sure sign of it, when enough action is present to get this symptomatic relief by moving the accumulated gases.

In such cases everything goes to gas because there is not enough of the fiery power present to carry on the complete process of digestion. Foods may even remain in the stomach, undigested, for days. Even skillful and careful work over the liver area, anteriorly and posteriorly, does not release the cause of it; but it does help to bring up the gases and relieve the head of gas pressure through belching.

By experience and diligent research I have found that the liver and stomach are not so much at fault here as it seems. They only lack motive power to do their work because the emotions have diverted the energy. The real block is in this fiery element which is stuck in the gall bladder and the duodenum, into which the common bile duct empties. Abdominal work helps but does not get the quick nor lasting reaction as does the POLARITY REFLEX from the negative pole. In this case it is the negative pole that is blocked, which does not allow this current to return in its circuitous sweep from top to bottom and back again. The exact spot is the first joint of the second toe, near the big toe on each foot.

This reflex area is entirely new in its application as a specific for these symptoms and for obtaining immediate relief. The POLARITY area is different from the actual liver and digestive one, which is usually the second finger and the third toe for the liver, stomach, colon and digestion in general. Here, it is the fire element, in its active natural response, located nearer to the middle line of the body.

Each one of the four polarized elements has a positive pole, a neuter pole and a negative pole. Therefore, all action is triune. Whenever they move, or wherever these fields are, they must be related to each other by POLARITY FUNCTION AND CURRENT FLOW to obtain best results.

Chemistry also works through Polarity attraction and repulsion in each field in the body, by

CHART NO. 7

selection of material attracted by these organs. BUT POLARIZING THE CURRENTS THEMSELVES BY REMOVING THE EXISTING BLOCKS THROUGH SIMPLE CONTACTS, gives fast and favorable results if the exact blockade is found. This can easily be traced by the current flow in that area, the five divisions laterally (see charts 3, 5, 6, 7 and 8 in book II), and the superior and inferior location of structural polarity fields as shown in chart No. 4, book II. Also please refer to the charts on page 31 of book I which explain the origin of these four elements in their embryonic development and the organs which they build and over which they flow.

A little reflection will pay the doctor well in enabling him to do better work with the expenditure of less effort. Also the keen interest that real research work brings about makes the mind grow and keeps us young and happy. An interesting life, coupled with the proper attitude, is a happy one.

This chart reveals the path of finer psycho-physiological energy in the human body. It belongs to the Wireless Anatomy series. Principles and locations are outlined here, and the applications are given in the charts following this one.

CHART NO. 28

THE THREE POLES OF THE DIAPHRAGM IN ITS RESPIRATORY MECHANISM AND CONTACT AREAS TO INFLUENCE IT ANTERIORLY AND POSTERIORLY.

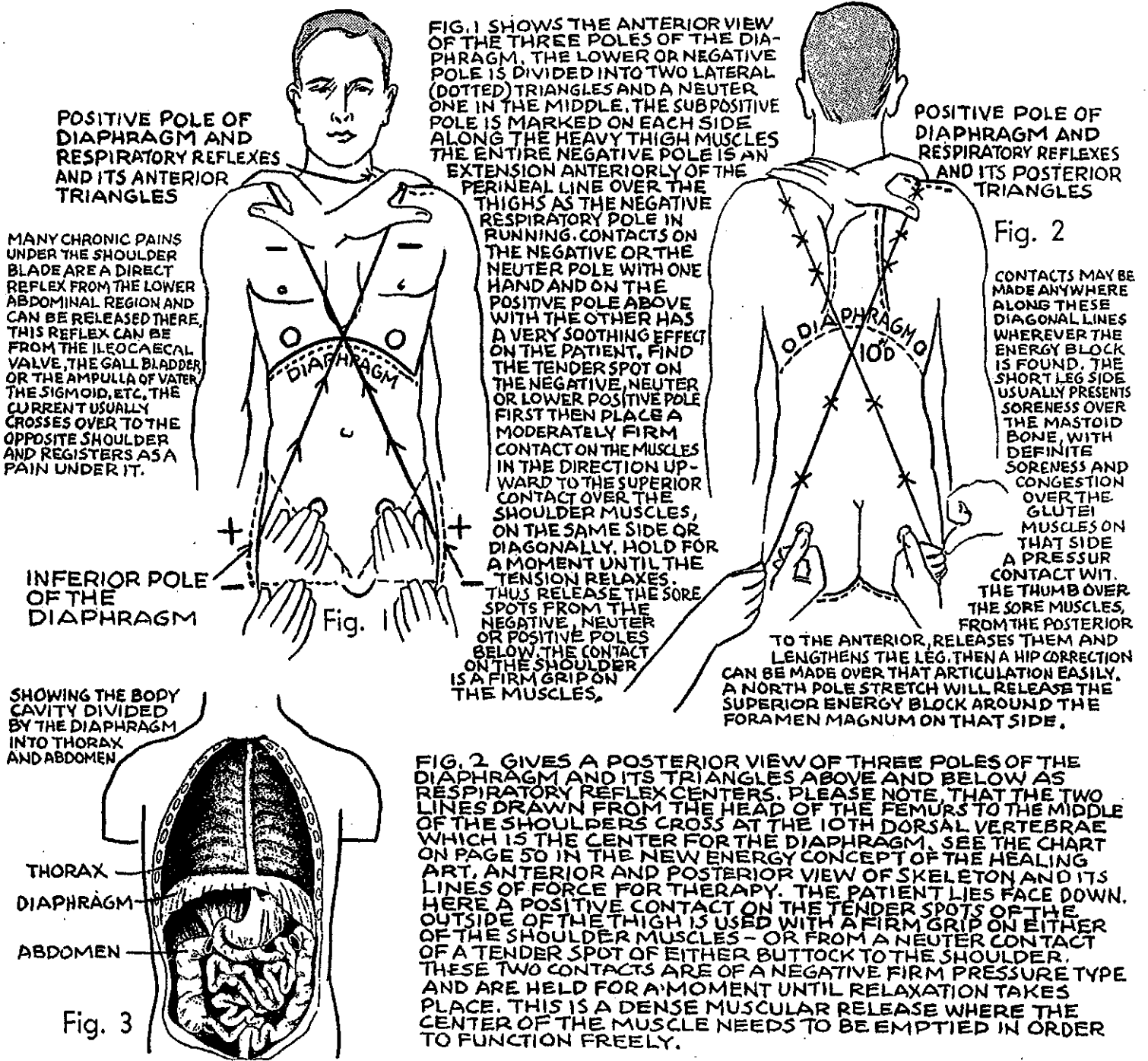


FIG. 1 SHOWS THE ANTERIOR VIEW OF THE THREE POLES OF THE DIAPHRAGM. THE LOWER OR NEGATIVE POLE IS DIVIDED INTO TWO LATERAL (DOTTED) TRIANGLES AND A NEUTER ONE IN THE MIDDLE. THE SUB POSITIVE POLE IS MARKED ON EACH SIDE ALONG THE HEAVY THIGH MUSCLES. THE ENTIRE NEGATIVE POLE IS AN EXTENSION ANTERIORLY OF THE PERINEAL LINE OVER THE THIGHS AS THE NEGATIVE RESPIRATORY POLE IN RUNNING. CONTACTS ON THE NEGATIVE OR THE NEUTER POLE WITH ONE HAND AND ON THE POSITIVE POLE ABOVE WITH THE OTHER HAS A VERY SOOTHING EFFECT ON THE PATIENT. FIND THE TENDER SPOT ON THE NEGATIVE, NEUTER OR LOWER POSITIVE POLE FIRST THEN PLACE A MODERATELY FIRM CONTACT ON THE MUSCLES IN THE DIRECTION UPWARD TO THE SUPERIOR CONTACT OVER THE SHOULDER MUSCLES, ON THE SAME SIDE OR DIAGONALLY. HOLD FOR A MOMENT UNTIL THE TENSION RELAXES. THUS RELEASE THE SORE SPOTS FROM THE NEGATIVE, NEUTER OR POSITIVE POLES BELOW THE CONTACT ON THE SHOULDER IS A FIRM GRIP ON THE MUSCLES.

FIG. 2 GIVES A POSTERIOR VIEW OF THREE POLES OF THE DIAPHRAGM AND ITS TRIANGLES ABOVE AND BELOW AS RESPIRATORY REFLEX CENTERS. PLEASE NOTE THAT THE TWO LINES DRAWN FROM THE HEAD OF THE FEMURS TO THE MIDDLE OF THE SHOULDERS CROSS AT THE 10TH DORSAL VERTEBRAE WHICH IS THE CENTER FOR THE DIAPHRAGM. SEE THE CHART ON PAGE 50 IN THE NEW ENERGY CONCEPT OF THE HEALING ART, ANTERIOR AND POSTERIOR VIEW OF SKELETON AND ITS LINES OF FORCE FOR THERAPY. THE PATIENT LIES FACE DOWN. HERE A POSITIVE CONTACT ON THE TENDER SPOTS OF THE OUTSIDE OF THE THIGH IS USED WITH A FIRM GRIP ON EITHER OF THE SHOULDER MUSCLES - OR FROM A NEUTER CONTACT OF A TENDER SPOT OF EITHER BUTTOCK TO THE SHOULDER. THESE TWO CONTACTS ARE OF A NEGATIVE FIRM PRESSURE TYPE AND ARE HELD FOR A MOMENT UNTIL RELAXATION TAKES PLACE. THIS IS A DENSE MUSCULAR RELEASE WHERE THE CENTER OF THE MUSCLE NEEDS TO BE EMPTIED IN ORDER TO FUNCTION FREELY.

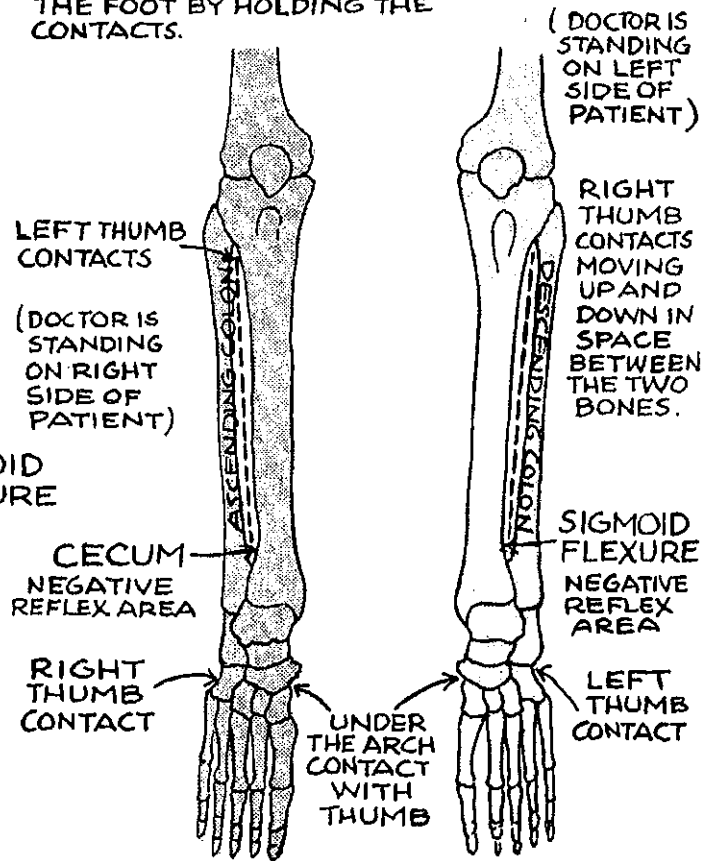
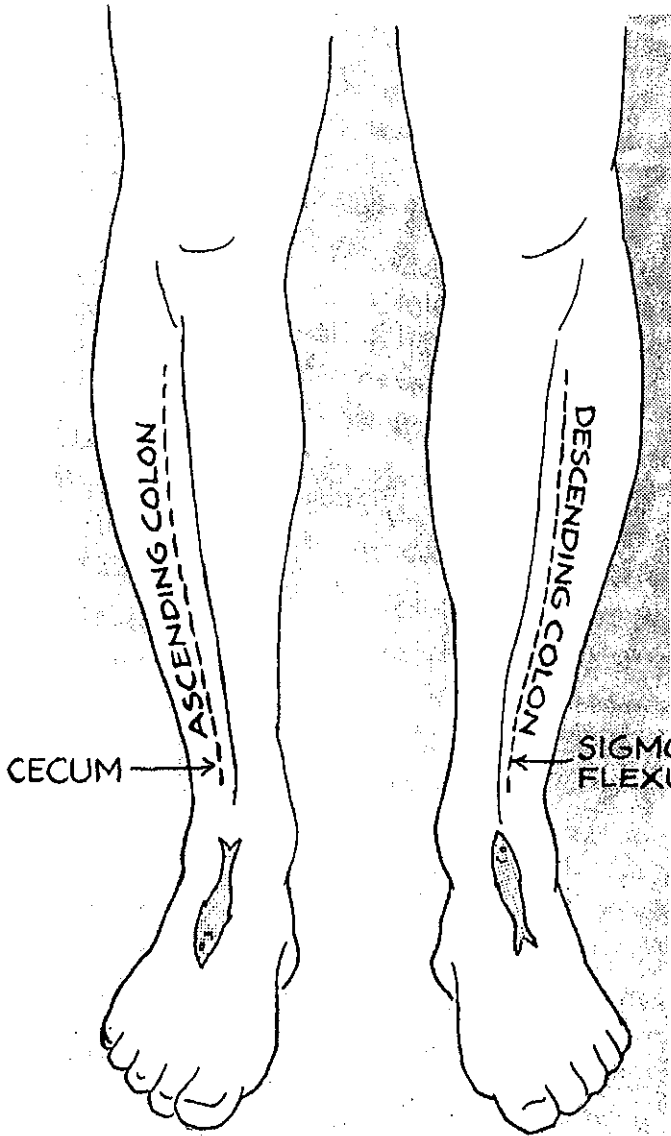
THE DIAPHRAGM IS THE MAIN RESPIRATORY MUSCLE DOING THE MOST IMPORTANT WORK IN LIFE. EVERY CELL NEEDS THE LIFE ENERGY CONTAINED IN THE BREATH; WITHOUT WHICH THEY CANNOT SURVIVE. ITS POLARITY FUNCTION AND MINUTE DISTRIBUTION OF FINE ENERGY WAVES IS A MOST IMPORTANT FACTOR TO REACH CELLULAR TISSUE. POLARITY CONTACTS ARE VERY SOOTHING TO THE PATIENT, HAVING A REPOLARIZING EFFECT. TENDER AND CONGESTED AREAS INDICATE ENERGY BLOCKS. THE DIAPHRAGM IS THE FUNCTIONING NEUTER POLE OF LIFE. ITS POWERFUL EFFECT AS A SHOCK TREATMENT BY VOMITING AND ITS CURATIVE EFFECT UPON INSANITY HAVE BEEN CLEARLY DEMONSTRATED BY DR. BERNARD ASCHNER OF NEW YORK CITY. TRULY THE DIAPHRAGM IS THE FIRMAMENT WHICH DIVIDES THE ENERGY (WATERS) ABOVE AND BELOW. IT IS THE BRIDGE WHERE MIND AND LIFE CROSS INTO THE EMOTIONAL VITAL FIELD. ITS RHYTHMIC MOTION TRULY SUPPORTS THE ENERGIES ABOVE, LIFTS AND ACTIVATES THE CONTENTS BELOW.

CHART NO.60. THE NEGATIVE REFLEXES OF THE COLON FOUND IN THE LEGS BETWEEN THE TIBIA AND THE FIBULA.

THE NEGATIVE POLE OF THE COLON IS IN THE LEGS AS ILLUSTRATED. ACHING LEGS AND KNEE JOINT PAINS ESPECIALLY ALONG THE OUTSIDE OF THE SHIN BONES ARE COLONIC REFLEXES OF IRRITATION, STAGNATION AND GAS PRESSURE. THEY CAN CAUSE HEADACHES AND HEART SYMPTOMS.

CONTACT 1. FROM THE ARCH OF THE FOOT TO THE COLON REFLEX AREA ON THE LEG.

CONTACT 2. FROM THE OUTSIDE OF THE FOOT TO THE COLON REFLEX AREA BETWEEN THE TIBULA AND FIBULA, ALSO STRAIGHTENING THE FOOT BY HOLDING THE CONTACTS.



MANIPULATIVE MOVEMENTS IN THE DIRECTION OF THE ENERGY FLOW ARE SOOTHING. MOVEMENTS OPPOSITE TO IT ARE STIMULATING IN EFFECT.

ON THE RIGHT LEG ANTERIOR THE ENERGY FLOWS TOWARD THE FOOT ON THE LEFT LEG ANTERIOR - AWAY FROM THE FOOT AND UPWARD. FISHES SHOW ENERGY FLOW ANTERIORLY.

CONTACT 3. CONTACT ON THE SAME COLON AREA ON THE LEG MAY BE HELD ANYWHERE ON THE DOTTED LINE AND ANOTHER CONTACT ON THE COLON ITSELF CAN BE MADE TO BALANCE THE NEUTER POLE ABOVE WITH THE NEGATIVE BLOCKS BELOW TO ELIMINATE THEM. THE OBJECT IS POLARITY OF CURRENT FLOW NOT MASSAGING. ALL CONTACT SHOULD BE MADE WITH THE SAME ATTENTION AS STRIKING KEYS ON THE PIANO OR TYPEWRITER.

Satvic Polarity

Treatment Sequence

Client face supine

1. Vagus nerve stimulation.
2. Cup the ears.
3. Cup the eyes.
4. Belly rock (to neck, forehead and crown).
5. Hip to shoulder cross-current.
6. Hand to foot cross-current.
7. Hold the feet.
8. Hand to foot cross-current on the other side.
9. Hip to shoulder cross-current.

Client face prone

10. Hip to shoulder cross-current.
11. Hold the feet.
12. Hip to shoulder cross-current on the other side.
13. Chakra balance on the back.

Five Ending Moves:

Client face supine

14. Left hand under the head, right hand on the forehead.
15. Hands on the sides of the head.
16. Chakra balance on the front.
17. Magnetic pass, front and back.
18. Polarity hug.

Satvic Polarity

What Each Manipulation Does

Vagus nerve stimulation

Good as initial contact; relaxing; stimulates the parasympathetic nervous system; increases mind-body and conscious-subconscious interaction; relaxes the neck, spine, and shoulders.

Cupping the ears and eyes

Further relaxation; decreases stimulation from the outside.

Belly rock

Relaxing; helps to balance all the elements with each other; increases mind-body and conscious-subconscious interaction; treats pelvic imbalances, sexual blockages, and menstrual difficulties.

Hip to shoulder rock (done on the front and the back – see chart on pg. 86)

Relaxing; stimulates the pelvis; facilitates release of emotional and sexual blocks; good for back problems; helps left-right imbalances.

Hand to foot cross-current

Helps left-right imbalances; facilitates energy flow to the extremities; can treat cold hands and feet, excessive introversion, and migraines.

Holding the feet

Grounding; balancing left and right imbalances; balances the foundation of the pelvis.

Chakra balance on the back

Deeply relaxing; balances the chakras and the blood pressure (what affects qi, affects blood); good for back problems.

The two ending head moves

Soothes and balances mental and emotional changes which have happened during the treatment; also good for headaches.

Chakra balance on the front

Balancing of the five chakras.

Magnetic pass

Pulls away residual, toxic energies that have been released; cleansing, relaxing, energizing.

General Polarity Treatment Outline

Front

1. Vagus Nerve Stimulation
2. Dural Tube Traction
3. Two-handed Head Pull
4. Belly Rock (to neck, forehead and crown)
5. Right Foot:
Ankle Rotation
Toe Pull
Leg Rotation and Pull
6. Right Arm:
Wrist Flop
Finger Pull
Shoulder Rotation
Thumb Web to Elbow to Brachioradialis
7. Ankle to Diaphragm to Clavicle
8. Xiphoid to Manubrium
9. Other Side:
Left Foot
Left Arm
Ankle to Diaphragm to Clavicle
Xiphoid to Manubrium
10. Occiput to Eye to Fontanel (both sides)

Back

11. Coccyx Stimulation
12. Kidney Treatment (kidney area to heel to ischium)
13. Cross-currents (six point progression)
14. Scapula to Calf
15. Cerebrospinal Fluid Stimulation
16. Other side:
Kidney Treatment
Cross-currents
Scapula to Calf
Cerebrospinal Fluid Stimulation
17. Chakra Balance

Front

18. Ending Moves:
Two moves on head
Chakra Balance on Front

Magnetic Pass (front and back)

General Polarity Treatment

General Information

- Treatment is good for anyone with physical, emotional, or mental problems.
- Good for **any** disorder, for **any** client.
- Purpose of the treatment is to balance all the energies — horizontal currents, vertical currents, etc.
- It is important during treatment for the client to keep breath going, especially if there is some pain. Will help release diaphragm, which will then release pain and also connect Earth and Water elements to the Air and Fire.

Technique

1. **Vagus Nerve Stimulation**
Thumb and index fingers together below ear.
Other 3 fingers together, resting on top of each other under the back of the head and neck.
Index finger should line up with Vagus nerve running down neck. Hold for 1 minute or longer. Triggers parasympathetic nervous system into action.
2. **Dural Tube Traction**
The hand position can be the same as for the Vagus Nerve Stimulation, or all four fingers of one hand can rest on top of the four fingers of the other hand under the back of the head and neck. A very light pressure, about the weight of a quarter, is used to traction the neck. Concentration is focused on the upper vertebrae, getting any resistance to the stretch to soften. Concentration then moves to the next lower blockage in the spine until it softens.
3. **Two-Handed Head Pull**
Curl the fingers of both hands under the base of the occiput. Have the client take a deep breath. As they exhale, pull smoothly and strongly toward you. Hold for 2 – 3 seconds. Repeat 2 – 3 times.
4. **Belly Rock**
Right hand on abdomen between umbilicus & pubis.
Left hand will be placed first under neck, then on forehead, then on crown. Rock body with right hand. When hand under neck, thumb and index touch with thumb at occiput, little finger touching C7. Have client breathe into hand on abdomen. Helps relax and open diaphragm.
5. **Right Foot Ankle Rotation**
Place left hand in “U” inferior to ankle joint, holding firmly. Rotate foot with right hand in both directions. Flex and extend.

- Toe Pull** Loosen toes first by rotating them, squeezing both top and bottom of foot. Then take each toe, grasp firmly at base and pull gently. It is not necessary for them to crack, but crack shows the particular element is freer in the body.
- Leg Rotation and Pull** Clasp hands firmly around foot at ankle joint. Keep foot flexed. Rotate hip joint in both directions. Leg will be picked up off the table slightly while the rotations are made. At end of rotations, take leg to the maximum stretch as client exhales, then give quick tug. Can sometimes adjust the ankle joint.
- 6. Right Arm**
- Wrist Flop** Place both thumbs into the two depressions on the top of the wrist. Maintain pressure while the other fingers flip the hand up and down. Do 8-10 times.
- Finger Pull** Their fingers will be grasped between your index and middle fingers. As you pull fingers away from their body, with your other hand, press away from you holding at three locations (lower forearm, upper forearm, and above elbow). If you lift arm while doing this it will be easier. You may wish to rotate and loosen fingers before pulling.
- Shoulder Rotation** Client's arm rests on table. Your thumbs in two depressions on wrist. Flex their wrist and place your index fingers on their arm for stability. Push the shoulder to the ear, then lift arm in air and bend the hand downward as you pull the shoulder towards you. Repeat several times.
- Thumb Web to Elbow to Brachioradialis** Grasp their right hand, with your left; use thumb and index or middle finger to find sensitive point in thumb web. With your right hand, trace a diagonal line from thumb to medial elbow on inner arm. Just inferior to elbow on inner forearm will be some tender points. Do alternate stimulation of thumb and elbow points.
- When one of these releases, go to brachioradialis. Place 4 fingers on muscle (on outer forearm) and stimulate cross-fiber and parallel with the muscle. The hand you use on this point will vary depending if thumb web or elbow point released first.
- 7. Ankle to Diaphragm to Clavicle**
- a. **Right Hand:** Thumb finds depression in top of ankle joint. Can rock the foot from side to side, or wrap hand around hand around with constant pressure on the thumb point and flex foot toward head.
- Left Hand:** Placed palm down, fingers toward head on the abdomen. Fingers press up under ribs till you meet resistance. This is the diaphragm. Do alternate stimulation with foot rocking or flexion while pressing into the

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diaphragm. Search all through diaphragm, from midline to side of body for tight areas.

- b. Move right hand now to the diaphragm to work on the blocks found in the last move. Fingers of the left hand grab up and under superior aspect of the clavicle. Thumb on left hand finds sore intercostal muscles and stimulates. Stimulation is a rocking of the body, with slight lift of clavicle, while stimulating sore point in intercostals with simultaneous rocking. Rock should be very gentle, as both clavicle and diaphragm can be extremely tender.

8. Xiphoid to Manubrium

With air finger of left hand, find lateral point on manubrium. Fire finger of right hand finds little notch where xiphoid and ribs join.

Do alternate stimulation **towards** your body. This is a light, gentle touch.

9. Repeat steps 5-8 on opposite side

Remember to switch hands as needed to have the proper polarity contacts.

Note: if you need to end the treatment at this point, do chakra balance on the front of the body to smooth client out and help integrate the energy openings.

10. Occiput to Eye to Fontanel

- a. Rotate head 45° to the left, place thumb of left hand on 3rd eye, with palm cupping over the eye. Use fingers of right hand to work occiput from center of back of head to the mastoid process on the right. Go in to moderate depth, as client can tolerate, and stimulate each area, directing the energy of the fingers into the palm of the hand cupping the eye.
 - b. Move hand from eye to rest on the frontal and parietal bones, with thumb at anterior fontanel just behind hairline. This will change the direction of pressure from the fingers on the occiput.
 - c. Repeat the above on the other side of the head.
- * This move is a diagnostic tool. You can discover which elements are blocked by which areas on occiput are most sore. Ether is by spine, earth by mastoid process. It is a very good move for the eyes and brain, seizures, etc.

Client turns prone...

11. Coccyx Stimulation

Use fire finger of right hand and follow coccyx from sacrum to the tip. Stimulate the far side of the coccyx first, then move to the tip, then to the side closest to you. Go back and forth on these three areas.

While doing this, left hand brushes gluteals lightly. Go to far gluteal when on far side of coccyx brushing up toward head;

brush along midline³⁴ when on tip of coccyx brushing up or down or both; and brush closest gluteal when on nearest side of coccyx brushing down.

This move is very important for all back and neck problems and emotions.

12. Kidney Treatment

Left hand: On opposite side, find the last rib and trace a line over to the spine. Go up approximately 1 inch, then across laterally to find sore place over the kidneys. You will be using all 4 fingers to stimulate this area.

Right hand:

- a. Lift client's left leg and place their foot in your right armpit, flexing the ankle. Squeeze the Achilles tendon with your 4 fingers on one side, the thumb pad on the other. Do alternate stimulation with hand on back.
- b. Keep foot flexed under armpit and move heel of right hand to the ischium on **opposite** side of the body. Stimulate ischium by rocking the body towards the head with the heel of the hand. Do alternate stimulation with left hand which is still on sore back point.

13. Cross-Currents (six point progression)

- a. Find sore point on gluteals (side closest to you) and find sore point on opposite rhomboid. Do alternate stimulation on these points. Left hand on rhomboid, right on gluteal.
- b. Wrap fingers of right hand around gluteal to find sore point on medial side of ischium on side nearest you. With left hand, find sore point on neck on opposite side.
- c. Use thumb and index/air finger of right hand to press firmly into Achilles tendon/heel area of foot closest to you. Left hand finds sore point on opposite base of occiput.

- Notes:
- Always start with gluteal and rhomboid point first.
 - Always end with heel to occiput (may have to pull up heel to reach)
 - As soon as one point releases, that hand may go on to the next point providing you begin and end as stated above.

14. Scapula to Calf

Left hand (palm) resting on opposite scapula without movement.

Right hand (heel) is placed on calf of closest leg.

Calf is rolled medially in a rock, hand moving up and down the calf.

15. Cerebro-spinal Fluid Stimulation

With your right hand, lift their left hand to rest on gluteal of same side. Place their thumb in between your fire and air fingers. Both palms (yours and client's) should be touching.

With heel of left hand, gently press in on erector spinae, from sacrum/coccyx to lower cervicals, spending time on tight areas. The stimulation will be an alternate rocking with the hand on hip and the hand on spine. It will be a subtle, rock, in rhythmic movement.

Use this move for all back and neck problems.

16. **Repeat steps 12-15 on other side of body** Change hand positions as necessary to maintain Polarity relationships.
17. **Chakra Balance** Client is prone.
- a. Earth and water elements – the left hand forming a horseshoe is draped over the neck lightly. This affects the ether element.
Right hand rests palm up on the coccyx, the fire finger directly on the coccyx, fingers pointing up to head. Rock body.
Turn the right hand, palm down, and continue gentle rock in same position on coccyx.
Now turn right hand one quarter turn, still palm down, so that fingers are pointing away from you and the hand is covering the sacrum. Rock for one minute or more.
 - b. Fire element – place hand palm down, with middle finger resting on spine in small of back. Rock the body, then turn hand one quarter turn to the right and continue rocking.
 - c. Air element – place hand palm down, middle finger on spine, in between the scapula, at heart chakra. Rock the body. Then turn hand one quarter turn to the right and rock again.
 - d. To end, move the left hand to the top of the head, fingers pointing toward face. Right hand is placed palm down on the coccyx, middle finger resting along the coccyx, fingers pointing towards the feet. Gently rock right hand.
18. **Ending Moves** Client is supine.
- a. Left Hand:
Left hand is under head, the spine resting in between the index and middle fingers.
Forearm comes straight out from the head in line with the spine.
 - b. Right Hand:
Ring finger & middle finger on medial aspects of eyebrows.
Index and pinkie rest on forehead.
Thumb at anterior fontanel just behind hairline in center.
Hold with a light touch about one minute.

18. Ending Moves Continued

- c. Both Hands:
 - Pinkies anterior to each ear (on TMJ).
 - Ring fingers on cheekbone.
 - Middle fingers on lateral sides of eye orbits.
 - Index fingers on forehead.
 - Thumbs touching together just back of hairline (anterior fontanel).
 - Hold lightly for a minute or more.
- d. Help client sit up, facing away from you. Make sure is resting hands palms down on thighs and feet uncrossed.
 1. Polarity pass on back
 - Hands on lateral part of shoulder, touching body lightly.
 - Bring hands towards spine, crossing hands over each other as you cross over the spine.
 - Hands still crossed, continue down sides of spine until you near the table.
 - Uncross hands as you brush off over the gluteals.
 - Repeat 4-5 times.
 2. Polarity pass on front
 - Lightly touch the sides of the neck, then lightly brush down each arm and off the fingers.
 - Repeat 4-5 times.
- e. Give each other a polarity hug – hug first over one shoulder, then switch to the other shoulder.

General Polarity Treatment

What Each Manipulation Does

- **Vagus Nerve Stimulation**
Good as first contact with the body; relaxing; stimulates the parasympathetic nervous system; increases mind-body and conscious-subconscious interaction.
- **Dural Tube Traction**
Relaxing to the neck and spine. Helps release blockages that are energetic and musculo-skeletal; increases mind-body and conscious-subconscious interaction.
- **Two-handed Head Pull**
Invigorating; a physical stretch to the neck and back; increases mind-body and conscious-subconscious interaction. **Strong force is contraindicated in acute situations.**
- **Belly-rock**
Relaxing; helps to balance all the elements with each other; increases mind-body and conscious-subconscious interaction.
- **Ankle Rotation**
Stimulates the long currents of all five elements at their point of return to flow back up the body; helps the release of chronic blocks; stimulates the air element.
- **Toe Pull**
Releases the negative pole of each element; diagnostic aid.
- **Leg Rotation and Pull**
Releases each element as it flows through the hip joint; helps pelvic and lower back problems; also reflexes to the jaw.
- **Wrist Flop**
Stimulates the long currents of all five elements at their point of return to flow back up the arm; reflexes to the sacrum.
- **Finger Pull**
Releases each element.
- **Shoulder Rotation**
Releases each element as it flows through the shoulder joint; frees up the breath and thus increases relaxation and reduces pain.
- **Thumb Web to Elbow to Brachioradialis**
On the right arm: stimulates the liver and gall bladder.
On the left arm: stimulates the stomach, spleen and pancreas.

- **Ankle to Diaphragm to Clavicle**
Stimulates the diaphragm and thus facilitates breath, relaxation, digestion, and reduction of pain anywhere. Is diagnostic and a treatment for each of the five elements as their long currents pass through the diaphragm.
- **Xiphoid to Manubrium**
Stimulates the diaphragm, heart chakra and throat chakra. Helps open up emotions to the heart, heart chakra, throat, and throat chakra, especially grief and shock.
- **Occiput to Eye to Fontanel**
Helps neck and back problems; increases mind-body and conscious-subconscious interaction; helps eye problems and headaches; helps with conscious emotional problems and problems with abstract ideas and thought; a diagnostic and treatment aid for any of the five elements that are being blocked from conscious awareness.
- **Coccyx Stimulation**
Stimulates the negative pole of the cerebrospinal column and thus is helpful with neck and back problems; facilitates emotional release; helps menstrual cramps and other sexual blockages.
- **Kidney Treatment**
Helps the kidneys, the rest of the air element, and lower back pain.
- **Cross-Currents**
Helps with neck and back problems; balances the left and right sides of the body with each other.
- **Scapula to Calf**
Stimulates digestion.
- **Cerebrospinal Fluid Stimulation**
Helps back and neck problems; relaxation aid.
- **Chakra Balance on the Back**
Very soothing; balances blood pressure.
- **The Two Ending Head Moves**
Soothes and balances mental and emotional changes which have happened during the treatment; also good for headaches.
- **Magnetic Pass**
Pulls away from the body any residual, toxic energies which have been released; cleansing; relaxing; energizing.

Element Treatments

Element blockage can appear as too much of an element, or too little. Element treatments act as a tonic, raising a deficiency of an element or lowering the excess.

Step 1: Evaluation

Which elements need treatment?

- Evaluate the person by looking at them and sensing them.
- Ask about problems, sensations, lack of feeling in chakra areas and triads.
- Ask about personality manifestations associated with an excess or lack of an element.

Step 2: Counseling Techniques

Can be done before, during, and/or after bodywork.

- The therapist should assume the characteristics of the element he is treating.
- Have the client visualize a symbol of the element.
This symbol can be visualized within the chakra and/or the triad.
And/or, this symbol can be visualized coming in through the therapist's hands or with their breath.
- Have the client feel qualities of the element in their body (particularly at the chakra and triad).
- Have the client breathe with appropriate speed into that body part (chakra or triad).
- Have the client fantasize acting out life situations as an expression of that element.

Step 3: Stimulate

Stimulate the chakra and triad of the element being treated.

Step 4: Connecting Connect the chakra and triad. You can start with one hand on the most inferior point and move up the body as each point releases, or you can start with one hand on the chakra and connect all of the triad to the chakra. End by connecting the inferior point to the superior one.

Earth

Treat: Knees, colon, neck, and coccyx.

- Can connect coccyx to sphenoid.
- Can do deep massage, also.
- Treatment is Tamasic (deep, physical, and slow).
- Do grounding exercises (Tai Chi, etc.)

Water

Treat: Feet, sacrum/pubis bone/gluteals, breast area.

- Include a lot of pelvic rocking, front and back.
- When doing the pelvic rock on the front, the superior hand can be on the pectoralis.
- Treatment is Tamasic.
- Talk of feelings.

Fire

Treat: Thighs (especially the midline), solar plexus, and head.

- Do a fast and vigorous belly rock.
- Do the occiput to eye to fontanel manipulation.
- Stimulate the orbit of the eye.
- Treatment is Rajasic (fast, vigorous, and energizing).
- Have the client do the breath of fire.

Air

Treat: Ankles, kidneys, heart chakra, and shoulders.

- Do ankle rotations, flexion and extension with pressure points.
- Connect kidneys to the Achilles tendon and the ischium, as in the General Treatment.
- For the heart chakra, have one hand under the body on the upper thoracics and the other hand stimulating the sternum and intercostal points; the top hand can also palm the pectoralis.
- For the shoulders, you can stimulate the trapezius (bilaterally, and connect it to the opposite diaphragm if needed) and the rhomboids (both hands under the back, stimulation is towards the ceiling).
- Treatment is Rajasic.

Ether

Treat: Spine, all major joints, and throat chakra.

- Do the Satvic Polarity Treatment (gentle, slow and soothing).

Element Treatments Based on the Triads

Earth Treatment

Client Supine

1. Hold the feet.
2. Stimulate points on the right knee.
3. Stimulate the right side of the colon.
4. Stimulate the left knee.
5. Stimulate the left side of the colon.
6. Stimulate both sides of the neck.

Client Prone

7. Roll the person over and do the deep coccyx stimulation with the middle finger of the right hand; the left hand makes a light contact to both sides of the sphenoid and to the third eye.

Client Supine

8. Hold the feet.
9. On the right side, connect the foot, knee, colon, and neck; end by connecting the foot and neck.
10. Repeat #9 on the left side.
11. Ending moves.

Water Treatment

Client Supine

1. Hold the feet. Rock pelvis and do slow-motion nerve strokes to the feet.
2. Stimulate the pelvic reflexes, the chest reflexes, and the water toes of both feet.
3. Pelvic rock (from client's right side):
 - a. with the top hand on the pectoral (cross-current)
 - b. with the top hand on the heart chakra
 - c. with both hands on the ASIS
 - d. with one hand on the lower abdomen, the other hand under the sacrum

Repeat a. on the left side of the body.

Client Prone

4. Sacral stimulation: the bottom hand works the diagonal border and the posterior surface of the sacrum; the top hand cups the sacrum and then stimulates the base of the occiput on the opposite side.
5. Gluteal stimulation: the bottom hand stimulates several points with rocking; the top hand stimulates several points in the opposite scapular area.
6. Repeat #4 & #5 on the other side.

Client Supine

7. Repeat #1.
8. On the right, connect the foot, pelvis (inguinal area, gluteal, or sacrum), and pectoral; end by connecting the foot and pectoral.
9. Repeat #8 on the left side.
10. Ending moves.

Fire Treatment

1. Breath of fire.
2. Stimulate the thighs, the top hand goes to the top of the thigh, abdomen or the head.
3. Solar plexus stimulation (gentle rotations and diagonal pressure points).
4. Fast belly rock.
5. Two-handed head pull.
6. Occiput to eye to fontanel
7. On the right side, connect the thighs, the solar plexus, and the head; end by connecting the thighs and the head.
8. Repeat #7 on the left side.
9. Ending moves.

Air Treatment

1. Ankle rotation.
2. Stimulate points around the medial and lateral malleolus.
3. Kidney stimulation.
4. Repeat #3 on other side.
5. Shoulder rotation.
6. Cup the shoulder joint.
7. Repeat #5 & #6 on the other side.
8. One hand on the sternum and the other along the thoracics. The hand on the sternum palms, rocks and stimulates points. Pay attention to how deeply the energy of your hand goes into their heart and what their shield feels like. You can talk with them about this.
9. Lay the right forearm along the midline of the body and rock.
10. Chest breathing.
11. Palm the sternum while the other hand rocks the abdomen or pelvis.
12. Stimulate the intercostal spaces.
13. Middle finger of the left hand touches the midline of the base of the occiput; the other hand is on the heart chakra.
14. Spend some time doing a freeform treatment.
15. Circles from the heart chakra in expanding size.
16. Brushing from the heart chakra to the opposite shoulder and hip, and to the throat and abdomen.

Ether Treatment

The Ether tx in general beings at the bottom of the client's left foot, but once learned, can really be started anywhere on the body. Stone's chart illustrates 4 points on each diamond, while only two of these points are usually contacted, all four may be employed over severely congested points. Let your intuition be your guide. Simply flip thumb and fire finger to two new points, without necessarily following a progression. New or different points may be employed if you get that feeling. Trust your heart.

The Ether element is driven in the body by the throat chakra. It governs the spine (midline of body) and all the joints. Because it is focused in the neck and throat it also rules communication. This is an area that relates to all other elements and is a common place of congestion. Ether is the Space or the neutral field, which must exist first, before the other four elements have a place to manifest. Stone called it the 'one river from which the other four rivers arise'. Ether creates this subtle neutral field. The basic qualities of this element are harmony, stillness, and balance. The field of the Ether element is the quality of energy **in physical form**, which mirrors the harmony and stillness of God. Helping put a client in touch with this Ether energy is like helping them get in touch with the Divine intelligence of their own body. This Divine intelligence knows how to facilitate healing better than any practitioner.

Ether also governs the emotions in general and combines with the other elements to create various qualities of emotion. It creates the space for the elements to flow freely in balance and harmony. Without this space, a 'closed-in' feeling can result, leading to deep depression or extreme explosiveness. A contracted ether field prevents the free flow of emotions in the body. Clients with 'stuck' emotions may benefit from an ether Treatment in an attempt to expand and tonify the field for emotional expression. Ether Tx allow clients to contact their neutral core and to create stillness and balance.

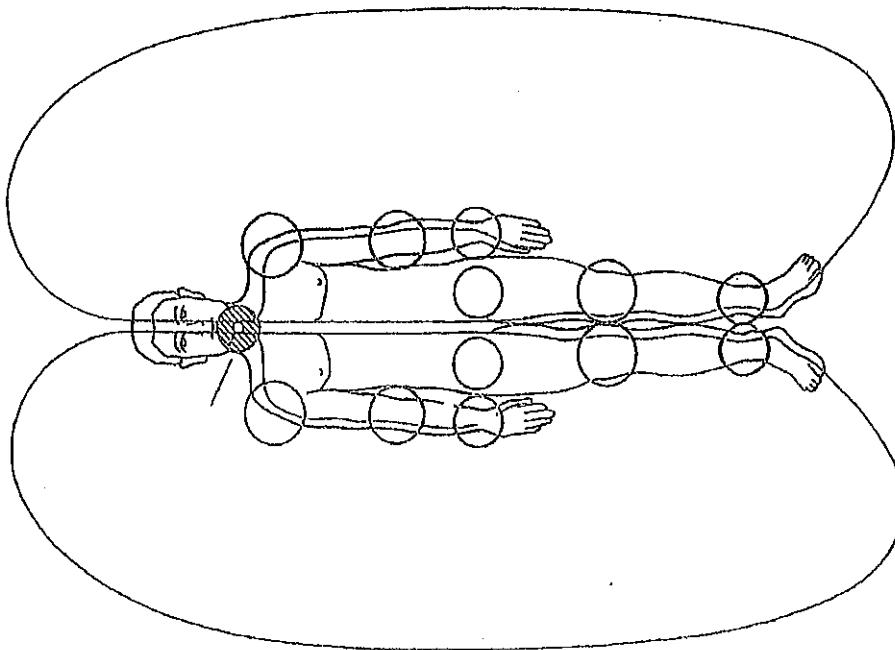
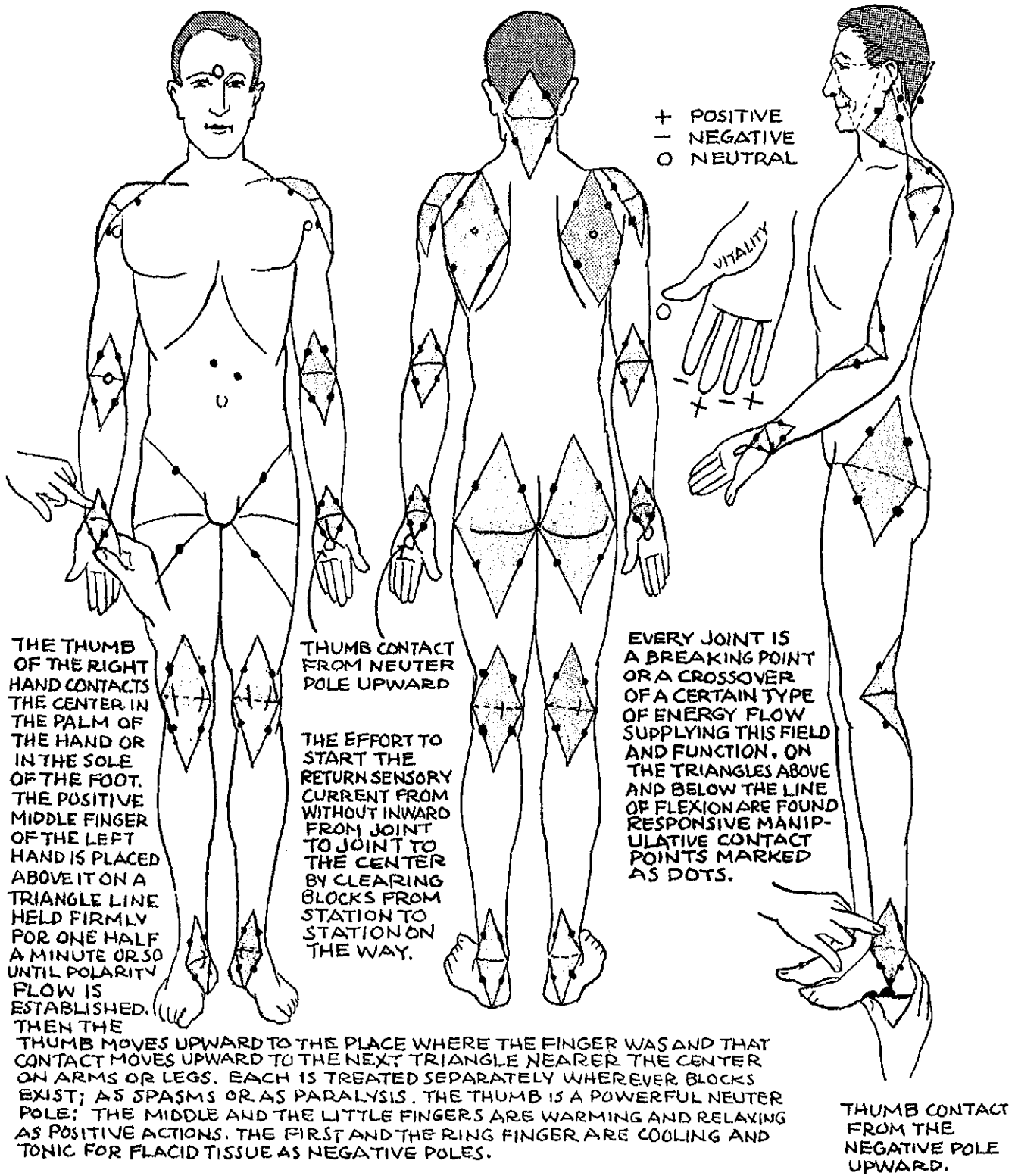


Fig. 4.5. Ether relationships. Ether creates the field for the other elements to manifest in. Shown are the Ether oval at the throat, sub-fields at each joint and the Ether Long Line current. Ether governs the expansiveness or boundaries of our 'space'. It governs communication and our emotional

CHART NO.59. PRINCIPLES OF LOCAL WIRELESS CURRENT FLOW IN THE BODY AND HOW IT CAN BE INFLUENCED BY POLARITY CONTACTS TO FLOW FROM THE CIRCUMFERENCE TO THE CENTER.



Ether Treatment

Client Supine

1. The thumb of the right hand makes contact with the center of the sole of the client's left foot. The fire finger of your left hand makes contact above it with a point on the triangle line from the ankle. Points are held firmly for 30 seconds or until energy flow is established.
2. Thumb moves up to where the fire finger was; the fire finger moves up to a point on the triangle line on the knee. Points are held firmly for 30 seconds or until energy flow is established.
3. Thumb moves up to where the fire finger was; the fire finger moves up to a point on the triangle line above the knee. Points are held firmly for 30 seconds or until energy flow is established.
4. Thumb moves up to where the fire finger was; the fire finger moves up to a point on the triangle line on the hip. Points are held firmly for 30 seconds or until energy flow is established.
5. Thumb moves up to where the fire finger was; the fire finger moves up to a point on the triangle line above the hip. Points are held firmly for 30 seconds or until energy flow is established.
6. Move from the hip to the hand with the thumb of your right hand making contact with the center of the client's palm. Fire finger of your left hand makes contact above the thumb at a point on the triangle line above the wrist. Points are held firmly for 30 seconds or until energy flow is established.
7. Thumb moves up to where the fire finger was; the fire finger moves up to a point on the triangle line on the elbow. Points are held firmly for 30 seconds or until energy flow is established.
8. Thumb moves up to where the fire finger was; the fire finger moves up to a point on the triangle line above the elbow. Points are held firmly for 30 seconds or until energy flow is established.
9. Thumb moves up to where the fire finger was; the fire finger moves up to a point on the triangle line on the shoulder. Points are held firmly for 30 seconds or until energy flow is established.
10. Thumb moves up to where the fire finger was; the fire finger moves up to a point on the triangle line above the shoulder. Points are held firmly for 30 seconds or until energy flow is established.
11. Thumb moves up to where the fire finger was; the fire finger moves up to a point on the triangle line at the TMJ. Points are held firmly for 30 seconds or until energy flow is established.
12. Thumb moves up to where the fire finger was; the fire finger moves up to the brow center. Points are held firmly for 30 seconds or until energy flow is established.
13. Repeat steps 1-12 on the client's right side.
14. Fire finger of left hand changes to a thumb at brow center, fingers curled into a fist. Thumb of right hand moves to umbilicus with fingers curled into a fist for Front Chakra balance. Hold until energy in both hands feels equal and balanced.

Turn client over

Ether Treatment Continued

Client Prone

15. The thumb of the right hand makes contact with the center of the sole of client's left foot. The fire finger of your left hand makes contact above it with a point on the triangle line from the ankle. Points are held firmly for 30 seconds or until energy flow is established.

16. Thumb moves up to where the fire finger was; the fire finger moves up to a point on the triangle line on the knee. Points are held firmly for 30 seconds or until energy flow is established.

17. Thumb moves up to where the fire finger was; the fire finger moves up to a point on the triangle line above the knee. Points are held firmly for 30 seconds or until energy flow is established.

18. Thumb moves up to where the fire finger was; the fire finger moves up to a point on the triangle line over the glutes. Points are held firmly for 30 seconds or until energy flow is established.

19. Thumb moves up to where the fire finger was; the fire finger moves up to a point on the triangle line above the glutes. Points are held firmly for 30 seconds or until energy flow is established.

20. Move from the glutes to the hand with the thumb of your right hand making contact with the center of the client's palm. Fire finger of your left hand makes contact above the thumb at a point on the triangle line above the wrist. Points are held firmly for 30 seconds or until energy flow is established.

21. Thumb moves up to where the fire finger was; the fire finger moves up to a point on the triangle line on the elbow. Points are held firmly for 30 seconds or until energy flow is established.

22. Thumb moves up to where the fire finger was; the fire finger moves up to a point on the triangle line above the elbow. Points are held firmly for 30 seconds or until energy flow is established.

23. Thumb moves up to where the fire finger was; the fire finger moves up to a point on the triangle line over the shoulder blades. Points are held firmly for 30 seconds or until energy flow is established.

24. Thumb moves up to where the fire finger was; the fire finger moves up to a point on the next triangle line over the shoulder blades. Points are held firmly for 30 seconds or until energy flow is established.

25. Thumb moves up to where the fire finger was; the fire finger moves up to a point on the triangle over the neck. Points are held firmly for 30 seconds or until energy flow is established.

26. Thumb moves up to where the fire finger was; the fire finger moves up to a point on the next triangle line over the occiput. Points are held firmly for 30 seconds or until energy flow is established.

27. Repeat steps 15-26 on the client's right side.

28. Thumb and fire finger points starting at sacrum and working diagonally up spine. (not shown on chart)

29. Come to client's left side and do Back Chakra balance.

Releasing Blockages

Determine Elemental Imbalance:

Occiput Lines

Toes

Fingers

Wave Pulses

Treat Predominate Elemental Imbalance

Options for releasing blockages:

1. Decrease Pressure
2. Both sides of block (through foot/through body)
3. Pull toe in a straight line with the block
4. Element related to block (pull toe related to block)
5. Foot to body (body to foot)
6. Foot to head (head to foot) pg. II/21
7. Triad on foot
example: adrenal to shoulder/adrenal to ankle (line block up in a straight line)
8. Place hand over chakra of related blockage
9. Any block in foot to water triad in body (pelvis, breast/heart)
10. Any block in foot to water chakra
11. Block to Nerve Source (reference spinal chart III/72)
example: Kidney reflex foot to T10 reflex foot or kidney T10 to body
12. Geometric relationships pg. III/71
example: Kidney reflex foot to 10T reflex foot/kidney reflex improves, go to 1T on foot

Back Treatment

Client Supine

1. Interview
 - Any discomfort, pain or stiffness?
 - Show me where.
 - When did it start?
 - What cause it?
 - Anything else I should know?
2. Unwind neck, back, shoulders
3. Atlas-occiput decompression (lift the transverse processes of C1 toward the ceiling as far as you can, hold C1 in this elevated position, and allow the head to fall backwards and touch the table. This move can be repeated another two or three times.
4. Vagus Nerve Stimulation
5. Dural tube traction from the occiput
6. Occiput to eye to fontanel
7. Stimulate points on both sides of the neck, connecting to the opposite, or same, trapezius if needed.
8. Stimulate the trapezius (connecting to opposite diaphragm, neck, ear, and/or opposite hip)
9. Hands under the back to stimulate the rhomboids
10. One hand stimulates the rhomboids, while the other hand rocks the opposite hip, or both hands under the rhomboids. Repeat on the other side.
11. Still-Point on the pelvis
12. Dural tube traction from the sacrum
13. Hold UB40 (fingers under the back of the knees)
14. Gently traction the legs from the ankles

Back Treatment Continued

Client Prone

1. Check the spine for drag
2. Myofascial Release in that area
3. Hip to shoulder rock on both sides
4. Gluteal to rhomboid stimulation
5. Gluteal to tight musculature on the opposite side of the spine
6. Sacrum to occiput stimulation
7. Stimulation of the sacral foramen bilaterally
8. Stimulate points on and around the scapulae
9. Hot Stone massage
10. Cat's paw up and down the far side of the spine
11. Cerebrospinal fluid stimulation
12. Stimulate UB60 (posterior to the lateral malleolus), UB62 (inferior to the lateral malleolus), or Luo Point (midway between the two) — whichever is most sensitive
13. Chakra Balance on the back

Whiplash Treatment

Client Supine

1. Follow Core Current
2. Vagus nerve stimulation with dural tube traction from occipital base
- *3. Clavicle to neck, cross-current:
 - start at manubrium and go out to shoulder;
 - start at intersection of neck and shoulder and go straight up to mastoid process
4. Occiput to eye to fontanel
- *5. Go up both sides of larynx (medial sides of sternocleidomastoid)
6. Line of traps from base of neck laterally; to opposite diaphragm if needed
7. Both sides of neck looking for knots
8. Belly rock
9. Finger pull
10. Toe pull

Client Prone

11. Coccyx stimulation
12. Deep coccyx stimulation, connect to opposite sphenoid and to 3rd eye when stimulate center of coccyx.
13. Ischium (medial to gluteal and inferior to coccyx), forearm along S-I joint and sacrum on same side
14. Ischial stimulation with little finger draped across opposite Vagus
15. Repeat 13 & 14 on other side
16. Quadratus lumborum release
17. Chakra balance on back

* 3 & 5 are interchangeable in sequence. Moves 1 – 5 take the most time.

A Whiplash Treatment



1. Follow the Core current at bregma and set the timing



2. Dural tube traction using the vagus nerve stimulation hand hold.



* 3. Clavicle to neck cross current

- start at manubrium & go out to shoulder

- start at intersection of neck & shoulder and go straight up to mastoid process of the temporal bones



4. Occiput to eye to fontanelle (image not shown)

* 5. Work both side of the larynx from the manubrium superiorly up under the mandible.



6. Line of trapezius from base of neck working laterally ; if needed try connecting to the opposite diaphragm if the tight tissue in the trapezius does not release. You also have to option of connecting the tight tissue in the trap to the opposite hip.



7. From the mastoid processes of the temporal bones go straight down and loosen the tissue at the base of the neck/first rib area. As the tissue softens continue your pressure inferiorly.

A Whiplash Treatment

8. Three hand positions of the belly Rock (image not shown)

9. Finger Pull (image not shown)

10. Toe Pull (image not shown)

11. Coccyx Stimulation (image not shown)



12. Deep Coccyx Stimulation position yourself to work the tissue between the coccyx and the ischium on the far side and make a connection with your other hand on the near wing of the sphenoid.



13. Rest your forearm along the near s.i joint and with your other hand, grasp the medial side of your client's near ischium. Then push into your forearm at the s.i joint firmly and alternately pull on the hand at the ischium. (

14. After you can feel your client's s.i joint relax move your superior hand (in relation to their body) to their opposite vagus nerve and gently rock. (image not shown)

15. Repeat steps 13 & 14 on your client's other side. If needed you may also repeat steps 13 & 14 on each side twice.



16. Quadratus release – push your thumbs into one side and pull back on your fingers. You can also soften the quadratus pushing into it with your thumb while you stimulate the kidney point from foot reflexology with your other hand.

17. Finish with the back chakra balance. (image not shown)

Techniques from this treatment example may be helpful not only in treating whiplash, but may also be helpful in relieving chronic neck and back pain.

* Steps 3 & 5 are interchangeable in sequence
Steps 1 – 5 take the most time

Treatment For Tipped Pelvis

Client Supine

1. Nerve stroke down the short leg side:
Put one hand under the small of the back and the other hand directly above it on the abdomen and rock. When the energy has increased, do a nerve stroke down the leg very slowly and feel the energy stretching. Do this 3 times & recheck leg lengths.
2. Work the line of the traps on both sides, using alternate stimulation. Connect the trap to the diaphragm, cross-current, if it is reluctant to release, or to the opposite ear canal or Du16.
3. Pulses: groin to shoulder, mastoid, and sphenoid. Do both sides.
4. Unwind each hip socket.
5. Unwind both hip sockets at the same time, with the knees bent toward the client's chest.
6. Leg traction.
7. Sacral traction.
8. Unwind with both hands on the ASIS.

Client Prone

9. Go to the client's **short leg side**.
10. Stimulate the trochanter with a rocking motion. Alternately, rock the superior edge of the sacrum on your side and the inferior tip of the sacrum.
11. Find the most sensitive point in the gluteal on your side and place your thumb there with a constant pressure.
12. Pull their leg out 30 degrees from the midline, raise the foot, and do 15 rotations. The direction of the rotation is to let the foot fall back across the midline, take it inferiorly, then laterally, then superiorly.

Client Supine

10. Check the leg lengths, and make any final corrections with the nerve stroke down the short leg side

Polarity Connections

1. **Straight through the body (front to back) or diagonally through**
 Examples
 - rhomboids to chest
 - knees
 - occiput to eye to fontanel

2. **Longitudinally (top to bottom)**
 Examples
 - ankle to diaphragm to clavicle
 - ischium to kidney
 - xiphoid to manubrium
 - belly rock
 - chakra balance (front and back)
 - toe and finger pulls
 - working zones

3. **Horizontally**
 Examples
 - both sides of neck
 - line of traps
 - line from head of femur to head of femur
 - cupping ears
 - rhomboids with both hands under the scapulae

4. **Cross-current**
 Examples
 - hip to shoulder (front and back)
 - hand to foot
 - pulses
 - trap to diaphragm
 - coccyx to sphenoid
 - sacrum to occiput
 - ischium to Vagus
 - gluteal to scapula area
 - ischium to trap

5. **Triads and chakras**
 - **Ether** Throat chakra, spine, all joints, thumb and big toe
 - **Air** Heart chakra, shoulders, kidneys, ankles, index finger and toe
 - **Fire** Solar plexus chakra, head, thighs, middle finger and toe
 - **Water** Sacral/genital chakra, breasts, feet, ring finger and toe
 - **Earth** Rectal chakra, neck, colon, knees, little finger and toe

6. **Feeding elements into each other**
 If the block does not release by working the triad or by other means:
 - connect the point with the harmonious triad

(earth with water; fire with air)

- connect with ether
- connect with its antagonistic elements (sometimes this is trickier)

7. Four strong points to connect any point to:

- navel
- midline of the base of the occiput
- ear canal
- coccyx

8. Adjacent regions

- Examples
- forearm to abdomen
 - wrist to pelvis

9. Anatomically similar structures

- Examples
- ischium to pubis to diaphragm to clavicle to jaw
 - sacrum to occiput
 - wrist to ankle
 - elbow to knee
 - shoulder to hip to TMJ
 - forearm to calf

10. Combining principles of 8 and 9

- Examples
- colon to points between the tibia and fibula
 - scapula to calf

11. Superimposed body parts

- Examples
- body on the foot
 - body on the hand
 - body on the head

12. Connect any joint to the perineum

13. Connect the vertebra to each other, superior to inferior

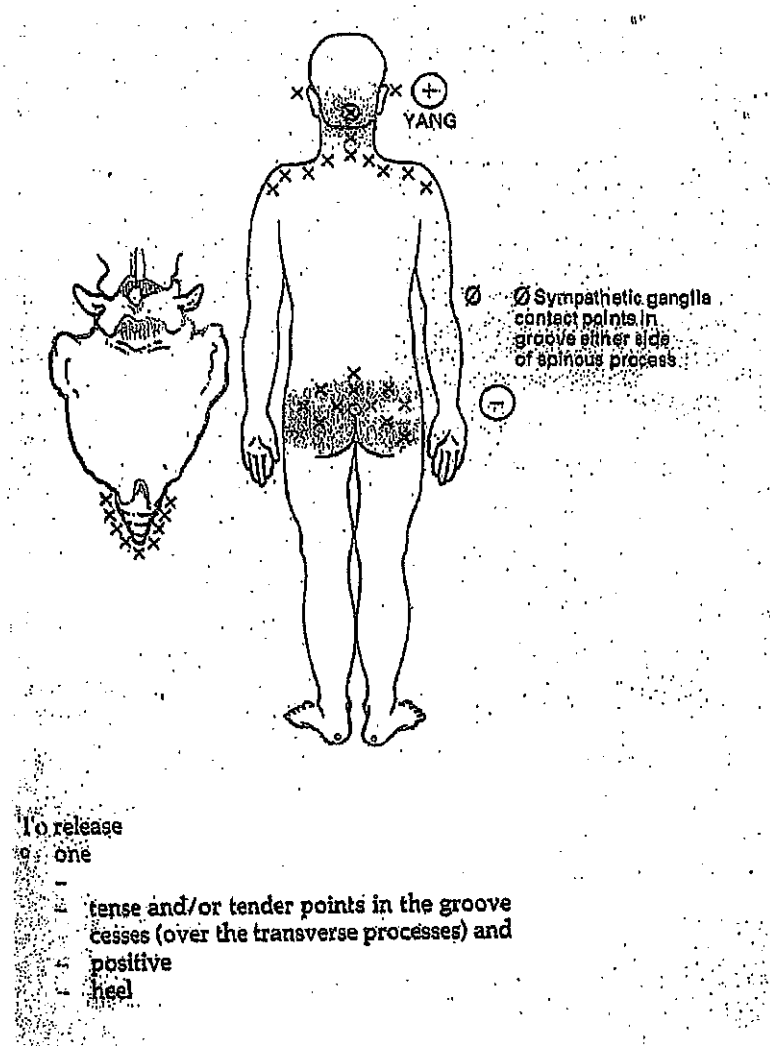
- Examples
- coccyx to sphenoid
 - sacrum to occiput
 - L5 to C1
 - L4 to C2

Polarity Connections Exercises

These are the main options of how to make connections to a blockage with the second hand, along with some examples of some manipulations that make use of these options.

1. **Straight through the Body:**
One hand on the Heart Chakra, the other hand under the back.
2. **Longitudinally (top to bottom)** — One hand on the Heart Chakra, the other hand on the midline of the diaphragm.
3. **Horizontally** — One hand on the Heart Chakra, the other hand on the shoulder or pectoral.
4. **Cross-Current** — Hip to shoulder rock.
5. **Triads and Chakras** — One hand on the Heart Chakra, the other hand on the kidneys, ankles, or shoulders.
6. **Feeding Elements Into Each Other** — One hand on the Heart Chakra, the other hand on the Solar Plexus, thighs, or on the opposite hip, and rock.
7. **Four Strong Points To Connect Any Point To** — One hand on the Heart Chakra, the other hand on the:
 - a. navel
 - b. midline of the base of the occiput
 - c. ear canal
 - d. coccyx
8. **Adjacent Points** — One hand on the Heart Chakra, the other hand on the bicep.
9. **Anatomically Similar Structures** — One hand on the clavicle, the other hand on the diaphragm.
10. **Combining Principles of 8 And 9** — One hand on the Heart Chakra, the other hand on the thigh.
11. **Superimposed Body Parts** — One hand on the Heart Chakra, the other hand on the bridge of the nose (see p. 17).
12. **Connect Any Joint To The Perineum** — Have the client roll on to their side and connect the shoulder joint to the perineum.
13. **Connect The Vertebra To Each Other:**
 - a. Connect C1 and L5.
 - b. Have one hand on the sacrum, and the other hand on the occiput.

Polarity Treatment to Balance Sympathetic Nervous System



Prone:

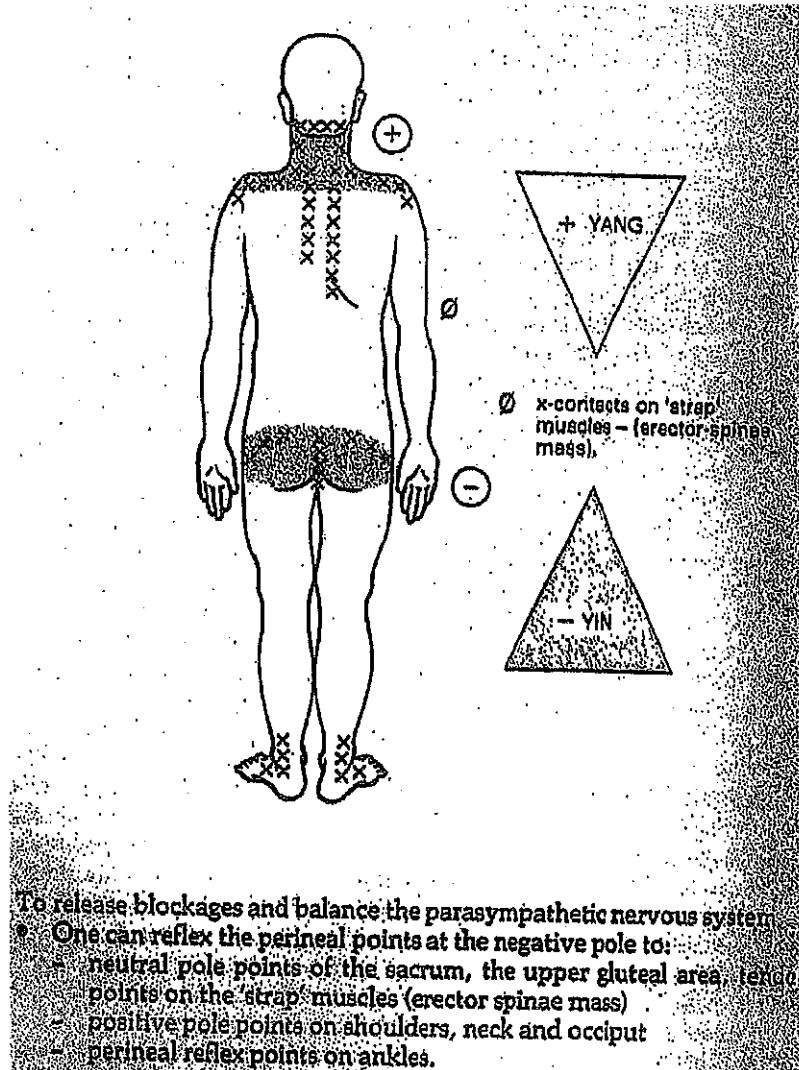
1. Cerebrospinal Fluid Stimulation
2. Coccyx stimulation
3. Deep Coccyx Stimulation
-Connect to Sphenoid and Ajna
4. Hip to Shoulder Rocking
5. Glutes to Lamina Groove
6. Glutes to top of shoulders
7. Glutes to Coccyx Reflex on Heels

8. Satvic Hold: Coccyx to Coccyx reflex

Supine:

9. Occiput to Eye to Fontanel
10. Dural Tube Traction
11. Satvic Hold: Left Air Finger on Ajna
Right Fire Finger on Coccyx

Polarity Treatment to Balance Parasympathetic Nervous System



Prone:

1. Cerebrospinal Fluid Stimulation
2. 6 Point Progression
-especially sacrum and occiput
-especially gluteus medius
3. Glutes to Erector Spinae
4. Coccyx Stimulation
5. Satvic Hold: Coccyx to Foramen Magnum

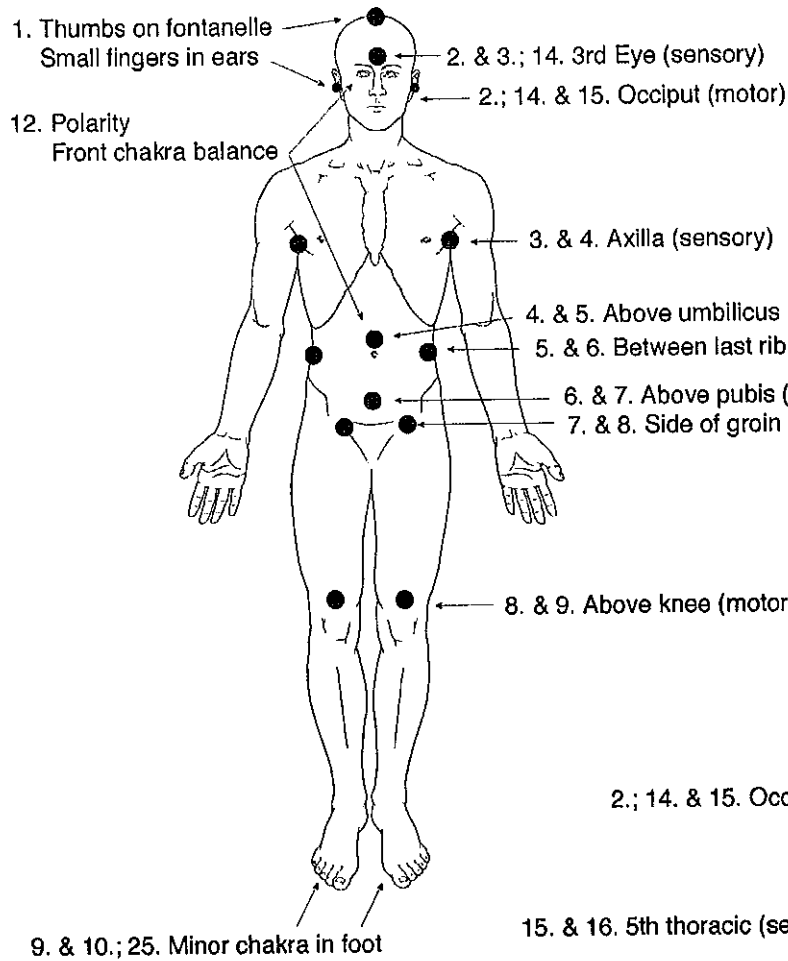
Supine:

6. Occiput to Eye to Fontanel
7. Atlanto-Occipital Decompression
8. Ankle to Diaphragm to Clavicle
9. Ankle Rotation
10. Vagus Nerve Stimulation

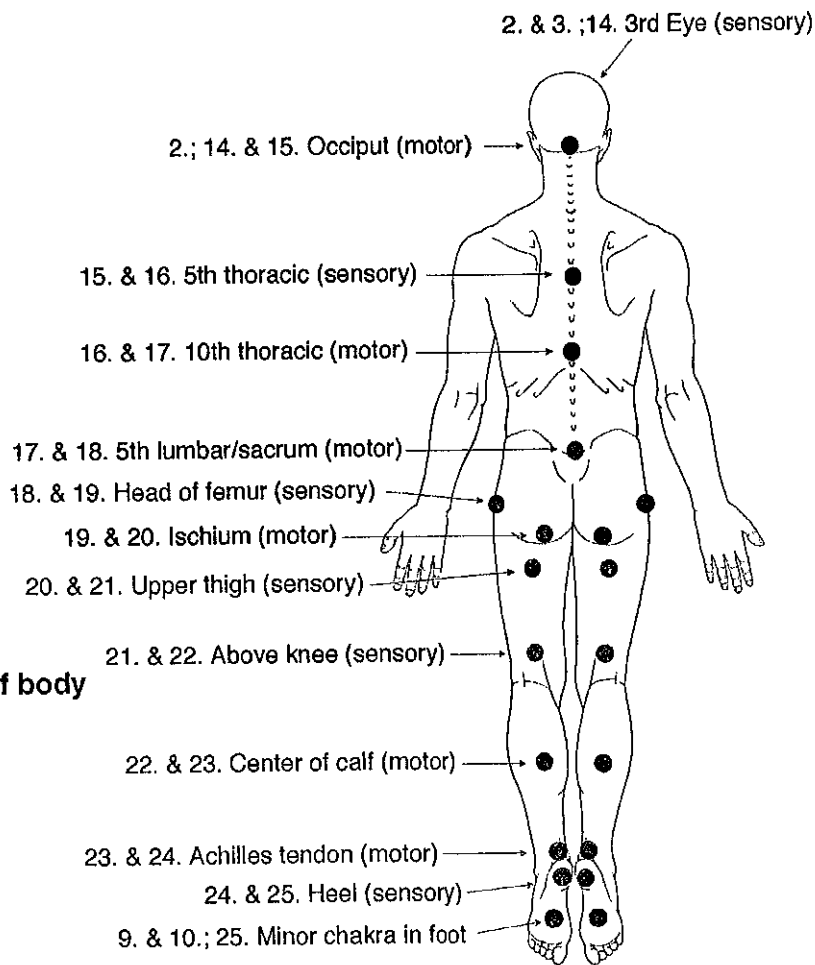
IV / 9

Thalmotherapy

Balances 3 Nervous Systems



3. – 10. Work same side of body



18. – 25. Work opposite side of body

Thalmotherapy

The purpose of this treatment is to balance the outgoing and incoming nervous system communication, works on the hypothalamus.

Effective for

- Insomnia
- Uptight, stressed people
- Pain of any kind
- Imbalance of endocrine system

Treatment (Supine)

Circles on front are done **counter-clockwise**.

Cover person with sheets or blankets if necessary.

Rotations are done alternately between right and left hand. The hand that is not rotating exercises a light pressure. Do each set of rotations three times. Begin each set of rotations with the inferior hand.

1. Little finger in ears, thumbs on front fontanel. Hold.
2. Left hand on 3rd eye, right on occiput. With cupped hands, rotate fingertips counter-clockwise 3 times on 3rd eye, then clockwise 3 times on occiput. Do this 3 times.
3. Left hand on 3rd eye. Right hand on right axilla area. Rotations are done alternately in counter-clockwise direction.
4. Left hand axilla, right hand above umbilicus
5. Left hand above umbilicus, right hand between last rib and hip on right side
6. Left hand between last rib and hip, right hand above pubic bone
7. Left hand above pubic bone, right hand right side of groin
8. Left hand right side of groin, right hand above right knee
9. Left hand above knee, right hand minor chakra of right foot. Circles on foot are done counter clockwise.
10. Hold minor chakras of both feet.
11. REPEAT 3-10 on left side, all movements counter-clock-wise.
12. Front Chakra Balance
13. Roll over for back sequence.

Thalmotherapy Treatment Continued

Client prone

Circles on back are done **clockwise**.

Cover person with sheets or blankets if necessary.

Rotations are done alternately between right and left hand. The hand that is not rotating exercises a light pressure. Do each set of rotations three times. Begin each set of rotations with the inferior hand.

14. Left hand on 3rd eye, right on occiput. With cupped hands, rotate fingertips counter-clockwise 3 times on 3rd eye, then clockwise 3 times on occiput. Do this 3 times.
15. Move down so left fingers on occiput, right on 5th thoracic. Repeat rotations.
16. 5th and 10th thoracic
17. 10th thoracic and 5th lumbar
18. 5th lumbar and head of femur (opposite leg)

All hand positions in # 19 – 25 are done on opposite leg.

19. Femur and ischium
20. Ischium and upper thigh
21. Upper thigh and leg above knee
22. Above knee and calf
23. Calf and Achilles tendon
24. Achilles tendon and heel
25. Heel and ball of foot
26. Go to other side and repeat 18-25.
27. Back Chakra Balance

Allow client to rest on table 15 minutes, if possible.

Thalmotherapy Used in Drug and Alcohol Withdrawal

Over a period of three days in a detoxification unit, I administered 33 Thalmotherapy treatments. I integrated various Satvic Polarity techniques and basic massage strokes as needed.

Out of 33 clients, 45% were undergoing withdrawal from either heroin, Percodan, methadone, or a combination of these as well as alcohol and other substances. 29% were withdrawing from alcohol; 19% from stimulants, cocaine, methedrine, Benzedrine, etc.; and 7% from intoxicants, solvents, carbon tetrachloride.

In working with [those recovering from] opiate and synthetic narcotics, I found that the clients were able to fall asleep within the first twenty minutes. This is extremely rare; most addicts detoxing from these substances are unable to sleep during the first 11 to 18 days of the detoxification process. Another benefit was that skin irritations (itching, burning, and sensitivity) seemed to decrease noticeably.

One patient with a 31-year history of alcohol and substance abuse stands out as exceptional. The patient was a black male, aged 45, and had been involved in the Methadone Maintenance Program for six years. During the last 24 months he had been "chipping" heroin; for the last 9 months he had been using 5-7 bags a day. He had been withdrawing three days and was experiencing extreme agitation, vomiting, extreme sensitivity to light and smell. He had had no sleep for 48 hours, was exhibiting mental mood swings, and seemed to be working up to hallucinations. Within 23 minutes the client was fast asleep and remained so for 19 hours, at which time his bowels moved and other symptoms seem to have decreased noticeably.

With the alcohol clients there was a noticeable decrease in shaking and reduced symptoms in all areas (e.g., decreased blood pressure).

The stimulant clients seemed more relaxed and the psychotic personality, which is normal in heavy users of cocaine and speed, was greatly diminished. The extreme agitation and paranoia were also reduced.

The intoxicant clients seemed to become more grounded and responded with a cessation of hallucinations, improved disposition, and better sleep patterns.

As I didn't have access to all monitoring facilities and the work done was of a voluntary nature with a small group, I don't feel that I can offer this as any form of proof or documentation. All I can do is offer this experience to any who choose to try this approach in working with chemically dependent patients.

As this approach was new to the rehabilitation center, had never been done before, and is not recognized as a legitimate procedure in dealing with detoxification, I was asked not to give the name of the facility or allow their name to appear in any written form. As there is a Federal law regarding protection of clients' confidentiality the clients' names cannot be used either.

What I can share is that at present the policy for treatment is undergoing review and in the future they plan to incorporate this into the existing treatment plan. My work was originally to be done over a two-day period; after the first day I was asked to return for as long as I was in the area. Unfortunately I could only return for one extra day.

Additional Polarity Moves

Toe Balance

Match each finger to each toe elementally, i.e. thumbs (ether) to big toe, pointer finger (air) to second toe, middle finger (fire) to middle toe, ring finger (water) to 2nd to fourth toe, pinky finger (earth) to pinky toe. Fingers are generally placed at tips of toes also touching toenails.

Benefits: This manipulation activates and balances the Long Line Currents at their point of return flow; it affects the chakras (what is driving the long line currents), and the Central Nervous System. A powerful Satvic touch is used to generate both physical and mental changes.

Sensory-Motor Balance

Sit at client's right side. Place your right hand horizontally across the forehead covering all the Long Line Currents.

Hold Satvicly until energy balances between your hands.

Benefits: This activates, balances, and integrates Sensory-Motor nerve pathways. Sensory relates to the front of the body, Motor refers to the back of the body. The Long Line Currents relate to each of the Elements driven by the chakras. The front of the body is negatively charged and receives sensory input from the chakras, which are located over and transfer information to major nerve plexuses along the spine. This is one way in which our Etheric body interfaces with and influences our physical body.

Hemisphere Integration

Place your thumbs together at the anterior fontanel or Bregma. Place your fingers on the side of the head above the ears.

With your intention and without moving your hands, pass a ball of energy back and forth, from left to right or right to left, back and forth between your hands. You may notice that as the 'ball' moves from one side to the other it feels like it is going through honey, mud, or any other obstructive substance. Continue passing this ball of energy back and forth until the head feels 'open' and free of anything slowing the ball.

Benefits: Helps to integrate the left and right hemispheres of the brain. Balances energy through the head. Balances left and right sides of the body.

Perineal Rocking

Have client lie on their left side in a comfortable fetal position. Place your left hand over their occiput with your air finger on the neck. Your right hand covers the sacrum with the Earth finger closest to the coccyx. Rock with the right hand only. Pause, rock again. You can continue rocking until the energy feels equal and balanced between your hands.

Benefits: Works with the Central Nervous System and the Cerebrospinal fluid, helping to create a balanced wave. It stimulates mental, physical, and emotional changes. Relaxing.

Polarity, Reflex-Polarity, Massage Treatment

Client Supine

1. Vagus nerve stimulation with dural tube traction
2. Cup ears
3. Cup eyes
4. Belly rock
5. Hand to opposite foot
6. Polarity psoas technique to release lower back
7. Pull toes
8. Leg swaying
9. Traction release on leg
10. Cuboid release
11. Hand to opposite foot
12. Repeat steps 6-10 on opposite side
13. Pull fingers, both sides
14. Arm stretch, both sides
15. Arm swaying
16. Traction release on arm
17. North-pole stretch
18. Occiput to eye, both sides
19. Hold frontal and occiput
20. Little fingers in ears with anterior fontanel hold

Polarity, Reflex-Polarity, Massage Tx Continued

Client Prone

21. Cerebro-spinal fluid stimulation
22. Coccyx stimulation
23. Coccyx with opposite side of sphenoid bone
(when palpating middle of coccyx — fingers of opposite hand
between eyebrows)
24. Skin rolling
25. Sacrum with foot
(when one hand releases, that hand moves to occiput)
26. Palpate each spinous process looking for blockage
27. Connect sore spinous process with most sensitive corresponding
blockage on foot; alternate stimulation
28. When one area opens up, that hand moves to relationship as
indicated on Chart #2, “Structural Balance Functional Contacts”
29. Back massage
30. Spinal pack
31. Back chakra balance
32. Ending polarity moves

Massage and Polarity Integration

Client supine

1. Vagus nerve stimulation
2. Massage scalp, face, and neck
3. Belly Rock
4. Right Arm: Shoulder Rotation, Massage, Wrist Flop
5. Massage transition strokes for shoulders and neck
6. Left Arm: Shoulder Rotation, Massage, Wrist flop
7. Left Leg: Ankle Rotation, Hip Rotation, Massage – include foot
8. Satvic Polarity Foot Hold
9. Right Leg: Ankle Rotation, Hip Rotation, Massage – include foot
10. Drape abdomen for massage: Belly Rock, Massage abdomen

Client prone

11. Hip to Shoulder Rock (from client's left side)
Hip to Shoulder Rock (from client's right side)
12. Hold Feet
13. Massage back from client's left side, then from right side
14. Massage right leg, then left leg
15. Free-form Polarity to address specifics & move client's energy
16. Back Chakra Balance

Client supine

17. Choose some ending Polarity moves to balance client and end treatment

Integrated Back Treatment

Massage/Polarity/Hydrotherapy Treatment

1. **Liniment**
If using liniment, apply sparingly along the spine before lubricating back. Rub in the liniment with fingertips in small circles.

2. **Oil**
Apply with firm, slow, soothing strokes. Include the gluteals, sides of the ribcage, and the shoulders.

Standing at client's head with one hand on each side of the spine. Entire hand contacts back with finger spread. Firmly stroke from upper back to ischium with one hand and pull back up while second hand strokes inferiorly. Continue for several cycles.

3. **Sacrum** (Stand at client's left side.)
 - a) Using thumbs, trace around the sacrum from the inferior portion, up the sides, across the superior portion and then up through the lumbar vertebrae on either side of the spine.
 - b) Strip through the entire sacrum in sections with thumbs.

4. **Lumbar**
 - a) Alternate hands through lumbar region. Follow with simultaneous hands.
 - b) Knuckle strip through upper gluteal and lumbar regions, as far up as kidney area, on side closest to you. Repeat on other side from right side of table. Return to client's left side for next move.

5. **Gluteals** (Work the side opposite you.)
 - a) Petrissage thoroughly through the entire gluteal area.
 - b) Using the fingers, strip through gluteals from edge of sacrum across greater trochanter. Follow through with the palms.
 - c) Longitudinal stroke with deep pressure through gluteal region over ischium.
 - d) Strip laterally through the upper section of gluteals. In a continuous stroke pull up on the ilium and medially into the lumbar region.
 - e) Palm together, deep vibration with ulnar edge of hands.

6. **Back** (Work the side opposite you.)
 - a) Beginning in lumbar, iron with one forearm over gluteal and effleurage with other hand along spine to shoulder. End with kneading stroke to upper trap.

- b) Diagonal hand-over-hand stroke up and down back including gluteals and upper trapezius.
- c) Pull up from sides toward spine.
- d) Stroke laterally from spine.
- e) Passing hands – one hand moves laterally while the other moves medially.
- f) Lock thumbs together, stroke up lamina groove with fingertips. Use a firm, rapid friction stroke up and a light stroke down.
- g) Satvic skin rolling – Lift skin off muscles by bringing hands together with palms either up or down, gathering up skin. Exclude gluteal region.
- h) Beginning in the lumbar region, iron with forearms, one arm moving superiorly to shoulder and one moving inferiorly over gluteal.
- i) Alternate forearms from spine laterally.
- j) Long forearm strokes –
Begin at upper trapezius/neck, stroke down erector spinae to gluteal and back to shoulder. Repeat 3-4 times.
Iron from trapezius to ankle, turn, changing arms and iron back up to trapezius.

7. Repeat 5.Gluteal and 6.Back moves on other side.

8. Spine

- a) Standing at client's head, knead traps and neck.
- b) Transition move – effleurage down both sides of spine and circle around gluteals. Pull back along sides to scapula, laterally over scapula, release pressure and bring hands medially over upper trapezius to base of skull.
- c) Hand-over-hand friction with fire finger on spinous processes toward sacrum.
- d) Stand at client's left side, press heels of hands directly on the spine, beginning in upper lumbar. Maintaining steady pressure, draw hands apart. Upper hand moves to C6 and lower hand to sacrum.
- e) Still standing at side of table, knife-edge friction across body from sacrum to C6.
- f) Drape left hand horseshoe fashion over neck, right hand on sacrum. Slowly move right hand through sacrum while the left hand squeezes neck with gentle pressure.

9. Hot Spinal Pack

10. Back Chakra Balance

Hot/Cold Packs

Can use plain hot water or with herbs.

- Use skullcap tincture – several drops in water. Skullcap is good for the spine, is a nervine, helps relaxation.
- Ginger – preferable for packs. Grate ginger, put in cheesecloth and squeeze into hot water, then toss tied cheesecloth in and let soak.

Function of hot pack is to open and relax area. Can do anywhere on the body.

- Good for chronic muscle contraction
- Constipation
- Bruising
- Tightness
- Disorientation
- Those who have a hard time sleeping

For cancer patients, do back polarity instead of massage, then packs.

Cold packs are good for arthritis. Use chaparral in water.

Hot water weakens, cold water tonifies.

Treatment:

1. Place towel on back.
2. With 2nd towel, fold lengthwise two times, twist, dip in hot water and wring out.
3. Place on spine and fold up sides of first towel over the wet one.
4. Leave on spine until cool.
5. If pack is too hot, run hand underneath towel to break contact. Keep doing this until temperature is tolerable.
6. When towel is cool, remove, put in cold water, wring and place on spine again, this time directly on skin, without being folded.
7. Can do petrissage on top of cold towel.

Cold Sheet Packs

Good for Fever, flu, toxic conditions, glandular imbalances, inflammation, congestion, swelling, drug toxicity, skin problems (rashes, boils), environmental pollution (radiation, etc.)

Can also be used as health maintenance by doing once a month or once every six months, etc. to help organs and skin function properly.

Concept The concept with cold packs is not necessarily to break a sweat, but rather to bring toxins to the skin surface from the deep organs. The blood comes from deep inside to keep the skin warm.

If desired, can drink a tea right before wrapping.

Tea can be: yarrow, sage, ginger, cayenne with lemon and hot water.

This will help the body rid itself faster of the toxins.

Wrapping **This is very important: the wrapping must be firm, tight and close to the skin.**

1. Place two sheets in cold water and wring out.
2. One sheet is spread out fully on top of a spread, blanket, or sleeping bag.
3. Person lies down on back with hands over the head and legs spread slightly.
4. Fold second wet sheet in half and place it horizontally over the torso.
5. Person brings arms down on top of second sheet. Wrap the arms with the second sheet firmly as well as doing the same with the legs.
6. With the first sheet, pull it from one side over to the other side very firmly and tuck in tightly over the torso and leg. Do the same on the other side.
7. Make sure all body parts are tucked well, including feet and neck.
8. Wrap the body with the blanket and if desired, zip the body up in a sleeping bag.
9. Allow person to rest at least 20 minutes and no longer than one hour.

After unwrapping, person can take shower, or if he is real toxic, can wash the skin with lemon and water.

Reminders The cold pack should not be used on persons who are very claustrophobic.

A simple yet effective version of the cold pack can be done daily by taking a cold shower, dressing immediately without drying the skin and then doing vigorous exercise.

These cold packs can be done on isolated body parts, such as torso only, legs or arms. Packs can be repeated in the same day, provided the person does not get too weak.

Cranial-Sacral An Introduction

Cranial-Sacral Therapy is an Osteopathic technique. It uses a light touch to facilitate changes in the physical, mental-emotional, and energy bodies. One of its methods is to feel the subtle widening and narrowing of the body as cerebrospinal fluid is pumped through the central nervous system. This motion can be palpated throughout the entire length of the body. It is a slow motion that may take three to five seconds for the widening phase, followed by a momentary pause, and then three to five seconds for the narrowing phase. The speed of this rhythm can vary from this norm, and can vary during a treatment. It is a rhythm that is different than the respiratory and the cardiac rhythms.

Once the client's cranial-sacral motion is perceived by the therapist, the task is to assist this motion by using a light touch, gently nudging the body to move a little further. This increased motion allows for a more efficient flow of cerebrospinal fluid, thus improving the functioning of the nervous system. Deep relaxation results, which allows spastic muscles to soften, bones to move into more proper alignment, mental-emotional traumas to be released, and the energy flow and balance of the client to improve.

Facilitating the cranial-sacral motion requires that the therapist be able to feel the motion of the client, rather than imposing a motion. It also requires that the therapist use the proper amount of pressure. The pressure is always light, but the exact amount of pressure that is most effective will vary. Observing the specific qualities of the client's motion can facilitate the therapist's awareness and skill in facilitating movement and re-alignment. Qualities that can be observed are symmetry between the right and left sides of the body, as well as between the widening and the narrowing phases of the cranial-sacral rhythm. Symmetry can be observed in terms of similar size of movement, strength of motion, smoothness of motion, and synchronicity (i.e., does the movement begin and end at the same time on both sides of the body?).

Cranial-Sacral Introductory Treatment

11. Dural tube traction from the occiput
12. Assist the Cranial-Sacral rhythm at the ankles
13. Hands posterior on the ankles
14. Hands anterior on the ankles
15. Dural tube traction from the sacrum
16. Assist the Cranial-Sacral rhythm at the thoracic inlet
17. Palm (spread) the cranial sutures
18. Occipital
19. Frontal
20. Temporal
21. Parietal
22. Assist the Cranial-Sacral rhythm of the occiput
23. Do a still-point (CV-4) on the occiput

Cranial-Sacral & Polarity

1. Hands palming the head at a distance of about six inches and extending your Qi.
2. Vagus Nerve Stimulation
3. Dural Tube Traction
4. Neck Unwinding
5. Occiput to Eye to Fontanel
6. Stimulate the line of the trapezius from the neck laterally, connecting it to the opposite diaphragm, neck, or ear if needed
7. Following the Cranial-Sacral rhythm of the trapezius (widening and narrowing)
 - Pay attention to the qualities of motion:
 - Symmetry between the right and left, and between the widening and narrowing
 - Strength
 - Range of motion
 - Smoothness
 - Synchronicity
8. Palm the suture line of the occiput and open it by extending your Qi
9. Follow the Cranial-Sacral rhythm of the occiput (rocking motion)
 - Pay attention to the qualities of motion
10. Create a Still-Point on the occiput by following its rocking as its superior portion moves anteriorly and holding it in its most anterior position
11. Hold the Still-Point until the pressure of the occiput to move is greater than it was before the Still-Point.
12. Follow the Cranial-Sacral rhythm of the occiput for another few cycles.
13. Palm and extend your Qi into the remaining Cranial sutures (Frontal, Temporal, and Sagittal)
14. Frontal lift
15. Parietal lift
16. Gently pull the ears, as if you are doing a dural tube traction
17. Belly Rock
18. Hip to Shoulder Rock
19. Hold the feet

Unwinding

Unwinding is a Cranial-Sacral Therapy technique. Unwinding does not follow the widening and narrowing of the Cranial-Sacral rhythm, instead it follows irregular motions. These irregular motions lead the body into postures in which it stores traumas. These may be postures it was in at the time of a physical injury, and/or it may lead to postures associated with emotional trauma.

The technique of Unwinding involves:

1. A light touch
2. Keeping the motion slow
 - a. if the body moves too quickly through an area, take the body back through that same area more slowly
 - b. slow movement is required in order for the therapist to feel and stop at areas of blockage
3. Assisting the body in its irregular motion; the client determines the direction of the movement
4. Stopping the body whenever a blockage is felt, this time allows the client to re-experience and release the body/mind trauma

Blockages can be perceived as:

1. Movement that is jerky or bumpy
2. Movement that is stiff
3. A direction of movement that feels as if the client has run into a wall
4. Repetitive motion, as if the body is moving in a rut, in which case the therapist should nudge the motion out of that rut

Unwinding & Polarity

1. Cup the ears
2. Vagus nerve stimulation
3. Neck unwinding
4. Occiput to eye to fontanel
5. Stimulate points on both sides of the neck
6. Stimulate the line of the trapezius (connect to the opposite diaphragm, ear, side of the neck, or opposite hip)
7. Both hands stimulate the rhomboids; also do standing at the side of the table while the other hand rocks the pelvis
8. Dural tube traction from the occiput
9. Unwind the scapula
10. Unwind the shoulders
11. Right hand is on the sternum while the left hand is under the upper thoracics. Stimulate, rock, and/or unwind.
12. Belly Rock
13. Hip to shoulder rock on both sides

Elemental Cheat Sheet

Ether

Midline of Body
 Throat Chakra
 Thumb, Large Toe
 Spine
 All Joints
 Pituitary Gland
 CSF
 Brain
 Cranial Membrane/Dural Tube
 Front of Neck
 Sense of Hearing
 Diaphragm
 Perineal Floor
 C1-C7, L1-L5, T11, T12 (geometric relationships add to 8 and 18)
 Discrimination, Space, Grief, Shock
 Zone 1

Air

Heart Chakra
 Index Finger, Second Toe
 Shoulder
 Ankles
 Kidney/Adrenal
 Lungs
 Heart
 Sense of Touch
 Diaphragm
 Perineal Floor
 T1-T10 (geometric relationships add to 11)
 Pain, Wind, Speed, Desire
 Zone 2

Fire

Umbilical Chakra
 Middle Finger, Third Toe
 Thighs
 Head
 Solar Plexus
 Liver/Gallbladder
 Spleen
 Stomach, Pancreas, Small Intestine
 Sense of Sight
 Perineal Floor
 Diaphragm
 T11-L5 (geometric relationships add to 18 and 6)
 Anger, Hunger
 Zone 3 and 4

Elemental Cheat Sheet Continued

Water

Sacral Chakra
Ring Finger, Fourth Toe
Breast/Heart
Reproductive System
Feet
Lymphatic System
Pelvis
Sacrum (geometric relationship to occiput)
Sense of Taste
Perineal Floor
Diaphragm
Attachment, Reproductive Fluids
Zone 5

Earth

Coccyx Chakra
Little Finger, Little Toe
Knees
Neck
Bowel
Large Intestine
Coccyx (geometric relationship to Sphenoid)
Rectum
Bladder
Sense of Smell
Perineal Floor
Diaphragm
Fear, Bones
Zone 4 and 5

The Five Elements

And Associated States of Consciousness

Negative Energies

Earth and Water

Slow moving, unconscious, heavy, dark, passive, female

Positive Energies

Fire and Air

Fast, conscious, light, active, male

Neutral Energy

Ether

Balance of the four elements, "super-conscious," ability to make discriminating choices

Astrology works with first 4 elements only; we respond to the influences unconsciously. By developing ether current (balance of body/mind/elements) you will be aware of when elements are influencing you.

Key Words

| | |
|--------------|---|
| Earth | Grounded, practical |
| Water | Emotions, relationships, sexuality |
| Fire | Intensity, expressiveness, joy, anger |
| Air | Intellectual, detached, acceptance |
| Ether | Balanced, appropriate, discriminating, self-accepting |

Hands and Feet

| | |
|--------------|--------------------------------------|
| Earth | Little toe and little finger |
| Water | 4 th toe and finger |
| Fire | Middle toe and finger |
| Air | 2 nd toe and index finger |
| Ether | Big toe and thumb |

Chakras

Body part that is the **source** of the element:

| | |
|--------------|----------------|
| Earth | Rectal |
| Water | Sacral/genital |
| Fire | Solar plexus |
| Air | Heart |
| Ether | Throat |

Sixth chakra and upper chakras have energies too subtle to be affected by any element.

| | | |
|--------------|--------------|---------|
| Speed | Earth | Slowest |
| | Water | Slow |
| | Fire | Fastest |
| | Air | Fast |

| | |
|---------------|--|
| Triads | The three body parts associated with each element |
| Earth | Knees, colon, neck |
| Water | Feet, genitals/sacrum, breast/chest |
| Fire | Thighs, solar plexus, head |
| Air | Ankles, kidneys, shoulders |
| Ether | Midline of body and all joints (elements do a twist at joints and a blending of the elements and a balancing occurs) |

Triads are very important in treatments. May have an obvious disorder but check other two related body parts in the triad for that element. Working these areas can release blockage faster.

Imagery of Elements

| | |
|--------------|---|
| Earth | Dirt, planet, solid |
| Water | Oceans, lakes, rivers, clear or stagnant, without form, flowing, ice. |
| Fire | Flame, sun, intensity of heat |
| Air | Air, wind |
| Ether | Balance, harmony |

Body Types

| | |
|--------------|--|
| Earth | Heavy, muscular, dense, large broad skeletal frame, a shine or glow to the skin, relatively healthy |
| Water | Heavy, softer, more fat, squishy, not so muscular, a glow to the skin, not much involvement in physical activity. |
| Fire | Eyes are the prominent factor — intense, penetrating, sparkling. People with suppressed fire have transparent film over eyes. Normal physical structure, not heavy or light. More prone to physical illness than any other element. Fire carries vitality to keep body healthy. |
| Air | Tall, slender, small narrow skeletal frame, less weight and flesh. |

Change: How elements make changes in life-style, work, relationships, and during therapy.

| | |
|--------------|--|
| Earth | Superficial changes happen easily and quickly (dust storms), just scratch surface. Major changes are long time in the making (earthquake, volcanoes). Onset and stopping are unpredictable, usually cataclysmic major changes. |
|--------------|--|

| | | |
|-------------------------|--------------|---|
| | Water | Makes changes almost constantly — moves around obstacles. This can be major problem for so changeable they don't know who they are. Very empathic people, vulnerable to others. |
| | Fire | Constantly changing like a flame, fastest changing element. Very self-centered, strong ego, they know who they are. |
| | Air | Relatively fast and easy changes |
| <hr/> | | |
| Voice | Earth | Flat, deep, hard, slow. Talks of practical and physical things. |
| | Water | Singing quality and emotive. Talks of feeling and relationships. |
| | Fire | Fast and staccato quality. Talks with excitement and intensity. |
| | Air | Light, detached, can be flat and emotionless. Talks of ideas. |
| <hr/> | | |
| Conflicts | | How the elements deal with conflict. |
| | Earth | Totally unmoved, except for major conflicts (avalanche); response will be cataclysmic and unpredictable. Affected only by major events or conflicts. |
| | Water | Doesn't fight, goes around conflict. Can wear away the 'other' in the conflict. Can win others to their side, don't feel much anger in themselves. |
| | Fire | Meets conflict head on, thrives on conflict. |
| | Air | Rises above it, transcends it, usually by abstract thought. Very much out of touch with their emotions, can intellectually understand all sides of a conflict. |
| <hr/> | | |
| Energy Resources | | How to energize element: |
| | Earth | Root vegetables Focusing on practical things, like building and gardening. Stability is important. Earth people feel at home on the planet — anywhere is healing and comfortable. |
| | Water | Leafy greens, squashes, vegetables lying on the ground Interpersonal relationships with emphasis on emotions helps. Stability is important. Being around water is healing. |
| | Fire | Grains, beans, corn, hot spices Interpersonal — intense, excitement, sense of freedom important. The sun rejuvenates, summer is their season. Fast physical activity, sports, competition. |
| | Air | Fruit and nuts Interpersonal — abstract, intellectual, the world of thoughts. Sense of freedom important. High elevation is healing environment. |
| <hr/> | | |

**Suppression
of the Element**
(or too little
of the element)

- Earth**
- Not very attuned to physical world, ungrounded, spacey.
 - Don't feel they fit in world or society.
 - Poor skin tone, physical health tenuous.
- Water**
- Not in tune with or aware of feelings, emotions, first their own, but also others (what we block ourselves, we do with others).
 - Fear of water
 - Blocking emotions and feelings, lack empathy and sympathy, feel others are unimportant, tries to be self-sufficient.
 - Toxic physical level.
 - In therapy, have almost fanatical fear of their own emotional pain, but are unaware till you start pushing their buttons.
- Fire**
- Lack of perception, hard to keep eye contact with, weak vision.
 - Lack of self-assertion.
 - Weak digestion (solar plexus).
 - On physical and emotional level, lack of spirit, activity, enthusiasm.
 - Challenges are frightening.
 - Fear of fire.
- Air**
- Inability to think, make connections between ideas.
 - Hard for person to detach.
 - Weak nervous system, easily upset, low stress will cause problems.
 - Change is hard to handle.

**Over-Emphasis
of an Element**

- Earth**
- Overly attentive to physical world — can't see beyond concrete objects.
 - Rely too much on surface appearances.
 - Skeptical, cynical
 - Physically strong and efficient
- Water**
- So emotional they have no control over emotions
 - Undefined self-identity because of fluid nature of emotion
 - Very sensitive, easily affected by externals, could be seen as timid
 - No eye contact, wants to be unseen.
- Fire**
- Extremely over-active, restless, impulsive
 - Self-centered to degree that they roll over others without concern
 - Can burn out before realizing it.
- Air**
- Overactive mind, live totally in the head, thoughts always spinning
 - Unmotivated to manifest achievement, does a little here and there
 - Physically inactive.
 - Have to sit and think before they will respond to you.

| | | |
|--------------------------------|--------------|--|
| Miscellaneous Qualities | Earth | <ul style="list-style-type: none"> • Physical, very practical, all you can see with ease is the surface things (like the earth) • They have a mask that's difficult to penetrate; it is threatening to them to be penetrated. • Function instinctively • Are possessive — of people, money, position, objects. Gravity of the earth gives tendency to hold on to things, physical & emotional. • Hold on via colon and neck. |
| | Water | <ul style="list-style-type: none"> • Has many manifestations — lively like a stream, calm like lake, powerful like ocean, reflective, polluted, frozen, cold, impenetrable. • Relatively unconscious like the earth, especially about emotions. • Somewhat threatening to be seen or revealed. • Key words are “emotional” and “feelings.” • Other people are very important to them. • Are sensitive, compassionate, empathic, can make good counselors • Tend to live through other people, can be clingy and possessive (more of people than things — their gravity is from mass of water). |
| | Fire | <ul style="list-style-type: none"> • “Hot,” active, penetrating, intuitive. • Have a lot of energy themselves, so others are not that important. • Self-centered, ascetic types. • Creative, spontaneous. • They like the fantasy world rather than real world, it moves faster and has no boundaries; can be childlike, childish in nature. • Can flip from joy to anger easily. • Hard to sense what “relationship” is. • Conscious — more awareness of emotions, ideas, intuition, organization, science. • Can see others' feelings, but not that concerned about them. • Biggest fears are being stuck in a routine, imprisoned, possessed. |
| | Air | <ul style="list-style-type: none"> • Thinking, abstract thought, philosophy, science. • Relatively detached, cultured refined, civilized. • Most social of four elements, because of ability to be detached and see others' point of view. • Hard to have a conflict with air person. • They accept others easily and other ideas — are fluid, amorphous. • Higher personal interactions — heart chakra type more than emotional or sexual sport, greater acceptance. |

| | | |
|---------------------|--|--|
| Touch | That is effective for clients who emphasize these elements: | |
| | Earth | Deep, physical, anatomically focused |
| | Water | Firm, yet sensitive, emotionally attuned and responsive |
| | Fire | Intense, intuitive, energy stimulating |
| | Air | Light, sensitive, not too deep or physical |
| <hr/> | | |
| Interactions | Between people, geography, activity, job, food, etc. Basically all external things and interactions in our own body/mind. | |
| | Harmonious | One element interacting with itself (same element) Positive with positive, negative with negative Positive: Fire gives air energy and motivation. Air gives fire fuel; they feed each other. Negative: Earth structures water, contains it. Water brings life to earth. |
| | Antagonistic | Positive and negative together Air and water = conflict between intellect and feeling. Air and earth = conflict between abstract and practical. Fire and water = conflict between sensitive feeling part and energetic impulsive part; are threat to each other. Fire and earth = intensity of fire too searing, painful, earth too slow and practical; rashness vs. stability. When you see this conflict in yourself or others, use of imagery is helpful in relating to where the other person is coming from. |
| <hr/> | | |
| Body Parts | Ether | Throat chakra, spine, all joints, thumbs, great toe |
| | Air | Heart chakra, shoulders, kidneys, ankles, index finger, second toe |
| | Fire | Solar plexus chakra, head, thighs, middle finger and toe |
| | Water | Sacral or genital chakra, breasts, feet, ring finger, fourth toe |
| | Earth | Rectal chakra, neck, colon, knees, little finger and toe |
| <hr/> | | |
| Symbols | Ether | Nebulous, a blend and balance of the other elements |
| | Air | Non-visible force, light, can be windy or refreshing |
| | Fire | A flame, the sun, lightning |
| | Water | Pools, streams, the ocean, rain; calm or turbulent, muddy or clear |
| | Earth | The planet, soil, rock |

| | | |
|----------------|--------------|---|
| Summary | Ether | A calm balance of the four elements, Satvic, centering |
| | Air | Thinking, detached, communicative, rational, civilized, refined, cultured, sociable, horror of being pinned down, distaste for emotional display |
| | Fire | Intuitive, warm, self-centered, outgoing, spontaneous, penetration, creative, vital, children at heart, live in fantasy, can accept the unpleasant more easily than the drab, can be ill-tempered, irresponsible, and have a horror of routine |
| | Water | Feeling, personal relations and human values are most important to them, instinctive, responds unconsciously but with accuracy, compassionate, empathic, sensitive, charming, can be clingy, possessive, brooding, vacillating, suffocating, and sometimes lives through others |
| | Earth | Sensation, practical, relates to the world of objects, well-organized, fond of money and security, at home in his body, healthy, can actualize desires, can be dogmatic, narrow-minded, possessive, and so caught up in details that they miss the connections between facts. |

Manifestations

| | Air | Fire | Water | Earth |
|--------------------|-----------------------------|-----------------------------|------------------------------------|--|
| Speed | quick | fastest | slow | slowest |
| Lessons | constancy | calmness | firmness | generosity |
| How Change | easily, through thought | constantly changing, active | readily adapts to environment | strongly resists change, then cataclysmic |
| Conflicts | floats above them | immediately attacks | gives in but wins by submission | initially doesn't react, then strong and unexpected reaction |
| Too Much | abstract, spacey | burn self and others out | lose self in others, too emotional | rigid, too practical and down-to-earth |
| Too Little | poor thinking, not detached | low energy and spontaneity | not much emotion or empathy | ungrounded, impractical |
| Body Types | tall and thin | medium build, intense eyes | heavy, wide, and soft | heavy, wide, and solid |
| Complements | Fire | Air | Earth | Water |
| Antagonists | Water & Earth | Water & Earth | Air & Fire | Air & Fire |

AIR, WATER, EARTH, FIRE: THE PSYCHOLOGICAL TYPES

Liz Greene

One sees what one can best see oneself.
— C. G. Jung

Long before psychology developed its endlessly entertaining pastime of dividing human beings into types. Renaissance philosophy posited four basic temperaments based on the theory of the “humors” in the blood. These were the melancholic (earthy), the phlegmatic (watery), the sanguine (airy) and the choleric (fiery). George Herbert, in one of his lighter moods, wrote in 1640: The Choleric drinks, the Melancholic eats, the Phlegmatic sleeps.?, What the Sanguine does is left to the imagination, but as he is “ethereal” or airy, we may assume that he probably philosophizes. Nowadays a man would be horrified if his psychotherapist announced to him in sonorous tones, “I am virtually certain that your problem lies in the fact that you have a choleric temperament”, and there would undoubtedly be an instant demand for remittance of the hourly fee. But we still find these terms in use in our everyday speech, if only in the form of insulting adjectives, and they still retain their original connotations. In spite of the current vogue for “doing your own thing”, the idea of types dies hard.

As Jung has shown in *Psychological Types*, the apparently extraordinary fact that people do tend to fall into certain groupings by temperament has long been a preoccupation of medicine, philosophy, and the arts. Before that, it was the preoccupation of astrology, which offers what is perhaps our earliest description of typology. It is consequently not surprising — except to certain schools of psychology which insist that we are wholly creatures of heredity and environment — that Jung’s four function types fit hand-in-glove with astrology’s ancient division of the four elements. It is not a case of one being explained away by, or derived from, the other; rather, each is a distinct way of describing the empiric observation of the same phenomenon.

This phenomenon is the simple fact that although all people are unique, they also gravitate towards rough categories based on a fundamental way of seeing, evaluating, apprehending and interpreting life. Aside from being an amusing means of pegging one’s friends and relatives, understanding something of this basic typology is an excellent way of learning that most difficult of lessons: that not everybody is the same as I am.

“Everyone thinks that psychology is what he himself knows best — psychology is always his psychology, which he alone knows, and at the same time his psychology is everybody else’s psychology. Instinctively he supposes that his own psychic constitution is the general one, and that everyone is essentially like everyone else, that is to say, like himself . . . as though his own psyche were a kind of master-psyche which suited all and sundry, and entitled him to suppose that his own situation was the general rule. People are profoundly astonished, or even horrified, when this rule quite obviously does not fit — when they discover that another person really is different from themselves. Generally speaking, they do not feel these psychic differences as in any way curious, let alone attractive, but as disagreeable failings that are hard to bear, or as unendurable faults that have to be condemned.”

It will be immediately obvious what this typical human attitude can do to even the most promising of relationships. In more volatile relationships, like that of parent and child, its effects can be positively tragic. A married couple, or a pair of friends, may be able to fight the issue out and come to a greater recognition of each other’s individual viewpoint, but a child cannot defend himself. He is at the mercy of the expectations and assumptions which his parents project onto him, and may pay for these for the remainder of his life.

The problem with any study of typology is that it appears to be a system, albeit a natural one; and although we can swallow classifications by species in the animal and plant kingdoms, we have an instinctive horror of being reminded of our own lack of individuality. It is an unwelcome truth. Few of us can really claim to be fully conscious human beings, expressing all that is potential within ourselves; most of the time we prefer to pretend that we are, while slipping with perfect ease into one or another of the typical behavioral patterns. We seem to

imagine that individuality, like fulfillment, is not only our potential but our automatic right, and that it requires no effort; and we will do virtually anything to avoid facing the reality that we must work for it. Consequently, anything which implies that we can be grouped, like Jung's typology or any other piece of empiric psychological observation, is maligned as being a rigid structure which does not allow for any individual differences. This is not at all the case; the very fact that we share common ground with another segment of humanity, based on certain similarities in psychological constitution, allows us that much more scope for the creative expression of our own unique potential as individuals. Moreover, no map is the country. Jung's typology, like any other, is merely a pointer which affords us a glimpse of those basic patterns of perception, evaluation and response which we draw from the same collective source.

Because astrology is a symbolic system, it attempts to express through its imagery and its structure the energy patterns which underlie life and the human psyche as an aspect of life. The first statement that astrology has to make about life is at the same time childishly simple and unutterably profound: everything stems from the relationship of two polar opposites, whether we call these male and female, active and passive, yin and yang.

The zodiac, which symbolizes in its division of twelve signs the entire spectrum of potential of human experience, is therefore divided into two groups of six signs each: six masculine or positive signs, portraying different facets of the archetype of male, and six feminine or negative signs, portraying different facets of the archetype of female.

Masculine and feminine in astrology do not of course refer to our current social definitions of the terms, but rather to qualities of energy, as exemplified by the initial hexagrams of the Creative and the Receptive in the I Ching. Positive signs are associated with the qualities of extraversion, outgoingness, light mind, activity, orientation towards ideas, the objective world and the future. Negative signs are associated with introversion, in-drawnness, darkness, feeling, sensuality, stability, orientation towards the subjective World and the past. That does not really tell us much. For this great symbolic polarization of life and of ourselves into male and female only hints at what each person must directly experience within himself — the endlessly struggling yet secretly identical opposites of his own nature.

Astrology makes a further statement, which we have already encountered: each man contains within him the seeds of wholeness, symbolized by the zodiacal wheel. But though this is his inheritance and his potential, he is likely to manifest only a part of it, and specialize according to his inherent disposition.

"We know that a man can never be anything at once, never complete — he always develops certain qualities at the expense of others, and wholeness is never attained."

We have already seen that the inherent disposition, as viewed by both astrology and analytical psychology, exists from the very beginning of life. This disposition is mirrored in those parts of the totality of the zodiac which are picked out, highlighted, and made available to consciousness on the birth chart by either a planet being placed in a certain sign; or that sign appearing on one of the four angles of the chart. The interplay of ten planets and four angles gives the broad outline of what areas of experience, and what facets of consciousness, are most likely to be developed by the individual. Whether he can go further is a moot point, since most people never even get close to expressing the psychic potential of which the chart is a symbol, let alone surpass it.

To these statements astrology adds another. Male and female can be subdivided, so that there are two groups, of male signs and two groups of female signs. This basic structure of four is the cornerstone of astrology, in which it is reflected by the four elements: air, water, earth and fire. That this structure is archetypal and inherent in all human beings we know from the work of depth psychology during the last fifty years.

We all possess those functions of consciousness which Jung calls thinking, feeling, sensation and intuition.

"(An object) . . . is perceived as something that exists (sensation); it is recognized as this and distinguished from that (thinking) — it is evaluated as pleasant or unpleasant, etc, (feeling); and finally, intuition tells us — where it came from and where it is going."

That we do not fulfill the totality of this structure we also know. Instead, we develop first one function, then another.

Perhaps we will partially develop a third, but never really come to terms with the fourth, which remains largely unconscious. And we often seek in relationships a person who will embody, or enact for us, those aspects of the totality which we are unable, or unwilling, to express ourselves.

In their apparently naive fashion, fairy tales also tell us about this basic quaternity of functions of consciousness. In tales originating from every part of the world and from every period of history we find again and again the same motif. There once was a king who had three sons. The two eldest were wise and handsome and strong, but the third was an idiot, at whom everyone else laughed. This is a splendid symbol of the way in which the human psyche works, for the leading function of consciousness is the king — who inevitably, in these tales, has some kind of problem which usually involves illness, sterility, or approaching death, or the attack of a foe beyond his power to outmaneuver. The two eldest sons always attempt to solve the problem, and fail; and it resides with the idiot, the Holy Fool, the least valued, humblest, and apparently most inadequate aspect of ourselves, to find the solution and save the kingdom.

Now it is great fun to decide that I am a thinking type and you are a feeling type, and that is why I am clever, observant, articulate and reasonable while you are always so emotional, bloody-minded and irrational. This is a game we all play when introduced to the study of typology, in much the same way as the uninitiated play the zodiac game. Of course I am always charming, courteous and considerate because I am a Libra, while you are obviously nitpicking, overcritical, self-centered and narrow-minded because you are a Virgo. Whether astrological or psychological, typology can be used as a wonderful catch-all for other people's shortcomings, and it is more often than not misused in just this way. In the first place, we are afraid to take it seriously; in the second, we usually learn from it only what is comfortable while ignoring its deeper implications; and in the third, everyone is really secretly convinced that those things he values — according to his type — are in reality the best of all, and everything else is actually a little inferior.

However, there is an automatic penalty in this game of typecasting. The problem of understanding which functions of consciousness have been emphasized to the possible exclusion of others, and the lifelong struggle of coming to terms with and knowing the Other who exists within oneself, lead into much deeper waters than a superficial interpretation of function types would suggest. And suddenly, one finds one is no longer playing a game; or, if one is, the stakes are much higher than one imagined. The human psyche strives towards wholeness. This underlying truth of psychology is a terribly simplistic yet overwhelmingly important statement, which must be experienced to be fully understood.

Wholeness does not mean perfection. The man who has spent many years cultivating a fineness of intellectual perception and expression, yet who can neither express nor understand his feeling nature, is not whole. Nor is the man who has developed a rich and full feeling life and many meaningful personal relationships, if he cannot understand how to reason or how to see the "objective" and fair viewpoint which can uphold principles and allow for individual differences. Nor is the practical realist with the world of facts at his disposal, who has expressed the full flowering of his organizational abilities, yet cannot see where they are leading, and cannot find any meaning or inner spiritual sense to his life. Nor yet is the visionary or the artist, who lives in a world of endless possibilities yet who cannot cope with the simple mechanics of earthy life, and cannot actualize his myriad dreams. How many of us can claim to function freely and happily with all the possibilities inherent within the psyche? Why are we so compellingly attracted to, or repelled by, those who seem to embody lifestyles and values the importance and workings of which somehow elude us?

Although the zodiac is a symbol of wholeness, such wholeness is not contained in any chart, because there are only ten planets to contend with, only seven of them in any way "personal" in the sense that they refer to the personality or ego structure of the individual; and there are twelve possible signs, and twelve possible houses or sectors of the birth chart, in which they can be placed.

There are also innumerable combinations possible in the angular relationships between the planets. Every chart contains an overemphasis and an under emphasis, and so does every human psyche; it is the nature of the

animal. An understanding of typology, therefore, is not a classification system. It is a road map which can tell you where you start, and where your first turning is likely to be; where your car is liable to break down, and what you can do to repair it; and where, hopefully, you will arrive in the fullness of time.

Inherent in the pleasant recognition of those functions of consciousness which are “superior” — that is, well-developed, reliable, and under the control of the individual’s will — is the much less pleasant recognition that there is a problem with the opposite functions, which are “inferior”. These functions are often unmanageable, erratic, unpredictable, excessive, rather childish or primitive, and colored by a peculiar quality of autonomy which, when they erupt, cause people to say things like, “Oh, I’m sorry, I just wasn’t myself,” or, “Something must have come over me.” Such apologies are meant to conceal the fact that we are even more mortified than others when the unconscious asserts itself on its own and moves us to behavior we cannot explain and do not desire.”

Opposite functions are called opposite because they cannot work together. Feeling and thinking, for example, are two totally distinct modes of evaluating or recognizing experience; one of them, feeling, is wholly subjective and is performed without logic, based on personal response, while the other, thinking, is wholly “objective” and is dependent on logic, at the expense of personal response. We possess both these functions in potential, but we will use primarily one and not the other; and they cannot both be used at once. The values inherent in each are totally different, and do not mesh. It is possible to back one up with the other, but not to use them simultaneously. Many people base their values wholly on one and pretend the other does not exist.

Intuition and sensation are likewise opposite functions, because they represent two totally distinct modes of perception. Intuition is often called perception via the unconscious, and it involves a disregard for the physical reality of an experience or object so that the meaning, the connections, the past, and the future possibilities of the object may be seen in one unified vision. Sensation, on the other hand, is precisely what the word implies: it means perceiving through the senses, and the senses will register only that which is tangible and possesses form. Therefore sensation looks at the surface of things in great detail, examining precisely what something is by its form, while intuition looks behind, through, around and away from the surface, so that the purpose and implications may be discerned.

If feeling is the primary mode of evaluating experience, the thinking function will have an “inferior” quality, which is usually expressed as opinionatedness. If thinking is the primary mode of evaluating experience, the feeling function will have an “inferior” quality, which is usually expressed either as coldness or as sentimentality. If intuition is the primary mode of perception, the sensation function will have an “inferior” quality, often expressed as carelessness or impracticality; and if sensation is the primary mode of perception, intuition will have an “inferior” quality, often shown as gullibility or fanaticism.

The “inferior” functions, besides being somewhat primitive, have another interesting characteristic: they are habitually projected and appear to us in the guise of other people or situations who torment us with that very aspect of life we can least capably handle. Then, of course, the inferiority (or what sometimes looks like sterling superiority) appears to belong to somebody else, which is always more comfortable than when it is in oneself.

“The unconscious of one person is projected upon another person, so that the first accuses the second of what he overlooks in himself. This principle is of such alarming general validity that everyone would do well, before railing at others, to sit down and consider very carefully whether the brick should not be thrown at his own head.”

Whatever the function of consciousness with which we identify, we must acknowledge the existence of its opposite within us. This is almost always extremely difficult because — unlike those “faults” of which we are comfortably aware, not really feeling them as faults — the awkwardness of the inferior functions is a genuine source of pain and inadequacy if it is even partially conscious. Consequently we find many people creating an artificial set of responses which they may call feeling, thinking, sensation or intuition, yet which are poor mockeries of these things, which fool no one except the individual himself, and which have a flagrant ring of insincerity.

Recognition of one's identification with a single aspect of consciousness does not mean that one is doomed for a lifetime to only express this one facet of himself. People are not static, and the psyche always works towards a balance. One grows towards one's opposite. This is at the same time one of the greatest struggles, one of the greatest joys and one of the most meaningful aspects of living experience.

The Element of Air: The Thinking Type

The intellect in every one of us is God.
— Menander

The element of air is another way of expressing, in language more typically a product of an age when man was closer to the imagery of the unconscious, what Jung means by the function of thinking. Air, considered astrologically, is a positive, masculine element, and the airy signs — Gemini, Libra and Aquarius — are usually described in astrological textbooks as being detached, communicative, interested in the world of ideas, and favoring rationality. They are in short, civilized.

Air is the only element in the zodiacal wheel which does not contain any animal symbolism; Gemini and Aquarius are both represented by human figures, the Twins and the Water-bearer respectively, while Libra is portrayed as an inanimate object, the Scales. Air is the element which is most typically human, the furthest removed from instinctual nature; and it is the human kingdom which has developed — or perhaps overdeveloped in the last two hundred years — the function of thinking as its great gift.

All three airy signs, although different in their modes of expression, share the need to relate life experiences to a preconceived framework of ideas. This framework may come from outside, culled from the books, teachings and conversations of others, or it may come from within, painstakingly created by one's own laborious mental processes; but the existence of the framework is all-important and there is a tendency to take all experiences and seek in them the underlying pattern of logic which will make them conform to this preconceived structure.

Thinking primarily differentiates, through logic, between "this" and "that", and it will be apparent why the air signs are associated with a temperament which collects and categorizes information, weighing one thing against another, and forming a philosophical framework out of the bits and pieces.

The airy type — and this does not necessarily mean an individual born under an air sign, so much as it does one whose chart as a whole contains a predominance of airy factors — will usually resemble, in general and in particulars, the qualities of the thinking type as Jung describes him. He has all the blessings of that type — the highly developed mind, the sense of fairness and capacity for impersonal assessment of situations, the love of culture, the appreciation of structure and system, the courageous adherence to principles, the refinement. He also has all the failings of the type — in terms of the "inferior" function — and these are euphemistically expressed in the typical characteristics ascribed to the three airy signs: Gemini has a horror of being pinned down in personal relationships, Libra is notorious for sitting on the fence and refusing to commit himself, and Aquarius is known for his cool detachment and distaste for the emotional displays which so often form a part of personal relating.

In other words, the airy type has a problem with feeling. Implicit in the preponderance of air on a chart is the likelihood that the world of personal feeling exchange will be the biggest problem of the individual's life — although he may not know it until his wife leaves him — because feelings, unlike everything else which comes under his microscopic eye, cannot be classified, structured, analyzed, or fitted into the framework.

There are many Aquarians, women as well as men, who pride themselves on the fact that they never cry, because they see displays of emotion as weakness. This is a rather questionable virtue considering what is inevitably building up in the unconscious through such unwarranted underestimation of the feeling function. Ask a typical Geminian what he feels about something, and he will begin, "Well, I think..." When you tell him you want his feelings, not his thoughts, he often simply does not know what he feels and must go off for half an hour to find out. Gemini being Gemini, he will probably not come back again; and you have lost him because

you have been too “possessive” and “demanding”. Then there is the characteristic Libran’s habit of simply avoiding anything to do with the dark emotional undercurrents of relationships because they aren’t “nice”; he prefers to dwell in the ivory tower of his romantic ideals, working out precisely how he would like his relationships to be, and wondering why things never come out that way. And we should not forget that classic Aquarian quote, made to the woman who complains that in forty years of marriage she has never received either flowers or any overt display of affection: “But I told you I loved you when we married. Isn’t that enough?”

Is it really everyone else’s problem? Or could it be that the airy type, whose cool objectivity and sociability have earned him the reputation of appearing to be the most “normal” of the types, has a rather infantile approach to the world of feeling? Could it be that he must appear detached, controlled and reasonable because he is really terrified of what might be boiling away down in the depths?

Some airy people are only too aware of the uncomfortable autonomy of their feeling function, and treat it as though it were some kind of dark beast which occasionally escapes through oversight, but on good days remains behind bars so as not to disturb the smooth order of rational life. Other airy people are completely unconscious of their feeling, and mistake for what they cannot genuinely express a variety of superficial substitutes: displays of sentiment, monetary donations of a well-publicized kind to charities, and a kind of saccharine moist-eyed response to “dogs and children”.

One might, of course, ask why it should be necessary to stir up the beast; surely life would be better if it remained tame, and one did not have to be bothered with such messy stuff as emotions? When one considers the great gift of consistent and harmonious behavior which the airy type usually expresses, why complicate matters? Fine, if you are prepared to live in a cave like the Yogi Milarepa, concentrating your energies upon melting snow — but not when you live in a world with other people. It is not that there is something “wrong” with the airy type, or that he is “abnormal”; he is himself, and as such is right for himself. But unless he learns something about the world of feeling, and develops some capacity to relate on a feeling level with others, he remains hopelessly blind to feeling values, and is capable of much unintentional cruelty. One not very pleasant example of a repressed feeling function and its subsequent eruption is the Weimar Republic and the development of the Third Reich, prior to the last war — a problem on which Jung has written extensively in *Civilization in Transition*.

In the present decade science, which is built upon thinking principles, runs the perpetual risk of seeing its discoveries utilized for mass destruction if it cannot retain some awareness of feeling reality and the fact that knowledge by itself, without the wisdom of the heart, is not only incomplete but downright dangerous. If one can excuse inferiority of feeling in his personal life because “it doesn’t hurt anybody”, he should consider the broader social implications. Usually, however, somebody is hurt on a personal level, and more often than not it is the airy type himself.

One of the more tragic aspects of all this on a personal level is that the air sign personality, because he is rarely in touch with his deeper feelings, is also generally oblivious to everyone else’s. Thus it comes as a rude jolt when someone close to him begins to express dissatisfaction with a relationship, or departs with a loud slam of the door and a parting shot about his coldness and insensitivity. If he is the one to terminate the relationship, he usually believes that by still “being friends” everything is made all right, and is rarely aware of the pain he may cause. If he is the one rejected, he is usually forced to learn what he fears most about himself: that underneath the cool mind lies a dependency of feeling which, although often unrecognized and unexpressed, is so potent that the departure of a partner or child can completely shatter the foundations of his life.

Another pitfall which often awaits the airy type is the kind of fatal fascination which Professor Rath, the stiff, pedantic pedagogue incurs for Lola Lola, the cabaret singer in the film *The Blue Angel*. No personality type is quite as prone to this sort of emotional excess as air, because when the airy individual’s feelings take him over, they do so with a vengeance. His thoughts, once so crystalline and clear, are then dominated by his feelings and by the individual who has received the projection of this unconscious side of himself; and as long as he remains ignorant of the deeper levels of his own nature the other will appear proportionately more loving, warm, forgiving and sympathetic — one aspect of feeling — or fickle, capricious, unpredictable and a true embodiment

of elemental nature in all her moods. The maternal aspect of feeling, and its fascination for the airy person, is also portrayed in many fairy tales where the beloved is long-suffering and can redeem through her patient acceptance, like Patient Criselda; the more volatile aspect of feeling is portrayed by those tales where the hero falls desperately in love with an Ondine, a mermaid, a mysterious creature of the depths with a woman's body and a fish's tail, who in the end either leaves him or destroys him.

Some of the objects of the airy person's fantasies can lead him on a merry dance straight to hell — the hell of his own vulnerable and childlike feeling nature. But we create our own fates through the creative power of the unconscious, and when an individual finds himself in this kind of situation it is very likely because this is precisely the situation he needs to help him become conscious of his feeling function. Air has a magnetic attraction to water, which symbolizes the opposite function: feeling. Even if the partner is not really a suitable hook — that is, if the other's chart does not show a strong emphasis of planets in water signs — somehow he or she will appear ideally watery when clothed with the unconscious projection. Air is notorious for being a poor judge of partner, because he chooses everything according to reason until Eros chooses him. Then he has no choice at all, but is under the domination of the unconscious. His insistence on logic and consistency in all things will inevitably provoke such stress in the unconscious that he dooms himself to an eruption of the inferior function when the pressure becomes too great to bear.

Even in less dramatic relationships between the thinking and the feeling type than heroes and mermaids, we may hear the following traditional dialogue:

"Why are you in such a bad mood, dear? You've been cold to me all evening."

"What are you talking about? What mood? I feel fine."

"But I know you're in a bad mood. I can feel it. Tell me what's wrong."

"I tell you I'm perfectly all right. Why do you always have to demand my constant attention?"

"But I'm not being demanding, it's just that you're being very bad-tempered with me. . ."

"If I'm bad-tempered it's because you make me that way, always demanding and invading my privacy. . ."

Those who recognize this parody may well ask what can be done about it. It seems as though one finds someone who truly understands, and then turns out to be a stranger. The airy man or woman will always find his greatest challenges and his greatest potential for growth in those situations where another's feeling, or his own, blocks his path and presents an obstacle with which his intellect simply cannot cope. His richest relationships will be with feeling types, for they are both his greatest fascination and the reflection of his own inner self.

"To the constantly reiterated question 'What can I do?' I know no other answer except 'Become what you have always been,' namely, the wholeness that we have lost in the midst of our civilized, conscious existence, a wholeness which we always were without realizing it."(1) Ibid.

The Element of Water: The Feeling Type

Where does reality Lie?

In the greatest enchantment you have ever experienced.

— *Hugo von Hofmannsthal*

And so we come to the element of water and the watery signs: Cancer, Scorpio and Pisces. The true watery type — and once again, this is not necessarily an individual born with the sun in a water sign, but rather someone whose chart suggests as a whole the preponderance of this element — resembles very closely Jung's description of the feeling type. Nothing is quite so important to the water signs as personal relationships and human values, and without them the world is barren, devoid of hope or joy. Anything will be sacrificed in order to preserve relationships, and it is typical of water to create any kind of crisis necessary, even at his own expense, to evoke a feeling response from his partner. The breath of life to the water signs is the world of feeling, and this includes the entire spectrum, shading from very light to very dark. In feeling there are no fine lines of distinction based on principle — "this" is not distinct from "that". Everything, rather, is an aspect of a constantly flowing and

ever-changing sea in which everything is one and all differences are merged. The only differentiation water makes is whether a feeling feels right to him; but it is neither “good” nor “bad”.

The symbolism of the water signs contains three cold-blooded creatures: the crab, the scorpion, and the fish. In dreams these images are usually connected with instinctual, unconscious energies which are close to the archaic natural roots of man and very remote from the world of rational, differentiated human thought. Most of the water’s evaluation of life is done at an unconscious level; and of these signs it may truly be said that the right hand doesn’t know what the left is doing. Water simply responds, and his responses to any personal situation are almost unerringly accurate and appropriate. In contrast, air’s responses are contrived, based on principles, usually appropriate in theory, but completely wrong for the particular human situation in which the individual finds himself. While air is busy forcing himself into behavior consistent to a preconceived framework, water is unpredictable and will respond to each situation as though it had never happened before.

The watery type is usually well-acquainted with the darker side of human nature, which earns these signs their reputation for compassion and empathy. There is the inherent capacity to feel what another feels, and to assess things in what appears to be a totally irrational way which can be infuriating to the airy type, who must reason everything out. “Why don’t you like him?” says air, and water replies, “I don’t know, I just don’t feel good about him.” “But you must have a reason.” “I don’t need a reason. I just know.” “But surely you don’t expect me to accept your judgment without a reason!” In this situation, water, who usually feels intimidated by air’s superior capacity for logic, will usually make up a reason so full of half-baked opinions, generalities and pretensions to intellectual acumen that it is no wonder air views water as being a not particularly intelligent type. Intelligence, however, is not the problem; water is in fact usually more intelligent than air, in terms of wisdom and insight into people. When he is put on the spot, however, he will show his own inferior thinking; and since our age places great value on intellectual dexterity, water tends to be underestimated. In our modern educational institutions it is the gifts of the mind which are nurtured and encouraged, not the gifts of the heart.

Water has all the blessings of the feeling type — sensitivity to atmosphere, subtlety, charm and insight, a strong sense of values in human relationships, and the capacity to bring individuals together and instinctually understand their needs. Even Scorpio, much maligned because of his impenetrable facade of cold ruthlessness and his usually unjustified reputation for sexual excess — emotional excess would be a better description — is a true feeling sign with a soft heart underneath a tough carapace. At the same time, of course, water also has the failings of the type, and these, too, are expressed in the classic sign descriptions we have inherited from ancient astrology. Cancer tends traditionally to be clingy, possessive, clannish and fearful of the future; Scorpio has a reputation for emotional fanaticism and a kind of dark, heavy, brooding atmosphere which makes every relationship resemble a scene from Othello, and Pisces is notorious for his gushing sentimentality, his romantic escapism, his vacillation, his unpunctuality, vagueness and lack of principles.

Water, in short, has a problem with reason, and is usually completely unaware of the steady flow of irresponsible second-hand opinions, judgments, negative criticism — both of self and others — and Water can be rather infantile about the world of ideas. It may seem charming to many men to have a woman who knows “absolutely nothing about all that political stuff,” because “its way beyond” her, yet who can “cook a good meal”; but this unconscious inferiority of thinking has a particularly ugly face when it surfaces as malicious gossip, backbiting, and a kind of ideological fanaticism. In their milder form such characteristics make for someone who consistently tells others how they should live; in their more extreme form they are splendid ingredients for the creation of a good terrorist.

There is a typical story concerning a woman who had a close, although innocent, association with an IRA terrorist wanted for several killings and bombings. When asked why she did not turn this man into the police, she replied, “But he’s really a very nice man when you talk to him, and he never did anything to hurt me.” This little example says a good deal about the less pleasant repercussions of inferior thinking. Water lacks objectivity, and nothing which does not come into the watery type’s personal field of vision, nothing which cannot be related to through feeling, has any real significance. The mind boggles when one considers what a world would be like populated wholly by feeling types. There would probably be no world, for any objective concern for humanity would be secondary to what is good for me and mine. Just as the thinking type must

develop an awareness of personal values in order to avoid unconscious brutality, the feeling type must develop an awareness of objective values to avoid a differently motivated but similar brutality.

One of the greatest problems water encounters is that, through his overemphasis on feeling, he can easily alienate those whom he cares for most — because he simply cannot understand that there is a world outside which requires energy and attention. Although he is always responsive to pain in others, he is often incapable of understanding objectively that people think differently and have different needs and values, and tries to smooth the overwhelming blanket of his solicitude over everything which disturbs his sense of harmony in the same way. In doing so, he may not realize that some people find it not harmonious, but simply suffocating. In personal relationships water may often be the one who exits due to a feeling of being injured or emotionally rejected; in such situations he will usually have found someone else who is more “responsive”, only to discover with horror that the new lover has a different face but is in fact the same person as the old. Water tries to mother everyone — and this is true of men who are true watery types as well as of women — without seeing that some children want to be allowed to grow up. And the watery type may unleash the destructive criticism of his undigested thinking on his own children, under the guise of what is “best” for them — unconsciously fearing the day when they will draw away and sever the feeling link which is his sustenance.

The watery type is more often the one who is rejected in relationships, largely because if his little personal world feels good to him, he does not bother to wonder whether his partner might need more stimulating intellectual pastures in order to grow. Water has a tendency to live through others, which is always a highly dangerous pursuit; its effect on the other is like that of the mistletoe on the oak. The parasite suffocates his host.

Water is magnetically attracted to air, and if these two types could cease their endless skirmishing they could learn much from each other about their own unconscious lives. Water’s greatest challenge lies in those individuals who cannot readily respond through the language of feeling; for the thinking individual will inevitably provide an opportunity for his feeling partner to awaken, open his eyes and take a long, refreshing breath of the clear air of the heights.

The Element of Earth: The Sensation Type

*The trouble with always keeping both feet firmly on the ground
is that you can never take your pants off.*
— J.D. Smith

The element of earth correlates with the function of sensation; and since one purpose of this function is to determine that something exists, earth gives the impression of being a fairly accessible, even simple type. We relate to the world of objects through the senses, and it is difficult to discount or repress our response to objects in the way that many people discount or repress thoughts, feelings or intuitions — particularly in an age when most of the empiric sciences have given their stamp of approval only to that which has concrete form. In consequence, most people find the element of earth fairly easy to understand — except the earthy person themselves.

The earthy type is usually described in the astrological textbooks as practical, efficient, full of common sense, sensual, “realistic”, well-organized and fond of money, security and status. This description applies to all three earth signs: Taurus, Virgo and Capricorn. The function of sensation is the “reality function”, and in this sphere the earthy type excels, managing somehow to make order out of the random array of stimuli which assault the senses by relating to each one individually, savoring it, learning its nature, and moving onto the next. In this way, he builds up a body of facts which allows him to deal with each successive situation in the most efficient manner.

The earthy type has all the virtues of Jung’s sensation type. He is at home with his body, frequently identifying himself with it, and is usually healthy because he can express his physical desires directly. He is at home with things, and can usually manage money and responsibilities in an effortless way which is mystifying to those who

are more intuitive by temperament. He has a gift for actualizing his desires, and this capacity for “earthing” shows at its best when combined either with thinking, to produce the careful empiric thinker, the impeccable researcher and statistician, or with feeling, to produce the happy sensualist, the affectionate lover and father, the patron of nature and of all beautiful things.

The earthy type also has all the potential failings of over-emphasized sensation coupled with inferior intuition, and these are once again aptly summarized in the traditional descriptions of the earthy signs. Taurus is notorious for his dogmatic narrow-mindedness, his over possessiveness of what he considers to be his property, and his tendency to reduce the subtlest and most complex of life’s experiences to a philosophy of “Either I see it or it doesn’t exist.” Virgo proverbially cannot “see the forest for the trees”, and becomes lost in a maze of detail and irrelevant trivia without ever seeing the point of his unceasing labors or realizing that some people appreciate a little chaos in their lives. And Capricorn has a rather unpleasant reputation for justifying the means by the end and molding his behavior to the appropriate social expectations; this enables him to enjoy the status he seeks without sacrificing anything of himself to get it.

In other words, while earth excels at the accumulation of facts, he misses the significance of the connections between the facts, the relationships that link them with common meaning; and while he manages with ease the complexities of the world of objects, he is liable to miss the inner significance of his own life. The earthy type, being sensation-oriented, possesses as his inferior function a rather primitive intuitive sense. In some cases, this stunted intuition beleaguers him with irrational fears and vague apprehensions of a negative kind which perpetually interfere with his simple black-and-white world. In other cases, he represses intuition entirely and lives in an endless gray twilight of labors and routines that gradually increase the pile of objects around him while doing nothing to ease the hollow space within him — which cries out for some sense of purpose, some feeling of being part of a larger life, and some hope for the future which can allow him to rest from his labors and enjoy the present in a creative way. Another way of describing the earthy type’s problem is that he does not know how to be a child, nor how to play. He is old when he is young; and unless he can break loose from the treadmill of his bondage to what he calls reality, he is especially liable to fear death as the final reckoning — a definitive summation of his own life, whose underlying significance has somehow eluded him.

Earth has a longing for what he calls the spiritual, although this is frequently expressed as a secret fascination or “belief” in ghosts, psychism, and other para-psychological phenomena without any understanding of the implications inherent in the existence of this sort of “supernatural” world. He will often be found pursuing a love-object who personifies his idea of the medium, the inspiratrice, the guide who can in some way share with him the secrets of the cosmos and alleviate the dull ache within. Unfortunately those who are in touch with the inner mysteries cannot parcel them out like bread and cheese, because such intuitive experience is wholly individual, intensely personal and cannot be explained in the concrete form which earth likes his explanations to assume.

The earthy type can accept nothing unless it is backed up by the testimony of his senses. There are earthy types who are like dogs bound by a long lead to a post; they run round and round, yet can never get beyond the circumscribed length of chain, which is forged by their insistence that the senses are the only means of apprehending reality.

The earthy type may be a wonderful builder, provider, homemaker, and conscientious servant of the needs of those he loves. His worst sin in this case is his lack of vision, which can stifle those close to him and crush his own, as well as others’, nascent creativity through his over-insistence on the practical. “Why are you wasting your time on that rubbish?” says the earthbound father to his son who is learning how to paint/play piano/study philosophy/master the architecture of smoke-rings. “You should be out learning how to make money.”

The truly serious damage that such attitudes can do to children is well known; we have an entire generation of dropouts and runaways who have rebelled violently against earthy values consistently forced upon them by well-meaning parents — parents who, having lived through two world wars and a severe economic depression, have forgotten that the future always contains new possibilities. Sensation values only that which it can perceive, and it is bound to miss a lot as a result. The fact that one might want to “waste” one’s last shilling on

hyacinths for the soul is an outrage and an insult to the hours of labor the earthy type has spent to provide others with the things he believes they want, because he wants them himself.

Earth, if he is reasonably satisfied sexually and has a situation gratifying to his need for material stability, will generally stay in relationships which would drive the other types wild. Because he bases his reality on what is in front of him, the fact that his partner is physically present means to him that a relationship exists. At the same time, the subtler nuances escape him, and often his partner does as well. On the other hand, the unconscious Intuitive side will sometimes erupt as a fascination for someone who embodies life, vitality and chaos, which of course brings chaos into his own carefully ordered world. Often the fascination will be for a religious or spiritual movement of some kind, and this is one of the stranger expressions of inferior intuition: an intense and sincere but gullible religious fervor.

Here the unconscious intuitive search for meaning in life is structured and crystallized by the senses into dogma, which attempts to define God, put spiritual reality into concrete form, and translate the numinous into sacrosanct objects — an adherence to the letter of the law, in other words, and obliviousness to its spirit. The Spanish Inquisition is perhaps a good example of inferior intuition breaking out through a heavily sensation-oriented culture: the rigorous and fanatical coercion of belief into one structure, outside which any individual is a heretic who must be physically destroyed, admirably exemplifies the ugliest face of inferior intuition. Most witch hunts — whether conducted by a band of seventeenth-century Puritans, a band of twentieth-century Puritans wearing the mask of excessive “realism”, or a band of old ladies of both sexes impelled to shove the Christian message down the throats of poor benighted heathens, neighbors and friends — smack of inferior intuition projected upon an appropriate scapegoat.

More commonly, inferior intuition in the better-balanced earthy type communicates itself as vague negative hunches. The earthy type tries to see the future and it comes back to him blackened by the soot of his own unconscious projections, so that others are invariably “out to get” him, nothing will “ever work out”, and nobody is to be trusted. Taurus is famous for his horror of losing what he owns: Virgo becomes terror-stricken if anything in his carefully ordered world gets slightly out of order by the intrusion of some irrational, unexpected element; and Capricorn is well known for his suspicions of others who might attempt to take his position away from him. These are, of course, extreme examples. But one might consider Richard Nixon, who, with the sun in Capricorn and Virgo on the ascendant, has a strongly developed sensation function; and one might plausibly suggest that the unreasonable paranoia and suspicions of an inferior intuition led him to use those methods which inevitably brought about his political downfall. Most earthy types do not lead such dramatic lives, nor are they so extreme; but the dark world of fantasy is always a terror and a fascination for this deceptively simply type. The search for some kind of inner spiritual reality is absolutely necessary for the earthy type if he is to find his own wholeness, for his deepest unconscious need is a craving for meaning which, if it is not given room to live, will injure the concrete foundations upon which he has built his life.

Earth has a magnetic attraction to fire, and it is common to find those with a preponderance of earth in the horoscope seeking inspiration and drama from a fiery partner, earth/fire relationships are often less difficult than air-water relationships because sensation and intuition are what Jung calls irrational functions — that is, they are not irrational in the colloquial sense, but rather, they are unconcerned with judgment, either by principles or by feeling, but simply take experience and experience it. They are therefore less likely to try to change each other, and although there are some typical dialogues common to these relationships which generally hinge around accusations of one partner being too woolly-minded and impractical (fire) and the other being too narrow-minded and bound to habit (earth), the pairing seems to be easier — although not necessarily better — than air/water pairings. Earth tends to feel that he is always cleaning up after fire, and fire tends to feel that he is being nagged at and criticized for things he considers petty and unimportant. Earth wants guarantees that the future will be secure, and fire sees life as a gamble where nothing is secure and the real joy of living is to ride the changes creatively. Earth generally feels he is the giver in any relationship, because he expresses his affection in tangible forms; fire, on the other hand, is generally more self-centered and feels that he is his own best gift. But there is an unending fascination between these two opposite types, for fire seeks the stability and form of earth while earth yearns for the drama and spontaneity of fire’s great vision.

The Element of Fire: The Intuitive Type

*Man's perceptions are not bounded by organs
of perception: he perceives more than sense
(tho' ever so acute) can discover.
— William Blake*

We come at last to the element of fire, which in fact begins the zodiacal cycle with Aries, and which is probably the most confusing element when an attempt is made to correlate its traditional attributes with those of Jung's intuitive type. This is partially because many astrological textbooks seem to accept at face value the traditional statements that fire is "warm", "outgoing", "self-centered" and "lucky" without questioning why he is like this and what truly motivates this curious temperament. There is also a considerable amount of confusion about what Jung means by intuition. It is commonly associated with mediums, seance parlours, and other assorted oddities which belong more to the realm of feeling.

"Because intuition is in the main an unconscious process, its nature is very difficult to grasp. The intuitive function is represented in consciousness by an attitude of expectancy, by vision and penetration . . . intuition is not mere perception or vision, but an active, creative process that puts into the object just as much as it takes out."

June Singer describes intuition as, ". . . a process which extracts the perception unconsciously . . . Just as sensation strives to reach the most accurate perception of actuality, so intuition tries to encompass the greatest possibilities."

If this is confusing to the reader, it is often more so to many intuitive types, who because they are given no insight into their own psychic constitutions by science and orthodox education — who generally claim that such a function does not exist — are often unsure and mistrustful of the very aspect of themselves which is most highly developed. Intuition is generally permitted to women, with a certain patronizing attitude — for it is never taken quite seriously by those who are not aware of possessing it — but there are as many intuitive men as there are women, and they suffer for this lack of understanding.

The fiery signs — Aries, Leo and Sagittarius — share a vitality and spontaneity which is often envied and sometimes resented by more peaceable types. They are children at heart, and are inclined to live in a world of fantasy where people are really knights on white horses, or princesses imprisoned in castles, or dragons which must be challenged and slain. The fiery type has a strong need to mythologize his experiences and relate them to an inner world which belongs more to the world of fairy tales than to "reality". It is no wonder that so many fiery types are drawn to the world of the theatre. The fiery type's behavior is often exaggerated, but it is unfair to accuse him of doing this purely to get a show; he is generally perfectly acquainted with his propensity for exaggeration, dramatization and love of color, but he does it for himself rather than for others, and it is more important to him to experience life dramatically than to accept the apparently drab and sometimes threatening world that more pragmatic types insist he recognize as the real one. "We can accept the unpleasant more readily than we can the inconsequential," as Goethe says.

Fire is considered in traditional astrology to be somewhat insensitive and egocentric, which he undoubtedly appears to be when it comes to the practical details of life. He possesses an inferior sensation function and tends to repress his awareness of objects in order to draw closer to the essence of a situation, its possibilities and its meaning in a larger context. It is not that he cannot be bothered with details; they are actually threatening to his way of perceiving the world. Fire is interested in the future, and in its endless potential. The past is to him like a novel someone else wrote, and the present is a series of doorways which can lead anywhere and which must be unlocked one by one. When confronted with the unpleasant demands of the material world, the fiery type may often drop a situation and move elsewhere, thereby earning himself a reputation for irresponsibility or callousness. He is neither of these; he simply cannot bear to be imprisoned. The fiery type has a knack of perceiving the undercurrents in a situation and reaching a conclusion at a completely unconscious level, so that he suddenly has a "hunch" which often flies in the face of the evidence of the senses yet is unerringly accurate.

What this involves is an appreciation of the components in a given situation simultaneously and as a whole, rather than the sequential process involved in thinking. He appears to have an inordinate amount of confidence in "luck", but it is rather an innate conviction that "something" — the unconscious — will eventually produce a solution which will get him out of his difficulties and pave the way to a rosy future. This is infuriating to other types, because fire's successful peering round the corner of the future is disconcerting to them and his failures even more disconcerting — because he is not in the least embarrassed by them. "It will all come right later." The fiery signs all share a kind of joie de vivre, an irrepressible childlike trust in the bounty of fate; and one who is deficient in this element may well stare in amazement at the way in which fire gambles with money, time, emotion, energy, and sometimes people. It is all a great game to him, and the object is not the winning, but the style of play.

Fire will often avoid more conventional paths of religious aspiration because he cannot bear to see life imprisoned in form, and he is also instinctively closer to the center because of his openness to the unconscious. He is often found in the world of business and finance, where he can satisfy his instinct for play by juggling with companies and fortunes. He will often come out on top in these fields, because he is not very seriously concerned about the results. The more introverted fiery type is likely to express his perception of the unseen currents of life through devotion to his own unique spiritual path, or through the arts, where the inner world of images and symbols captures his attention. Through art, he can create a reality which extracts the essence out of daily living experience and forms a myth which transcends the limitations of the historical time in which he lives.

Along with these unusual virtues, the fiery type also possesses some rather dramatic vices, and these are well expressed in the traditional attributes of the fiery signs: Aries has a reputation for an ill-tempered individualism and a Don Quixote-like tendency to tilt at windmills when everyone else wants a little peace and quiet; Leo is known for his sometimes overpowering self-centeredness and his tacit assumption that because he is a child of the gods, no one else could possibly be as well; and Sagittarius is notorious for his irresponsibility with promises, his horror of routine, and his tendency towards exaggeration and "trendiness".

In other words, fire has a problem coping with the world, which is, unfortunately for him, full of objects and the presence of other people; and he must either conquer the world in grand style, or withdraw from it into his visions. The world may seem to thwart him at every turn. These frustrations may take the form of government structures, traffic laws, taxes, bills, the necessity of earning an income, and the problem of remembering to feed, clothe and take care of his body. The world of sensation is often a real stumbling block to the fiery type. This is not only true of dealing with objects, but also of dealing with society — which is generally conservative, at least twenty to fifty years behind the leaping intuition of fire, and consequently insensitive to the promise of his ideas and visions.

The fiery type may be wonderfully successful in business — if he is allowed to speculate rather than being chained to details — or he may have a clear perception of the deepest wellsprings of spiritual life within him; yet he often cannot leave the house without forgetting his car keys or his wallet, or drive down a street without incurring a traffic violation — if he can get his car to start at all. It is this kind of behavior which often gives him the feeling that society is against him, or denigrating his offerings. But it is really his unconscious senses which are against him. There are also many fiery types who can function well enough in society, yet who find their greatest enemy within their own bodies. There it appears as apprehension of physical illness or hypochondria which must be compensated by strenuous athletic or dietary disciplines, or as an underlying and often deeply unconscious feeling of sexual failure which creates much difficulty in relationships.

The fiery type is most prone to what we are pleased to call sexual problems, although these are not so much problems as a mark of his own and others' failure to understand his needs. Sex often means something different to him than merely a physical act; it is a symbol, as is everything which affects his senses, and the element of fantasy in his relationships is usually very strong. This often seems somehow "perverted" to more literal types. In fact, the elements of expectation, anticipation and romantic and erotic fantasy are often far more important to the fiery type than the actual physical act. This becomes a problem when he is extreme and can no longer relate except through fantasy.

As he often chooses a sensation-oriented partner, upon whom he projects his inferior function, fire is likely to be resentful because he feels as though he is expected to perform — a situation which can produce disastrous

consequences. Impotence and frigidity, which are terms we tend to think of as physical problems, are common with extreme fiery types, but the difficulty is not really a physical one; fire simply cannot perform unless his imagination is with him, and if he cannot learn to appreciate sensual experience as a pleasure in itself, he may blame his partner for his failure. He must learn to relate to the body for its own sake; otherwise he may be driven to search from one relationship to another, always seeking the ideal image which in the end exists within his own psyche; and he will become dissatisfied with every partner because the experience is always less than the expectation.

Fire often overcompensates for his feelings of sexual inferiority by “proving” himself; thus we have the Don Juan of both sexes, seeking confidence through conquest. Because romantic situations may, for the extreme fiery type, begin as a fairy tale and end as a cage, he is sometimes unreliable in relationships. And because he also has a problem articulating his needs — often being unable to objectify them — his partner may be in the dark about why he has begun to stray. The usual response is, “I don’t know, it’s just that something is missing in this relationship.” What is missing is his belief that there are no further possibilities to explore.

It is also the fiery type who fears being controlled through his sexuality, and who often gets involved in power struggles in relationships because he must keep the upper hand in order to protect himself. Or he maybe highly inhibited in expressing physical affection, which may be acceptable to an understanding partner but can be highly destructive to a child.

The fiery type is more liable than anyone else to sudden physical passions — which he calls love — that cause him to sever existing relationships rather brutally in order to pursue the desired object. This unfortunate scenario often ends with his sad discovery that “all cats are gray at night”, and the new love-object is no more satisfactory than the old. Anyone familiar with the life of Henry VIII will recognize this pattern, which appears to correlate well with his Sagittarian ascendant and his extraverted intuitive temperament.

There is also an ascetic fiery type, who is intensely spiritually motivated and may forcibly repress his sensuality because he believes it to be evil. Lewis’ classic story of *The Monk* is an excellent example of this pattern, as well as of the typical revenge of a violated unconscious.

One can see easily enough from this description the typical problems of earth-fire relationships, which have already been touched on. These relationships often have a highly magical or compulsive quality about them, but once settled, a familiar pattern emerges. The heart of the fiery type is true, but it is true to an ideal rather than to an individual; and unless he can make some contact with the reality of the senses, he stands to lose his childlike trust in the happily ever after. The result will be a trail of broken relationships and a sense of having produced nothing of permanence with his life. Fire, if his experiences are not to be “like a tale told by an idiot, full of sound and fury, signifying nothing”, must learn to understand his dark side so that he can anchor his visions and build something of worth in the world. His dreams are necessary to the world, but they must be communicated with some adjustment to the world’s terms.

One can see more clearly now the inherent problem with all four temperaments: each of them sees, and values, a different aspect of reality, and each of them tends to assume that his reality is the only one. The descriptions given here of the four types are meant to be caricatures, and have been deliberately exaggerated; they will rarely be met with in the real world because no one individual is wholly composed of one element alone, or one psychological function. It must be remembered that we all possess all four; but there will inevitably be an overbalance and an under balance, and one function will be much more highly developed while one will remain relatively unreliable. It should also be remembered that by the age of thirty, most of us have at least two of these functions of consciousness developed to a reasonable degree, one “superior” function and one “auxiliary” function; the second backs up and enriches the first, so that our vision is more extensive. This “auxiliary” function will never be the opposite to the dominant one; if thinking, for example, is the main mode of relationship to life, either sensation or intuition will back it up, but never feeling. The birth chart will often give a clear inference of this pattern of development through the relative prominence of a second element. We may therefore speak of air-fire charts, suggesting an intuitive thinker; air-earth charts, describing an empiric thinker; fire-water charts, expressing intuitive feeling; and earth-water charts, portraying sensory feeling.

Sometimes a birth chart will show a dominance of two elements which imply equal balance of two opposite functions, such as air-water, or fire-earth. This almost always suggests great tension within the individual, for one end of this pair of opposites is likely to be expressed as the dominant function and the other end as the inferior function. The psychological drives symbolized by the planets in the “losing” element will then operate unconsciously, but because they are powerful on the birth chart they cannot be avoided and the problem of integrating the inferior function becomes critical. When an element is weak or missing from the chart, the function it symbolizes will usually be weak; but the individual may succeed in avoiding the problem for a long time. When the opposites are present on the chart, the problem is usually recognized early in life and continues to create a lifelong and often highly creative dilemma.

We are always unconsciously drawn to that which we lack, and these four temperaments are inexorably drawn to their opposites because relationships of this kind provide an opportunity to develop greater inner integration. There is almost always a great deal of projection in this sort of relationship, and the problems begin when each individual tries to remodel his partner. He is really trying to remodel himself, which is entirely possible if only he could realize the significance of his perpetual criticism.

If we could stand on our little mountain peaks and survey the landscape while realizing that others stand on different peaks and see a different landscape, we might appreciate that the richness of life only becomes available when there is a sharing of different realities, and when one recognizes the worth of another’s values. And we cannot do this until we have ceased to scorn, reject, and fear our own inner “inferiority”. Fire can learn to live with, and learn from, his earthy partner only when he is willing to experience his senses at their fullest, and acknowledge their importance; earth can accept and learn from his fiery partner only when he has confronted his own deep longing for freedom from bondage and has recognized that vision is as important as the form in which it is housed. Water can learn to relate to and appreciate air when he understands that not everything in life can be evaluated by his own personal feeling responses; and air can begin to understand and learn from water when he acknowledges his inner feeling needs and recognizes that human relationships are as valid a field of human experience as the world of ideas.

The Birth Chart and The Psychological Types

It is always difficult to “type” a chart, and it usually cannot be done without some personal knowledge of the individual. In fact, if we are to use astrology in a productive way to aid the process of self-understanding, we must be able to relate to the individual first, and directly experience something of his identity, before considering the birth chart to see how this reality will be expressed. The person comes before the chart, a fact which many astrologers are prone to forget. It should be remembered that the chart may as easily be that of a chicken, a horse, a building, or an opera society; it is the reflection of a moment in time. The chart is not human; the individual is. The horoscope maps out a set of potentials, but one cannot say what the individual has done with that potential; and there are many important factors which are not reflected on the chart, the most important being the sex of the individual.

Men and women tend to respond to different aspects of the birth chart, and will make a very different living reality out of this map of possibilities. It is not as simple as counting up the number of planets which occupy a particular element, for the specific planets will affect this tally and so will the sex of the individual. For a man, the masculine planets such as the sun and Mars seem to be more “accessible” — that is, the energies which these planets symbolize are more readily available to masculine consciousness. The feminine planets such as the moon and Venus seem to be more accessible to feminine consciousness. As we have seen, the planets group themselves into male and female in the same way that the signs do, and the principle of femininity may be said to be symbolized both by the six feminine signs — Taurus, Cancer, Virgo, Scorpio, Capricorn and Pisces — and by the four feminine planets — Moon, Venus, Neptune and Pluto. The principle of masculinity may be said to be symbolized by the six masculine signs — Aries, Gemini, Leo, Libra, Sagittarius and Aquarius — and by the four masculine planets, Sun, Mars, Jupiter and Uranus. Mercury is an androgynous planet and appears to deal with synthesis; and Saturn, most mysterious of the planets, may be considered feminine but appears to shift from one side to the other and is also rather androgynous. Many other factors will affect the balance of elements on the birth chart. One cannot evolve a formula to extract the psychological type of the individual from the horoscope; one must first experience it in the individual, and this knowledge should then be applied to the chart. Otherwise

Jung's typology becomes an inanimate structure, rather than the living reality upon which he based his work. A good deal of intuition is necessary to see which parts of the chart have been "highlighted" by being developed in consciousness. People also overcompensate at times when they are aware of a lack in themselves, and this tendency is peculiar to human nature but is not reflected within the chart itself.

For this reason a horoscope done by post, based on birth data but with no direct knowledge of the individual, is likely to be a dismal failure from the point of view of psychological exploration. Astrology used in this way is an interesting characterological map, but can do little as a tool to help the individual on his journey towards self-unfolding. But once there is some feeling for the individual's orientation, which must come from personal contact rather than from the chart, it is easy to see how planets in the "unconscious" elements are likely to function and what may be done to help integrate them. Certainly a dominance of a particular element will suggest that this function of consciousness needs to be developed; but it may not lend itself to such development without conscious effort, particularly if it is an "undifferentiated" function.

There is another problem to "typing" a chart, a phenomenon which June Singer in *The Boundaries of the Soul*, calls the "turn type". This is an individual who by natural temperament should have developed a particular "function but who because of the influence of a particularly powerful parent, or the pressures of social or educational demands, has been forced to violate his natural inclination and develops another function instead, often the "inferior" one, in order to psychologically survive. This always causes great damage and a strong inner feeling of inferiority, for if one identifies with what one does least well, a price is bound to be exacted. The process of breaking through the layers which mask the real identity is not an easy one, and the individual often cannot accomplish it alone. Here the chart will offer significant clues; for where there is a predominance of a particular element, unchallenged by a concurrent emphasis of the opposite element, yet where the individual is not using the former, there is a strong suggestion that something has interfered with the natural line of development. For example, an individual whose chart shows a bias towards the element of water and no emphasis in air, yet who is disconnected from his feeling nature and finds it difficult to cope with his emotions, may be suspected of being a "turn type."

Sometimes the "turn type" is produced by something more complex than one insensitive parent. In our society we tend to assume — possibly not without historical and biological reason, but perhaps with unreasonably rigid expectations — that the world of thinking and sensation belongs to men and the world of feeling and intuition to women. This may be true in general, and on an archetypal level; it may have been true for most of our past history. But it is possible that the division is less sharply demarcated than before, and it may not apply to the individual, who always contains all potentialities within his own nature. There is reason to suppose that the more dominated we are by our biological and historical heritage, the less we are able to use the individual blueprint of the birth chart; and there is also reason to suppose that part of what the contemporary Zeitgeist involves is the capacity to balance this heritage with an increasing awareness of the potential for individual development. There are as many men born with a bias towards the feeling function as there are women, and as many women with a bias towards the thinking function as men; and while it previously may have been difficult for a person to transcend his circumstantial factors and avail himself of this bias for his own unfolding, such transcendence seems to be increasingly possible as we enter a new era in the development of human consciousness.

The pull of the past creates its own pain. The feeling-oriented man, for example, with a preponderance of water on the birth chart, or the intuitive man, with a preponderance of fire, often learns early in life that others will consider him weak, effeminate, cowardly, irrational, or latently homosexual if his natural predisposition is given free rein. Such men sometimes learn to be very different from their natural temperaments in order to "make it" as a man "should". The feeling type's own negative thinking will help him along to this conclusion, since he is terribly prone to swallow social values whole, without thinking them through and questioning their applicability to his own situation. And the intuitive type's sense of inadequacy about being "capable" will often cause him to question the value of his visions. There is then an enormous split between the real identity and the mask, and a very uncomfortable need for which one must overcompensate.

This also applies to the thinking woman and the sensation woman, who are often described as "butch", cold, ambitious, heartless, unfeminine, brittle and neurotic if they follow their natural inclinations into the world of

ideas and mundane achievement. Inferior feeling will conspire to help the thinking woman along with her lack of self-acceptance because she feels inadequate in personal relationships; and inferior intuition will often convince the sensation woman that she is dull, boring, unimaginative and only equipped to be the servant of those with greater gifts. Such women may either become armored Amazons, or attempt to develop the “inferior” function by playing the role of the overbearing, ambitious mother and wife, who wears a mask of sentiment and effusive emotional display over a cold and steely determination to make something of her children, her husband, and anyone else who happens to be her property. Somehow one must find the delicate balance between the physical sex, with its accompanying psychological bias, and the inherent disposition suggested by the horoscope at birth. This is no mean task, particularly if those factors oppose each other. Yet such oppositions, if they are handled gently, with understanding and without doing violence to one pole or the other, can lead to a truly rounded and enriched individual.

The world-is full of “turn-types” and they damage themselves and others without realizing that the true self lies imprisoned and suffering beneath an impenetrable armor of other people’s expectations, Jung’s advice is to “be what you have always been”, and this is the real path to inner integration and to relating with others. One of the greatest assets of the chart with its interwoven patterns, especially if taken in conjunction with typology, is that it can provide a richer, more comprehensive picture of what one has always been — which is also what one can potentially be.

CHART No. 24 FOOD CLASSIFICATION ACCORDING TO EARTH'S MAGNETIC STRATA

Only four elements are essential to all living things. Some need more of one than the other, according to type and individual requirements. These elements are: FOOD, MOISTURE, WARMTH AND AIR.

1. FOOD - EARTH. Vegetable life needs good soil for food in order to grow luxuriously. Man and animal life in their turn need this bounty of Nature as food. Carnivorous animals and scavengers get it second-hand. In short, the earth is Nature's mother. The earth is a magnetic sphere.

Foods grown under the ground and nearest to the surface on the top of the ground have more of earth's negative magnetic energy in them as well as more mineral contents in their natural form. They are heavier and more earthy in their constituents and in their magnetic electric charges as an organism. All root vegetables, tubers and herb roots belong to this category and include taro, beets, turnips, potatoes, carrots, onions, garlic and edible herb roots. The latter two have a spice-like quality which makes them more of a stimulant than a food, for they act on the oxidizing end of the digestion.

Tubers have a staying quality which satisfies hunger and are rich in minerals. Races that were found to live on them principally as their staple food had a rugged constitution like the earth and were naturally healthy. For example, the South Pacific Islanders who used the taro as their staple food; the Pomeranians of Germany in the past, who lived mostly on skimmed sour milk and plain, boiled potatoes with the skins on; also the Bulgarians who used yogurt and dark sour rye bread as a staple diet kept a good health and lived long. Doctor Metchnikoff brought this to the attention of the world and credited their

vigor and longevity to the acidophilus bacilli. The Chinese used a lot of red beets and cabbage in their diet.

The earthy type of food is best suited for those with a rugged constitution, who perform hard physical labor and who have limited means. The conclusion is that the earth element sustains life in a simple way.

2. MOISTURE - WATER. The next classification according to stratum is the food which is grown above the ground and nearest to it. This type contains the water element in abundance and is rich in filtered minerals. It consists of green vegetation and cucumbers, melons, squash, pumpkins, etc. Acid foods are to be found on this level also in tomatoes, strawberries, pineapple and rhubarb. They have their application as eliminators or purgatives. They are like a spice to salads, in combination with them.

When combining alkaline and acid juices, they should preferably be selected from the same magnetic stratum for better digestion and oxidation.

Sea foods also come under the classification of the water element. The element of water in the pumpkin seed acts on the water element in the kidneys.

This tracing back to Nature and the past is according to the elements and the principle of Homeopathy - "like sustains like" - rather than laboratory chemistry. The earth and all its vegetation needs moisture and its magnetic embrace of electronic current flow. Cells need moisture and so do animals and human beings.

The watery type of food is best suited for persons of a highly emotional nature, for elimination of the exhausted excessive emotional energy.

CHART No. 25**FOOD CLASSIFICATION ACCORDING TO
EARTH'S MAGNETIC STRATA**

3. WARMTH - FIRE - SUN. The next stratum, a little higher above the ground, contains more of the fiery electric charge in its makeup, especially the sesame seed and the sunflower seed. This is a positive type of food. The papaya comes in on that classification as a powerful eliminator because of this fiery element and less protein without the acidity. The grape and its juice is a stimulant.

The grains and pulses or legumes are rich in protein and in starch. Included in this category are corn, wheat, rice, peas, beans, lentils, garbanzos, etc. However, millet is one grain that is rich in protein but low in starch. That is why it is recommended for diabetics.

The fiery energy in these foods is essential to man for replacing the expended energy and warmth. The fiery type of food is best suited for the vital motive type of person with a great mental and physical drive.

4. AIR - OXYGEN. Fruits and nuts are in the highest stratum above the ground and contain more of the airy element in their atomic construction. Air and oxygen are needed by all living beings. Oxidation is the final state of the fiery process of digestion. We breathe in oxygen and exhale carbon dioxide. This in turn is used by plant life. Volcanic eruptions help vegetation by supplying carbon dioxide to the atmosphere at intervals. Fruits are delicate, with more air space between cells than the other types of food. Citrus fruits are made up of compartments, perfectly insulated from the outside air.

Nuts are a delicate protein of a more airy nature than the grains and legumes. Because of the airy element predominating in the fruits and nuts, that type of food is best suited for the highly sensitive electric type of person, who needs much replacement of

the pranic or airy element expended by his highly nervous activity. The monkeys do this by instinct. Every variety of animal has an electromagnetic charge of energy requirement according to the stratum in which they live. The same is true of human beings. Even the squirrel that lives in trees, selects only the perfect pine seeds or nuts; but man eats everything and then wonders why he is not well.

The electromagnetic charge in foods has not been thought of in our search for "Vita-amines" or life sustainers. Future chemistry will follow the atomic procedure of measured energy charges which make up the seeming solids.

Another source of prana or life element is found in seeds which contain the power of growth or latent energy expansion. When these are ground and put in distilled water over night, the water will leach out much of this energy and become a sustaining and invigorating drink for persons with impaired digestion or a nervous, run-down condition where solid foods and even juices are not properly digested and oxidized. This method of extracting the essence can be used for nuts, grains and fruits which are rich in minerals, like figs, raisins, etc., in cases where the minerals and natural life element in them are needed but the solid food cannot be digested. This drink is easily absorbed and is not so concentrated or as highly acid as juices extracted direct from the fruit.

Straight carrot juice should be taken most sparingly because carotene has an affinity for the liver and when taken as pure juice, the carotene piles up, causing symptoms of jaundice.

Each individual should select the foods that he can best digest and utilize. That is the most important point in all diets and food selection.

Exercises & Movement For Health & Beauty

The function of our muscles is directed by the nervous system. In any sport, you must learn to train your mind first. On sickness, Dr. R. Stone said the same thing: the physical body is never sick first.

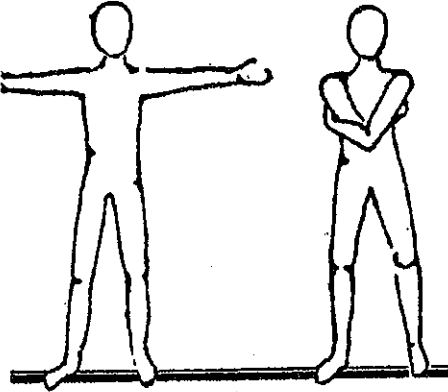
When you relax completely, your brain will teach you how to move all parts of your body harmoniously, in perfect balance – without effort. Look at a baby starting to learn how to turn his body. What we learn in Polarity Therapy is that you can have complete cooperation between the mind and the physical body, especially if you use the slow motion approach. Flexibility of the body will come when the mind will become flexible. During the exercises, we should enjoy ourselves, and at the same time put our attention on every movement: Feel and enjoy them, so the mind and the body will be together, and you will do any movement gracefully with effortless effort. Stiffness is of the mind first, so the body becomes stiff. We have to learn how to relax the mind and automatically the body will relax. At that time we will be ready to do every motion with effortless effort. Each part of our body should move, when we are doing any motion, and not one part only; this is what we call the wholistic approach. Faith and attention will improve the quality of our motion.

Moving the pelvis is very important. The pelvis is the neuter pole of the body, where all emotions hit first, creating tensions and stiffness, slowing down the flow of the life energy from the head to the feet, impeding all normal functions of the cells and organs.

Easy Stretching Exercises (Polarity Yoga)

Warm-Up

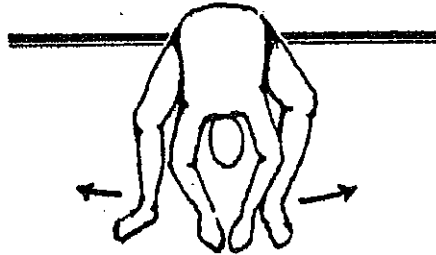
1. Stand up, feet comfortably apart, scissors of arms at shoulder height. Swing arms right over left — left over right — allow arms to wrap around you. Use no effort; swing loosely. Experience 10 or more times.



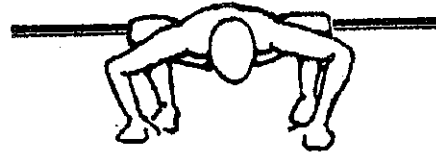
2. Open hands, place the right thumb over left — left fingers over the right; stretch arms over your head; center head in between arms; bring feet together, raise body up and down on toes; eyes open; do 5-10 times.



8. Your arms are heavy now and slowly lower them to your side as if snow were falling on them drawing them down, EXPERIENCE THE ENERGY AND CHANGES IN YOUR BODY. Inhale and exhale. Sigh. (Ahhh)



3. Arms still over your head; legs two feet apart; bend knees; slowly lean forward until arms are dangling down in relaxed way; let go of your neck and head tension; visualize your head like a 25 lb. watermelon; feel it heavy and relaxed.
4. Still in bent position, allow arms to move freely back and forth like a Raggedy Ann or Andy doll; 30 or more seconds. Gradually, slow motion down.



5. Now place hands on floor; bring head as close to the floor as possible while bending the knees; keep soles flat to the ground.
6. Push body up slowly; don't stand up yet; still bent over; stiffen (don't tense) arms; drop head; swing arms like pendulum of a clock; build up momentum; 30 seconds or more; slowly reduce motion until it comes to a gradual stop.
7. Repeat number 5. Now slowly bring your body to a standing position; slowly raise your lower back, middle back and upper back; with arms extending over your head; eyes are closed — EXPERIENCE any changes in awareness. Make sighing sounds. Inhale

The Squat

Benefits:

Relieves constipation, lower pack pain, digestive aid, best position for moving the bowels and kidneys, energizer (especially good out-of-doors barefoot), also good for strengthening the legs and stretching the achilles tendon.

In all its simplicity the squat is one of the most powerful balancing and relaxing movements, and Dr. Stone emphasized this exercise and its benefits by doing it daily.

Squat Warm-Up

Begin squat by placing arms in front of you parallel to the floor, spread feet 2 feet apart, slowly bend your knees and come down slightly and return to standing position with arms still stretched out in front of you. Repeat motion 3 or 4 times slowly coming down and going up until you finish in squat position with soles of feet flat on the floor. Armpits are over your knees; relax arms and rock back and forth.

Come out of squat slowly by stretching

legs; head down; relax knees; slowly stand by raising lower back, middle back, upperback; arms going over head; stretch up; relax knees; slowly lower your arms to your side; repeat whole process 2 or 3 times.

Basic Squat

Your feet are comfortably 2 feet apart with toes pointing slightly outward to create balance. Slowly bend your knees bringing your buttocks close to the floor. Your arms are in front of you and resting along side your knees. Gently rock back and forth and allow your head to drop forward relaxing your neck, which allows the spine to stretch relieving any built up tension.

If you are experiencing difficulty in executing the squat there are several alternatives which will help you eventually work into this posture. By holding on to a doorknob of an open door you can lift yourself up and down into position without fear of falling backward. The same effect can be achieved working with a partner. By holding one another's hands, slowly move up and down into the squat or utilize a flat pillow to support your heels.

FROM: HOLISTIC H.E.L.P. HANDBOOK
STANLEY KALSON



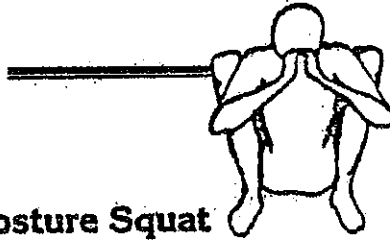
Arm Stretch Around the Knees

Benefits:

Release of gas, constipation, excess abdominal fat, toning abdomen and thighs, joints, sluggishness.

Position:

Arms are placed around the knees and clasped in front of the body. Rock while you inhale and squeeze the legs together with the arms. Exhale.



Youth Posture Squat

Benefits:

Great meditation position with the benefits of the other squat positions.

Position:

Heels are 12 inches or more apart. Interlace fingers; Place thumbs on either side of the bridge of the nose and allow the head to fall onto the knuckles of the hands. Rock body front and back several times. Elbows are on the inside of the knees.

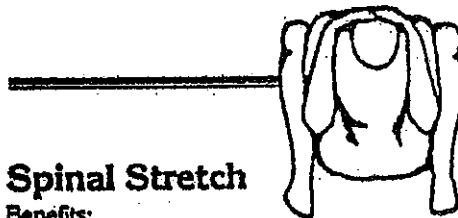


Eye Tension Release

Benefits: release of eye tension

Position:

Hands are placed at side of the face and the little finger of each hand pushes gently on the supra-orbital ridge (ridge above eyeballs) while rocking forward and back.



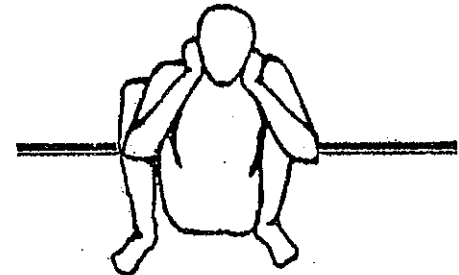
Spinal Stretch

Benefits:

Muscle tension in the heart area, the spine.

Position:

Hands are placed on the back of the neck gradually moving to the top of the head. Gently let the weight of the hands pull the head downward. Higher on the head will stretch the upper spine and lower position will stretch the lower spine.

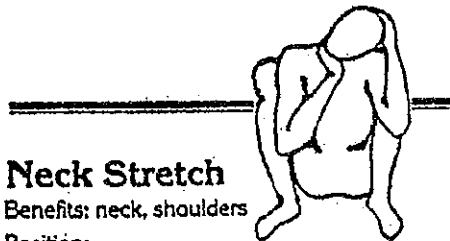


Ear Release

Benefits: ear trouble, head noises

Position:

The little fingers are placed in each ear lifting up slightly. Hum finding a pitch that feels comfortable. Remove fingers and stretch and pull the outside of the ears.



Neck Stretch

Benefits: neck, shoulders

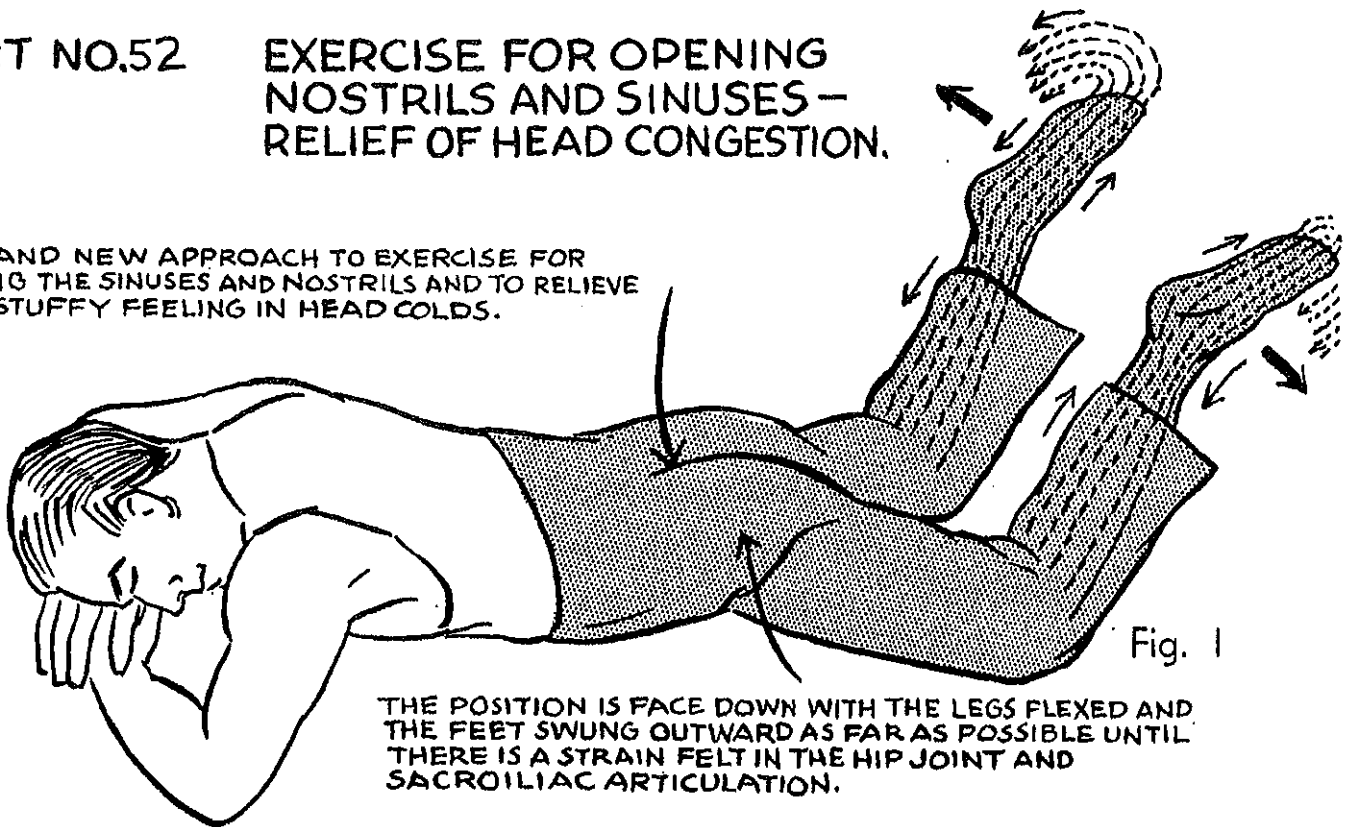
Position:

One hand is placed on the opposite side of the chin. The other hand is placed on the opposite side of the head. The neck is gently twisted upward using the hand holding the chin. Reverse hands and twist in opposite directions.

FROM: HOLISTIC H.E.L.P. HANDBOOK
STANLEY KAWSON

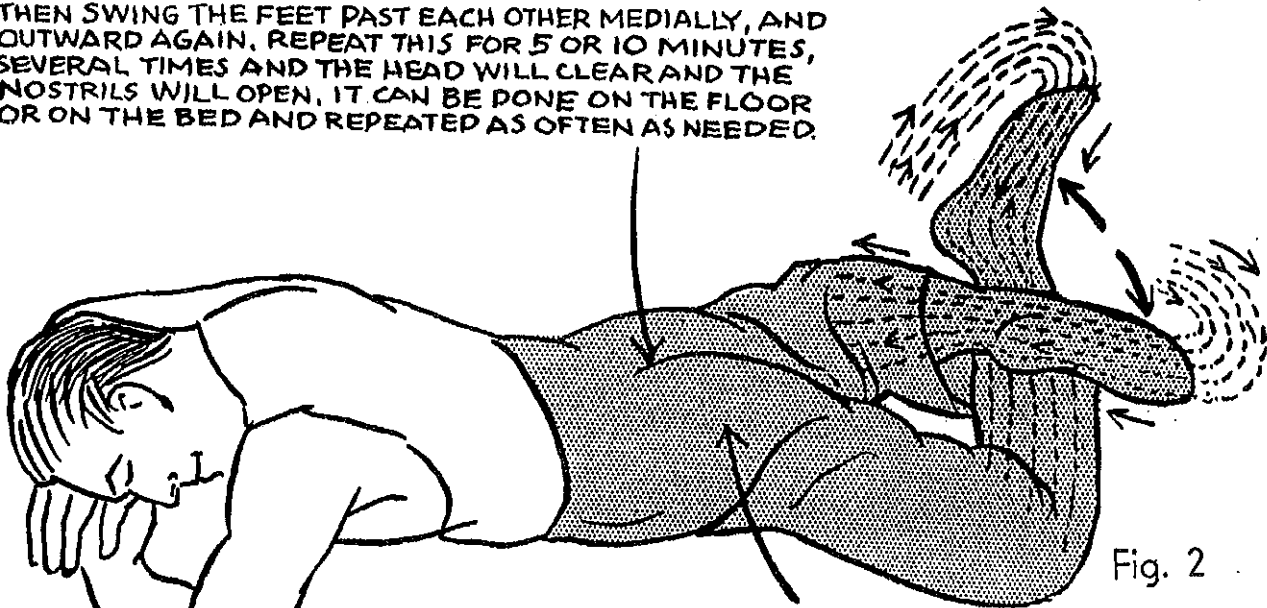
CHART NO.52 EXERCISE FOR OPENING NOSTRILS AND SINUSES – RELIEF OF HEAD CONGESTION.

A BRAND NEW APPROACH TO EXERCISE FOR
OPENING THE SINUSES AND NOSTRILS AND TO RELIEVE
THAT STUFFY FEELING IN HEAD COLDS.



THE POSITION IS FACE DOWN WITH THE LEGS FLEXED AND
THE FEET SWUNG OUTWARD AS FAR AS POSSIBLE UNTIL
THERE IS A STRAIN FELT IN THE HIP JOINT AND
SACROILIAC ARTICULATION.

THEN SWING THE FEET PAST EACH OTHER MEDIALY, AND
OUTWARD AGAIN. REPEAT THIS FOR 5 OR 10 MINUTES,
SEVERAL TIMES AND THE HEAD WILL CLEAR AND THE
NOSTRILS WILL OPEN. IT CAN BE DONE ON THE FLOOR
OR ON THE BED AND REPEATED AS OFTEN AS NEEDED.



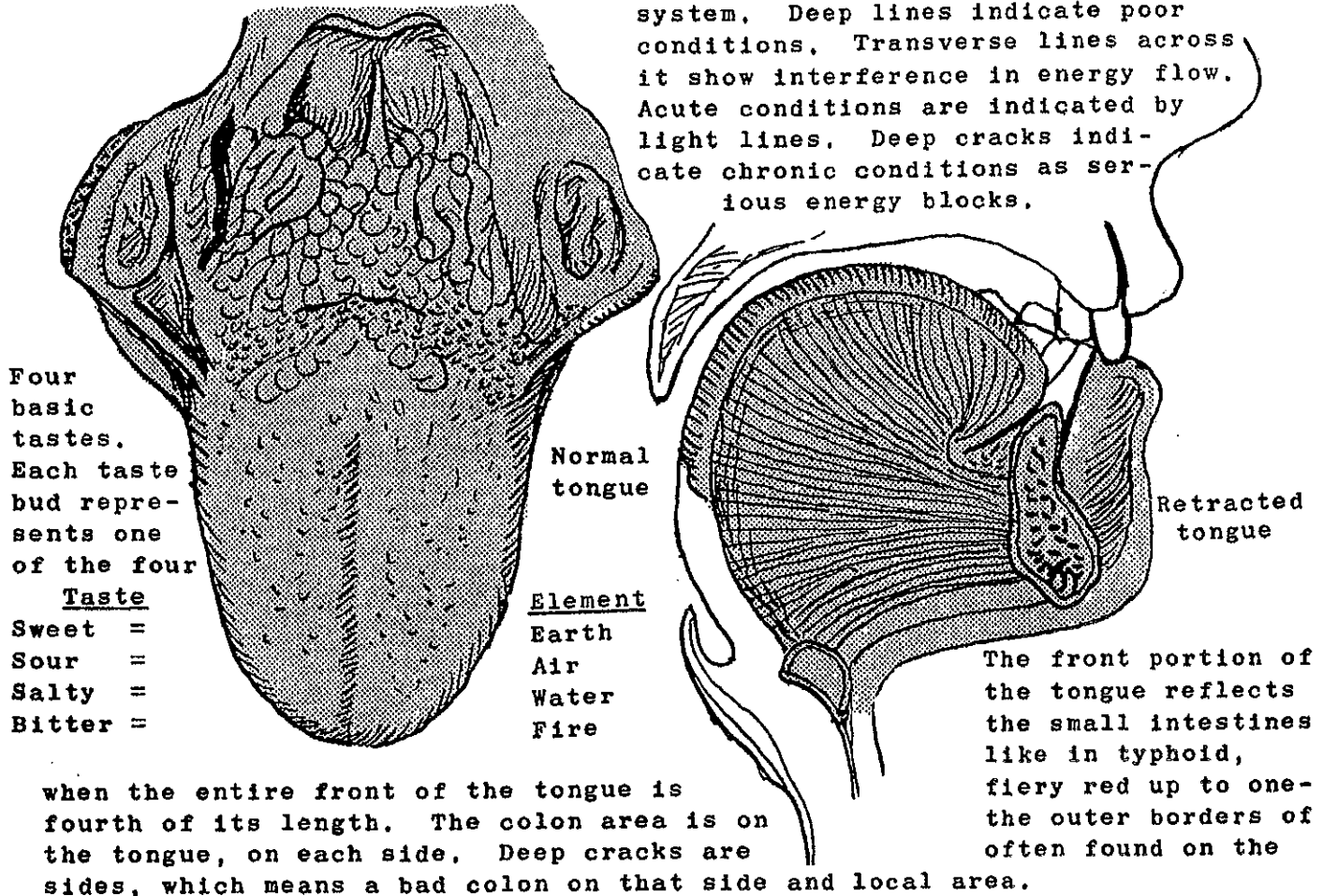
THE FACTORS THAT PRODUCE IT ARE FIRST: THE PUMPING ACTION
OF THE HIP JOINTS AND MUSCLES STIMULATING THE SACRAL CENTER
AND FLUIDS REACTING UPON THE MEDULLA OBLONGATA AND THE
CEREBELLUM THE SERPENT FORCE OF THE SUN AND MOON ENERGIES
OR THE CADUCEUS FROM THE BRAIN ARE ACTIVATED AT THE NEGATIVE
POLE, WHICH OPENS THE BREATHING CENTERS IN THE HEAD.

THE OTHER POINT IS THE FACT THAT THE FEET IN THE MOTION OF
CROSSING EACH OTHER CUT THE ELECTRO-MAGNETIC LINES OF FORCE
EMANATING FROM THEM, ACTING LIKE A DYNAMO IN PRODUCING A
MUSCULAR TONE EFFECT ON THE BODY. THIS DEMONSTRATES THE
FACT OF THE INFERIOR PRODUCING AN EFFECT UPON THE SUPERIOR
BY THE RETURN CURRENT FLOW.

CHART No. 21 BRIEF NOTES ON DIAGNOSTIC SIGNS OF THE TONGUE AND VOICE

The tongue is the digestive indicator. It is a miniature picture of the gastrointestinal tract. The reflexes from the organs to the tongue are similar to their locations on each side of the spine. The interpretive range is up to the diaphragm only as shown by its retracted, curved position. The tip of the tongue represents the pelvis as an erotic reflex. A thin, central line or groove on the tongue represents the central nervous

system. Deep lines indicate poor conditions. Transverse lines across it show interference in energy flow. Acute conditions are indicated by light lines. Deep cracks indicate chronic conditions as serious energy blocks.



Four basic tastes. Each taste bud represents one of the four

| <u>Taste</u> | |
|--------------|--|
| Sweet = | |
| Sour = | |
| Salty = | |
| Bitter = | |

Normal tongue

| <u>Element</u> |
|----------------|
| Earth |
| Air |
| Water |
| Fire |

Retracted tongue

The front portion of the tongue reflects the small intestines like in typhoid, fiery red up to one-the outer borders of often found on the

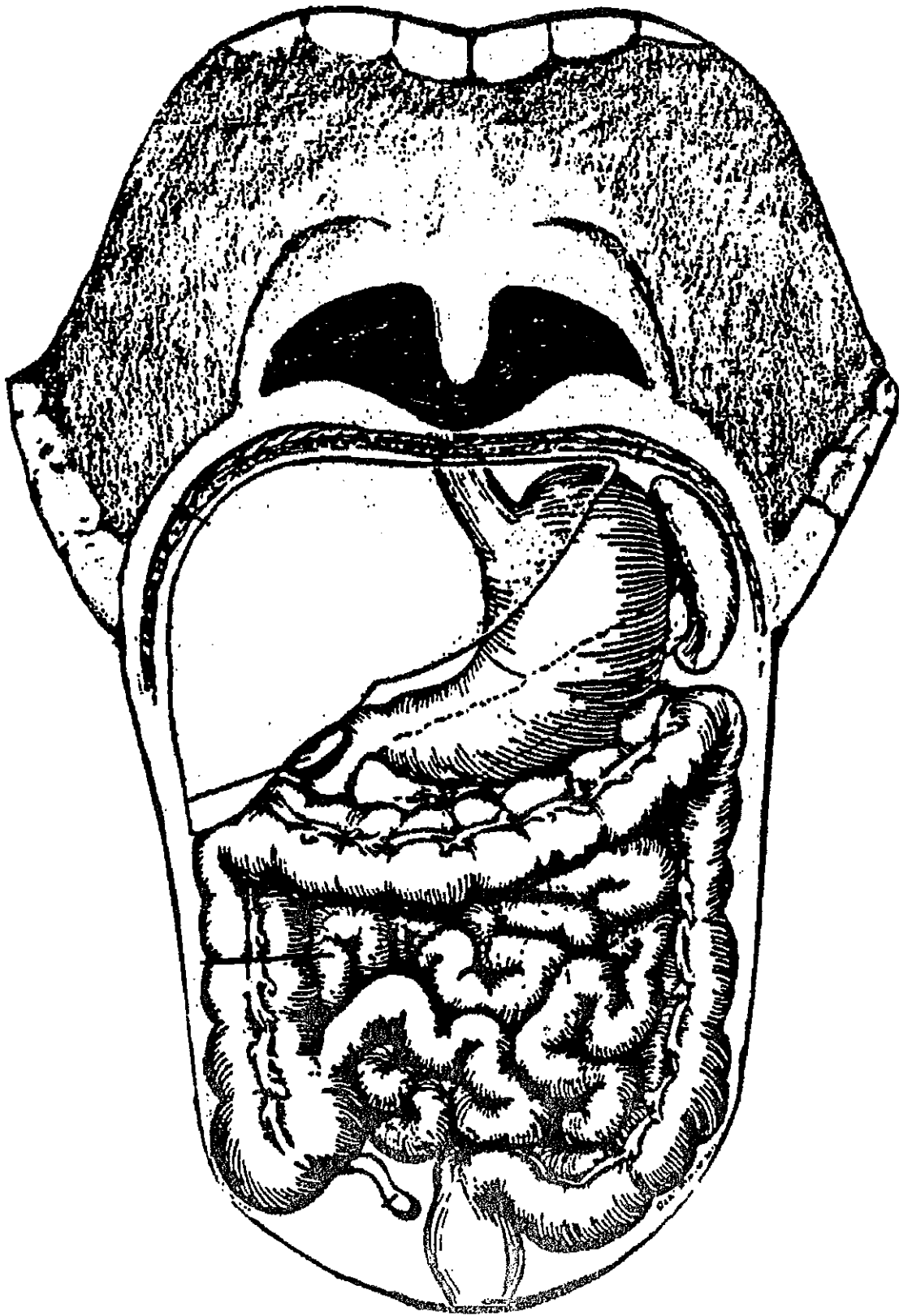
when the entire front of the tongue is fourth of its length. The colon area is on the tongue, on each side. Deep cracks are sides, which means a bad colon on that side and local area.

Mucous on the tongue is a catarrhal symptom. When deep and furred, it is chronic. When it is light and can be brushed off while cleaning the teeth, it is acute but not serious. Giving rest to the digestive system and partaking of no mucous-producing food, like milk and starches, is a great help.

The reflex to the diaphragm is at the top of the curve, with the stomach reflex on the left and the liver on the right side. Pressure or stimuli on the posterior curve has a gagging effect, as reflexes from the organs.

The back portion of the tongue gives reflexes to organs located posteriorly and lower in the abdomen and into the pelvis. Pressure applied on the back of the tongue with a tongue depressor relaxes tension in the lower bowels and in the pelvis. It stimulates natural elimination and has been used for spastic colitis and menstrual cramps.

THE VOICE IS LIKE A SOUNDING BOARD. The tone of voice reveals the Inner Energy that is active. Its volume and intensity reflect the latent energy in the patient. Listen and learn is the key. The particular cries of a baby are interpreted by every mother. Why not the sounds of adults by their physicians? In illness a weak or hollow voice indicates a bad condition, while a firm or a mean one indicates that the patient has latent strength.



Ears and Eyes

Ears

- Correspond to femur heads for balance
- Are the center of equilibrium of the head
- Ear manipulations can clear out some inner ear blocks, though deeper ones will require irrigation.
- Ear wax is an energy block and is also caused by poor diet, especially dairy products.
- Neck lymph congestion can also go up in the ear.
- The ear is the positive pole of the center of gravity in the body.
- The navel is the center of all positive and negative energy in the body.
- You can release any block in the body through the umbilicus or the ear.
For example, Sore knee:
Go deep in navel, press in direction of sore knee. Other hand finds sore point on knee and does alternate stimulation from knee to navel.
- Navel stimulation also good for helping lymphatics drain — can open up lymph areas anywhere in body.
- If soreness does not decrease through navel work, go to the ear.
- Can release back blocks also. Client lies on side, you press back and toward pain on the navel, other hand on sore point on back. If doesn't release, go through the ear again.
- 2nd and 3rd lumbar = umbilicus
- Only contraindication to navel work is during pregnancy.
- Work headaches through the ears with directional force towards area of pain.
- Path of fire technique will help vision, as eyesight is fire.
- Foot reflexology also helps both ears and eyes.
- To relieve ear pain — roast sea salt, put in sock while hot and place on ear and also put on neck if lymph soreness or congestion.
- Can also grate potatoes and put on affected part — are more drawing than clay.

Ear Manipulation

1. Rotate and pull ears in all directions. Stimulate all parts of the ear including the tragus. Flop/bend ears towards the skull, pull on the lobes, etc.
Person should feel heat and increased circulation in ears 30-60 minutes after treatment.
2. Work in ears with the little finger (fits better) in four directions:
 - a. Stimulate in angle down toward opposite hip. Do both ears simultaneously. The cross currents will come together at the navel. If one ear still painful, put other hand on navel while continuing downward and opposite.
 - b. Stimulate in direction towards the nose (medial and upward angle). If doesn't release, place one hand right under nose while doing alternate stimulation in painful ear.
 - c. Push up and pull back, in direction of top of head. If one ear doesn't release, place other hand on back of head, near top.

- d. Pull out and downward toward base of occiput. Contact point for stubborn sore points is center of base of occiput.
3. Chakra balance through ears:
Place little fingers in ears, water finger on TMJ, rest of fingers on temple and thumbs on fontanelle. Hold.
4. Do some neck work before ear irrigation to assist release and relaxation.

Irrigation Process

1. Have person use the following ear drops for six days prior to irrigation which is done on the 7th day:
 - 1x/day place 4 drops garlic oil
 - 4 drops Dr. Christopher's B & B extract
 - Keep in ear with cotton (20-30 minutes).
 - Garlic oil made by smashing ½ lb. garlic bulbs, cover with olive oil and set in warm place 4-6 days. Shake 3x/day. Store in brown jar.
 2. 7th day — actual irrigation
 3. Begin with moxa:
Use of “fire” will stimulate ears and assist in opening. Use incense. With lit incense, come close to skin between mastoid process and occiput. Hold incense there till they say it is hot. The longer it takes to heat the skin the deeper the block.
 4. Have ready the following items for the irrigation:
 - 1 or 2 oz. bulb syringe *
 - Plexiglas or glass eyedropper *
 - rubber latex tubing *
 - bowl of warm water with 4 drops of Rescue Remedy
 - several towels
 - * These three items make up the ear syringe
 5. Cover whole head of person except the ear being irrigated.
 6. While pulling up on top part of ear to open canal, gently squeeze water from syringe into ear. Release syringe and suck out the wax and debris. Do this a number of times.
 7. Let person lie on side to drain ear after finished with syringe.
 8. Clean ear with Q-tip with several drops Rescue Remedy. If ear is bleeding, clean gently and also apply several drops Rescue Remedy directly in ear. This will sting some, but will help.
 9. Repeat process of moxa and irrigation on other ear.
- Note: It is important to do ear manipulations before actual irrigation process.

Eyes

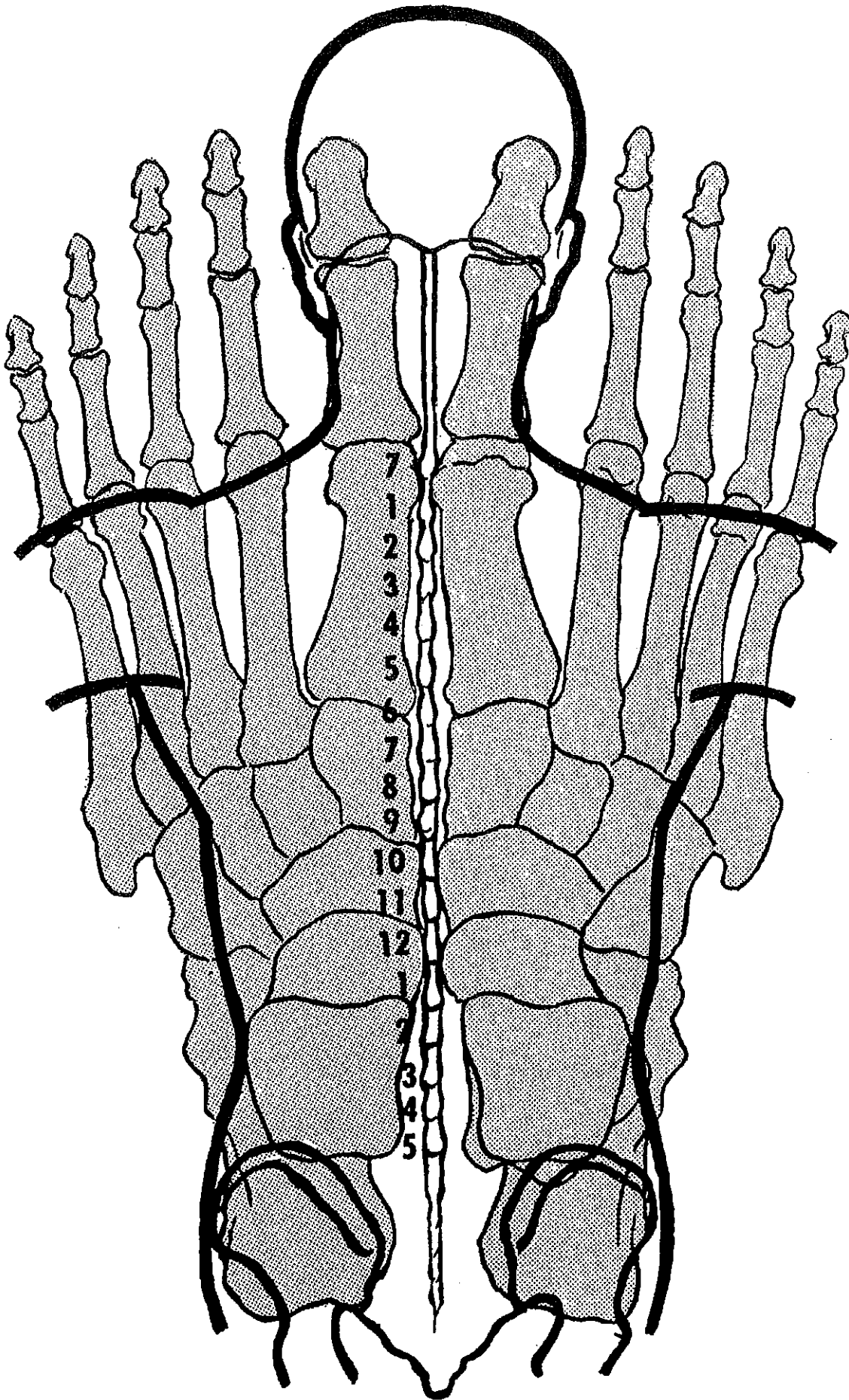
- **Conjunctivitis**
Use Rescue Remedy and Crab Apple internally and externally.
Internally: 4 drops 4x/day
External eye wash: 4 drops from dosage bottle into cool spring water. Can rinse several times daily.
- **General Eye Wash**
Make tea from parsley and elder flowers and bathe eye.
- **Cataracts and Constant Tearing**
Lemon juice and distilled water dropped into eye once a day, several drops
- **Dry Eyes**
Do eye wash with cucumber juice
- **Burning Irritated Eyes**
Wash eyes with milk or cream
- **Vision**
Place one drop of mustard oil in eye every morning after doing gag reflex.
Do gag reflex till eyes begin to tear.
- **Morning Gag**
Cleanses eyes
Releases negativity
Frees diaphragm
Stimulates tongue
- **Lazy Eye**
Wear patch on good eye and do occiput stimulation and cross current flow through head (occiput to eye to fontanelle)

How to Acquire Natural Immunity/Vitality

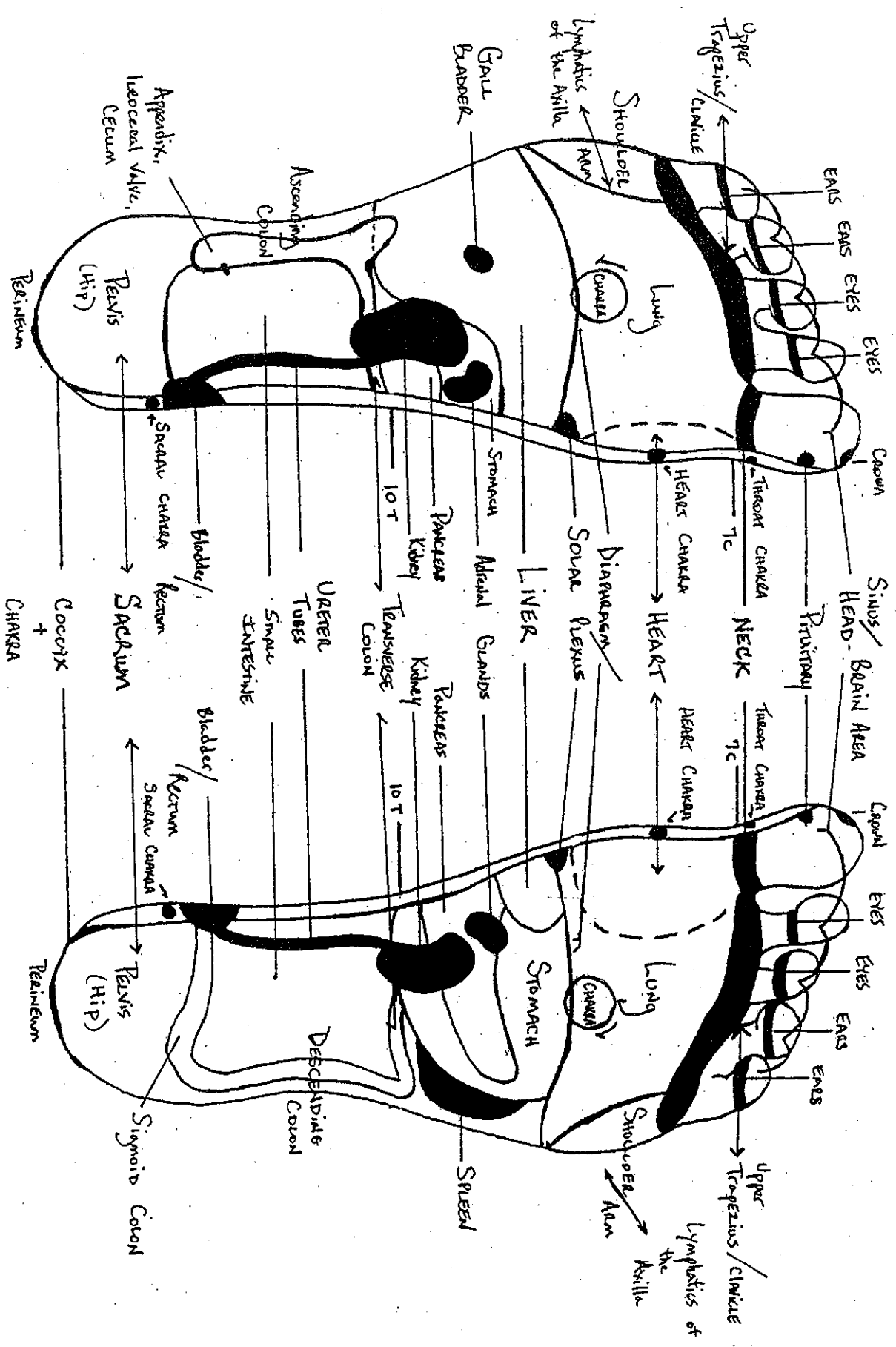
- Lots of fresh air
 - Deep breathing and exercise 6x/day
 - Water sniffing 6-12x/day – use cold water (no salt)
 - Removes mucous excretions
 - Is a tonic to the sympathetic and cerebrospinal fluid nerve systems
 - Gives an energy rush
 - Helps in calming and improves concentration
 - Helps with hay fever and allergies
 - Ache and pain in sinuses while doing this will decrease after about a week or so.
-

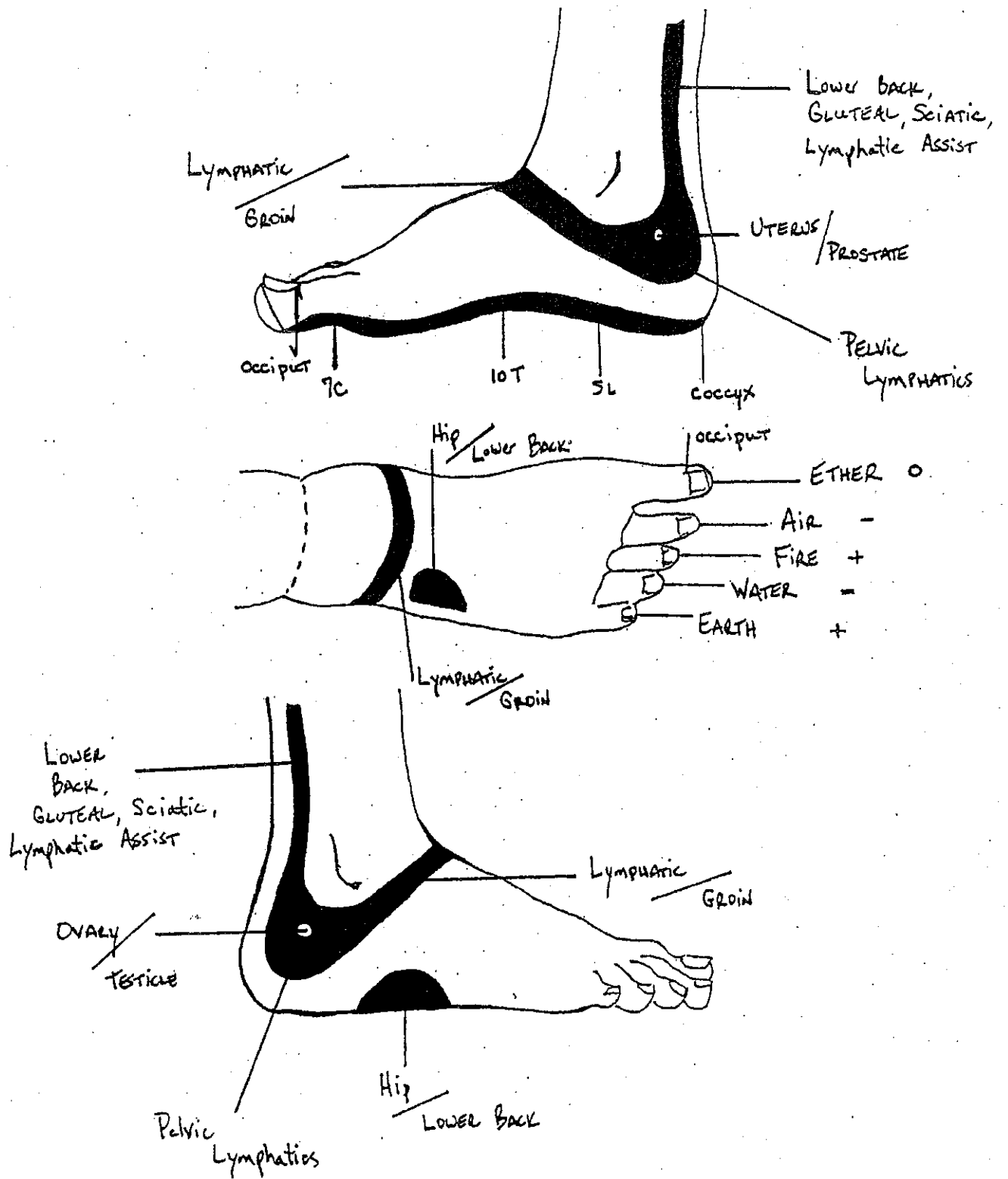
Nose

- Do nasal water sniffing as described above.
- Can lubricate dry nasal passages with oil
- If there are many scabs in nose, due to too much aluminum in diet
 - Reduce food from cans, eliminate aluminum cookware
 - Do nasal cleaning
 - Take Clorox baths (1 cup Clorox brand bleach in hot tub of water; cool Rinse; can apply sesame ginger oil on skin)
- **Nasal Neti**
 - Use #6 or #8 French urinary catheter.
 - Guide tube up nostril, pull from back of throat and out through mouth.
 - This process will relieve mucous from throat and nose.
 - Very helpful for heavy congestion, as well as daily cleaning
- **Sesame Ginger Oil**
 - Grate ginger and squeeze juice into oil.
 - Good for dry skin especially if swimming a lot in pools.



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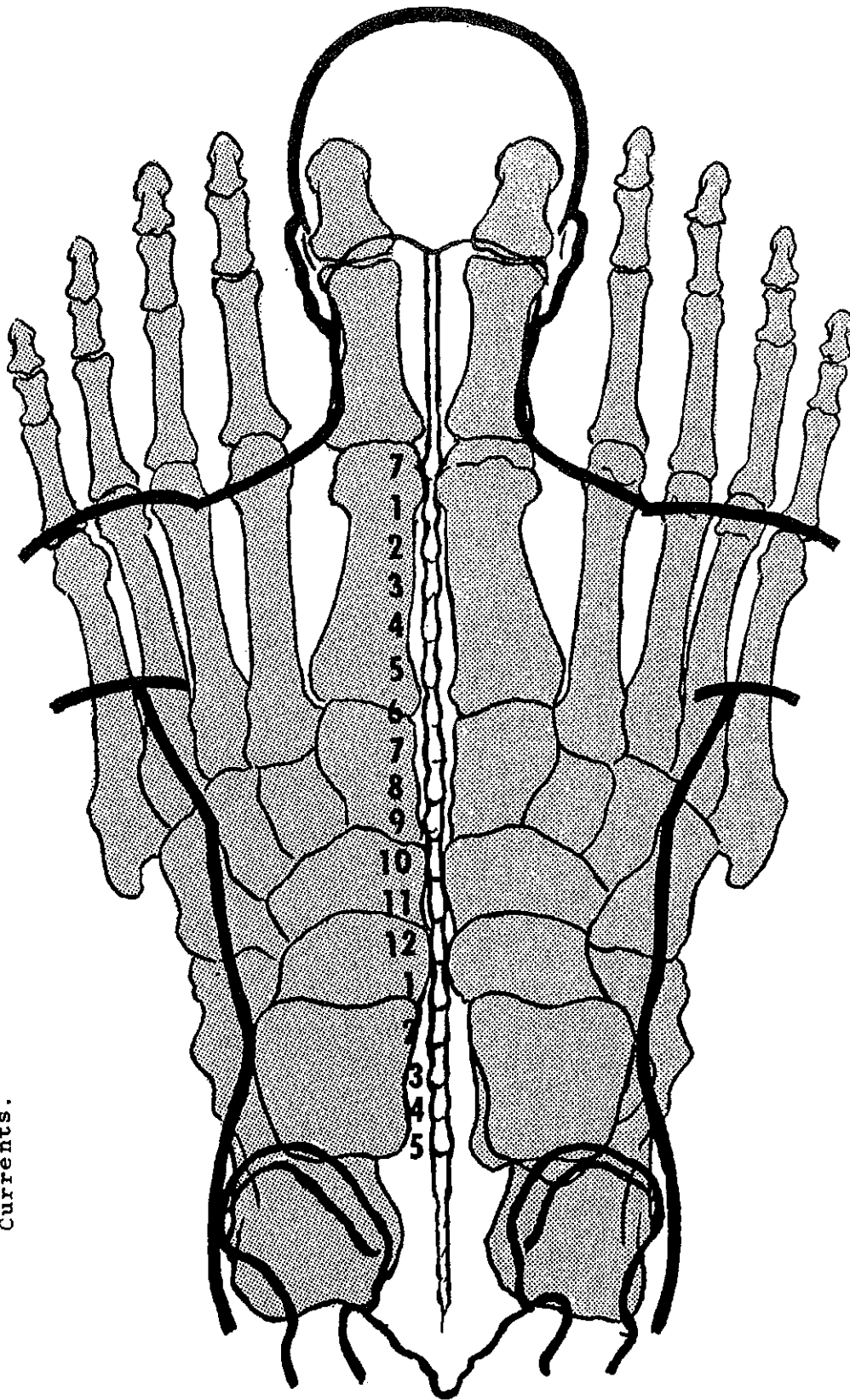


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CHART No. 19

POSTERIOR RELATIONSHIP OF THE HEAD, NECK AND BACK TO THE FEET

The tops of the feet have a powerful influence on the back, through the exact regions of correspondences shown here. Many back pains can be relieved by a firm contact on both areas at the same time, thus balancing the Vital Energy Currents.



This works through the POLARITY PRINCIPLE OF ENERGY FLOW, as vital circuits in the body. They are the fetal pattern currents which built the body and maintain it. Both hands can be placed in the same position on the back to reveal their polarity fields. See Chart No. 4 in Book 2.

CHART NO.37. ADJUSTMENT OF TOES IN ONE MOVE – BIG TOE ADJUSTMENT AND ITS REFLEXES.

THE FIRM GRIP OF THE RIGHT HAND OVER THE TOES, READY FOR THE ADJUSTMENT. THE MOVEMENT IS A QUICK MOTION OF THE ENTIRE HAND, BENDING THE TOES DOWN AND PUSHING THE ARCH UP FROM UNDERNEATH BY THE FINGER CONTACT. THIS RELEASES TENSION ALL OVER, ESPECIALLY ACROSS THE SHOULDER GIRDLE WHERE IT REFLEXES TO.

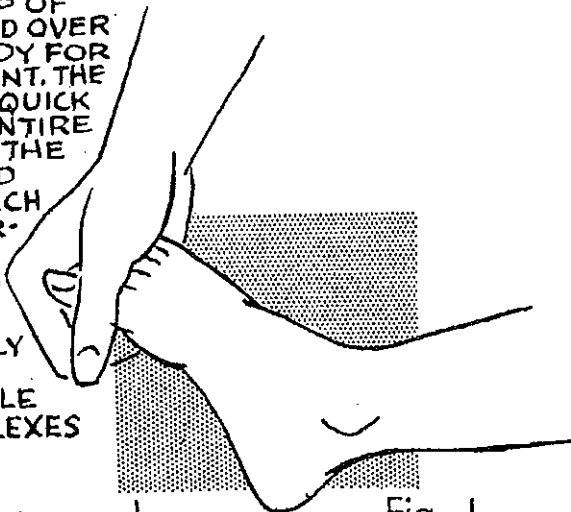


Fig. 1



Fig. 2

THE FINGER CONTACT CLEARLY UNDER THE TRANSVERSE ARCH, ONE FINGER TIP UNDER EACH JOINT IS THE PREPARATORY POINT. IT IS A RELEASE FOR NERVOUS TENSION AND EMOTIONAL LOCKS THRU THE BRACHIAL PLEXUS. IT IS THE NEGATIVE POLE TO THE SHOULDER GIRDLE AS A RESPIRATORY RELEASE.

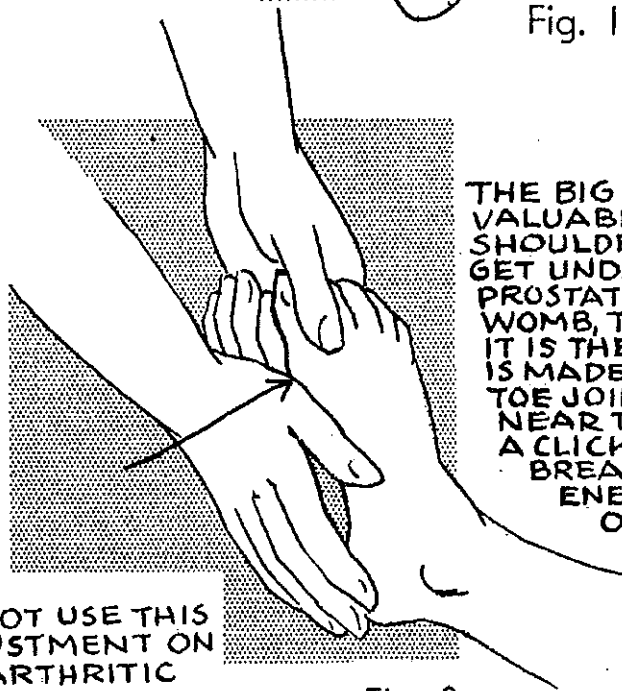


Fig. 3

DO NOT USE THIS ADJUSTMENT ON AN ARTHRITIC JOINT.

THE BIG TOE ADJUSTMENT GIVEN HERE IS A VALUABLE MOVE FOR THE RELEASE OF TIGHT SHOULDER BLADES WHICH THE DOCTOR CANNOT GET UNDER TO LIFT; ALSO FOR SCIATICA AND PROSTATE TROUBLE AND ENLARGEMENT. THE WOMB, TOO, HAS A REFLEX HERE, AND LASTLY, IT IS THE BUNION ADJUSTMENT. THE CORRECTION IS MADE BY A SHARP SMACK AGAINST THE BIG TOE JOINT WITH THE SOFT PART OF THE PALM NEAR THE THIRD THUMB JOINT. IT WILL GIVE A CLICK MOST OF THE TIME. THE OBJECT IS TO BREAK THE LOCK AND FIXATION HERE OF THE ENERGY CURRENTS THAT AFFECT MANY PARTS OF THE BODY. SECONDLY, THE PHYSICAL

OBJECTIVE OF THE BUNION ADJUSTMENT IS TO REPLACE THE CARTILAGE OF THE THE TOE JOINT BY A SHARP BLOW. THIS JOINT WHEN LOCKED IS STIFF AND SORE. IF THE DOCTOR SUCCEEDS IN BREAKING THAT LOCK, EVEN WITH A VERY LIGHT SLAP OF THE HAND, THE TOE MAY BE VERY SORE AND MAY EVEN TURN BLUE WHERE THE VENOUS STASIS IS RELEASED. BE SURE TO TELL THE PATIENT, FIRST. WHEN THERE IS NO FIXATION AND STASIS, THIS CORRECTION DOES NOT HURT.

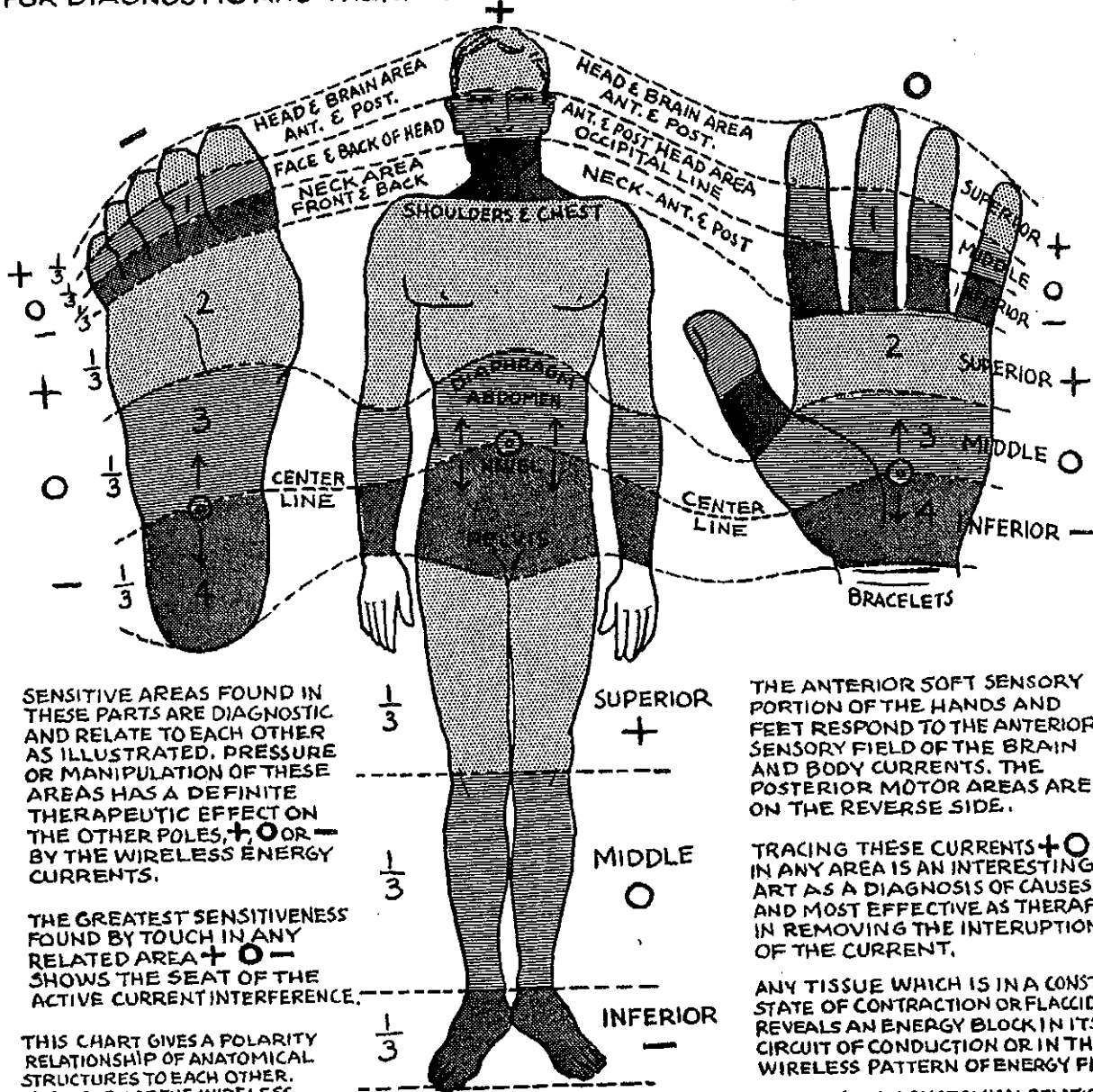
WHERE THERE IS SORENESS A MERE PULL OF THE BIG TOE WILL BE SUFFICIENT FOR A POWERFUL REACTION. ALL OTHER TOES CAN BE TREATED LIKEWISE WHEN THE PATIENT PERMITS. IT RELEASES SHOULDER AND NECK REFLEX TENSIONS, IT IS MOST HELPFUL IN SCIATICA.

THE BIG TOE JOINT HAS A POWERFUL REFLEX ACTION NEAR THE CENTER LINE AND COULD BE COMPARED TO AN ATLAS ADJUSTMENT AT ITS MOST NEGATIVE POLE. OF THE SPECIAL SENSES IT HAS A REFLEX ACTION TO THE NOSE, THE TONGUE, SPEECH AND HEARING CENTER ABOVE.

CHART NO. 4 DIAGNOSTIC AND THERAPEUTIC CHART OF BODY AREAS BASED ON THE REGIONAL RELATION OF WIRELESS CURRENTS OF ENERGY FLOW.

+ POSITIVE POLE O NEUTER POLE - NEGATIVE POLE OF EACH AREA IN EXACT RELATIONSHIP TO THE WHOLE FOR DIAGNOSTIC AND THERAPEUTIC PURPOSE.

THE SUPERIOR RULES THE INFERIOR. THE INFERIOR REACTS UPON THE SUPERIOR BY RETURN CURRENT FLOW.



SENSITIVE AREAS FOUND IN THESE PARTS ARE DIAGNOSTIC AND RELATE TO EACH OTHER AS ILLUSTRATED. PRESSURE OR MANIPULATION OF THESE AREAS HAS A DEFINITE THERAPEUTIC EFFECT ON THE OTHER POLES, +, O, OR - BY THE WIRELESS ENERGY CURRENTS.

THE GREATEST SENSITIVENESS FOUND BY TOUCH IN ANY RELATED AREA + O - SHOWS THE SEAT OF THE ACTIVE CURRENT INTERFERENCE.

THIS CHART GIVES A POLARITY RELATIONSHIP OF ANATOMICAL STRUCTURES TO EACH OTHER. IT IS A PART OF THE WIRELESS CURRENT SYSTEM IN THE ANATOMY OF MAN. THESE ARE ELECTRO-MAGNETIC MUSCULAR CURRENTS FROM ABOVE DOWNWARD, AND THEY ACT INVERSELY AS TENSION REFLEXES FROM BELOW UPWARD.

THE NINE AREAS MARKED 1/3 ARE NOT EQUAL IN SIZE BUT ARE EXACT IN RELATION TO EACH OTHER. THEY ARE EQUIVALENT TO THE NINE OPENINGS IN THE BODY FOR THE OUTLET OF ENERGY.

THE ANTERIOR SOFT SENSORY PORTION OF THE HANDS AND FEET RESPOND TO THE ANTERIOR SENSORY FIELD OF THE BRAIN AND BODY CURRENTS. THE POSTERIOR MOTOR AREAS ARE ON THE REVERSE SIDE.

TRACING THESE CURRENTS + O - IN ANY AREA IS AN INTERESTING ART AS A DIAGNOSIS OF CAUSES AND MOST EFFECTIVE AS THERAPY IN REMOVING THE INTERRUPTION OF THE CURRENT.

ANY TISSUE WHICH IS IN A CONSTANT STATE OF CONTRACTION OR FLACCIDITY REVEALS AN ENERGY BLOCK IN ITS CIRCUIT OF CONDUCTION OR IN THE WIRELESS PATTERN OF ENERGY FLOW.

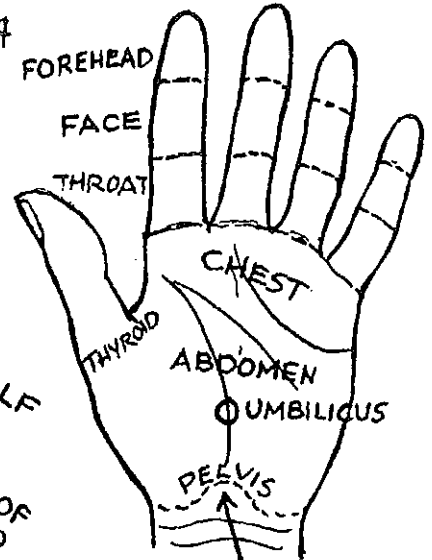
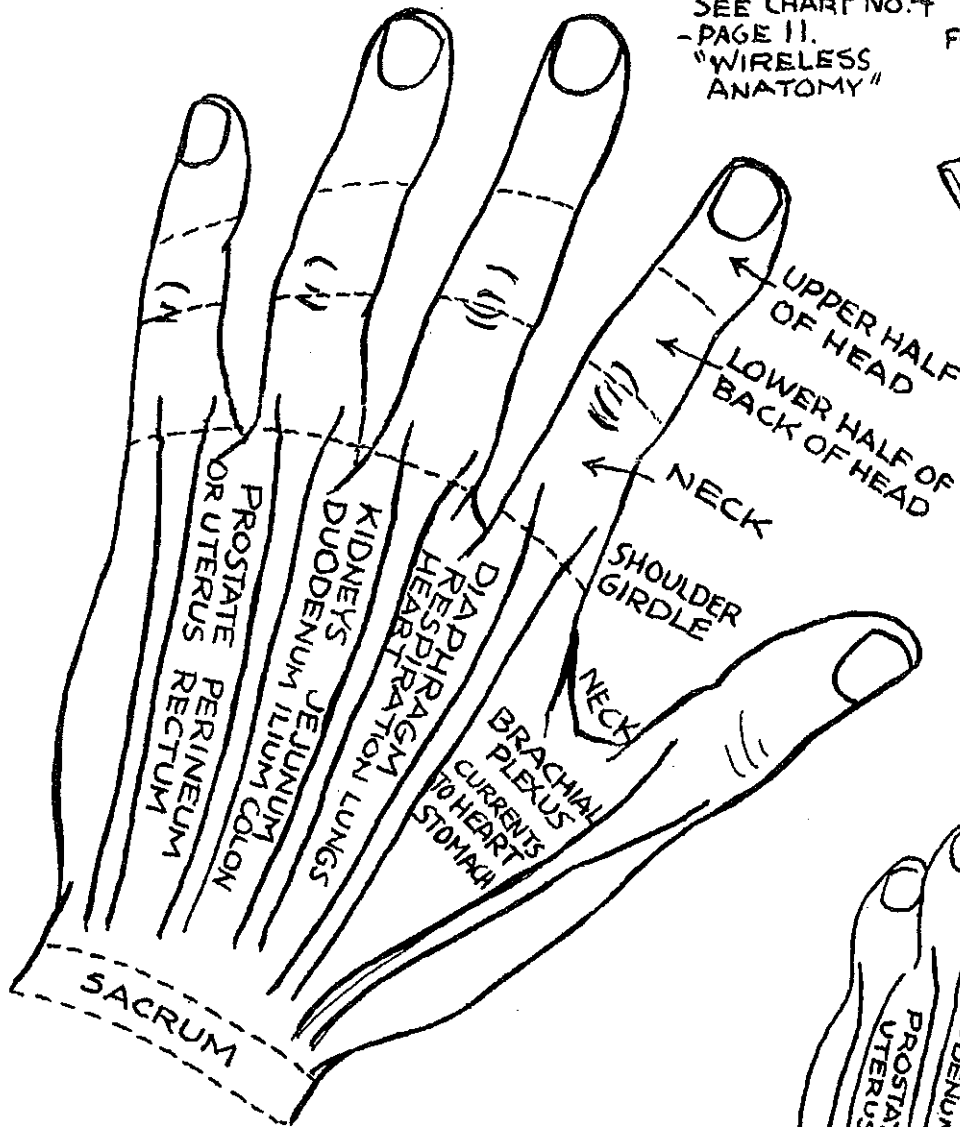
THIS IS AN ANATOMICAL RELATIONSHIP CHART OF CORRESPONDING BODY AREAS OF POSITIVE, NEGATIVE AND NEUTER REACTIONS. ITS FOUNDATION IS BASED UPON THE EMBRYONIC DEVELOPMENT AND POSITION OF THE CHILD IN THE MOTHER'S WOMB.

HORIZONTAL DIAGNOSTIC AREAS

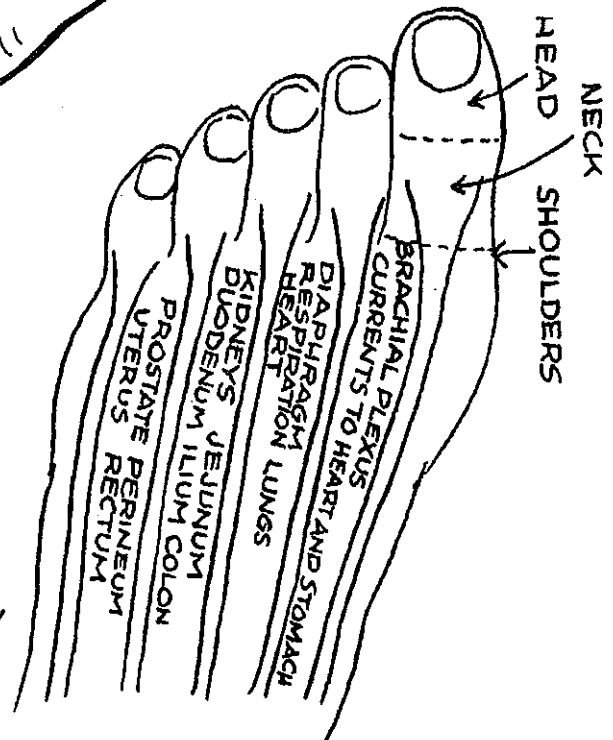
LEFT HAND DIAGNOSTIC AREAS OF TENDERNESS OF MOTOR AND SYMPATHETIC CIRCULATORY ENERGY FLOW. ACUTE SYMPTOMS ALSO INCLUDE THE NAILS, THEIR COLOR, CURVES, THICKNESS, SPOTS AND RIDGES.

FOR ANTERIOR VERTICAL DIAGNOSTIC AREAS

SEE CHART No.4
-PAGE 11.
"WIRELESS ANATOMY"



UTERUS OR PROSTATE, PELVIC TROUBLE, INDICATES CAESERIAN OR BIRTH DIFFICULTY FOR MOTHERS.



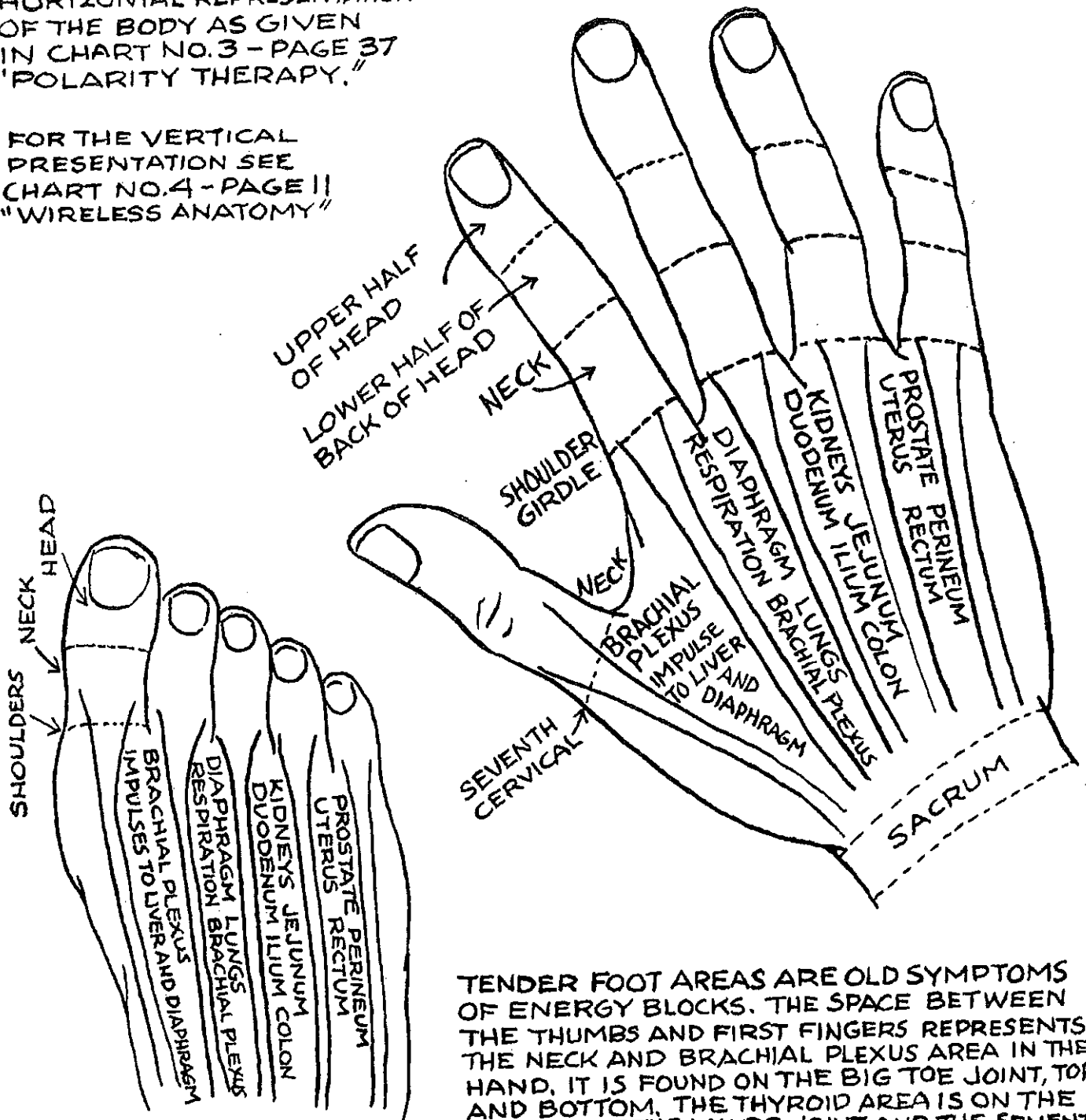
FEET SHOW CHRONIC REFLEXES. PAINFUL JOINTS ARE IMPORTANT SIGNS OF ENERGY BLOCKS. NAIL CONDITIONS ARE AS ABOVE, THEY SHOW VITAL CIRCULATION DEFICIENCY AND SYMPATHETIC ENERGY BLOCKS.

EVOLUTIONARY SERIES
CHART NO. 5

HORIZONTAL DIAGNOSTIC AREAS, RIGHT HAND DIAGNOSTIC REGIONS OF TENDERNESS ARE ACUTE SYMPTOMS OF REGIONAL ENERGY BLOCKS.

THESE AREAS ARE THE
HORIZONTAL REPRESENTATION
OF THE BODY AS GIVEN
IN CHART NO.3 - PAGE 37
"POLARITY THERAPY."

FOR THE VERTICAL
PRESENTATION SEE
CHART NO.4 - PAGE 11
"WIRELESS ANATOMY"



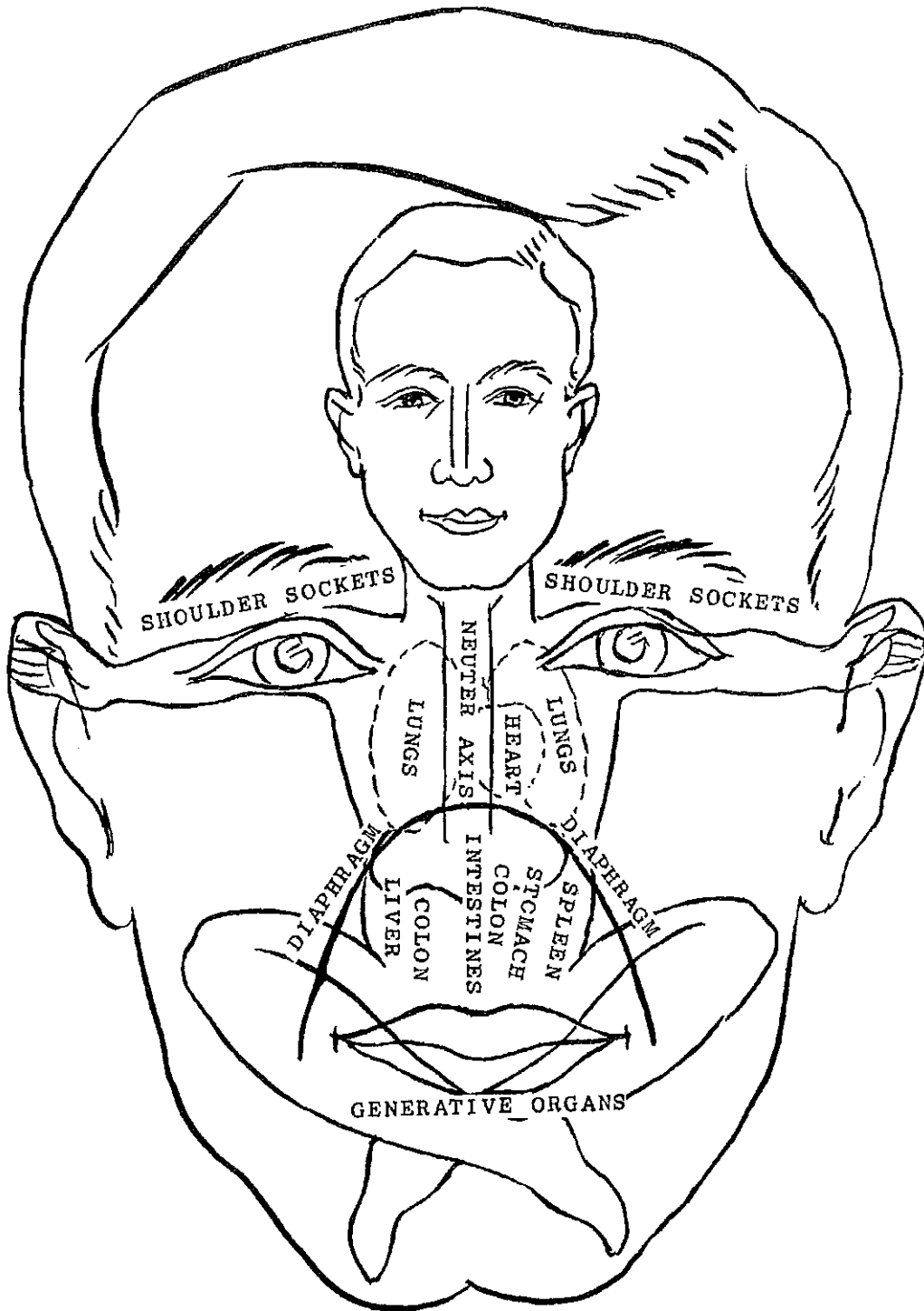
TENDER FOOT AREAS ARE OLD SYMPTOMS
OF ENERGY BLOCKS. THE SPACE BETWEEN
THE THUMBS AND FIRST FINGERS REPRESENTS
THE NECK AND BRACHIAL PLEXUS AREA IN THE
HAND. IT IS FOUND ON THE BIG TOE JOINT, TOP
AND BOTTOM. THE THYROID AREA IS ON THE
BOTTOM OF THE LOWER JOINT AND THE SEVENTH
CERVICAL CIRCULATORY REFLEX IS ON TOP.

EVOLUTIONARY
SERIES
CHART NO. 6

CHART No. 7

PRIMORDIAL MIND PATTERN

THE CREATIVE IDEAL MIND PATTERN WORLD IN THE HEAD
IS THE CENTER OF GOVERNMENT IN THE BODY



Placing the body in the head brings out some astonishing symbolism of vital functions and organic relationships. "As above, so below." Mind energy patterns are expressed in the body, and the body returns the compliment by impressing itself on the mind.

CHART NO. 3. COMPARATIVE DIAGNOSTIC REFLEX AREAS OF THERAPEUTIC IMPORTANCE. THE STORY THE HANDS CAN TELL ABOUT POLARITY THERAPY. SUPERIOR-INFERIOR LOCATIONS OF BODY OVALS AND THEIR WIRELESS CIRCUITS FOUND IN THE HANDS AS ACUTE NEUTER REFLEX AREAS AND IN THE FEET AS CHRONIC NEGATIVE SYMPTOMATIC REFLEX AREAS.

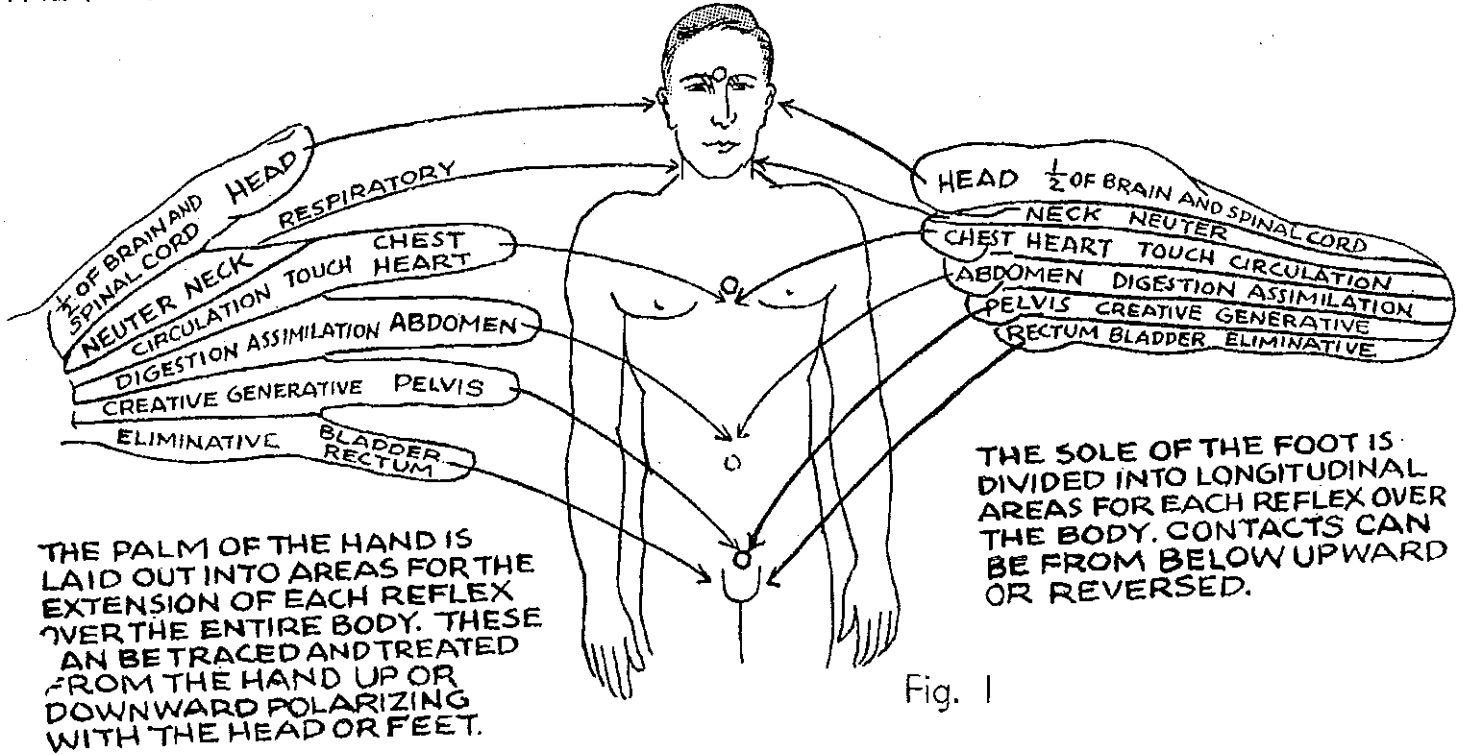


Fig. 1

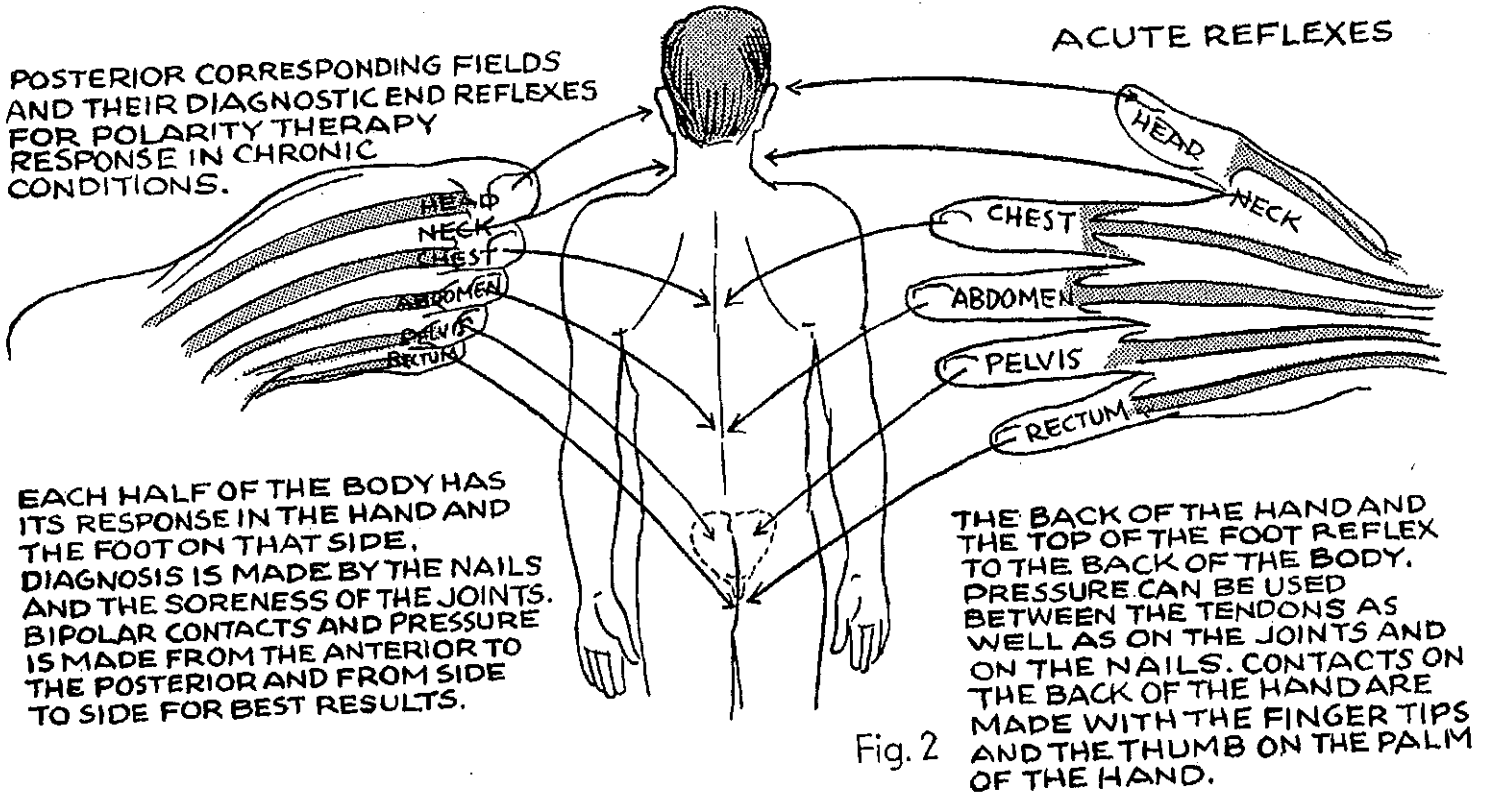


Fig. 2

Reflexology Foot Sequence

Overview

- | | |
|----------------------|---|
| Desserts | <ol style="list-style-type: none"> 1. Solar Plexus — press with inhale, release with exhale 2. Ankle/foot flop 3. Twist ball of foot 4. Fist in ball of foot and squeeze back of foot 5. Spinal twist, both hands from medial position 6. Spinal twist, hands coming from opposite directions 7. Rotate foot 8. Flex and extend foot 9. Nerve stroke up leg 10. Nerve stroke down leg |
| Main Sequence | <ol style="list-style-type: none"> 1. Lower back and spine 2. Inside ankle bone with flexion 3. Outside ankle bone with extension 4. Fist in ball, fingers work between metatarsals on back of foot 5. Work same area with both hands 6. Thumbs under each toe and stretch foot around 7. Inch across top of big toe 8. Pituitary 9. Thyroid 10. Neck 11. Pull and rotate each toe 12. Sinus drainage 13. Fatty end of each toe 14. Pull each toe 15. Claw/inch base of toes (upper trapezius, clavicle) 16. Ball of foot — especially hitting lymph drainage area 17. Between waist and ball of foot — especially hitting adrenals 18. Between heel and waist — especially ileocecal valve 19. Heel 20. Point at base of heel 21. Squeeze Achilles as you rotate foot 22. Uterus/prostate 23. Testes/ovaries 24. Cuboid 25. Hip/lower back 26. Lymph/groin 27. Lymph on outside of foot |

Repeat Desserts

Reflexology Foot Sequence

Details

The hand positions described below are for the **right foot**. For the left foot, switch hands. Other specifics for the left foot are noted. You will need to use your reflexology chart in conjunction with these descriptions to orient yourself. Don't cross your legs during this treatment, as it will interfere with energy discharge from the client. While working reflex points during this treatment the pain should subside. If the pain does not subside, work lighter.

1. Lower back and spine

The **ether** toe can be used to help release points in the spine or use the other toes as they correspond to horizontal segments of the spine:
 cervicals (ether);
 T1-T10 (air);
 T11-L5 (fire);
 sacrum5 (water);
 coccyx (earth).

To work the spine turn the foot out to the side. The spinal reflexes begin just below the nail of the big toe (atlas) and go all the way down to the tip of the lower heel (coccyx). As you move from toe to heel the reflexes get bigger just as the vertebral segments get bigger.

A. Work the lower back. To gauge the size of the lower back reflexes, place your right thumb along the medial edge of the heel. The width of your thumb defines the size of these reflexes. Use the medial corner of the right thumb to work the lower back reflexes in an inching motion. Support the thumb by placing your other 4 fingers on the opposite side of the heel. Make 3 inching motions with your thumb, then move to the next reflex point. If you make more than 3 inching motions you will be in the reproductive reflex. The spine reflex follows the arch line, so stay on the bone.

B. Work the rest of the spine. To work the rest of the spine your support fingers will move from the heel to the dorsal surface of the foot. Inch with your right thumb from the last point worked in the lower back up to the atlas (base of big toe nail). As your thumb moves up the foot move your support fingers up as well to prevent fatigue. When you get to the big toe switch hands and use the left thumb to inch from the big toe back down to the coccyx. Switch back to the right hand and use the right thumb to inch from the lower back to the big toe. Inch down with the left. Go up and down a couple of times.

C. Mash on 10T. This point is on the medial waistline of the foot. To find the waistline of the foot locate the tuberosity of the 5th metatarsal with your left hand. Draw a line from the highest point on this tuberosity across the plantar surface of the foot to where it intersects with the spine. This is 10T. Mash here. On most people this point will be sensitive. As you mash you can alternate with pulling the ether toe to help release this reflex. Mash, release, mash, release.

- Lower back and spine (cont.)**
- D. Work C7.** At base of big toe there will be clear skin marking that runs at an angle towards the arch. Instead of following this line down towards the arch follow it medially across to the base of the joint of the first metatarsal. This is C7. Mash here. People with whiplash or neck injuries will find this sensitive. Alternately pull big toe.
- E. Work client specific trouble spots.** Ask client what parts of spine bother them. Work these reflexes in the feet and use alternate stimulation with the ether toe or other toes. There are 4 points on the medial malleolus to be worked. Divide the malleolus in half (anterior/posterior). Work 4 points moving in a semicircle on the posterior side of the malleolus alternating with flexing the foot. Flex, stimulate pt 1, flex, stimulate pt 2, flex, stimulate pt 3, flex, stimulate pt 4. The point stimulation in this move is light; you are not seeking client's pain tolerance. This move is **not** contraindicated during pregnancy.
2. **Inside ankle bone with flexion**
This move stimulates the long currents.
- There are 4 points on the medial malleolus to be worked. Divide the malleolus in half (anterior/posterior). Work 4 points moving in a semicircle on the posterior side of the malleolus alternating with flexing the foot. Flex, stimulate point 1, flex, stimulate point 2, flex, stimulate point 3, flex, stimulate point 4. The point stimulation in this move is light; you are **not** seeking client's pain tolerance. This move is **not** contraindicated during pregnancy.
3. **Outside ankle bone with extension**
This move stimulates the long currents.
- Work the same 4 points as in step 2. on the lateral malleolus, alternating with extension of the foot instead of flexion.
4. **Fist in ball, fingers work between metatarsals on back of foot**
These reflexes correspond to the posterior thoracic region of the body. Good for upper chest, rhomboids, trapezius, scapula, lungs. Corresponds to **air oval**.
- Make a fist with your left hand and press it into the ball of the right foot to flex it and spread the metatarsals. Using the 4 fingertips of your right hand, work the dorsal side of the foot in each trough between the metatarsals. Move your fingers in small circles along the sides of the bones and up and down in the trough starting at the base of the toes and working proximally. Work each metatarsal individually. These areas can be quite tender.

5. **Work same area with both hands** | Press both thumbs into the ball of the foot to spread the meta-tarsals, working the dorsal side with your fingertips, two troughs at one time. Start in the most medial (between ether & air toes) and most lateral (between earth & water toes) troughs, then move into the middle of the foot to work the remaining two troughs.
6. **Thumbs under each toe and stretch foot around** | Move thumbs to ball of foot under each toe and stretch foot by pulling metatarsals to wrap around thumbs. Move thumbs to ball of foot under next toe and repeat. Sometimes the phalanges or metatarsals will pop with this stretch. This is a non-specific stretch for the metatarsals. Twist ball of foot (dessert move).
7. **Inch across top of big toe**
This move corresponds to a massage on the top of the head. The head is in the **fire** triad. | Support the right big toe with the left hand. Using your right index finger work the top of the big toe. Inch across from medial corner to lateral corner. Do this 3 times in one direction, then switch hands and repeat 3 times in the other direction.
8. **Pituitary**
The pituitary reflex can be released by stimulating either the **fire or ether** toes. | Find the base of the big toe nail then move medially to just above the reflex for the atlas (C1). Then move slightly onto the pad of the big toe and a wee bit distally (up). This is the pituitary reflex. Look at the reflexology chart. The pituitary is difficult to manipulate so use firm pressure to find it.
9. **Thyroid**
The thyroid reflex can be released by stimulating the **ether** toe. | Steps 9 and 10 are performed together. Supporting the right big toe with the left hand, inch with the right index finger across the dorsal surface of the big toe at the base of the first metatarsal. Then inch with the right thumb across the plantar surface of the big toe at the base of the first metatarsal. Repeat 3 times on each surface.
10. **Neck**
The neck is part of the **earth** triad. | The dorsal area corresponds to half of the posterior surface of the neck. The plantar area that you are working contains the reflex point for half of the thyroid and corresponds to half of the anterior surface of the neck. The thyroid point is not marked on your reflexology chart.
Move right thumb to lateral corner of big toe. Support your thumb by placing your other 4 fingers on the opposite side of the toe. Mash in this area. This corresponds to the lateral neck where there are many lymph nodes. You should be pushing into the surface of the bone. This area is usually congested in clients. Twist ball of foot (dessert move).
11. **Pull and rotate each toe** | This toe pull is a preparatory stretch for the polarity toe pull in step 14. Hold foot with left hand, fingers on dorsal surface, left thumb on ball of foot plantar surface. Push the foot down into the table with the left hand. As you push down use your right hand to pull up on the **base** of the toe joint and rotate.

12. **Sinus drainage**

Sinus is in the head, which is in the **fire** triad. These points are the most distal ends of the currents. They are potentially the most chronically blocked areas of the foot. There may be very painful spots here in people who have chronic congestion, post nasal drip, allergies, headaches, migraines, visual problems, hearing problems, dyslexia, spatial confusion, and disorientation.

Place left hand across the toes, fingers on the dorsal surface of the toes, thumb on the toe pads. (Your hand hides the toes from the client's view.) The left thumb will be used to spread the toes apart, giving you more room to work. As you move laterally, the left hand also moves laterally to spread the next toe. The right fingers are placed over the top of the left fingers at a 90° angle. Stimulate the reflex points on the toe pads with your right thumb. Using left thumb spread the air toe away from the ether toe and hold. Using right thumb, press big toe into the fingers and inch down the plantar midline of the toe from the distal end to the joint. Rotate your thumb 45° laterally and work a line on the big toe from the distal end to the joint. It is difficult to work the exact lateral edge of the toes because there is no finger support, so work at an angle between the midline and lateral edge.

Move hands to next toe. Separate fire toe from air toe using left thumb. Work plantar midline and lateral line of air toe with right thumb. Do this on each toe.

After working the midline and lateral line of each toe switch hands and work the medial line of each toe, working from earth toe to air toe. It is not necessary to work the ether toe because it was worked in steps 7 & 8.

13. **Fatty end of each toe**

This move works another line of the head and helps fluid movement in the head.

Points on the air and fire toes reflex to the eyes. The eyes correspond to the **fire** element. Points on the water and earth toes reflex to the ears. The ears correspond to **ether**. Work the ear points for tinnitus (ringing in the ears).

Each toe has a little fat toe pad. The fatty part of the big toe pad is off the midline to the lateral side. Dig in and mash each fatty toe pad using circular motion. This may be uncomfortable for your clients.

Just below the fatty toe pads on the air and fire toes are the eye reflexes. Stimulate these points. Just below the fatty toe pads on the water and earth toes are the ear reflexes. Stimulate these points. Review the reflexology chart for the accurate location of these points.

14. **Pull each toe** | The toes should be loose now. Pull each toe to release it.
15. **Claw/inch base of toes (upper trapezius, clavicle)** | Place fingers of your left hand on the dorsal surface of the foot and your left thumb on the ball of the foot. Press down toward heel to expose ridge of bone at the base of the toes. Use the index finger of your right hand to inch along this from the ether to the earth toe. Do this 3 times. Switch hand positions. Use your left index finger to inch back along the ridge from the earth to ether toe. Do this 3 times.
 These points are on the shoulders, which are part of the air triad.
 Using your left hand, line each finger up at the base of each toe (not between) on the ridge and put left palm against plantar surface of foot, wrapping thumb around the arch like a claw. Squeeze your fingertips into the ridge and release. Repeat a few times.
 Using your right index finger, press the bone between earth and water toe. This is the AC (acromio-clavicular) joint. It can be sore because of posture or other reasons. Twist ball of foot (dessert move). This move concludes work in **zone 1**.
16. **Ball of foot** | Place your left hand on top of toes to flex them slightly. Inch with pressure to the client's tolerance, working longitudinally in the ball of the foot. Using your right thumb begin in the area corresponding to the ether toe and inch several lines, working laterally toward the line of the fire toe. Switch to the left thumb, start in the area corresponding to the earth toe and inch several lines, working medially toward the line of the fire toe. This is one pass. Do a total of 2 passes to assess this area.
Zone 2. In this zone the shoulder corresponds to the air element. The heart corresponds to the air oval and also the water triad. Lymph always corresponds to water. Pull toes corresponding to these elements to release any blockages found.
Circle around the base of 1st metatarsal. Use your right thumb in a hooking motion to work in the ball of the foot all around the base of the 1st metatarsal. Hook the thumb into the tissue and pull medially.
Shoulder: Use your left thumb in a hooking motion to work the shoulder area. (See reflexology chart.) Hook left thumb into the tissue and pull laterally. You can also use your right fingertips to work the metatarsal troughs on the dorsal surface of the foot at the same time.
Heart: Use your right thumb in a hooking motion to work the heart area, defined by the dotted line on the reflexology chart. Hook the thumb into the tissue and pull medially. The heart area is larger on the left foot. Twist ball of foot (dessert move).

17. **Between waist and ball of foot (especially adrenals)**

Zone 3. Zone 3 corresponds to the digestive systems of the body. The adrenals and kidneys correspond to the **air** element. Use the air toe to help release these reflexes. Use the **fire** toe to help release the pancreas, liver, gall bladder, stomach, and spleen.

To find the waistline of the foot: Locate the tuberosity of the 5th metatarsal with your left hand and trace a line from the highest point on this tuberosity across the plantar surface of the foot. Zone 3 is between the waistline and the ball of the foot. Use the right thumb to inch through zone 3 making longitudinal passes from the waistline to the ball of the foot. Beginning at the medial edge of this zone (arch of foot, under ether toe) and work laterally to the area under the fire toe. Switch hands and use the left thumb to inch zone 3 from the area under the earth toe moving medially to the fire toe. Do 2 passes through zone 3.

Adrenals: Find where the waistline intersects the spine on the medial side of the foot. Put your right finger there. Find the base of the first metatarsal in the ball of the foot. Put your left finger there. Flex the big toe to identify the tendon. Midway between the waistline and base of first metatarsal and on the medial side of the tendon is the adrenal reflex. Use the thumb to circularly mash this area. Place your fingers on the dorsal surface of the foot to support your thumb.

Pancreas: The head of the pancreas is in the right foot while the bulk of the pancreas is in the left foot. Just inferior to the adrenals in the right foot is the head of the pancreas. There may be an identifiable lump in the right foot where the pancreas is. This indicates a lot of refined sugar, chocolate, etc. Work this area. In the left foot work the larger pancreas area as indicated on the reflexology chart.

Kidney: Flex the big toe to find the tendon. The kidney reflex sits on the tendon just lateral to the pancreas. Mash up the kidney reflex, alternately pulling the air toe.

Liver/Stomach: The rest of zone 3 on the right foot is the liver. Use the thumb to hook around the liver area. On the left foot there is a small area that is the head of the liver. The stomach area is lateral, superior and inferior to the pancreas reflex on the left foot. Hook around this area. When you find an area that is tender, stay on the point and mash it up.

Spleen: On the left foot hook around in the area of the spleen. Work any tender spots.

18. **Between heel and waist (especially ileocecal valve)**

Zone 4. The ileocecal valve and small intestine correspond to **fire**. The colon, bladder, and rectum correspond to **earth**. The kidney and ureter tubes correspond to **air**. Pull on the corresponding toes when working these reflexes.

To find the waistline of the foot: Locate the tuberosity of the 5th metatarsal with your left hand and trace a line from the highest point on this tuberosity across the plantar surface of the foot. Zone 4 is between the waistline and the heel of the foot. Use the right thumb to inch through zone 4 making longitudinal passes from the heel to the waistline of the foot. Beginning at the medial edge of this zone (arch of foot, under either toe) and work laterally to the area under the fire toe. Switch hands and use the left thumb to inch zone 4 from the area under the earth toe moving medially to the fire toe. Do 2 passes through zone 4.

Bladder: Use the right thumb to work the bladder reflex, in the medial corner of the heel. Use the reflexology chart to locate this point.

Ureter tubes: Flex the big toe to locate the tendon. From the bladder work at an angle over to the tendon and then inch up the tendon to the kidney point (near the waistline). Switch hands and inch with the left thumb from the waistline back down the tendon to the bladder.

Ascending colon: In the right foot only. At the lateral corner of the right heel is the cecum, ileocecal valve, and the appendix. This area can be hard to work. Dig into this area with your left thumb and hook up towards the 5th metatarsal. Then hook up towards the waistline of the foot following the ascending colon reflex and across the foot just under the waistline to work the hepatic flexure and transverse colon.

Descending colon: In the left foot only. From the bladder hook laterally across the left heel to the lateral corner of the heel. Hook up towards the 5th metatarsal. Work from the lateral corner of the heel up to the waistline of the foot. Hook medially across the foot just under the waistline to work the splenic flexure and transverse colon.

Small intestine: The remainder of zone 4 is the small intestine. Use your thumb to hook through this area. Stay on any points that are tender, alternately pulling the fire toe to release.

19. **Heel**

Zone 5. The plantar surface of the heel corresponds to the pelvis. The **water** toe can be used to release points found on the surface of the heel.

The heel is often hard to work because it is calloused. Pound the heel with your right fist. If your thumb is strong enough you can use it to work the points through the heel. Otherwise use your knuckles to work the surface of the heel.

20. **Point at base of heel**
The bottom edge of the heel corresponds to the perineal floor. All elements flow through the perineal floor so any toe can be used to release points on the edge of the heel based on the point's vertical relationship with the toes above.
- Lift the foot with your left hand and set the heel on the knuckles of your right hand. Press the foot down onto the knuckles and roll it over the knuckles to work the points. Inch along the edge of the heel with your thumb and work any tender points. Pull any toe that corresponds to the area you are working.
21. **Squeeze Achilles as you rotate foot**
The ankle corresponds to the **air** element. This move is also good for acute and chronic low back pain and assists lymph flow. Lymph corresponds to the **water** element.
- Use your left hand to flex the foot. Wrap the right hand around the Achilles tendon (thumb on medial side, fingers on lateral side). Rotate the foot while gripping the Achilles.
- Place thumb on medial side of calcaneus where Achilles tendon attaches. Place air finger on later side of calcaneus where Achilles tendon attaches. The thumb and finger should rest in notches on either side of the calcaneus. Pull the fingers down into the notches. Alternate pulling on these points with flexing the foot. These points correspond to the S-I joint, hip, gluteal, and low back; they will be tender on clients with low back and sciatic problems.
22. **Uterus/prostate**
23. **Testes/ovaries (gonads)**
This move is **contraindicated during pregnancy**. These points can be released by pulling on the **water** toe since the reproductive organs are in the water triad.
- Steps 22 & 23 are performed together. Review the reflexology chart to locate these points. To locate the uterus/prostate point, place your right index finger on the center of the medial malleolus. Place your right thumb on the coccyx reflex on the heel. Halfway between these points is the uterus/prostate point. There will be a small indentation. On the lateral side of the foot locate the ovary/testicle point in the same manner. Place your right thumb on the uterus point and right index (air) finger on the ovary point and stimulate these points. Stimulate lightly at first, as these points may be very tender. Alternate with flexing the foot. It is very unusual to find these points open. These points are indicated during active labor.

24. **Cuboid** | Locate the 5th metatarsal. Move off the metatarsal slightly onto the dorsal surface and towards the heel. You want to be on the cuboid bone as it is the fulcrum point to adjust the foot. Place your left thumb on the cuboid bone and wrap the fingers of your left hand around the heel. Press medially with your thumb and pull laterally with your fingers using pounds of pressure. Wrap your right hand around the ball of the foot; twist the ball of the foot laterally, taking the torque out of the foot. You are creating an environment for the foot to adjust and you may hear or feel some small clicking movements. Finish with ankle flop (dessert move).
25. **Hip/lower back**
The pelvis corresponds to **water** and low back corresponds to **fire**. | Use the reflexology chart to locate the black semicircle labeled hip/lower back on the lateral aspect of the foot. The half circle is in an indentation between the cuboid and heel. Using your thumb push around in this area and open any tender spots.
26. **Lymph/groin**
The lymph corresponds to **water**. This area may also correspond to the fallopian tubes since it runs between the uterus point and the ovary point. | Stand up at the side of the table, facing toward the client's feet. The lymph/groin area to be worked is a horseshoe shaped area that runs inferior to the malleolus and over the dorsal surface of the foot. Review your reflexology chart if necessary. Hold the ankle with your left hand and place your thumb at a point anywhere on this horseshoe. Flex the foot with your right hand so that the foot presses into the thumb. Move the thumb to another point on the horseshoe and flex the foot again. Continue moving your thumb and flexing the foot until all points along the horseshoe have been stimulated.
Grip the ankle with your left hand keeping the index finger and thumb inferior to the malleolus. Rotate the foot.
27. **Lymph on outside of foot** | Sit at the client's feet again. Using the flat surface of your left thumb, start at a point on the lateral plantar surface of the heel. Slide the thumb along the lateral edge of the foot towards the earth toe. When you reach the earth toe turn your thumb 90° and continue to slide it along the ridge below the toes over to the 7c reflex Repeat a couple of times. This is not an inching motion, but firm effleurage.

Hydrotherapy Seated Treatment for Head, Neck, Shoulders, Back, and Feet

Items needed: Chair, dishpan, small towel, mild soap, water, pillow (optional)

1. Fill basin with appropriate temperature of water.
Optional - add 3-5 drops of one of the following essential oils; clary sage, rosemary, sandalwood, lavender, peppermint. Use only pure distilled essential oils to guarantee a medicinal action.
2. Have client comfortably seated with feet in basin of water.
3. Standing behind client, knead upper trapezius muscles, both left and right side simultaneously. While kneading traps use the thumbs to simultaneously knead the rhomboids.
4. Work the inferior border of the clavicle with the fingers. Also work the intercostal area along the sternum and axillary area.
5. Grasping deltoid area of arms, lift and lower shoulders. Knead deltoid area of both arms simultaneously, using your entire hand.
6. Grip traps and alternately shake shoulders forward and back, then shake shoulders simultaneously forward and back.
7. Grip one trap firmly. Have client turn head toward opposite side. Grasp their head at mandible and gently stretch neck further, if possible. Release and repeat on other side.
8. Knead traps.
9. Stimulate Shiatsu pressure points on either side of spine, beginning at C7 and moving all the way down through sacral area (including superior and lateral borders of the sacrum). Client moves forward as you reach mid-spine, relaxing their chest into their lap or a pillow, if more comfortable.
10. Stand at side of client. Using the heels of your hands (which are placed side by side) roll toward the spinous processes with gentle pressure up and down the spine.
11. Standing at client's head, press laterally along the rib cage using the heels of your hands.
12. From client's side, hold neck and head and assist them into a sitting position.
13. Supporting their forehead, knead the neck.

14. Standing behind client with their head slightly tilted back and resting on your abdomen, work occipital area with fingertips. Work both sides of occiput.
15. Roll head slowly, both clockwise and counter-clockwise.
16. Knead neck.
17. Standing at client's side, lift their arm and have them hold in this position. Roll, knead, compress, and shake arm. Repeat with other arm.
18. Stand behind client and massage scalp thoroughly using deep fingertip kneading. The object is to loosen the skin from underlying tissues.
19. Tilt their head back slightly and rest it against your abdomen. Using a gliding stroke with your thumbs, stroke up and then down frontal bone, behind sphenoid, down mandible, meeting fingertips at chin. Reverse stroke, using fingertips underneath mandible and back upward to eyebrows. Repeat several times.
20. Trace superior eye orbit with thumb, simultaneously tracing the opposite maxillary arch. Repeat several times and then switch to opposite orbit and maxillary arch.
21. Stroke and vibrate both maxillae simultaneously.
22. Trace upper lip with thumbs.
23. Trace lower lip and mandible with thumbs or fingers.
24. Massage both lips simultaneously.
25. Do thorough manipulation of ears including the tragus. The ears hold much tension. This manipulation will cause the ears to be warm and flexible when circulation is optimal.
26. Light fingertip tapping on head (raindrops)
27. Gently place hands on the left and right side of head. Hold.
28. Wash/dry feet using a gentle, biodegradable soap like Dr. Bronner's.

Zone One: Top of Toes to Bottom of Toes.
Head, Neck

Zone Two: Ridge Below Toes to Bottom of Ball of Foot.
Clavicle/Upper Trap. To Diaphragm

Zone Three: Diaphragm to Waistline (T10)
Adrenal, Kidney, Pancreas, Stomach,
Spleen, Liver, Gallbladder

Zone Four: Waistline (T10) to Superior Portion Heel
Large/Small Intestine, Kidney, Ureter,
Bladder, Rectum

Zone Five: Heel

Options for releasing blockages;

- 1) Decrease Pressure
- 2) Both sides of block (thru body)
- 3) Pull toe in a straight line with block
- 4) Element related to block (pull toe related to block)
- 5) Foot to body (body to foot)
- 6) Foot to head (head to foot) Pg. 126
- 7) Triad on foot Pg.21

example: adrenal to shoulder, adrenal to ankle (line block up in a straight line)

Triad to body

adrenal to shoulder

adrenal to ankle

example two on foot: liver to head (line block up in a straight line with toe)

liver to thigh (body, line block up in a straight line)

example two on body: liver to head (straight line)

liver to thigh (straight line)

8) place hand over chakra of related blockage

9) Any block in foot to water chakra

10) Any block in foot to water chakra

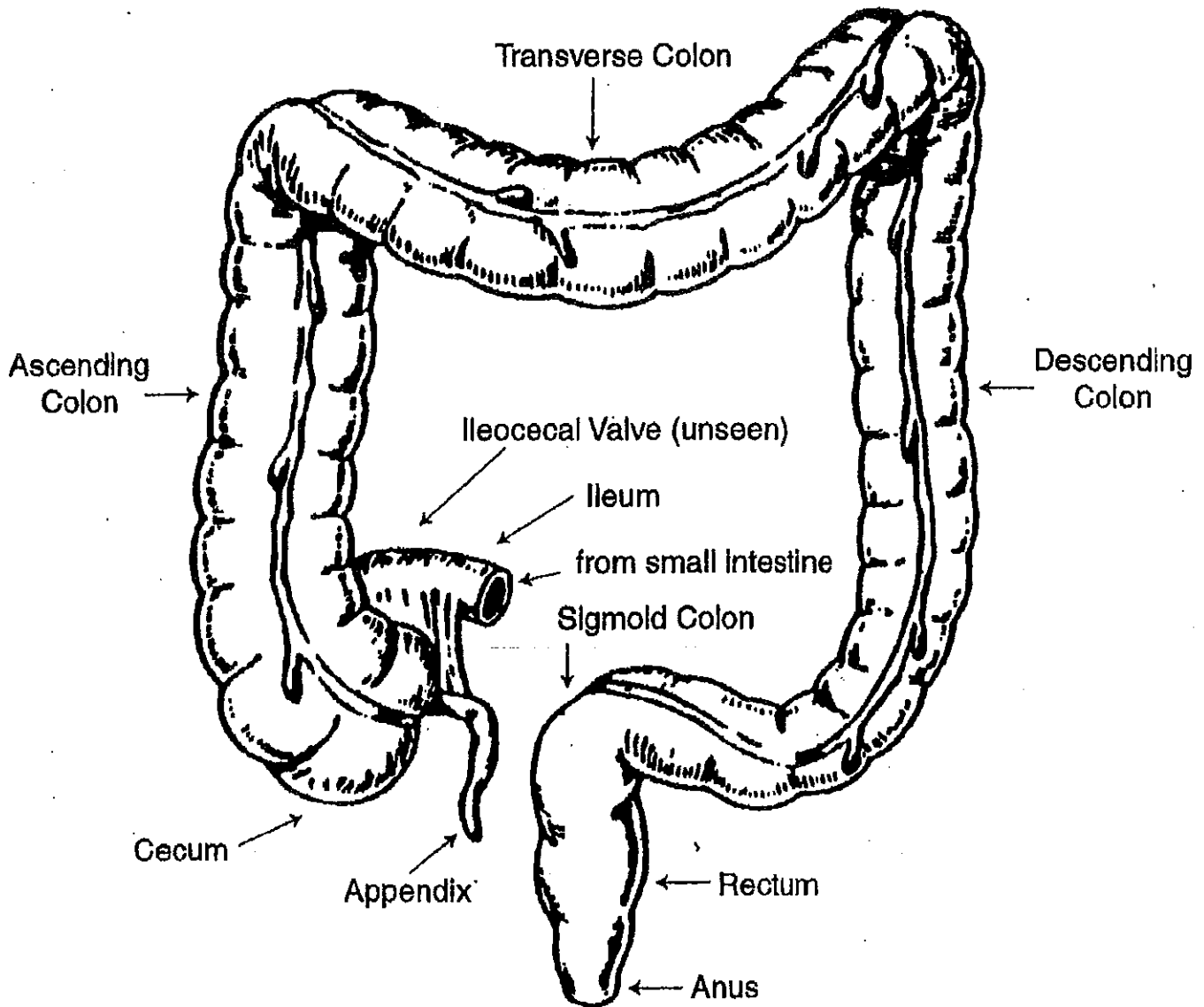
11) Block to Nerve Source Pg. 19

example: kidney reflex foot to 10T reflex foot or kidney to 10T

12) Geometric relationships Pg. 17

example: Kidney reflex foot to 10T reflex foot/kidney reflex improves go to 1T on foot.

COLON HEALTH AND COLON THERAPY



Introduction to Your Colon

The colon, or large intestine, is an approximately 5 foot muscular tube. It is one of our primary organs for the elimination of metabolic waste products. The colon absorbs fluids and electrolytes and absorbs waste from the body.

Though this function is relatively simple, the colon is constantly challenged by poor diet, lack of exercise, and dehydration. Here are some of the problems that can result from the challenges we put upon our colons.

According to Norman Walker, a leading bowel expert, there are reflex points in the colon that reveal a relationship with every other part of the body. So, bringing the colon to optimum health will assist the whole system in becoming more balanced.

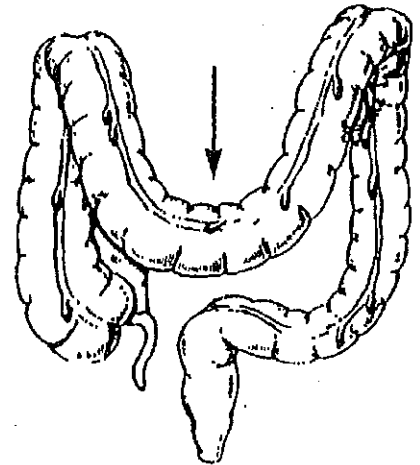
Abnormalities

Prolapsus

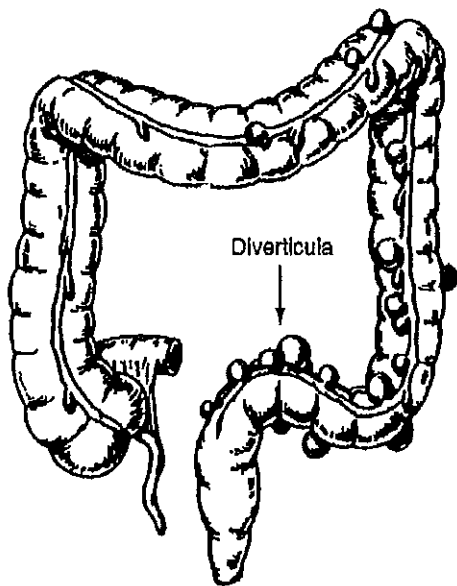
Downward displacement of the transverse colon. Can seriously affect organs below, the uterus, bladder, prostate.

Causes: Obesity, underweight, overeating, impaction, constipation

Treatment: Colonics, massage, slant board, improved nutrition



Prolapsus



Diverticulosis

Diverticulosis (Diverticular Disease)

Pouch-like swellings (diverticula, singular—diverticulum) developed on outer wall of colon. Usual symptom is occasional tenderness on low left abdomen. Diverticula become filled with waste, inflammation/infection result. Then symptoms often include severe pain, fever, constipation or diarrhea, gas, mucous and blood in stool. Can be life-threatening if diverticulum becomes abscessed, leading to peritonitis

Cause: Increased pressure on wall of colon due to constipation.

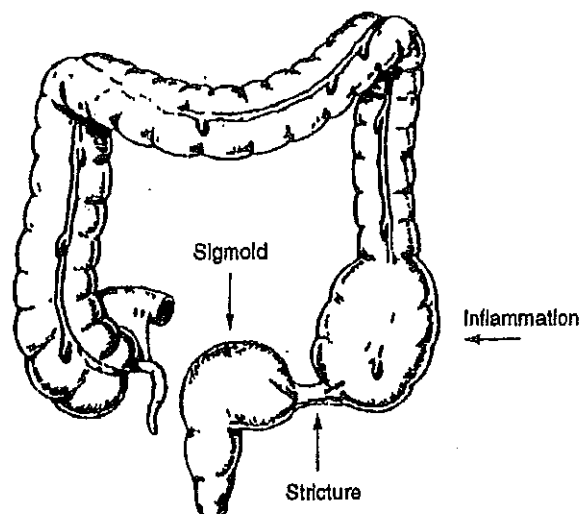
Treatment: Colonics, diet change, psyllium hulls, chlorophyll, aloe vera, goldenseal root, capsicum, colon relaxant herbs, increase in fiber.

Colitis

Inflammation anywhere in mucous lining of intestinal system. Inflammation causes diarrhea and/or constipation and abdominal pain.

Causes: Various, often associated with other conditions.

Treatment: Colonics, diet change, comfrey, slippery elm, lobelia, psyllium hulls, aloe vera, chlorophyll



Auto Intoxication

The body is poisoned by its own waste. Toxic residue (build-up of putrid waste and mucous) is reabsorbed into the system causing, among other things, bad breath, body odor, putrid gas, digestive problems, acne, prostate problems, liver and gall bladder dysfunction – chronic illness. Approximately 36 known poisons can exist in the colon as by-products of decayed protein foods. By-products of carbohydrates do not decay or putrefy.

Causes: Poor diet, poor elimination

Treatment: Colonics, diet change, cleansing herbs

Colitis and Ballooned Sigmoid

The Appendix – Do we really need it?

According to the reports of prominent surgeons, not more than fifteen percent of those operated upon for appendicitis really have this condition. The other eighty-five percent are found to be suffering with inflammations in the cecum, ascending colon, or in the small intestine. Sometimes the symptoms are caused by touches of peritonitis (inflammation of the peritoneum, the membranous coat lining the abdominal cavity). The majority of such ailments are diagnosed and treated as appendicitis. This magic word has attained such hypnotic power over the public mind that it sends the patients, without question, straight to the operating table.

The medical community has long held the belief that the appendix is an obsolete remain of the human anatomy.

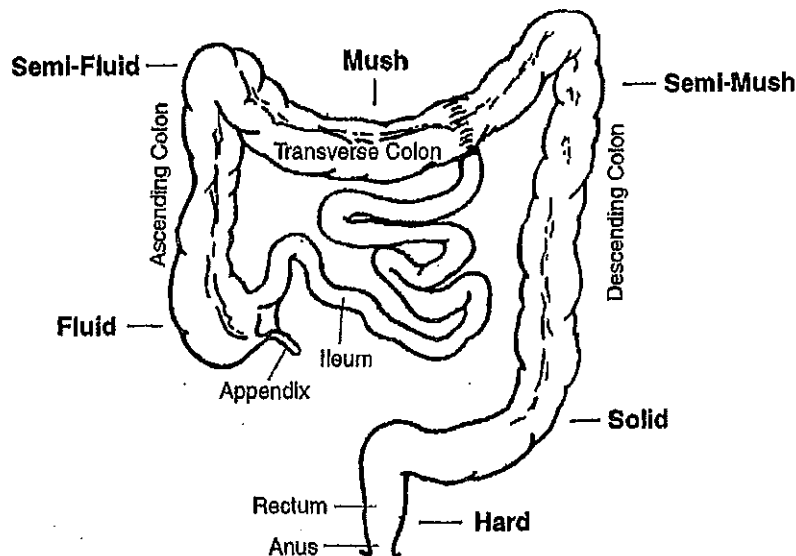
The truth is that in the meat-eating mammals, the appendix is of very small size or rudimentary. It is more fully developed in herbaceous animals, still more so in fruit-eating apes, and most of all in the human. This flatly contradicts the statement that the appendix is the remains of a defunct and degenerated organ. Instead of deteriorating, in the course of evolution, it has become more perfectly developed.

According to Dr. MacEwen, an English surgeon claiming to have performed more operations for appendicitis than any other surgeon in England, the appendix was found through observation to release a lubricant when chyme passed through the ileo-cecal valve into the cecum. This lubricant assists the cecum in remaining free of impaction. The appendix's

vascular and nerve supply is similar to that of the small intestine. The circular muscles end in the appendix leading us to believe that peristaltic action may very well begin there. The glandular structure of the cecum and appendix indicate that this section of the colon has a digestive purpose rather than that of absorption.

The longer waste remains in the large intestine, the more it builds up toxins, bacteria, gases, etc. According to many of the leading authorities on gastrointestinal auto-intoxication, these toxins are very deadly and are capable of being absorbed into the bloodstream, thus causing many common disorders and serious conditions. Chronic, habitual constipation causes no end to human suffering, including the formation of chronic disease states.

When digested food material reaches the cecum it is in a fluid state. Yet, in colon therapy, we are continually washing hardened fecal matter out of the cecum. Why does this waste remain in the cecum so long as to become hardened? Finding hardened stool within the cecum signifies a serious breakdown in normal peristalsis. In order to build up the normal peristaltic wave, it is necessary to strengthen the cecum/appendix, the commencing place for the colon's wave action.



Ptosis is the misplacement of an organ. Prolapse of organs may be caused from overweight and underweight. Omentum is natural fat that serves to hold organs in proper position. A person lacking natural omentum may have seriously prolapsed organs similar to persons suffering from overweight.

Consider the positioning of the stomach in relationship to the transverse colon. The stomach is an expandable pouch and the transverse colon is similar to a sway bridge. If an individual is continually overloading the stomach with excessive food, what happens? The weight of the food expands the stomach (pouch) putting excessive weight on the transverse colon. If this cycle of over-eating continues, the transverse colon and stomach will eventually become prolapsed. Any degree of ptosis puts stress upon persons with serious spastic hepatic and spastic splenic flexures due to severe prolapse of the transverse colon. These individuals may experience some discomfort during colon therapy until correction of organ placement occurs. Individuals suffering from ptosis must be willing to do specific exercise programs and follow rigid nutritional guidelines. Depending on the placement of the splenic and hepatic flexures, ptosis can be corrected. (See slant board exercises.)

Introduction to Your Stool

Transit Time

Transit time is the time it takes from eating a food to eliminating that same food. Ideally, for meat-eaters transit time should be 24-36 hours, for vegetarians, 12-18 hours.

To test your transit time, eat a good portion of corn or take two tablespoons of liquid chlorophyll. Note the time that you ingest these foods. It will be obvious when they are eliminated. But you must look for them!

Constipation Defined

Literally, constipation means "to press together, to pack, to cram". Constipation is a packed accumulation of hardened feces in the colon, making elimination difficult. Even an individual with daily elimination can be constipated and/or impacted. In looking at our stool we can determine much about our health.

| <u>Mucoid Stool</u> | <u>Non-Mucoid Stool</u> |
|--|-------------------------------|
| Sticky, slimy | Watery |
| More packed together therefore longer transit time | Shorter transit time |
| 1 bowel movement (or less) daily | 2-3 bowel movements daily |
| Looks pressed together | Breaks up into tiny pieces |
| Much straining, long time to eliminate | Quick, effortless elimination |
| Leaves impaction behind | |

Borderline Mucoid

Exhibits some of each type above

Stool Coloration

Pale (oatmeal-like) stool often follow diarrhea. The less bile in stool the lighter they will be, so light stool can be an indication of bile duct blockage or bile production deficiency. A diet high in fat can also produce pale stools, as can failure to absorb nutrients in the small intestine.

Bright red stool is most often caused by hemorrhoids. It can also be an indicator of bleeding due to colon disease and should be checked.

Black stool may indicate bleeding high in the digestive tract. Jet black or tarry stool can be caused by an actively bleeding stomach ulcer.

Dark stool are usually the result of dietary factors. Iron supplement, beets, red wine, or eating dark greens (like spinach or kale) may cause darkness.

The History of Colon Cleansing and Colon Irrigation

The first recorded medicines were cleansers. Illness was viewed as punishment, healing as purification. The modern word *pharmacy* comes from the Greek *pharmakon*, meaning "purification through purging".

By 1500 BC the Assyrians' knowledge and use of cathartics (laxatives) and bulk-forming agents was extensive.

At that same time Egyptian medical documents record enemas as a form of therapy. Individuals used a hollow reed in a lake or river allowing the water to flow into the rectum. Ancient translations of the Bible mention technique that involves gourds and papyrus reeds to cleanse the colon. Lewis and Clarke were instructed by a physician in the appropriateness of enemas for the treatment of fevers and illness.

What is Colon Therapy?

Basically colon therapy (or colonic irrigation or hydrotherapy) is a method in which purified water is introduced into the colon through a specially sterilized tube in order to gently flush out toxic poisons, gas, accumulated fecal matter and mucous deposits, which are concurrently allowed to flow out from the colon through a second tube.

The Purpose of Colon Irrigation (or Colonics)

The goal of colon therapy is to assist nature in the achievement of muscular homeostasis by using varying temperatures of water and varying manipulations. If the peristaltic wave is strengthened the individual will experience a pronounced improvement in the rhythm of elimination. Strengthening the peristaltic wave depends on proper communication between the muscular structure, peripheral nervous system, and spinal cord (which is continuous with the brain). Only by understanding the individual colon condition and its relationship to varying degrees of water temperature can this change in muscular structure be successfully accomplished.

When one temperature of water is used throughout the entire colon irrigation, it is called the *single phase system of colon therapy*. When two temperatures of water are used, it is called the *alternating system of colon irrigation*. The alternating system is the most scientific form of colon therapy yet developed. By using and understanding the alternating system of colon therapy it is possible to restore the neuro-muscular rhythm of elimination.

Colonics – How many are enough?

An average bowel takes 12-15 colonics to remove the extra corrosive material off the walls of the colon and for general detoxification. More than 15 colonics might be necessary to correct more difficult and long standing health problems. Long time smokers, clients who intake too much salt or liquor will all take longer to come to balance. Cooperation with diet will speed the process of detoxification and balance. Plenty of water, green juices and fresh yogurt can assist.

What conditions can be helped by Colon Therapy?

The Colonic International Association, a close associate of the American Colon Therapy Association, lists the following conditions in its official release about colon therapy and its benefits.

Constipation, diarrhea, mucus colitis, spastic colon or irritable bowel syndrome, diverticulitis, liver sluggishness, halitosis, headaches, flatulence, hemorrhoids, skin problems (i.e., acne, eczema, and psoriasis), abdominal bloating, asthma, allergies, fatigue, depression and lethargy, candidiasis.

According to Dr. Donald J. Mantrell in an article in *Nutrition and Dietary Consultant* he states that toxins from the colon can:

- Weaken and stress the heart
- Go to the skin and cause blemishes, paleness, psoriasis, liver spots, wrinkles, and other skin conditions.
- Go to the brain and disturb mental function and cause senility.
- Go to the joints and cause pain and stiffness.
- Go to the muscles and cause weakness and severe fatigue.
- Rob you of your youth, ruin your health, and cause you to become old before your time.

Some signs to look for when considering colon therapy are:

- Any established pattern, even if sporadic, of constipation (or alternate constipation and diarrhea).
- Bloating and discomfort after eating.
- Skin eruptions such as acne.
- Coated tongue, unpleasant breath, smelly gas
- Anal itching.
- Eating disorders.
- Frequent headaches, with or without tiredness and lethargy, including tired eyes and poor concentration and memory.
- Stiffness in the joints, increasingly bad back.
- Allergies to certain foods.
- Frequent infections, especially when treated with antibiotics including colds, flu, gum infections, tooth decay.
- History of laxative abuse.
- Hormonal disruptions (PMS, menopause)
- After the use of barium.
- Before embarking on a fast or dietary cleansing.

Suggestions to Improve Colon Health

Foods

- 50% of foods ingested should be live - fresh, raw, and unprocessed (preferably organic).
- Chew food well; do not overeat.
- Do not eat when upset or angry.
- Eat dark, leafy greens - raw or lightly steamed.
- If experiencing digestive problems, investigate food combining and begin to take digestive enzymes.
- Steam, bake, or broil foods (when not eaten raw).

Liquids

- 1/2 oz. of water should be ingested daily for each lb. of body weight (i.e., 128 lb. individual should drink 64 oz. of water daily).

Better Bowel Functioning

- Discontinue all laxatives
- Find a time of day that you can be in the bathroom undisturbed for at least 10 minutes daily. Sit on the toilet whether you feel nature's call or not. Within a short time your body will begin to respond to this routine and will begin to eliminate. Using a small footstool will bring knees up for better bowel emptying position.

Investigate the Source of the Problem

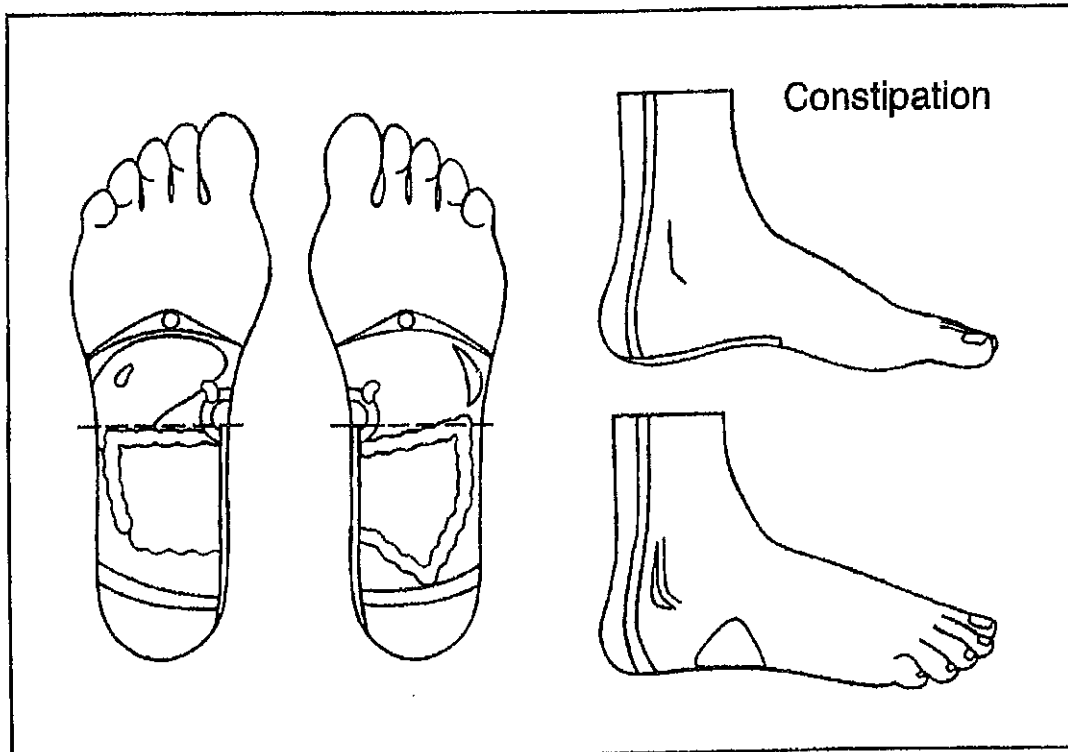
If your colon is not functioning as well as it could, determine why. When did the problem begin? How long has the problem been going on? Look at the following factors as contributors: Diet, lack of exercise, insufficient water intake, busy bathroom, lack of bathroom boundaries, injury.

Complimentary Treatments

In addition to your colonic irrigation treatments, the following modalities may be employed.

Begin Your Treatment With:

Foot Reflexology



Work the solar plexus/diaphragm, lower spine, spleen, ileocecal valve, intestines, adrenals, liver, gallbladder, sciatic nerve, hip/knee/leg.

Abdominal Massage

Using a warming/relaxing oil (lavender or nutmeg), massage your client's abdominal area. Uncork the colon.

Unguent Formula

1 oz. of canola, sweet almond or other mild oil, 50 drops of lavender or nutmeg essential oil. This unguent is used for small areas of the body that need specific work.

Castor Oil Packs for Better Elimination

Castor oil packs can be used if an individual is especially constipated or toxic. Edgar Cayce (the Sleeping Prophet) described these treatments in his work and his clients had great results with the use of this oil. Edgar Cayce felt that castor oil was not to be used internally, as it was merely a purgative.

Items needed for castor oil pack:

1. Massage or colonic table (a bed can be used in a pinch)
2. 1 old sheet, 1 old towel
3. Pre-washed cotton or wool flannel (determine if client is allergic to wool)
4. Castor oil
5. 2 trash bags (slit open) or other plastic sheeting
6. Source of heating (Cayce suggested dry heat, I use moist)
7. Baking soda and water solution (1 tablespoon soda to 1 cup water)

Directions for use:

1. Place old sheet on table or bed. Place 1 trash bag on top of sheet.
2. Have client lie supine on top of the plastic.
3. Massage a small amount of castor oil onto the abdominal area. Uncork colon during this massage.
4. Distribute a generous amount of castor oil onto the flannel. Place this onto the client's abdominal area.

Note: Cayce suggested that the oil be heated and the flannel be saturated with this heated oil. I find this very inconvenient (not to mention messy) in an office setting. I find that the body heat and dry or moist heat works very effectively to heat up the oil.

5. Place second trash bag over this. Tuck under client's body.
6. The old towel becomes the last layer in this process.
7. Apply dry or moist heat for 1 - 1 1/2 hours.
8. Rinse with baking soda/water solution to cleanse abdomen and to remove toxic residue.

This procedure should be done for 3 days in a row with a colonic or enema given on the third day.

Client should drink plenty of water during the 3 day course of castor oil packs as toxins will be released by the effect of the oil.

Enemas

Many people have had enemas, especially in their childhood. Few people know how to correctly (safely, comfortably, and effectively) administer an enema. Consequently, the suggestion of enemas may be met with hesitancy or distaste. When asked the difference between an enema and a colonic I describe these basic differences.

An enema can actually cleanse the whole large intestine - that is to say all the way to the cecum/appendix region - as can a colonic. Unfortunately, most people are not patient or well-trained enough to do this. So in respect to the region of the colon actually cleansed, enemas and colonics are quite similar. The main difference is in the means of cleansing. Essentially, with the enema 2 pints of fluid is slowly introduced to the colon and held. After a period of time (seconds to minutes, depending on the recipient) this fluid is ejected. In a colonic small amounts of varying temperatures of water are introduced and allowed to be evacuated. The colon will have several of these small waves of water allowed in and then out inducing the peristaltic action. This is the main difference. 1) A peristaltic wave is produced and 2) varying temperatures of water are used. These varying temperatures of water allow us to balance the condition of the colon by using warmer water (90-95 degree) with spastic conditions or cooler water (85 degrees and lower) to tone atonic colons. Ultimately, the colon works better on its own due to these therapies. Colonics are more comfortable than enemas as there is a practitioner administering it. This adds greatly to the body's ability to relax into the process.

Back to enemas... You will find your enema a simple and pleasant experience if you organize yourself well, set aside a relaxed half hour and provide yourself with a quiet and warm atmosphere to work in. Putting on some relaxing music is a great idea.

Many people actually take their enema while they are soaking in a warm bath. Others prefer to do it on a rug or towels on the floor. Others go up into a Yoga shoulder stand (yeah, right!). Others use a slant board allowing gravity to aid retention. Or you can administer the procedure on your knees (glutes up in the air) or lying on the floor.

To do an enema you will need 1) a gravity flow enema bag containing 2) two pints of enema fluid (see list that follows). The enema bag will need to be @ 18 inches above your hips for the best gravity effect.

I'll give directions for lying down. If you choose to go up on your knees just stay in that position for the whole enema. Once you have organized yourself, lie on your left side and insert the lubricated enema tip into your rectum. Use either vegetable oil, calendula gel, or Rescue Cream for the lubricant. Set the clamp on the tube so that it allows the minimum of fluid to come through. This will allow for a very effective and comfortable enema. Allow 1/3 of the fluid to empty into the colon while you are on your left side. If you have any cramping or urge to release, take deep even breaths and stop the flow of fluid until the urge discontinues. Now lie on your back for the next 1/3 of the enema bag contents. At this time, if possible, massage your abdomen. This will assist your body in relaxing and accepting the maximum amount of water possible. Finish off the enema bag contents on your right side. This will assist gravity in bringing the fluid to the cecum/appendix area. Stay in position, breathing deeply and relaxing until the urge to release is too strong and then sit on the toilet to evacuate your bowels. If you cannot hold the whole contents of the enema bag at one time, evacuate your bowels and then begin the enema again lying in the position you began in and using the remainder of the water.

Enemas should not be administered more than one time weekly, unless a health condition warrants it (fever, etc.). During a fast I suggest receiving a colonic or enema the day before or first day of the beginning of the fast, half way through the fast, and on the last day of the fast for optimum purification and a more comfortable fasting period. Cleaning the bowel this way is

essential to avoid many of the "typical" fasting symptoms such as headache, dizziness, and irritability. This is often the results of the colon still being full from before the fast and toxins being absorbed back into the body.

Types of Enemas and Their Uses

| | |
|---------------------------|--|
| Plain Water | A plain water enema, at a temperature ranging from 95 degrees for a spastic colon to 80 degrees or less for a atonic colon will effectively cleanse the bowels and release toxins which may be causing headaches and flatulence. The effects of a plain water enema are more superficial than herbal enemas, but is still a very good thing to do. When in doubt of the quality of water, use bottled or boiled water brought to the correct temperature. |
| Herbal | Make a strong infusion of herbal teas or a decoction of roots and barks. Strain and cool. Use two teaspoons of herb per pint of water, four teaspoons for each quart. This may be made up in advance, but used preferably within twenty-four hours. Once souring or scum appears, throw it away. Keep these infusions or decoctions in a glass container in the refrigerator. Make herbal infusions or decoctions only in stainless steel, glass or enameled pots. |
| Catnip Enema | Mildly nervine, calming, soothing, relaxing. Effectively brings down fever. Excellent for use with children. |
| Chamomile Enema | Excellent for recuperative periods after illness or healing crisis. Calming and soothing. |
| Detoxifying | Make a decoction of Yellow Dock and Burdock roots, then add Red Clover and Red Raspberry infusions. Stimulates the liver to dump bile relieving stress and pain in a healing crisis. |
| Slippery Elm | Mucilaginous, soothing, softening and nourishing enema. Good for irritation, discomfort or whenever there is difficulty eating or retaining food. |
| Sage | Warming, purifying. |
| Garlic Injection | Profoundly purifying, an excellent aid in the treatment of worms. Blend four cloves in one pint of warm water and strain. Do not use if there are any piles, tears, or sensitive skin inside rectum and bowel. |
| Astringent | Witch hazel, Bayberry or White Oak bark are used to help stop diarrhea and dysentery. |
| Flaxseed Enema | Relieves inflammation, pain and bleeding (more effective if you add two tsp. liquid chlorophyll). Also aids in the healing process. |
| Wheatgrass Implant | Inject pure wheatgrass juice to restore positivity to bowel and blood stream. Excellent for chronic disease. |

Spirulina Enema

The use of spirulina plankton enemas together with fasting and purification programs is an excellent way to cleanse the colon and purify the blood stream as quickly as possible. Spirulina has the unique advantage of supplying strength and power through the absorption of the plankton into the bowel wall as well as cleansing at the same time by softening the impacted fecal matter and stimulating peristalsis. Direct nutrition absorbed by the colon provides proteins and essential amino acids, laying a balanced foundation for easy purification, since hunger and weakness are prevented by the spirulina intake. This method will wash the bowel with spirulina and encourage a complete peristaltic downward action. The glycerine in the mixture helps to emulsify the mixture, soften the impacted feces, and lubricate the walls of the colon. Pure spirulina powder is better than grinding tablets as there are no additives or fillers.

Clear out the colon first by using one or more plain water enemas. When the bowel is quite empty use the spirulina enema.

Instructions for the enema:

1. Heat one blender full of distilled water to body temperature.
2. Mix two teaspoons spirulina powder with 1/2 cup of cold water till it is a smooth paste.
3. Add two teaspoons vegetable glycerine and stir together.
4. Add this loose paste to a blender half full of the warm distilled water and mix at a slow speed.
5. Add the remaining distilled water slowly, to fill the blender.
6. Fill the enema bag right away and use quickly.

Inject the mixture slowly while lying on the right side. Massage the abdomen and move from right to middle to left position to assist in retaining spirulina as long as possible. If retention is impossible, evacuate the bowel and begin again. With practice the spirulina can be held from 5-10 minutes.

Take this enema on the first night of any fast and for the next two nights. While you continue the fast, take one every other day. After the fast take a spirulina enema once a month on a regular basis for effective bowel maintenance.

Coffee Enema

The coffee enema is widely publicized these days as a part of cancer therapy and chronic care naturopathy. It is excellent to relieve healing crisis pain and discomfort, to stimulate the liver to dump bile by absorption of the coffee into the hemorrhoidal veins and the portal vein and to encourage deep cleansing of the colon by stimulating peristaltic activity. It is a regular part of both the Gerson Therapy regimen and the Kelly cancer program.

The enema is prepared by putting three tablespoons of ground, unprocessed, preferably organic coffee into one quart of distilled water which has just been brought to boil. Continue to boil for three minutes and then simmer on very low heat for 20 minutes. cool. Strain and inject while at body temperature. Retain 10-15 minutes. This can be done every morning when on a detoxification program or fast. The coffee enema is recommended after a lymph massage to cleanse the colon of the lymph which as drained into the bowel but not before sleep as it is too stimulating.

A herbal substitute for the coffee enema is Red Clover, Yellow Dock Root, Burdock and Red Raspberry. This works as effectively as the coffee enema with the added benefit of herbal nutrients. It is also less stimulating and is especially recommended when the coffee enema has to be done at night. It is the only variation that an individual sensitive to coffee should use.

Diet, exercise, and correct hydration are all part of colon health. Here are some additional suggestions for your consideration:

Slant Board Exercises

Prolapsed colons can be assisted greatly by slant board exercise. Once daily lie on slant board 1/2 to 1 hour. Some exercises can be done as well at this time.

Strengthening Exercise

Lie on slant board. Place heavy book or brick just below navel. Breathe through nose. Breathe in deeply, chest relaxed, pushing up book or brick as far as possible, while inhaling. Exhale slowly relaxing stomach. Pause and relax. Repeat 6 more times.

With or without book/brick, inhale (through nose) as before and hold breath. While holding breath, draw stomach muscles in and put chest up and out simultaneously. Still holding breath, rock back and forth, stomach in and chest out. Then stomach out and relax chest. Exhale, pause and relax and repeat 6 more times.

What about additional cleansing?

The following cleanse reportedly dissolves and removes excess mucous from the walls of the colon and at the same time provides an excellent source of fiber.

Basic Colon Cleanse

Ingredients needed: 8 oz. purified/filtered water
 1-2 tsp psyllium hulls
 2 capsules (opened) Comfree & Pepsin
 1/2 packet Emergen-C

Mix ingredients. Take drink twice daily, upon rising and before bedtime.

CAUTION: Any time psyllium is used, ample intake of water is absolutely necessary.

Flower Remedies

Bach and other flower remedies are very helpful in cleansing the system and more importantly getting to the source of constipation and other colon imbalances.

Crab Apple When cleansing is needed. When the individual feels dirty or contaminated. When physical symptoms point to autointoxication.

OR

Creosote Elimination of toxins, environmental poisons, residues, etc. The elimination of worry and fear, which hold back the forces of healing.

Caution: Crab Apple and Creosote should not be used together. Also, either will accentuate and magnify any other flower remedies used with them.

Often times, colon problems are due to the individual being overly sensitive to outside influences or easily stressed by every day life. The following remedies will be helpful in these situations.

Be-Still For centering, calming. Be-Still added to any other remedy will mellow the emotional healing process.
Be-Still is useful in any emergency or stressful situation.

Plumeria For tension and stress. Plumeria induces a deep level of relaxation. A powerful aid to "letting go". A remedy to help us let go of the stress and tension of modern life; insomnia, tight muscles, nerves strung like tight wires. Plumeria helps put life's demands into a balanced perspective.

Sensitive Plant Opens the closed. For the sensitive, closed up individual. For those that are unable to feel comfortable within themselves and find the outside environment oppressive, invading. Suited very well for those with environmental illness and allergies. When our sensitive nature is too acute, this remedy assists in bringing about a balance and allows us to function comfortably.

These are just a few examples of remedies useful in colon health. Other flower remedies may be indicated.

Homeopathic Remedies

6-30X potency homeopathic remedies would be most often used for the following conditions. Dosage would be 4 pellets 4 times daily or as needed. Use homeopathic remedy until condition passes.

CONSTIPATION

| | |
|-------------------|--|
| Alumina | Stool is soft, sticky, hard to pass, requires large quantities of toilet paper. Check to see if client is using aluminum cookware as this can cause this condition. |
| Bryonia | Large, hard, dry stool, dark as if burnt. Stools passed with great difficulty, due to poor muscle tone and diminished intestinal secretions. Often indicated in children. |
| Graphites | No urge to defecate. Goes for days without movement and then it is round balls stuck together with mucus, painful to pass. Fissures may be a symptom as well as hemorrhoids that burn and itch. Anus aches after stool passage and becomes sore from wiping. Person is often gloomy and obese. |
| Natrum Mur | Hard, crumbly stool that causes rectal bleeding, smarting and soreness. Contraction of anus, bleeding and pain. |
| Nux Vomica | For those "hooked" on laxatives. Dose upon retiring or, better still, a few hours before bedtime. Do not substitute a Nux habit for a laxative habit. Look for the source of constipation. |
| Silicia | Bashful stool (partially emerges and then goes back), soreness in anus and often an oozing of mucus. The difficulty is often due to insufficient expulsive power of rectum and spasmodic anal sphincter. |

DIARRHEA

| | |
|---------------------------|---|
| Arsenicum | Stomach feels heavy, often nausea and vomiting. Spoiled or excessive foods may be reason. This remedy does not suppress discharge of toxic substance but brings order to an irritated intestinal tract. |
| Cuprum Arsenicosum | Burning, crampy, colicky pain in lower bowels, accompanied by vomiting and diarrhea with cramps and sensation of collapse. |
| Gelsemium | Nervous diarrhea - from anticipation of even an enjoyable event or from fear of an ordeal. May follow a fright. |
| Podophyllum | Yellow watery stools that are squirted out - occurs in early morning or after eating. Cramps may occur, relieved by warmth and bending double. Client is weak after bowel movement. |

| | |
|-----------------------|--|
| Sulphur | Stools are changeable, sometimes yellow and watery, sometimes slimy with undigested food. Urgent need to defecate drives client out of bed in morning. |
| Veratrum Album | Similar to Arsenicum but client also experiences cold sweat and feels on verge of collapse. |

HEMORRHOIDS

| | |
|--------------------|--|
| Aesculus | Burning rectum, dull ache in lower back, sharp shooting upward pains. Lining of rectum seems swollen and obstructs passageway. Hemorrhoids look like a bunch of purple grapes. |
| Arnica | Hemorrhoids after childbirth. |
| Collinsonia | Rectum has “sticking” sensation. Client usually constipated. |
| Ledum | Anal fissures. Hemorrhoidal pain. |
| Nitric Acid | Hemorrhoids feel like needles or splinters. |
| Nux Vomica | Itching hemorrhoids better from cool bathing. |
| Sulphur | Itching, burning anus made worse by bathing. Also worse from rubbing, standing, and at night. |

CLIENT QUESTIONNAIRE

1. How many bowel movements do you have on a daily basis?
2. What is the nature of the stool formation - loose, watery, hard, small, etc.
3. Are you troubled with excessive gas?
4. Do you experience pain during elimination or after?
5. Are you aware of any pain or inflammation in the rectum?
6. Do you pass blood during or after elimination?
7. Do you strain to eliminate?
8. Do you answer nature's call promptly?
9. Is there any mucous in the stool?
10. Have you ever had upper and/or lower gastrointestinal (GI) testing done?
Did this include X-rays? How long ago?
11. Have you received colon irrigation before? Describe.
12. What are your goal/expectations of colon irrigation?

Meditation / Relaxation Techniques

| | |
|-----------------------------------|---|
| Description | A technique of sitting quietly and relaxing one's mind and body. |
| Application | For all stress related illnesses (thus for all living beings), for example, anxiety, emotional difficulties, cardiovascular problems, psycho-somatic illnesses, pain, sore muscles, postural aberrations. |
| Results | A hypo-metabolic state, calmness, increased openness to experience, empathy, increased perception, decreased tension, decreased hostility, decreased labeling of experience allowing more holistic perception. |
| Benson Relaxation Response | <p>Particularly good for cardiovascular problems and other manifestations of anxiety.</p> <ol style="list-style-type: none"> 1. Sit with back supported, get comfortable, you can allow your body to slump. 2. Close your eyes and become aware of each exhalation. 3. Silently repeat "one," or some other mantra, on each exhalation. 4. When thoughts enter awareness, gently and calmly return your attention to repeating a mantra on each exhalation. 5. To end the meditation, take 2–5 minutes; sit quietly with eyes closed, slowing begin stretching & very slowly open your eyes. <p>Practice this technique for no more than 15-20 minutes, twice a day. Early morning and late afternoon are the best times to practice; do not practice just before bed-time. Can be practiced more frequently during illness.</p> |
| Third Eye Focus | <p>Good for people with strong concentration, with awareness of subtle energies, and with postural difficulties.</p> <ol style="list-style-type: none"> 1. Sit with back supported and spine very erect, especially the cervical and lumbar. 2. Subtle body focus from the feet up. 3. Pull awareness of breath from nostrils to Third Eye. 4. Pair a visual focus at the Third Eye with a mantra, but have no awareness of breath. 5. To end this meditation, simply open your eyes. <p>This technique can be practiced as frequently and for as long as desired. It is particularly helpful to practice briefly prior to, or following, any stressful situation; it is also helpful prior to, and following, doing therapy on a client.</p> |

Oyle Visualization Technique

Technique

1. Choose a problem which has present sensations.
2. Get into a comfortable posture.
3. Focus on the body area where the sensations are.
Notice:
 - the area of the sensations.
 - its boundary.
 - the texture or material it seems to be made of.
 - the emotional feeling sense.
4. Breathe into and out of that area.
5. Breathe in a substance which will counteract the texture, or the emotional sense, and breathe out the substance or sensation.

Contacting your Ally

Your Ally is a part of yourself which can give you valuable information. This technique is used if the sensation doesn't leave, or if you need further help in keeping it away.

1. Get into a comfortable posture.
2. Visualize being in a pleasant environment.
3. Meet your ally (as a person, plant, animal, or inanimate object).
4. Get a clear visual image of the ally.
5. Introduce yourself and get the name of the ally.
6. Ask the ally what you must do **today** to alleviate the problem.
7. Agree to do that thing.

Irving Oyle, D.O., is the author of *The New American Medicine Show* and *Magic, Mysticism, and Modern Medicine*.

Suggested Hand Placements for Oyle Visualization

1. The body location the client says they are focusing on.
 2. The body location the therapist is drawn to, or where the therapist feels something in their own body.
-

Suggested Hand Placements for the Second Hand

1. Windows of the Sky points:

- a. Du16 — in the midline, just below the base of the skull using your middle finger.
- b. Du20 — in the midline of the skull, directly above the tips of the ears. You can use your thumb, index, or middle finger.

2. Chakras: Connect chakras to each other as you feel drawn to do. For example, the Heart Chakra could be connected to the Throat Chakra, the Water Chakra, etc.

3. Triad/Chakra/Body Parts:

Connect all the members of one triad and its related chakra and related body parts. For example, when working with the Fire element, the thighs could be connected to the Fire chakra, and to the head.

- a. Ether Element
Throat chakra, midline, all joints, thumbs, and big toes.
- b. Air Element
Shoulders, kidneys, ankles, Heart chakra, air oval, index fingers, and air toes.
- c. Fire Element
Thighs, Solar Plexus chakra, head, fire oval, and middle fingers and toes.
- d. Water Element
Feet, Sacral chakra, breast area, water oval, ring fingers, and water toes.
- e. Earth Element
Knees, colon, neck, Rectal chakra, and little fingers and toes.

4. Similar body parts:

For example, you could connect:

- Right upper arm to the left upper arm or to the right or left upper leg.
- Right elbow to the left elbow or to the right or left knee.

Stress

Definitions

| | |
|------------------------------|---|
| Stress | A situation that challenges our ability to adapt to change; any demand placed on us. |
| Stressor | A situation (job, relationship, exercise, etc.) we can perceive as either negative or positive. Our perceptions determine how stressful a situation is. What is stressful for one person may not be stressful for someone else. Our belief systems play a large role in how we perceive stress. |
| Injurious Stress | Stress whose cause is unknown or which we are unable to control, resist or identify. Also, no end to the stress seems likely. (i.e.: caring for someone with slow, degenerating illness; an unpredictable or insecure work situation in which you don't know if you will be laid off or not) This type of stress will have a detrimental effect on the person, i.e. decreased immune function, more exhaustion, illness over a longer period of time. |
| Non-injurious Stress | Stress which can be identified, has a known source and lasts for a limited amount of time. (i.e.: a test, finishing school, completing a big project, etc.) Detrimental effects are short-term, less serious. |
| Psychosomatic Illness | <p>a) Western view: no organic basis to physical complaint, "it's all in your head." Approx. 60 – 80% of what M.D.s see.</p> <p>b) Holistic view: all illness is psychosomatic because the body and mind cannot be separated. 100% of illness is psychosomatic.</p> |

Element Make up & Stress

| | |
|--------------|---|
| Earth | Makes superficial changes easily, deeper changes take a long time; can be rigid when too much change is demanded of them. |
| Water | Overly sensitive to external changes; tries to adapt to other people's needs and demands to the extent that they lose sight of their own identity and personal needs. Can feel overwhelmed with too many changes. |
| Fire | Enjoys change, challenges and higher stress situations; can burn out easily after initial burst; often has difficulty finishing tasks (gets too boring & tedious). Easy for this person to say "no" and create some boundaries. |
| Air | Can make changes fairly easily; often able to intellectually deal with stress, but usually out of touch with their emotions which often hit them at a later time. |

Body-Mind Interactions with Stress

Stress affects immune, endocrine and nervous systems. Our thoughts alone can create changes in these systems, therefore, when dealing with stress it is very important to attend to the mental-emotional aspects of the person. The field of psychoneuro-immunology is a new field investigating the interactions of mind and body.

Simonton Techniques

Relaxation Technique

(p. 139-140)

- Alternately tense and relax individual muscle groups.
 - Visualize the tension and waves of relaxation.
-

Visualization

(p. 142-7)

- Relax.
 - Focus on problem.
 - Visualize your own resources healing it.
 - Visualize external resources healing it.
 - Visualize yourself healthy.
-

Letting Go of Resentment

(p. 178-9)

- Relax.
 - Picture person.
 - Picture good things happening to them.
 - See your role in the disagreement.
 - Carry this new understanding with you.
-

Controlling Pain

(p. 215-19)

- Visualize the body's healing resources.
 - Communicate with the pain, as with one's ally.
 - Or, visualize the pain:
 - See its size, shape, and color.
 - Project it out of the body.
 - Change its size, shape, and color.
 - Give the option of replacing it where you originally saw it.
-

Stress identification (pg. 123)

- Ask the client:
- a. When did the symptoms begin?
 - b. What was going on in your life at that time?
Six months prior?
 - c. What makes the symptoms worse?
 - d. What makes the symptoms better?
-

Making changes (pg. 123)

- Ask the client:
- a. What can be done to improve the situation?
 - b. What can you do differently?
-

Belief systems (pg. 134)

- Ask the client:
- a. Are there belief systems or rules that need to be shifted in order for you to make these changes?
 - b. What are the consequences of not making these changes in belief and behavior?

Benefits of the illness (pg. 132-135)

- Ask the client:
- a. What are some of the benefits you have gained from having these symptoms? (Some typical ones are reduced responsibilities, time off, and receiving more attention and nurturance.)
 - b. Are there ways you can receive these benefits without making yourself sick first?

Patterns

- Ask the client:
- a. Do certain situations/stresses tend to precede your illnesses?
 - b. Are you prone to certain types of illnesses or injuries?
 - c. Are certain body areas prone to illnesses or injuries? (This may correlate with Five Element Theory.)

Source: *Getting Well Again*, O. Carl Simonton, Stephanie Matthews-Simonton, James L. Creighton

Focusing

“The Power of Focusing”

Focusing can be as simple as asking, "How do you feel?"

Focusing is a body-oriented process of self-awareness, which lets your body speak to you; you need simply learn how to hear its message. Once your body has your attention, it no longer needs to hurt you. You can sit and listen to your body with the attitude of sitting with a friend, being compassionate and curious about what they have to say. Focusing allows you to have a conversation with your feelings where you do most of the listening, rather than trying to get rid of your feelings.

Feelings can be like shy animals that want to communicate with you. They need to be approached slowly, gently and with a desire to hear what they have to say. *Be with* your feelings, *not in* them. Sit next to them, rather than plunge into them. If you find yourself saying, "I am _____," try saying "Part of me is _____."

Saboteurs to your feelings can be to judge, analyze or be overwhelmed by them. Remember not to get into an argument with your body. Think of your inner critic as an unhealed part of yourself that has been cut off from love and acceptance. Ask what it needs. Ambivalence is natural. It is the wisdom of not knowing that allows new information to enter. The felt sense will bring you to the center of your maze

FOCUSING STEPS

1. Clearing a space.

Relax. Be present. Receive Satvic Polarity.

2. Sense into your body as you focus on a chosen problem.

Notice how each area feels, especially your throat, chest and abdomen. The felt sense may be of something positive. It may be subtle and hard to describe. Images can be a part of Focusing, but ask your body how it feels about the image.

Guiding phrases:

"Take some time to sense into your body."

"You might ask, 'What wants my awareness now.'"

"You might ask if it has an emotional quality."

"Acknowledge each new feeling."

"If this causes fear, focus on the fear and listen to what it has to tell you."

3. Describe the feeling.

Use a word, phrase, sound or gesture to describe the sensation. It helps to slow down your speech and allow yourself to search for words.

Guiding phrases:

"You might notice the best way to describe it."

"Can you find a word, phrase or an image that describes it?"

4. Checking back with your body.

Guiding phrases:

"See if this description captures the feeling."

"You might sit with this with curiosity, just keeping it company."

"Notice if its OK to just be with this right now."

5. Asking, when the feeling is stuck.

Ask without impatience. Rephrase "why" questions to "what" questions. Ask the body, not the head.

Guiding phrases:

"You might ask what it needs."

"You might ask your body to show you how 'all OK' would feel."

"You might ask it, 'What gets it so _____?'"

6. Being receptive

Guiding phrases

"See if you can be open to this feeling."

"Sense how it feels from its point of view."

Check if it's OK to stop soon.

Start stopping a few minutes before you actually have to stop.

If something is not finished, reassure the feeling you will be back.

Ground a transformative experience.

Talk about it.

Write about it.

Create art or music afterwards.

Guidelines for the Listener

1. **Be present.**
Bring your awareness into your body.
Maintain an attitude of appreciation.
2. **You are not the expert, your client is!**
You are the client's companion.
3. **Listen without thinking, analyzing, judging or planning.**
4. **Begin to say back the emotional and feeling words that you hear.**
Say back what your partner is feeling or sensing *right now*.
Say back the last thing you have heard.
Say back anything you hear twice.
If your partner says, "I feel _____," say back "Part of you is _____"
5. **The Listener does not ask questions. The listener *suggests* that the Client ask the question.**
6. **The Listener can share with the Focuser the Felt Sense they have which comes from an empathic connection with the Focuser.**
For example:
Listener: "I don't know if this fits for you, but I'm feeling a heaviness in my chest."
Client: "Yes, there is sort of a heaviness."

Source: *Focusing*, Eugene T. Gendlin

Personality and Illness

from *Mind as Healer/Mind as Slayer* by Kenneth Pelletier

Cancer

- Hold resentment
- Cannot express hostility on behalf of self
- Poor outlets for general emotional discharge
- As children, had a lot of negative fantasies & poor reality testing
- Self-pity
- Reaction of despair and hopelessness following a trauma
- Angry
- Hard to develop and maintain meaningful, long-term relationships
- Sexual maladjustment (especially for breast and cervical cancer)
- Lonely
- Felt failure at earliest attempts to develop warm relationships, and tried to overcompensate by trying to please others
- Very poor self image
- Self-hatred
- As adults, outwardly appear too fine, thoughtful, too good to be true, martyr-like, need to win affection (Bach Agrimony type)
- Loss of major emotional relationship, especially if it happened prior to adolescence and they were unable to mourn, and a major loss re-occurs in adulthood
- Lack of closeness to parents
- Women who have not nursed children
- In adulthood there is an aversion to work and relationships, especially if this has been going on for more than ten years.

Cardiovascular

- Women have fewer cardiovascular disorders than men; **Disorders** this pattern is reversed for blacks.
- Excessively competitive
- Continual sense of time urgency
- Easily aroused hostility; brief, random & generalized outbursts
- Impatient
- Judge their accomplishments in terms of numbers
- Strong, dominant, social personality
- Deep insecurity
- Short-sighted life goals

- Sacrifice esteem of peers for that of superiors
- Never sure about their value and seek continual confirmation

Arthritis

- Shy
- Inhibited
- Perfectionistic
- Self-destructive
- Self-sacrificing
- Masochistic
- Conforming
- Anxious
- Depressed
- Inhibits anger

Migraines

- Unable to reach out
- Coolness in extremities
- Drawing back and withdrawing of energy from emotional involvements
- Wants desperately to be loved
- Self-sacrificing
- Contains anger and resentment
- Unexpected outbursts of hostility
- Sleep-onset insomnia
- Nausea
- Light sensitivity
- Visual aberrations
- Rigid
- Self-righteous
- Fanatical
- Poor judgement
- Tries too hard at everything they do
- Migraines happen most frequently during leisure time

Asthma

- Controlled rage
- Controlled emotional expression
- Cannot exhale completely, thus carbon dioxide gets trapped in lungs

Homeopathy

The Law of Similars

The term homeopathy is derived from the Greek “homoios” meaning similar and “pathos” meaning sickness. The fundamental law of homeopathy is the law of similars, or “like cures like”. According to the law of similars, a remedy can cure a disease if it produces symptoms in a healthy person which are similar to those of the disease.

The homeopathic physician studies the symptoms exhibited by the unwell person. He/she then looks for a remedy that has produced all these symptoms in a healthy person under controlled conditions. The ideal remedy is the one which has induced symptoms most closely matching those of the sick person.

Single remedies vs. combination formulas

Classical homeopathy uses only one remedy at a time. This is a substance specific to a certain set of disease symptoms. The classical homeopath spends much time collecting details of an individual's condition in order to find the correct single remedy. (The label of a single remedy often refers to one of the many symptoms it treats.)

Homeopathic over-the-counter (OTC) remedies are designed to provide an expedient solution in the absence of a trained homeopath. Most OTC homeopathic remedies are combinations of several remedies commonly used singly to treat symptoms of certain disorders. For instance, a combination for injury might contain Arnica (used singly for shock, pain, bruises, aching muscles), Ruta (for injuries of bones, soft tissue – tendons, joint sprains), Ledum (for puncture wounds, cold and numb joint swelling, black eye), and Hypericum (for nerve injuries). The combination remedy covers many possible problems and eliminates the need for extensive research and/or knowledge of homeopathy. Many people find this type of remedy very helpful for acute or self-limiting conditions, or for relief of symptoms.

Potenziation

Homeopathic potency refers to the number of times a remedy is subjected to a dilution process. This is indicated by one “x” or “c” for each dilution, so a 6x remedy has been diluted 6 times. To prepare a remedy, the homeopathic pharmacist begins with an extract of the herb (or other substance), known as the mother tincture. In the case of an “x” dilution, one part of this extract, is mixed with nine parts of a water/alcohol mixture and succussed (shaken vigorously with rhythmic sharp downward blows) ten times. This results in a 1x potency. When one part of the 1x potency remedy is mixed with nine parts of a fresh water/alcohol solution as above, the result is a 2x potency, and so on. A 1c potency would be obtained the same way except one part of the mother tincture is mixed with 99 parts of the neutral substance.

**How to take
a homeopathic
remedy**

Due to their subtle nature, homeopathic remedies should be handled with care. You may follow the dosage on the bottle or take less, whichever feels right to you. Some homeopaths believe that one pellet contains as much potency as four.

Tip the dose into the lid of the bottle or your clean palm. If you pour out more tablets than needed, you can put them back into the bottle as long as you have not touched them, otherwise discard the excess. When opening the bottle make sure nothing touches the inside of the cap and close the bottle as soon as possible. Avoid exposing the open bottle to strong smells. Do not put anything, even water, into the mouth for at least 30 minutes before and after the dose; this includes toothpaste, tobacco, mints, any food or drink. Put the dose under your tongue and allow it to dissolve. Do not wash down with water. It is best to avoid aspirin, coffee, strong menthol or camphor-containing products such as chapstick, nasal drops, or liniments. Robert also suggests avoiding all pork products while utilizing homeopathic remedies. Continue to take a specific remedy or combination only as long as you experience its indicated symptoms.

Reference

Panos, Maesimund B., M.D. and Heimlich, Jane. *Homeopathic Medicine at Home*. J.P. Tarcher, Los Angeles, 1980.

Radiation Remedy

Add two drops of each of the Bach flower tinctures below to a solution of 1/2 teaspoon of sea salt diluted in 1/2 cup less two tablespoons of pure spring water.

Cherry Plum
Star of Bethlehem
Rock Rose
Gentian
Vine
Walnut
Wild Oat

Dosage is the same as Rescue Remedy: 4 drops 4x a day.

Introduction to Homœopathy

Day 1

What is health?

What is disease? Emergency/Acute/Chronic

Your experience with homœopathy?

What is homœopathy vs. herbalism vs. use of flower remedies?

History

“That which makes sick shall heal.” Delphic Oracle

460-370 BC – Hippocrates – holistic medicine

130-210 – Galen – A&P – systems of the body

1493-1541 – Paracelsus – Like cures like – father of toxicology – dosage decisive in something’s toxic effect (micro-doses)

1755-1843 - Samuel Hahnemann

Early 1800’s – first US school

1849 cholera epidemic - Cincinnati homoeopathic physicians reported only three percent of their 1,116 patients died, compared to 48-60 percent of those receiving orthodox medical treatments.

Early 1900’s – great popularity - 22 homeopathic medical schools, 100 homeopathic hospitals and over 1,000 homeopathic pharmacies

1910 – Flexner report gives power to pharmaceutical industry – AMA discounts homoeopathy and closes schools

TODAY: According to the **W.H.O.** report homoeopathy is practiced **legally** in the following countries, and is the first or second most popular form of complementary/ alternative medicine in many of these; several of these countries also include **reimbursement** for homoeopathic treatment in mandatory or private health insurances:

Argentina, Australia, Austria, Belgium, Canada, Chile, Colombia, Costa Rica, Cuba, Cyprus, Czech Rep., Denmark, Ecuador, Finland, France, Hungary, Germany, Greece, Italy, Japan, Kenya, Latvia, Luxembourg, Malaysia, Netherlands, Nepal, New Zealand, Nicaragua, Norway, Philippines, Portugal, Romania, Russian Federation, Saudi Arabia, Spain, Sweden, Switzerland, South Africa, U.S.A., Venezuela

US publication: David Rakel, *Integrative Medicine*, 3rd Edition, Chapter 111, Therapeutic Homeopathy, Paul E. Bergquist, Elsevier

Hahnemann

1790 – First proving – Cinchona bark

1805 - *Fragmenta de viribus medicamentorum*

1810 – *Organon of the Medical Arts* (1st edition)

The Materia Medica Pura

This work was published **1811-31**, and contains the following 65 fully proven drugs:

Practice getting symptoms

Questions?

Day 2

How does Classical Homoeopathy work in practice?

Case taking = Symptoms

Rubrics

Repertorizing

Narrowing down remedies

Remedy differentiation – knowledge of Materia medica

Introduction to Materia Medica – The Genius of Remedies

Some remedies for Massage Therapists – Arnica (Arn), Rhus toxicodendron (Rhus tox), Ruta graveolens (Ruta grav), Hypericum (Hyper)

Sudden onset/slow onset – Aconite (Acon), Belladonna (Bell) vs. Gelsemium (Gels), Ferrum phosphoricum (Ferr phos)

Colors – Yellow/yellow-green: Sulfur (Sulf), Mercurius (Merc), Hepar sulf (Hepar sulphuricum), Pulsatilla (Puls) – bright red blood: Phosphorus (Phos) – purple/red: Lachesis (Lach) - blue/purple: Ledum palustre (Led)

Moods – Bossy and Angry: Arsenicum (Ars), Chamomilla (Cham), Apis mellifica (Apis), Nux vomica (Nux) – Clingy: Pulsatilla (Puls) – Hysterical: Ignatia amara (Ign), Natrum muriaticum (Nat mur)

Case taking – what matters when you're doing an intake? Work with partners and share

Principles of repertorization

Day 3

Questions?

Case taking – playing detective – Paper cases – Remedies: Aconite (Acon), Belladonna (Bell), Nux vomica (Nux), Hepar Sulph (Hep), Mercurius (Merc), Ledum palustre (Led), Phosphorus (Phos)

Remedy review with remedy differential in cases.

How does functional medicine work with our remedies?

Cell salts – homoeopathically formulated supplements

Aconitum napellus, Ambra grisea, Angustura, Argentum, Arnica, Arsenicum, Asarum, Aurum, Belladonna, Bismuthum, Bryonia, Calcareo aceticum, Camphora, Cannabis sativa, Capsicum annuum, Carbo animalis, Carbo vegetabilis, Chamomilla, Chelidonium, China, Cicuta virosa, Cina, Cocculus, Colocynthis, Conium, Cyclamen europaeum, Digitalis, Drosera rotundifolia, Dulcamara, Euphrasia officinalis, Ferrum, Guaiacum, Helleborus niger, Hepar sulphuris calcareum, Hyoscyamus, Ignatia, Ledum, Magnes, Magnetis polus arcticus, Magnetis polus australis, Menyanthes trifoliata, Mercurius, Moschus, Muriaticum acidum, Nux vomica, Oleander, Opium, Phosphoricum acidum, Pulsatilla, Rheum, Rhus, Ruta, Sambucus, Sarsaparilla, Scilla, Spigelia, Spongia, Stannum, Staphisagria, Stramonium, Sulphur, Taraxacum, Thuja, Veratrum album, Verbascum

The Chronic Diseases

Contents of the Chronic Diseases [1829]

Agaricus, Alumina, ammon carb, ammon mur, anacard, ant crud, arsenic, aurum, Aur mur, Bar c, borax, Calc carb, Carb-an, carb-v, caustic, clem, coloc, conium, cuprum, digitalis, dulc, euphorb, graph, guaiacum, Hepar sulph, Iodum, kali-c, lyc, mag-c, mag-m, manganum, mez, muriat ac, Natr carb, Natr mur, nitr ac, nitrum, Petroleum, Phosphorus, phos ac, Platina, sars, sepia, silicea, stannum, sulph, sul-ac, zincum [48 drugs]

Laws of Homoeopathy

The Law of Similars - Like cures like

Proving – plant, animal, mineral, imponderables

Minimum Dose – lowest dose is best for cure

Vital Force – Prana/Qi

Dilution and Succussion – potencies (X, C, M, LM)

Potency/Aggravations/Hering's Law of Cure

Case taking - Individualized medicine

CURING MAN/WOMAN in DIS-EASE NOT the DISEASE IN MAN/WOMAN

What kinds of Symptoms do we work with?

Physical

Mental

Emotional

General (vs. common) – chilly, hot, thirsty, thirstless, food cravings, sides, times

Strange, rare and peculiar

Concomitant

What are we really looking for?

CoLoMo–

Complaint

Location

Modality (aggravated/ameliorated; >/<)

