

COPE

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POLARITY THERAPY PRINCIPLES OF THE 5 ELEMENTS OF MATTER
AND THEIR ENERGY FLOW AND BLENDING AS FUNCTIONS IN THE BODY

ENQUIRY INTO THE GROSS BODY

This gross body, I cannot be. Why? I am seeing it. It is an object for my sight. I am the seer. It is separate and I am separate.

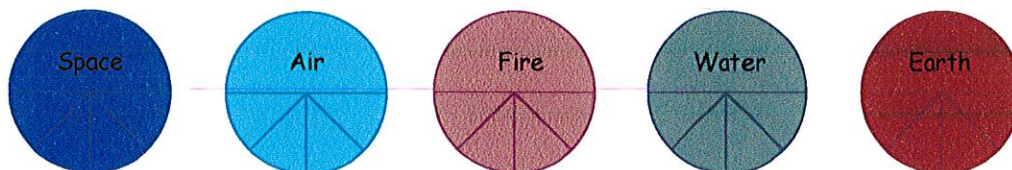
The Five Great Elements



This Gross body is not mine. Why? It belongs to the five Great Elements. It is a product of the Pentamirus combination of the five Elements. it cannot be mine. Why? Look. These represent the Five Elements.

Every Element is divided into two halves. One half remains unchanged. The other half is further divided into four equal parts making each equal to 1/8 of the original. Thus each is now found as five parts.

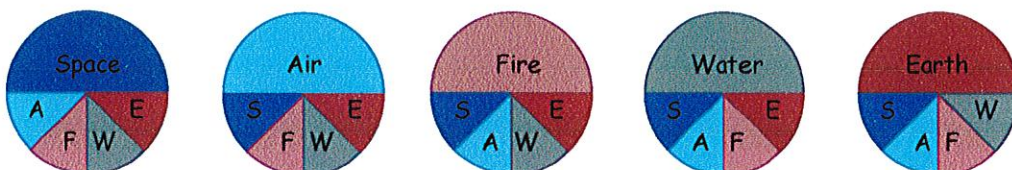
Pentamirus Division



With the unchanged half of each Element, 1/2 part of each of the other four Elements are combined, thus making a size as whole as the original Element. But each now contains all the Elements but one only predominates.

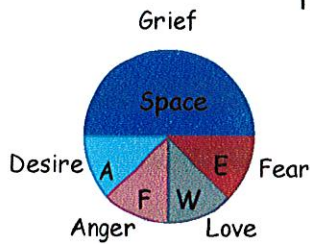
Thus in this Pentamirus Combination, twenty-five factors are manifested. How?

Five Fold Combination



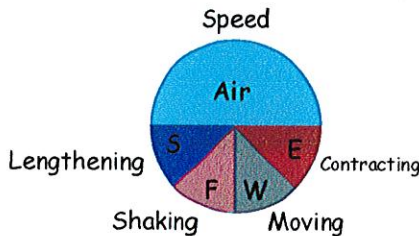
Thus in this five fold combination twenty- five factors are manifested. How? The Products of the Five Fold Combination.

The Products of the Five Fold Combination of Sky



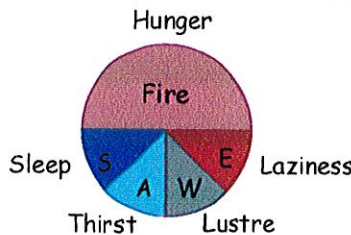
Grief, Desire, Anger, (Love or) Attachment, Fear.
 Grief is the principal quality of Space, a feeling of nothingness.
 Desire is produced by the combination of Wind with Space.
 Anger is produced by the combination of Fire with Space.
 Attachment or love is produced by the combination of Water with Space.
 Fear is produced by the combination of Earth with Space.
 I am not these: Grief, Desire, Anger, (Love or) Attachment or Fear, I am seeing them.
 I am the Seer. They are not mine, they belong to the various Elements noted as above.
 I should not claim these as mine.

The Products of the Five Fold Combination of Wind



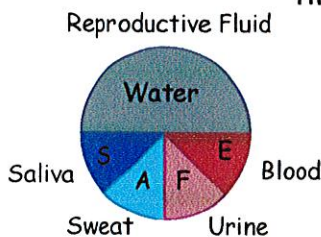
Speed, Lengthening, Shaking, Moving, Contracting.
 Speed is the main quality of Wind.
 Lengthening is produced by the combination of Space with Wind.
 Shaking is produced by the combination of Fire with Wind.
 Movement is produced by the combination of Water with Wind.
 Contraction is produced by the combination of Earth with Wind.
 Speed, Lengthening, Shaking, Moving, Contracting, I am not. I am seeing these.
 I am the Seer, They are objects for my observation. They are not mine.
 They belong to the Elements noted above.

The Products of the Five Fold Combination of Fire



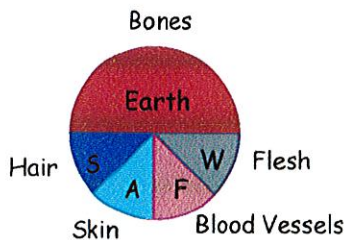
Hunger, Sleep, Thirst, Lustre, Laziness.
 Hunger is the main quality of Fire.
 Sleep is produced by combination of Space with Fire.
 Thirst is produced by the combination of Wind with Fire.
 Lustre is produced by the combination of Water with Fire.
 Laziness is produced by the combination of Earth with Fire.
 Hunger, sleep, thirst, lustre, and laziness, I am not. These are objects and I am able to see.
 They are not mine. They belong to the Elements noted above.

The Products of the Five Fold Combination Of Water



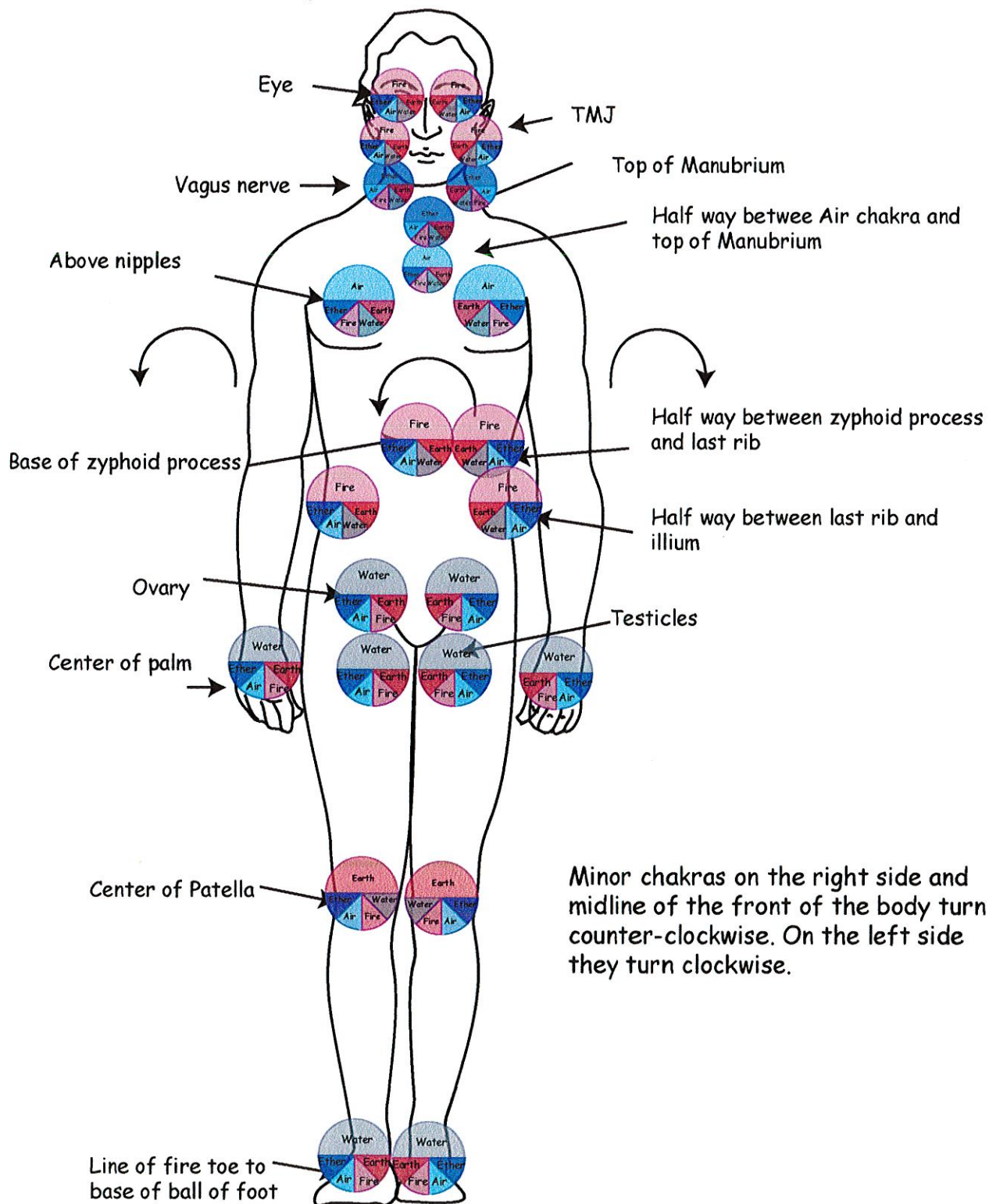
Saliva, Sweat, Urine, Reproductive Fluid, Blood.
 Saliva is produced by the combination of Space with Water.
 Sweat is produced by the combination of Wind with Water.
 Urine is produced by the combination of Fire with Water.
 Reproductive Fluid is the main quality of Water.
 Blood is produced by the combination of Earth and Water.
 Saliva, sweat, urine, reproductive fluid, and blood, I am not. These are objects I am able to see.
 These do not belong to me. They are products of the Elements.

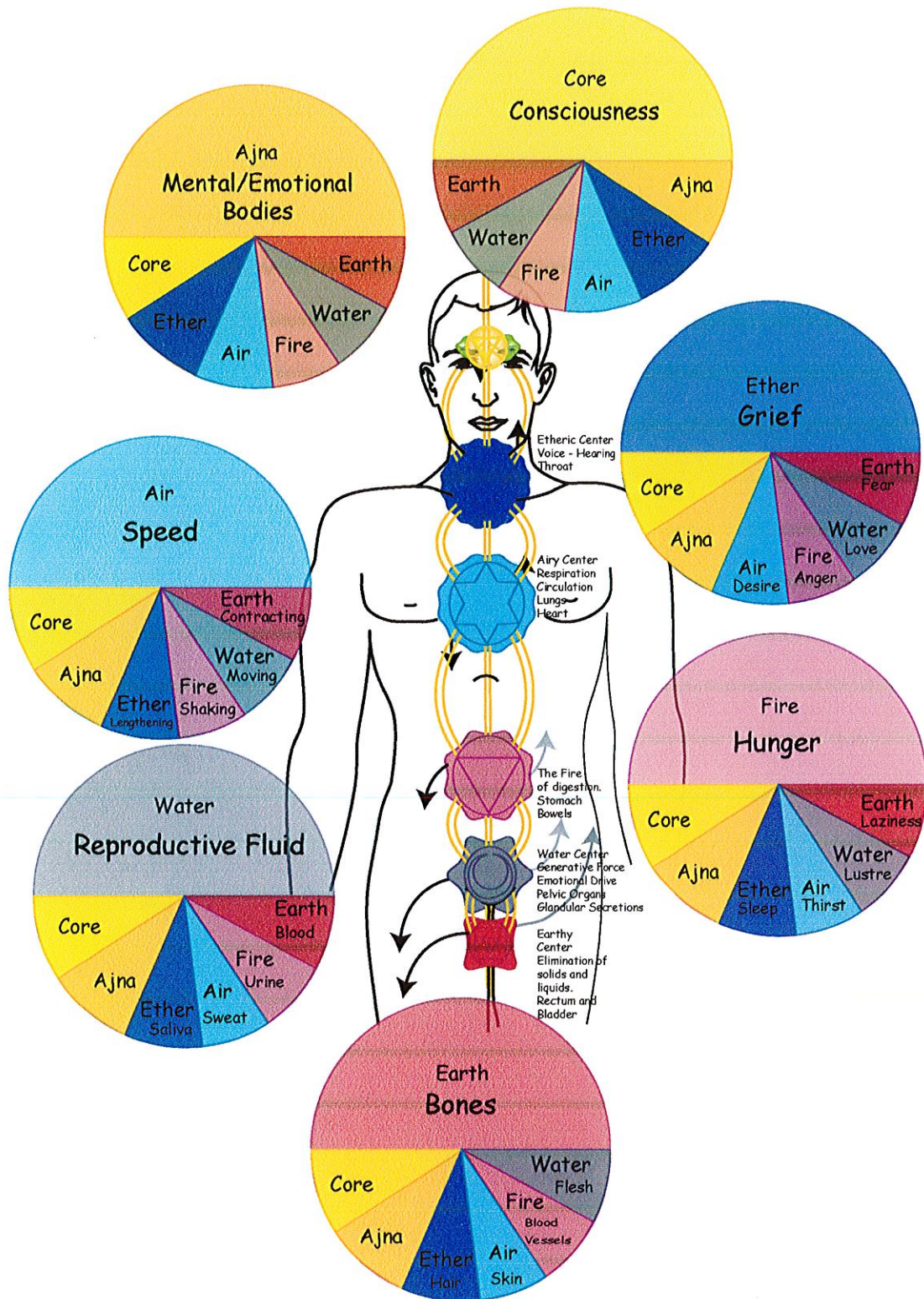
The Products of the Five Fold Combination of Earth



Hair, Skin, Blood vessels, Flesh and Bones.
 Hair is produced by the combination of Space with Earth.
 Skin is produced by the combination of Wind with Earth.
 Blood vessels are produced by the combination of Fire with Earth.
 Flesh is produced by the combination of Water with Earth.
 Bones are the main products of Earth.
 Hair, skin, blood vessels, flesh and bones, I am not. I am able to see them.
 They are objects for my perception. They are not mine. They belong to the Five Elements.
 They cannot be mine.
 I am not these. They are not mine. I am the Seer. Witness.

Elemental Qualities of Minor Chakras





Core Synchronism Lymphatic Sequence (Core 5)

- 1) Core Current Direction
- 2) Sphenobasilar/Core/Falx/Tentorium/Dural Tube
- 3) Core/Perineal Floor
- 4) Core/Parietals/Ethmoid

Apply a Small Amount of Lymphatic Formula to Each Area (1-4)

- 1) Water Major Element Wheel
- 2) Water Major Element Wheel with Cisterna chili
- 3) Synch Right Lymphatic Duct/Thoracic Duct/Clavicles/Cisterna chili/Water Major
- 4) Water Major Element Wheel with Right Lymphatic Duct
- 5) Water Major Element Wheel with Thoracic Duct

6) Air Major Element Wheel

7) Air Major Element Wheel with Heart

8) Cisterna chyli, Right Lymphatic Duct, Thoracic Duct, Heart, Air Major, Water Major together. Follow from periphery to center, hold. Go directly to the electrical still point. Hold until the entire lymph system is filled with golden light. Sometimes the entire lymph system will go from golden light to aqua marine blue or clear light.

9) Feet Full Body Timing

10) Follow Core

Endocrine Core 5

- 1) Apply Neutral to Bregma
- 2) Check Element Wheel/Correct Elements (Wheel at the Core)
- 3) Check Synch Pineal/Pituitary
- 4) Synch Pineal/Pituitary with Element Wheel (Wheel at Ajna)
- 5) Synch Thyroid with Element Wheel (Wheel at Ether Major)
- 6) Synch Pineal/Pituitary/Thyroid
- 7) Synch Thymus with Element Wheel (Wheel at Air Major)
- 8) Synch Pineal/Pituitary/Thyroid/Thymus
- 9) Synch Adrenals with Element Wheel (Wheel at Air Major Posterior)
- 10) Synch Pineal/Pituitary/Thyroid/Thymus/Adrenals
- 11) Synch Pancreas with Element Wheel (Wheel at Fire Major)
- 12) Synch Pineal/Pituitary/Thyroid/Thymus/Adrenals/Pancreas
- 13) Synch Ovaries/Testes with Element Wheel (Wheel at Water Major)
- 14) Synch Pineal/Pituitary/Thyroid/Thymus/Adrenals/Pancreas/Ovaries or Testes
- 15) Synch Element Wheel with Entire Endocrine Chain (Wheel at Core)
- 16) Enter Unconsciousness to Functional Still Point

fascia: Latin = band.

Fascia, fibrous tissue network located between the skin and the underlying structure of muscle and bone. Fascia is composed of two layers, a superficial layer and a deep layer. Superficial fascia is attached to the skin and is composed of connective tissue containing varying quantities of fat. It is especially dense in the scalp, the back of the neck, and the palms of the hands, where it serves to anchor the skin firmly to underlying tissues. In other areas of the body it is loose and the skin may be moved freely back and forth. Deep fascia underlies the superficial layers, to which it is loosely joined by fibrous strands. It is thin but strong and densely packed, and serves to cover the muscles and to partition them into groups.

The Columbia Encyclopedia, Sixth Edition 2005.

Fascia is a connective tissue which is derived embryologically from mesoderm. It is composed primarily of collagenous and elastic fibers. Fibroblasts and fibrocytes are always present. Fascia exists in dynamic equilibrium. From a functional point of view, the body fascia may be regarded as a single and continuous laminated sheet of connective tissue. This laminated sheet extends without interruption from the top of the head to the tips of the toes. It contains pockets which allow for the presence of the viscera, the visceral cavities, the muscles and skeletal structures. It also contains concentrically placed tubes which allow for the passage of the central nervous system, the vertebral column and related structures. The fascia varies in character in response to the demands placed upon it by the body which it serves. *Craniosacral Therapy, Vredevoogd & Upledger, 1983.*

The dura mater is the outermost of the three concentric tubes of fascia which invest the brain. *Craniosacral Therapy, Vredevoogd & Upledger, 1983.*

The lessons to be learned with respect to fascia are these: that it is continuous; that each viscera has carried its own fascia with it during embryologic development; that it is a slightly mobile connective tissue organ; that dysfunction or injury reduces localized fascial mobility; and that such loss of fascial mobility produces a drag upon the fascial system which manifests as abnormal alteration in craniosacral physiological motion. *Craniosacral Therapy, Vredevoogd & Upledger, 1983.*

Inside the skull the dura mater forms support for the brain. This is vital. The brain must be protected; but, what I really want to highlight just now, is the dura-fascial relationship at the various foramina, at the cranial base. Here we find the dura is linked with the extracranial fascia, and it is for this reason tensions occurring

outside the cranium in muscles, may often be traced to cranial anomalies. It is pertinent to relate membranes to fascia. Fascial bands direct lymph flow; and the dura is continuous with fascial bands throughout the body, thus integrating the cranium, not only with the sacrum, but with the entire organism. It was Dr. Still who used to say of fascia "in you I exist, through you I express myself, by you I live or die." Homeostasis is largely dependent on the fascia being in good working condition. This is to say, a steady state of health will not be experienced by the person whose fascia is interrupted in its course, as it envelops and caresses the various structures of the body...organs, muscles, ligaments, bones, tendons, nerves, and so on. In a word, it is concerned with intervisceral support. It is the resting place for blood vessels, and the manufacturing site for intercellular substances, blood, lymph cells, heparin, histamine, and serotonin. It also transports prostaglandins. Normally, fascial integrity doesn't vary, but trauma or shock, whether physical or psychological, will result in its distortion, which can, of course, have far-reaching consequences. Essentials of Cranio-Sacral Osteopathy, Ronald R. McCatty, 1988,

The head is the suspension point for all body fascia and this 'cap' of fascia extends to C7/D1. Essentials of Cranio-Sacral Osteopathy, Ronald R. McCatty, 1988.

Transverse Restrictions

1st DIAPHRAGM

Membranous sphenobasilar
cranial base

2nd DIAPHRAGM

Thoracic diaphragmatic
plexus
(incl. crura & 11th &
12th ribs)

3rd DIAPHRAGM

Perineal (pelvic)
floor

== Transverse planes
at cervical area, thoracic
duct, shoulder, elbow, wrist,
fingers, spine, sacrum, hip,
knee, ankle, and toe joints.

||| Vertical planes

Vertical Fascial Planes

Fascial planes are predominately
vertical and have sliding/gliding action.

Movement of these vertical planes is
inhibited by transverse connective
tissue at the three diaphragms and at
the joints. These areas create 'fascial
drag'; and impair the cranio-sacral
system.

Localized thickened areas of transverse
fascia at joints such as wrist, ankle, and
digits (and also on the palmar surfaces
of hand and foot) are known as
'retinacula'. These areas protect and
restrain - rather as a rubber band
around a parcel.

'Fascia' literally means a bandage. The
superficial (subcutaneous) type is found
just below the epidermis and dermis, is
of fibro-areolar tissue which allows
movement, retention of warmth and
passage for vessels. It varies in
thickness.

Deep fascia is membranous of white
fibrous tissue, and sheathes muscles,
muscle groups etc.

A Dural Meninges

B Fascia on forehead
and scalp

C Central tendon

Core Fascia:

- 1) Core
- 2) Horizontal Core Directional Spin at Perineum
- 3) Bring the Vertical Core and the Horizontal Core together at the mid line of the Perineum floor
- 4) Release dysfunction, injury and/or trauma that has reduced localized fascial mobility
- 5) Follow unwinding of fascia while frequently repeating #4
- 6) When unwinding is completed therapist will be following open/close phases of the femurs
- 7) Refocus Vertical Core and Horizontal Core mid line of the perineum
- 8) Restore complete fascial integrity to all superficial fascia and all deep fascia. Repeat a few times until there is a soft opening and once again the therapist will be following open/close phases of the femurs
- 9) Re-synch Vertical and Horizontal core
- 10) Check the spin of the minor chakra at the solar plexus
- 11) Synch solar plexus, diaphragm, ribs
- 12) Check the fire element wheel at the solar plexus
- 13) Bring the Vertical Core and Horizontal Core together at the solar plexus

- 14) Release dysfunction, injury and/or trauma that has reduced localized fascial mobility
- 15) Follow unwinding of fascia while frequently repeating #14
- 16) When unwinding is completed therapist will be following open/close phases of the solar plexus, diaphragm, ribs
- 17) Refocus Vertical Core and Horizontal Core at the solar plexus
- 18) Restore complete fascial integrity to all superficial fascia and all deep fascia. Repeat a few times until there is a soft opening and once again the therapist will be following open/close phases of the solar plexus, diaphragm, ribs
- 19) Re-synch Vertical Core and Horizontal Core
- 20) Check the spin of the ajna chakra
- 21) Two open full pauses and two closed full pauses at the sphenobasilar
- 22) Check the element wheel at ajna with the sphenobasilar
- 23) Bring the Vertical Core and the Horizontal Core together at the sphenobasilar
- 24) Release dysfunction, injury and/or trauma that has reduced localized fascial mobility
- 25) Follow unwinding of fascia while frequently repeating #24
- 26) When unwinding is completed therapist will be following open/close phases of the temporal lobes and temporal bones

27) Refocus Vertical Core and Horizontal Core at the sphenobasilar

28) Restore complete fascial integrity to all superficial fascia and all deep fascia. Repeat a few times until there is a soft opening and once again the therapist will be following open/close phases of temporal lobes and temporal bones

29) At Bregma: Bring the Vertical Core between the Feet and the Horizontal Core to the mid line of the whole body

30) Release dysfunction, injury and/or trauma that has reduced fascial mobility of the whole body

31) Follow unwinding of fascia while frequently repeating #30

32) When unwinding is completed therapist will be following open/close phases of the Vertical Core and the Horizontal Core

33) Refocus Vertical Core between the Feet and the Horizontal Core to the mid line of the whole body

34) Restore complete fascial integrity to all superficial fascia and all deep fascia. Repeat a few times until there is a soft opening and once again the therapist will be following open/close phases of the Vertical Core and the Horizontal Core

35) Core to Unconsciousness or to Still Neutral Balance Point

Wave Pulse Assessment

Name:

Date:

1) Collapsing	Ether	Air	Fire	Water	Earth
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2) Lateral-Medial	Ether	Air	Fire	Water	Earth
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3) Spiral	Ether	Air	Fire	Water	Earth
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4) Circular	Ether	Air	Fire	Water	Earth
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5) Anterior-Posterior	Ether	Air	Fire	Water	Earth
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6) Superior-Inferior	Ether	Air	Fire	Water	Earth
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7) Oval	Ether	Air	Fire	Water	Earth
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Comments:

Element Relationships

Feet Water

Ankles Air

Lower Leg Fire & Earth Lateral Leg Earth (Large Intestine) (Rest of Leg Small Intestine)

Knee Earth

Thighs Fire

Perineal Floor All Elements

Rectum Earth

Bladder Earth

Reproductive Organs Male & Female Water

Large Intestine Earth

Small Intestine Fire

Stomach, Pancreas, Spleen, Liver, Gallbladder Fire

Heart/Lungs Air

Kidney/Adrenal Air

Thyroid/Parathyroids Ether

Ears Ether

Eyes Fire

Smell Earth

Taste Water

Sight Fire

Touch Air

Brain Ether

Neck (base of Occiput) Earth

Whole Spine Ether

Cervical Vertebrae 1-7 Ether

Thoracic Vertebrae 1-9 Air

Thoracic Vertebrae 10-12 Fire

Lumbar Vertebrae 1-5 Fire

Sacrum Water

Coccyx Earth

Lymphatic System Water

Nervous System Air

Arteries/Veins/Blood Vessels Earth

Joints Ether

Blood Water

Endocrine Glands Pineal/Pituitary Ether, Thyroid Ether, Thymus Air,
Adrenals Air, Pancreas Fire, Ovaries/Testes Water

Fascia/Muscles Earth or related to ovals where located

Skin Earth

Dural Tube Ether

Spinal Cord/Neural Branches coming off spinal cord/CSF Ether

Respiratory Diaphragm All Elements

Triads

Earth Knees/Neck/Bowel

Water Feet/Reproductive Organs/Breast/Heart

Fire Thighs/Solar Plexus/Head

Air Ankles/Kidney/Adrenals/Shoulders

Ether All Joints/Midline of Body

Emotions

Grief/Desire/Anger/Attachment (conditional love)/Fear Ether