

*The Polarity Therapy Paradigm Regarding
Pre-Conception, Prenatal and Birth
Imprinting*

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The Polarity Therapy Paradigm^{1, 2} Regarding Pre-Conception, Prenatal and Birth Imprinting

by Raymond Castellino, D.C., R.P.P.

Abstract:

This article provides an overview of Dr. Randolph Stone's Polarity paradigm (energy concept) and explores its application to the transition of a baby's consciousness and experience of pre-conception, conception, gestation and birth. Baby Angelika's case-history is presented to illustrate how application of the Polarity paradigm can support individuals (especially babies) to heal prenatal and birth trauma. The paradigm is presented as a bridge to understanding the effects of trauma on the emerging being and suggests how a new approach to healing trauma in babies is consistent with Dr. Stone's energy concept. Special attention is given to the three gunas and to triad relationships as a conceptual model for healing prenatal and birth trauma. A call for further research is made. The conclusion suggests that: 1. A global paradigm shift from technological and biochemically dominant practices to energy medicine that focuses on human understanding, compassion, contact and love is already in progress; 2. Support be given to parents to prepare for conception; 3. Support be given to pregnant parents and unborn babies to reach their full human potential during pregnancy, labor and birth; 4. Support be given to babies and families with therapy for unresolved prenatal and birth trauma shortly after birth.

Introduction:

Contrasting Passages and New Hope:

Conception, gestation and birth are miraculous events. One can easily look into the eyes of a newborn child and be wonder-struck by the miracle of life. Ideally, the little one has two loving parents who prepared themselves spiritually, emotionally and physically before they conceived. The new conceptus is wanted and joyously welcomed with love. Early in their

¹Paradigm is defined as "an outstandingly clear example or archetype" by *Webster's New Collegiate Dictionary*, A Merriam- Webster, 1981.

²Stanislav Grof in his book, *Beyond the Brain* titled the entire first chapter, 91 pages, "The Nature of Reality: Dawning of a New Paradigm." Grof refers to Thomas Kuhn as he defines paradigm "as a constellation of beliefs, values, and techniques shared by the members of a given scientific community." The chapter includes a brilliant discussion of how organizations of thought, philosophies and science interact to cause a "normative influence" on the behavior of scientists. He quotes Thomas Kuhn who defines research as a "strenuous and devoted effort to force nature into the conceptual boxes supplied by professional education."

pregnancy, mother and father developed an awareness and felt sense of the new soul's presence. The parents are also mutually supportive of one another. They have learned to treat each other with love, respect and gratitude. Sharing a deep, intimate connection, they lovingly resolve conflicts with each other. They eat well, exercise, self reflect, give and receive nurturing and are loving. Moreover, they are able to accept and reflect, to the new life within them, their awareness and awe of its profound essence. They offer this reflection without projecting their self fulfilling desires and expectations on the new one. On her birth day this baby is supported to fully participate as she finds her way through the birth canal. The parents of this baby and the birth support team know that, given the appropriate circumstances, she is able to be aware and able to participate in the process. This birth passage reflects and expands the joyous welcome she received at her conception.

In contrast to this ideal example, most babies find their passage into physical life much more challenging. In fact, I believe the greater percentage of all babies experience some degree of shock in their birth process.

For much of the Twentieth Century, and, indeed, for a considerable time before that, pregnancy care and birth practices have focused around the obstetrician's perceptions and needs. By the 1950's, concerns for the mother were growing, but only within the last 25 years has the experience of the baby been an important consideration, and then only rarely. In fact, the prevailing views of parents and health care professionals in 1995 still reflect beliefs that babies are too little and undeveloped for prenatal experiences and birth to have traumatic effects on them. It is an understatement to say that birth, at best, is hard work for the babies.

We, Dr. William Emerson, Franklyn Sills and Dr. Raymond Castellino (ESC)³ conservatively estimate that more than 85% to 95% (and I personally believe that perhaps 98%) of the population experiences some degree of prenatal and birth trauma. This trauma has lifelong impacts on the individual unless it is somehow healed. We are collecting a mounting body of evidence that indicates that prenates and babies routinely experience trauma which has substantial spiritual, mental, emotional and physical consequences. We have found prenatal and birth trauma to primarily impact the primary goal structures, life assumptions, self identity, self esteem, personality structure and behavior of the emerging person. Prenatal and

³William Emerson, Ph.D. has been actively doing prenatal and birth trauma resolution therapy with babies since the early seventies. He and Franklyn Sills began collaborating their work in the mid 1980s. I met Dr. Emerson in 1987. By 1989 we began collaborating on the prenatal and birth theory and treatment model. I began collaborating with Franklyn Sills in the early 1990s. In March of 1995, for the first time, all three of us got together to continue our collaborative work. In this article I will refer to the three of us as ESC (Emerson, Sills and Castellino).

birth trauma is so widespread that only the most obviously injured are recognized and identified. Rarely do I meet a parent or health professional who has the ability to relate a baby's behavior and struggles to events that happened in the womb or at birth.

Recently, I had a discussion with a dedicated lactation consultant⁴ about a particular baby's inability to attach at the nipple. She was surprised to hear that colic and breast-feeding difficulties can be post traumatic stress symptoms resulting from birth trauma. The idea that resolution of physical and psychological issues which interrupt bonding between infant and parents could lead to specific improvement in infant breast-feeding was foreign to her. Though a baby will often display signs of trauma history, few understand that the baby can be assisted in coming to terms with traumatic experiences.

For more than two decades, advocates for prenates and babies like David Chamberlain, Ph.D.⁵, Susanne Arms⁶, Thomas R. Verney, MD, D. Psychiatry⁷, Frederick Leboyer⁸, Michel Odent, M.D.⁹ and others have gently yet emphatically directed our attention to the experience of the prenatate and newborn. As they make abundantly clear, the primary consideration for prenatal and birth experience must now focus on asking: What is the unborn and birthing baby's experience of prenatal life and birth, and how can we best support the unborn, birthing and newborn baby to reach his or her full potential?

Evolution of an Energetic and Somatic Prenatal and Birth Model:

A theoretical basis for the evaluation and treatment of prenatal and birth trauma in infants has been developed by Dr. William Emerson, Franklyn Sills and Dr. Raymond Castellino (ESC). We have developed new tools for assessing and treating prenatal and birth trauma. In many ways we have followed Dr. Stone's eclectic example. This new evaluation and treatment model has evolved out of our personal internal quests and seeking. We have correlated our personal regression explorations, our exhaustive inquiries into Polarity Therapy, other bodywork disciplines (including osteopathy, craniopathy, chiropractic, and Chinese medicine), psychotherapy, pre- and peri-natal psychology, a thorough study of obstetric and midwifery

⁴Lactation consultants are professionals who support moms and babies to successfully breast-feed.

⁵David B. Chamberlain, Ph.D., wrote *Babies Remember Birth* and many scientific articles on prenatal life and birth. See bibliography.

⁶Suzanne Arms has written 5 books on birth. She is best noted for her book *Immaculate Deception*. Her most recent book is *Immaculate Deception II - Birth and Beyond*.

⁷Thomas, Verney, M.D., D. of Psych. is best known for his books, *Secret Lives of the Unborn Child* and *Nurturing the Unborn Child*. See bibliography.

⁸Frederick Leboyer, *Birth Without Violence*. See bibliography.

⁹Michel Odent, M.D., *Birth Reborn*. See bibliography.

practices during pregnancy, labor, birth and post birth, pediatric care and a review of related scientific literature, with clinical observations of thousands of babies, children, teenagers and adults in our practices.

ESC have cross-correlated energetic, mental, emotional and physical patterns observed in adults while they were in prenatal and birth regressions, with energetic, mental, emotional and physical patterns observed in babies and children. These patterns have then been correlated with what is known about their birth histories. Often historical prenatal and birth events discovered during therapy sessions were positively confirmed by parents' recollections and/or medical records AFTER the therapy sessions.

ESC have charted specific body structural patterns, cranial molding patterns, cranial lesion patterns, fine micro body movement patterns and larger gross body movement patterns in relationship to what happens to babies during the birth process. Specific structural, cranial and movement patterns of the baby relate directly to the pelvic shapes, soft tissue tension patterns of their mother and how they move through the birth canal. It is interesting to note that the bulk of this clinical research was done by observing how babies, teenagers and adults presented during therapy sessions BEFORE we researched obstetric literature. When we reviewed preexisting obstetric research dating back to the 1930s and still being reported in modern obstetric texts,¹⁰ we found confirmation of our empirical¹¹, personal and clinical research in medical x-ray studies of babies and moms while they were in labor.¹²

Prenates and newborn babies are capable of much more than previously believed. Prenates and newborn babies are conscious, sentient beings. Sonography reveals that prenatates communicate through expressive body language with self-initiated, reactive and interactive movements.¹³ Newborn and babies actively and passively communicate their needs, feelings and their stories. Their behavior and body language teach us how to contact and support them.

¹⁰Oxorn-Foote, *Human Labor and Birth*, 5th edition, chapters 5, 6 and 7, 1985.

¹¹Empirical is defined by the *American Heritage Dictionary*, 3rd edition as, "(1) Relying on or derived from observation or experiment" and "(2) Guided by practical experience and not theory, especially in medicine."

¹²Caldwell and Moloy, "Anatomical Variations in the Female Pelvis and Their Effect in Labor with a Suggested Classification, *American Journal of Obstetrics and Gynecology*, 26:1933.

¹³David B. Chamberlain, Ph.D., "Prenatal Body Language: A Review." A paper delivered to the 9th International Conference International society for Infant Studies, Paris, France, June 1994. Available from Dr. Chamberlain. See bibliography.

Stressful and traumatic events during prenatal life and birth imprint both the baby's body and psyche. Traumatic imprints overlay the true self and profoundly impact the emerging person and how they will be later on in life. Body structure, movement patterns, sense of self and lifelong strategies manifest from these early traumatic imprints.

Simply stated, trauma impacts can result from a single event or series of events that, in any way, cause overwhelm to a person's spirit, psyche or physical body. A trauma to one level of being will necessarily affect other areas. An impact to a person's psyche will have a corresponding record in the body and visa versa. The severity of trauma impacts is directly related to the degree of overwhelm, the extent to which a person's system experiences shock and the ability of the individual to recover.

When trauma imprints a prenatate or birthing baby, stress responses or reactive patterns are also established. These stress patterns are then repeated and reinforced throughout life unless something happens to resolve that trauma.

This pattern response is initiated during prenatal life and set into physical structure during birth. We hypothesize that people with unresolved prenatal and birth trauma have higher levels of catacholomines¹⁴ in their systems. We suspect the reverse to also be true. Those who have resolved their prenatal and birth trauma have reduced levels of catacholomines in their systems. The long range effects expected in people who have resolved their prenatal and birth trauma include longer, more productive and creative lives, less stress and fewer chronic health concerns.

ESC have well documented case histories of babies treated with the innovative methods we have developed. Over the years, we have seen babies heal their birth trauma, often within their first year. Many of these babies are now children. Some of them are teenagers approaching adulthood. These young people are turning out to be rather extraordinary people who are physically well coordinated, emotionally clear and mentally alert. Moreover, they appear to have profound spiritual depth and compassion for their fellow human beings and other living creatures. These children tend to show leadership qualities, clear boundary structures in their relationships and clear communication skills. Their parents often describe them as being the "most together" people in their families. Lastly, these children show interests, aptitudes and exceptional abilities in areas not necessarily related to their parents. William Emerson, Ph.D.,

¹⁴Increased catacholomine blood levels have been correlated with acceleration of the aging process and the loss of elasticity in connective tissue.

reported to the 4th International Congress on Pre- and Peri-natal Psychology in Amherst, MA in 1989 the results of a fourteen year study which included thirty babies. Fifteen babies were treated, fifteen were in the control group. All of the babies were from normal and psychologically healthy families. All were thought to have had normal births. 87% of the children in the treatment group showed early signs of individuation. In the non-treatment, control group only 14% of the children showed signs of individuation. Individuation is the process whereby individuals learn to perceive themselves as different and unique human beings, able to discover their own uniqueness and materialize their deepest interest, talents and abilities.

Dr. Randolph Stone, in his quest for the essence, could not help but reference embryonic life and birth in his books. The Polarity paradigm, in concept, indeed provides a plausible explanation as to how consciousness finds its way to the physical Universe.

Included at the end of this article is a partial index of prenatal and birth references in *Health Building* and in *Polarity Therapy*, Volumes I and II, by Dr. Stone.¹⁵

This article represents an evolutionary step for Polarity Therapy, for the health care of families during pre-conception preparation, pregnancy, birth and for the care of babies immediately after birth. Dr. William Emerson, Stephan Schorr-Kon¹⁶ and I call this work "Somatotropic Therapy."¹⁷ Somato means body. Tropic in this context means, "...the principle of organization according to which *matter moves to form an object* during the various stages of its existence." In this article I will focus on the Polarity principles of how energy moves and shapes into form a living body and how the understanding of these principles can help us evaluate and treat babies for prenatal and birth trauma.

A Personal Note:

In 1989, I resolved to dedicate the rest of my professional life to treating babies, teaching their parents and health professionals how to welcome new souls into life so they may reach their full God-given potential. I had come to the conclusion, after almost 20 years of practice, that the most efficient window of opportunity in a person's life within which to affect his or her

¹⁵Dr. Stone's books are published by CRCS Books, Sebastopol, CA.

¹⁶Stephan Schorr-Kon, R.P.P., and William Emerson, Ph.D., authored a chapter in the book, *Innovative Therpaies*, titled, "Somatotropic Therapy," published by Open University Press, Cambridge, England, 1993. Stephan was a brilliant teacher and practitioner of Polarity Therapy. Stephan unexpectedly died December 31, 1992.

¹⁷The title "Somatotropic Therapy®" was coined by Raymond Castellino, D.C., and William Emerson, Ph.D.

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well being is during the pre- and peri-natal period. This period encompasses pre-conception, conception, gestation (the pregnancy), the birth and the first year after birth.

Dr. Randolph Stone's Polarity Therapy and his "energy concept" in 1969 had become the basis for my own personal transformative healing. Then, in 1971, Polarity Therapy became the basis for the therapeutic approach I have since used to assist thousands of others to find their way through their own healing. Dr. Stone's Polarity concept or paradigm continues to provide the core understanding for the work I practice and teach today, a quarter of a century later. In the early 1970's, I had challenged myself to prove or disprove the concepts Dr. Stone taught us. I am awed as to how these relatively simple and profound ideas have withstood the test. My inquiry has covered three major perspectives: my personal life journey; my private practice; and the world of science. On these three fronts, confirmation of the energy work continues to build and pass the test of time. During the 20th Century, mainstream health care practices have focused on technology, biochemistry and disease. The essence of how healing occurs has often been missed. Dr. Stone invited us to examine life at its essence and from there build our lifestyles and healing practices.

At this writing, we are on the forefront of a new millennium. There is every indication that, more than ever before, people are searching to discover the essence of themselves and how to build their health. Yet, we live in a time when, more than ever, babies, unborn babies and those waiting to be conceived need parents, primary care givers and health care professionals to capture the essence of life with them in the moment. Foremost, babies simply need our presence in the moment, unencumbered by our own agendas, needs and wants. They need us to be fully responsive and tender when we reflect and interact with them.

The treatment of babies for prenatal and birth trauma requires the utmost skill from the practitioner. This article provides one of several layers into the integration of the Polarity paradigm with pre- and peri-natal therapy. The subject is far more vast than can be covered in the space of this article.

Angelika¹⁸

Recently, I showed a videotape of Angelika, a newborn baby girl in a crib, to a class I was teaching. At the time the tape was made this little girl was four and a half weeks old. It was a typical enough scene. Mom was on the left. Dad's voice was audible and not visible in the picture. He must have held the video camera and been stationed toward the foot of the crib. The three of them were genuinely sharing a few moments of playfulness in their new relationship. Mom was putting the blanket over Angelika. All of them were making family nursery sounds, giggles, coos, endearing words and phrases. Angelika's body moved right, left, head turning, thorax lifting, sinking and turning, arms flaying and hands spreading, fingers pulling forward and back, eyes moving to mom, back and forth. Facial expressions, smiles, mouth opening / closing, winces and furrowing of the forehead were evident. Slow motion, slowing time down on the video afforded the class another level of observation unavailable to the untrained eye in "real time". At a rate of 1 video frame for every 10, all of the participants in the class were able to see and agree that as Angelika turned her head to the left in mom's direction, the trunk of her body moved to the right. Her face, though somewhat tense, appeared composed, eyes fixed with mom, smiling. Frame by frame, her eyes and head rotated to the right away from mom toward the mid line. The closer Angelika moved her head and eyes toward the midline (sagittal plane) and especially when she crossed the midline, her face would contort and her eyes widened and appeared glazed or diffused when compared to the moment before. Extracts from videos taken of Angelika in subsequent treatment sessions, facilitated by Dr. Wendy McCarty and myself, showed similar facial expressions as she turned her head from side to side, moved the trunk of her body right and left, flexed and arched her body.

Angelika's movement patterns and facial expressions are not random. They are a complicated array of expressions and patterns which literally tell her story. Her posturings, movements, cranial patterns and expressions accurately show us imprinted information from her prenatal life and birth. Included in Angelika's movement patterns are trauma imprints that interrupt her ability to have a continuous free movement.

¹⁸Angelika is a participant in BEBA, (Birthing Evolution, Birthing Awareness) a non profit research clinic dedicated to helping babies and children heal their prenatal and birth trauma. BEBA was founded by its Co-executive Directors, Raymond Castellino, D.C., R.P.P. and Wendy McCarty, Ph.D., M.F.C.C., R.N. Angelika's history and video records are part of ongoing research being conducted by Drs. Castellino and McCarty and are part of the BEBA Archives. We are grateful to Angelika's parents for permission to share their story and their support of the BEBA research clinic.

Later in this article, we will look at how Dr. Stone's Polarity paradigm gives us a way to understand these movement patterns as an expression of Angelika's formative development.

Angelika's history:

Angelika and her parents were referred to the BEBA clinic when she was 3 months old. Since birth, she spent most nights awake. Her mother reported that she "avoided" sleep at night. The hours between 11 PM and 2 AM were especially difficult because Angelika would become frantic and often inconsolable. Angelika would not sleep for more than two hours at a time. She would also be inconsolable during bathing periods. Her mother reported that during nursing she easily became frantic, would push and pull with her arms and pull on her ears as if she was in physical discomfort or pain. Mom reported that otherwise, during the day, Angelika was a happy baby. Yet, Mom was physically exhausted from lack of sleep. She too had not slept more than two hours at a time since the birth three months before. Angelika's mom reported that she had not yet recovered from the shock they experienced during labor and birth.

Angelika was born at home after an exhausting 52 hour labor. Her parents' birth plan included water birth and a pre-agreement that any medications would be an absolute last resort. Two weeks before the onset of labor, Angelika's mom was 100% effaced. Labor began on a Monday, with contractions about 15 to 20 minutes apart. She was 2 cm dilated when the midwife arrived. Everything looked good. By Tuesday, the contractions became more painful. Mom stated that she felt very supported by her husband, but not by the midwife. She said she felt the midwife was not responsive to her needs. The midwife's needs seemed more prominent and more important than her own. She recalled, at one point, screaming at the midwife to get off the phone with her "boyfriend." Mom said she never did feel "in sync" with the midwife¹⁹. By late Tuesday she was 5 to 6 cm dilated and experiencing "lots of pain." She wanted to go to the hospital. They made a decision that if Angelika did not birth by noon on Wednesday, they would go to the hospital. At noon on Wednesday she was 9 cm dilated. The midwife instructed her to push. Mom reported she pushed for ten minutes straight. Angelika began to show and crowned appearing to be "in the sack." Her bag of waters had broken the day before toward the back of the womb instead of the front. Mom

¹⁹This is atypical behavior for midwives. Current statistics (Sakala, 1993) support that the safest place to birth with the least traumatic effects on both babies and mothers is at home with the support of the midwives.

remembered saying, "I have got to get this baby out." She stood up and Angelika was born.

Mom said she was so much in shock that when she looked at Angelika she said, "Who is this baby? Is she mine?" They waited 15 or 20 minutes before the cord was cut. Three minutes later Angelika was nursing.

Angelika's mom, 39 years old, was born by cesarean section under full anesthesia. Mom reported that she had a core pattern with her own parents where she felt responsible to listen to her parent's needs and not to her own. Mom said she felt she had recapitulated the same pattern with the midwife. The midwife's needs became more important than her own.

Dad, 42 years old, was born in a hospital under anesthesia. His younger brother was born when he was two years old. In a later therapy session he discovered that when his brother was born, he withdrew within himself. Dad was ambivalent and angry when they discovered they were pregnant. After he processed and worked through his ambivalence, he became 100% supportive. When Angelika was born, he fell totally in love with her.

Both parents enjoyed the pregnancy. They played special music with their unborn baby and talked to her.

Before we continue on to the rest of Angelika's story, we will address the important, specific relationship of the Polarity paradigm with the prenatal and birth work.

Polarity Energy Paradigm²⁰

Dr. Stone based his Polarity Therapy on a paradigm that he incorporated from Eastern and Western mystic philosophers. He focused on Ayurvedic²¹ philosophy as it has appeared in history throughout the ages. His basic thesis is simple. Life energy must flow through the body in a smooth uninterrupted way to maintain optimal health. When the ebb and flow of this life energy becomes blocked or interrupted, the balance of life is disturbed and something must be done to reestablish that balance and the continuity of the free flow of life energy. When facilitating babies, the same principle holds true. The skilled observer will be able to detect where the continuity of the natural flow of life energy is interrupted and the severity or degree to which that interruption has occurred. The skilled practitioner will be keenly aware of where and how the baby's life energy is flowing, noting the baby's energetic and physical resources. The practitioner will then work to support the baby's resources and reestablish the free flow of energy where the interruptions have occurred. Resourcing is the process of becoming present, centering and calming. It is also the process of mobilizing ourselves to meet life challenges.

In Angelika's case, her body movement patterns and her difficulty turning her head toward the midline of her body are indicators of breaks in the continuity of the free flow of energy in her body. These breaks in continuity are indicators of prenatal or birth trauma. When we looked at the video, we were able to observe Angelika's ability to orient and stabilize herself when she looked at her mom. Orienting herself with her mom was an important way for her to resource herself. During a portion of her treatment, Dr. McCarty and I supported Angelika to establish the continuity of her movement, top to bottom, front to back and side to side.

According to the Polarity paradigm, soul is consciousness expressed from the source and ultimately returns to the source. Mind and emotions are the energy fields which organize how consciousness is expressed into the physical creation. The physical body is the conduit or the expressor of consciousness overlaid by mind and emotions. The

²⁰I must acknowledge Dr. James Said for his contribution to the orderly understanding of Dr. Stone's writings. As I was writing, I noticed that I've used phrases that must be verbatim from his lectures and our lengthy phone conversations in the late 1970's and early 1980s.

²¹Dr. Stone derived much of his Polarity theory from a section of the ancient Indian mystic writings called the Upanishads. The section called Ayurveda deals specifically with life energy and health.

body, then, is the vehicle through which consciousness is expressed on this plane of existence. Simply put, the body reflects the interaction of consciousness, mind and emotions. The Ayurvedic philosophers then suggest that the energy fields which exist in and around the physical body are where the mind and emotions reside in physical space. The physical body is the vehicle through which we experience the effects of mind and emotions on this plane. The sum total of what we do and what happens to us is recorded in our energy system and reflected in our body structure and function

The Macrocosm and Preconception

The macrocosm is the larger formative unseen essence that created the microcosm of the physical universe. In pre- and peri-natal terms, this grand scheme is akin to the pre-conception journey consciousness must experience in order to inhabit a body on the physical plane. The formation of all the lower realms below the absolute source including the physical universe can be understood as a macrocosmic prenatal journey. Inherent within the macrocosmic prenatal journey are the principles upon which Dr. Stone based the Polarity paradigm and his therapy.

In the grand scheme of things, before mind and matter, consciousness descends from a **(Ø) neutral source** into the creation on a **(+) positive, involutionary centrifugal wave** and ascends back to the Source on a **(-) negative evolutionary centripetal wave**. These three attributes of the Creator are called the **gunas** or three life principles. In Sanskrit, 'guna' means attribute or quality.

The neutral source is the airy principle of **satva**. Sat mean truth. So the word satoguna means 'the true attribute of harmony.'

The positive **involutionary** wave is the masculine fiery principle of **rajas**. Rajas means action. The word rajoguna means 'the attribute of activity.'

The negative **evolutionary** wave is the feminine watery receptive principle. Tamas means inertia. The word tamoguna means 'the attribute of inertia.'

According to the Ayurvedic tradition, it is by the interaction or interplay of the three gunas that life is created, sustained and ended.

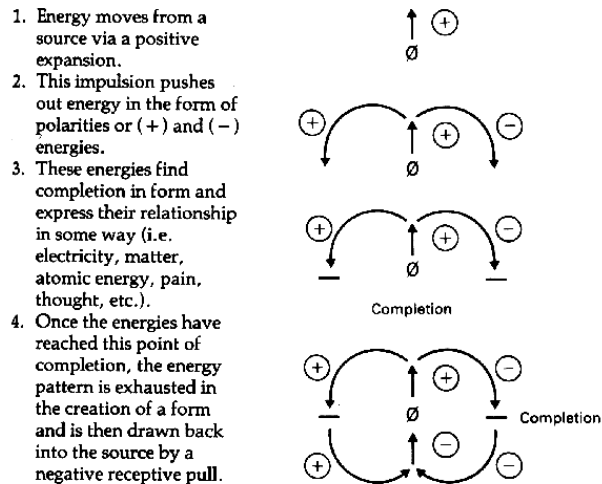


Figure 1: The Polarity Principle ²²

Dr. Stone defines **involution** as the direction consciousness takes from the source to the periphery. In other words, involution is the process that the soul, consciousness or energy goes through in order to descend from the ultimate source into the creation. Involution is centrifugal in nature. Invariably, the soul, consciousness or energy will come to a completion point in this outward involutionary direction. When this exhaustion point is reached, consciousness must turn and submit to the attractive feminine principle of the source and return from whence it came.

Dr. Stone defines **evolution** as the direction consciousness takes from the periphery to the center. In other words, evolution is the process that the soul, consciousness or energy goes through to return to the source. Evolution is centripetal in nature.

The Microcosm, Attention and Trauma:

For a moment let us divert from the grand scheme and look at how attention functions in the physical universe and interacts with trauma. The function of attention and individual consciousness in the physical universe is described by the Ayurvedic philosophers and Dr. Stone as a **microcosmic** reflection of how the grand scheme was formed. In addition, our understanding of how attention functions will help us understand the step down process of how energy moves from higher realms to lower ones.

²²Thank you to Franklyn Sills for his permission to reprint these images from *Polarity Process*.

Attention is a function of consciousness. Attention is bipolar in nature; it acts like a binary toggle switch. In its most basic form, attention can either move toward the creation (the periphery) or toward the creator (the center). Our minds are capable of switching directions very rapidly. If the client/patient has unresolved trauma they will in some way revolve their life around the unresolved trauma mentally, emotionally and physically. Their energetic patterns, emotional patterns, physiologic patterns and behavior will in some way reflect the unresolved trauma. I believe this is how the body somatically remembers trauma. When unresolved trauma is present the client/patient's attention will unconsciously be trauma oriented and will organize their unresolved trauma. Their body will structurally and functionally manifest energetic trauma fulcrums and vortices that reflect the unresolved trauma rather than normal physiologic non-traumatic energy fulcrums and vortices. In the physical body the chakras are spinning energetic vortices that have neutral centers or fulcrums. These centers can also be viewed as nodal points.

Back to the Macrocosm:

Let us return to our discussion of the formation of the macrocosm. Keep in mind that the macrocosmic formation has inherent within it the blueprint for the microcosm and individual consciousness.

If macrocosmic attention is directed in an outward and downward direction, as it moves away from its source, it will move through several nodal points or neutral centers. These nodal points or neutral centers are places of harmonic resonance where, if the consciousness was inclined, the attention could be turned back toward the source from whence it came. If consciousness continues in the direction of the physical universe it will have to **step down** into a lower realm. This step down process happens by virtue of the inverse square law. The inverse square law states that energy decreases squared the distance that it has to travel.

$$\text{Inverse square law: Energy loss} = \text{Distance}^2$$

Each time enough energy is lost, the consciousness must either return to its source or form a new center and a new realm to continue its involutionary away from the source. If a new center and new realm is formed, the new center then functions as the source for

the particular realm it is on. The step down process between realms creates the energetic precursor of a double helical structure called the **caduceus**.²³

The caduceus has three primary components:

1. a central shaft
2. the right side of the helix
3. the left side of the helix



Figure 2: Caduceus

Notice how the right and left sides wind around the central shaft two and a half times and crosses the midline five distinct times. In the physical body these midline crossovers form the centers for the **chakras**. I will describe the chakras later.

As energy steps down it is by virtue of its neutral source that each universe or realm of consciousness has a center. It is by virtue of the interplay of the energy between the opposite positive/ masculine and negative/ feminine poles through a neutral source and the inverse square law that every energy realm is a periphery. Basically, every realm has a center, an inside, and a periphery, an outside. In the physical body the center becomes a **chakra center** and the periphery becomes an **oval field**.

As consciousness descends, it originally passes through several realms that are of pure soul essence. This is soul unencumbered by mind or matter and remains infused in direct union with God. The soul's light and sound energy descends until it reaches a great void of darkness. This great void is said to be the first great diaphragm between pure consciousness and consciousness that is confined by the organization of mind. It is

²³Randolph Stone, D.O., D.C., N.D., *Polarity Therapy*, vol. I, Book I, Charts I and II, pp. 33-45. Dr. Stone presents a lengthy discussion on the caduceus. It is interesting to note that this is the same symbol which the medical profession chooses to identify itself with. It is also not surprising that the double helix is the molecular structure of DNA genetic proteins.

said that in order to cross this void from the mind side to the pure spirit side requires a being capable of containing more than the light of twelve of our solar system's suns.

When consciousness steps down below this great void of darkness it takes on the organization of mind. This realm is known as the **causal** realm. It is where the **mind** originates. Its keynote is, "**thought** for the sake of thought." Its energy quality is that of **air**. It is in this realm that "I-ness" or ego is born. The causal realm has manifest within it a causal triad: a causal mental body; a causal emotional body; and a causal resonant precursor of the physical body. It is the causal mental body which is dominant on the causal realm. Note that we have not yet descended into the physical realm. Yet, it is the causal realm that carries the fundamental **blueprint** for the astral and physical creation below it.

Causal realm, (Ø)	causal mental body (dominant)
	causal emotional body
	causal precursor to the physical body

Being drawn to lower states of consciousness, pure thought then descends into the **astral** realm of **action** and **emotions**. This is the astral realm where energy takes on the quality of **fire** and must move for its own sake. "Action for the sake of action," is the keynote of the astral realm. This is where the power for motivation is born. Like the causal realm above, the astral realm has an astral triad with an astral mind, an astral emotional body and an astral precursor to the physical body. It is the astral emotional body which is dominant in this realm.

Astral realm, (+)	astral mental body
	astral emotional body (dominant)
	astral precursor to the physical body

There are two other attributes that are born out of the astral realm. These are called the **sensory** and **motor pranas**. Prana is the Sanskrit word which simply means the "breath of life" or "winds." Each of these pranas has five winds. The sensory pranas have the five winds of ether, air, fire, water and earth and are the precursors to the **chakra** system. The motor pranas have the five winds of fire, ether, air, earth and water and are the precursors to the **oval fields** on the physical plane.

In order to descend into the **physical realm**, consciousness must pass through what is termed the tenth gate or eye center. On the physical plane, consciousness meets the resistance of matter and must take on a **physical body** to have full expression here. The dominant quality of the physical realm is **water** where everything seeks its own balance and must be contained by physical structure. For example a river or a lake must be defined and contained by its banks. On the physical plane the keynote is **inertia**. **Inertia** is the tendency to continue doing what we are already doing. The primary dilemma living beings have to face is overcoming inertia. If we are moving, we have to overcome the inertia of movement to slow down. If we are at rest, we have to overcome the inertia of rest to begin to move. Like the causal and astral realms above, the physical realm also has its own triad relationship with a physical mental body, a physical emotional body and a physical body. The physical body is the dominant one in this realm.

Physical realm, (–)	physical mental body
	physical emotional body
	physical body (dominant)

The Microcosm²⁴

It must be evident that we are examining a whole series of triad relationships as manifest expressions of the three gunas. I cannot overstate the importance of understanding these triad relationships for helping people of any age, especially babies, to heal prenatal and birth trauma. For the rest of this article we will look at different ways triad relationships relate in energy, body movement patterns and developmental sequences. See figure #3 for an overview of several triad relationships, some of which we will examine more closely in this article.²⁵

The Triad Relationships Chart (see page 17a) is here to provide a reference overview. Each of the Triad Relationships listed follows the organizing principles of the three gunas. This is one important way that the polarity paradigm supports the practitioner to clear, precise perception during the assessment and therapeutic process thereby

²⁴Microcosm is defined by the *American Heritage Dictionary*, 3rd Edition as, "A small, representative system having analogies to a larger system in constitution, configuration, or development.

²⁵Franklyn Sills and I have had many lengthy discussions concerning Polarity Therapy and the application of triad relationship of the gunas to the treatment of people of all ages for prenatal and birth trauma. The work presented here represents a synthesis and a collaboration of our clinical research. Sills and I both clinically observe that energetic triad relationships inherent in the three gunas present themselves when our client/patients uncover prenatal and birth memories.

simplifying what the practitioner has to do. Each of these relationships is either sequential developmental, interactive or spatial.

1. Developmental relationship happens over time, like conception, implantation and discovery. It is clear that conception comes before implantation and implantation is followed by discovery.

2. Interactive relationships are functional relationships which must happen at the same time for something to happen. For example: the mind, emotions and body must all interact in order for us to experience life.

3. Spatial relationships take place in space, such as superior/inferior, anterior/posterior, right/left and inside/outside.

Stanislav Grof defines another kind of relationship which he calls "**CO-EX system**" or a system of "condensed experience." Grof says, "A CO-EX system is a dynamic constellation of memories (and associated fantasy material) from different periods of the individual's life, whose common denominator is a strong emotional charge of the same quality, intense physical sensation of a particular kind, or shared additional important elements."²⁶ In a CO-EX System, several different traumatic experiences can be compressed or stacked on top of each other over time. For example, if we look back at Angelika, her conception, implantation and discovery was complicated because her mother wanted to become pregnant, but initially her father did not. This was recapitulated in her labor and delivery because of the lack of support mom felt from their midwife along with an arduous 52 hour labor. Mom and baby went into shock during the birth, causing them to bond in shock and exhaustion. Peter Levine calls this "trauma bonding".²⁷ Though Angelika appeared to be a happy baby during the day, she would not sleep for more than two hours at a time at night. We learned later in therapy that Angelika and her mom maintained their trauma bonding by not sleeping longer periods of time and remaining exhausted even after Angelika gained weight and didn't need to feed as often. The primary trauma imprint from Angelika's conception,

²⁶Stanislav Grof, M.D., *The Adventure of Self-Discovery*, p. 4-5. Emerson, Sills and Castellino use the CO-EX system in their evaluation and treatment model.

²⁷Peter Levine, *The Body as Healer: Transforming Trauma and Anxiety*. This is distinct from the way the term "bonding" is normally used. For example, "bonding" usually refers to the healthy connection between a mother and infant. I will be writing much more on bonding and trauma bonding in future publications.

implantation and discovery period was recapitulated at birth and carried into the abnormal sleep and exhaustion behavior as a CO-EX system.

The primal development during conception, implantation and discovery sets the stage for what follows. These primary imprint patterns get **recapitulated** during the three trimesters of pregnancy. These patterns then get imbedded into structure during the compressive process of birth. In a child, these developmental periods can be stacked on top of each other as a CO-EX System.

Developmental triads in prenatal life and birth:²⁸

At **conception** this primary consciousness, in order to find its way into physical form, must have the cooperation of consciousness from the physical realm. This cooperation invariably comes from parents, a father and a mother who conceive through the act of a physical union. The parents, consciously or unconsciously, are receptive to the incoming soul. In the conception triad, the satvic neutral airy principle is predominantly active in the primary consciousness which is moving into the physical creation. The rajasic positive fiery principle is predominantly active in the father's sperm. The tamasic negative watery principle is predominantly active in the mother's ovum.

A fundamental assumption that Dr. Stone's Polarity Therapy borrows from the ancient philosophers is: Consciousness pre-exists physical form. Pre-conception consciousness brings its own primary history. The primary consciousness must leave the other side and merge with the consciousness of its parents. The degree of trauma the incoming consciousness experiences depends on the conditions under which the primary consciousness leaves the other side and the condition of the parents, spiritually, mentally, emotionally and physically. The love between the parents and the clarity of purpose of the parents have a profound effect on the incoming consciousness. In therapy, during pre-conception and conception regressions, we have witnessed some adults who report that they willingly left the other side and chose their parents. Others, including myself, experienced being sent into the physical creation. Some people report that they wanted to come. Some say they came with reluctance. Still others say they did not want to come at all. The way the primary consciousness leaves the other side sets up the primary existential dilemma of separation, aloneness, loss and longing in the

²⁸William Emerson, Ph.D. has done a tremendous amount of work on the effects of trauma during early developmental stages and on psychological correlates. The material on early development presented here is a fraction of what exists on the subject.

individual. This is the dilemma of being on the earth, longing for the other side and being "a stranger in a strange land." In relationship to implantation and discovery, the neutral satvic principle is dominant during the conception journey.

During **implantation**, the blastocyst imbeds into mother's womb and develops a placenta and an umbilical cord as it continues to divide to become a fetus. When implantation is complete, the fetus is totally dependent on its mother to deliver oxygen and nutrients and remove waste products through the placenta. The implantation process is the beginning of what prenatal psychologists call **umbilical affect**.²⁹ I look at the umbilical affect period as being from implantation through the cutting of the cord just after birth. The importance of the mother's condition, her ability to nurture herself and to receive nurturing physically and emotionally, especially in her primary relationships, cannot be underestimated. Here her personal eating habits, nutritional diet and exercise habits are paramount. The more she wants to be pregnant, feels fully supported within herself, from her partner, family, women she has primary relationships with and other significant people she has in her life, the more receptive and ready her womb will be to receive the blastocyst. The father's desire to conceive and his ability to be physically and emotionally supportive are not to be overlooked. Whether the couple is aware that they have conceived yet is not the point. The couple's readiness, willingness and mutual support are paramount to the reception of the implanting blastocyst.

It is the implantation process that imprints the primary set-up for the fiery rajasic principle in the body.

The **discovery** process happens when mom and dad discover they are pregnant. It occurs when the baby's mother and father discover and receive the information that they are pregnant. There are many different common scenarios. Each scenario set has its own message that the prenaté receives. Discovery trauma amplifies the formative imprinting as to how the prenaté will expect to be received into the world. Prenates can identify with any one of many discovery messages. For example, "I am wanted. I am not wanted. I cause confusion. They like me. They don't like me. I am loved. I am unloved."

²⁹Umbilical affect is a term used to describe what the baby receives from her mother through the baby's placenta and umbilical cord energetically, emotionally and chemically.

It is the discovery process that imprints the primary set up for the watery tamasic principle in the body.

The etheric energy pattern of the (Ø)satvic airy principle provides the fundamental blueprint for the derivation of the nervous system and is the primary carrier of conception trauma and the ability to mentally keep one's perspective.

The umbilical, (+) rajasic fiery principle energy pattern provides the fundamental blueprint for the derivation of the body chemistry, blood circulation system, digestive and energy distributive functions and is the primary energy carrier for umbilical affect, implantation and bonding trauma.

The gyroscopic gravity pattern of the (-) tamasic watery principle provide the fundamental blueprint for the chakra system, oval fields and long currents in the derivation of the physical body in structure and function as we physically relate to gravity.

In the physical universe, Dr. Stone describes the energy patterns derived from the three gunas as, "three types of etheric energy waves."³⁰ In the human body, these three etheric energy patterns express and reflect the three gunas. They have shape and form. In the next section we are going to look at the shapes of the etheric energy patterns of the three gunas beginning with the satvic pattern.

The **satvic airy neutral principle (Ø)** is the neutral source from which consciousness emanates. Here is how the satvic etheric field looks:

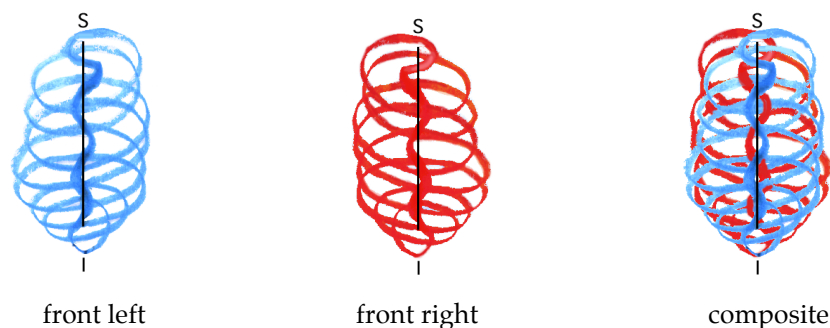


Figure 4: Satvic Etheric Fields

³⁰Randolph Stone, D.O., D.C., N.D., *Polarity Therapy*, vol. II, *Evolutionary Series* Chart 12., p. 190.

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The neutral satvic principle is reflected as the primary consciousness of the being. At conception, the primary consciousness is the incoming consciousness of the being.

It is by virtue of the airy neutral principle that the ectodermal germ layer develops. The ectoderm becomes the nervous system, skin, nails and mucous membranes of the mouth and anus. The ectomorph body type is thin, wiry and can be spindly.

Emotionally this type tends to be speedy, wispy, nervous and likes to stay in his or her head. Thought is the primary mode of being.

The primary organization of this energy pattern is the superior to inferior axis down the central core of the being. Breaks in the continuity of this pattern due to traumatic influences during conception and birth tend to show up as compressive and elongative movement patterns along the central axis of the body. Babies can often be seen compressing themselves in response to stimuli which activate trauma imprints along this superior to inferior axis.



Figure 5: Superior/Inferior Axis

Dr. Stone said, "The superior rules the inferior and the inferior reacts on the superior by return current flow."³¹ Expression moves from the top down and the inside out. When energy reaches the periphery or the ends of the extremities, it must be reflected back to its source. Reflection moves from the outside in, from the bottom to the top. If this does not happen, the individual will lose energy and have difficulty receiving nurturement from the source within and from the environment without. In a cosmic sense, the macrocosm of fully realized consciousness is expressed from the source into the

³¹Ibid., *Polartiy Therapy*, vol. I, Book II, Chart 4, p 11.

microcosm of the unconscious physical creation. If the energy is free flowing, the person will be able to experience the consequences of his or her good and bad actions, reflect on them and learn from life.

The **rajasic fiery positive principle (+)**: the movement of consciousness out and away from the source is centrifugal and expansive in nature. Here is how the rajasic etheric energy pattern looks:

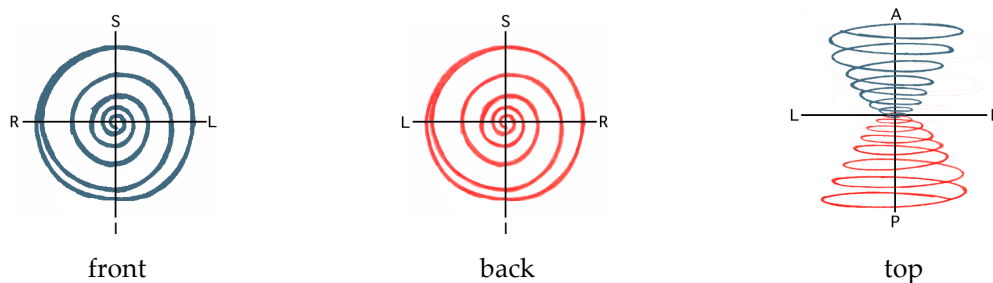
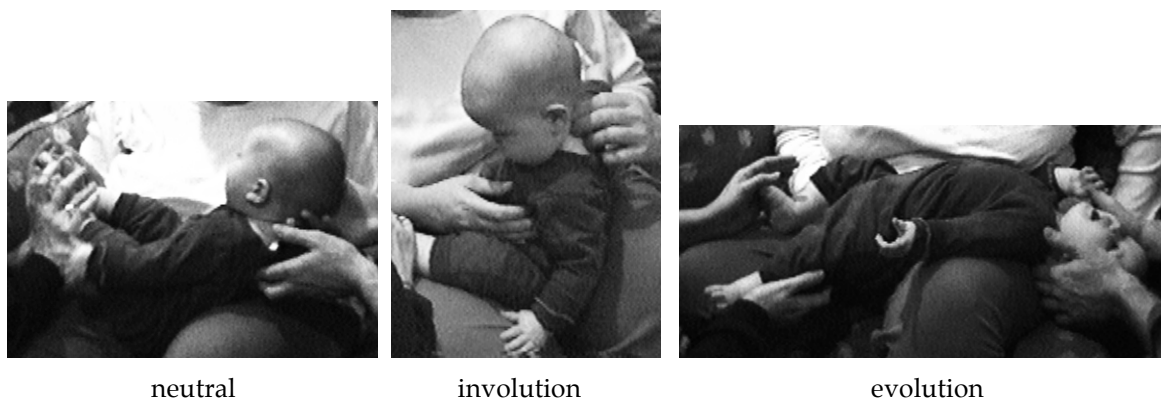


Figure 6: Rajasic Etheric Fields

The rajasic fiery principle affects the umbilical affect patterns. When the sensory umbilical affect trauma of the anterior trunk of the body is stimulated it causes the baby to pull into the involutionary position. This is because umbilical affect trauma causes the abdomen to tense and will pull the baby into a flexion posture around the umbilicus. Dr. Stone describes the involutionary position as the fetal posture. When motor umbilical affect trauma occurs, the umbilical spiral on the back of the body at L-2, L-3 spinal level will cause the baby to move into an extension posture or what Dr. Stone describes as the evolutionary position. It is common to see babies throwing themselves into these arching positions.



neutral

involution

evolution

Figure 7: Angelika in the Neutral, Involutionary and Evolutionary Positions

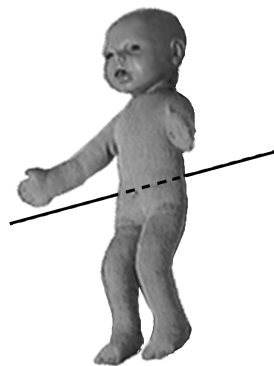
These video capture images were taken later in Angelika's therapy. Earlier in her work, she was unable to move freely from the involutionary position through neutral to the evolutionary position

On this plane of existence, the (+) fiery principle is reflected in the sperm consciousness of the conceptus.

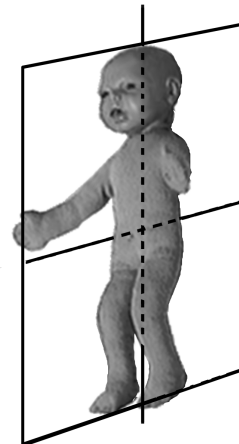
A man produces about 100 million sperm per day or 1000 sperm per second. It takes about two months for the sperm to mature. During the two month maturation process, the spermatogonia divide two times, thus producing four sperm. From Dr. Stone you will remember that "Out of one comes four." Out of ether comes air, fire, water and earth.

Rajasic male energy is the dominant Guna in the mesoderm or middle germ layer. The mesoderm becomes connective tissue, bone and cartilage, muscle, blood and blood vessels, lymphatic and lymphoid organs, notochord, pleura, pericardium, peritoneum, kidneys, and gonads. The mesomorph body type is muscular and lean. Emotionally, mesomorphs take action, like to move, tend to be sports oriented and can be quick to anger.

The rajasic fiery principle is especially affected by the implantation process in the mom's endometrium at about six and a half to twelve days gestation.³² If mom's body is physically or emotionally toxic, her womb will reflect her state. Implantation can be very difficult. It is known that 50% of all blastocysts spontaneously abort.³³ William Emerson, Leah LaGoy and I believe, based on our work with adults, that many or most of these blastocysts leave during the implantation time.



A-P Axis



Sagittal Plane

³²William J. Larson, (1993), *Human Embryology*, p. 21.

³³*Ibid.*, p. 22.

Figure 8: Rajasic Fiery Principle of Movement

The sagittal plane movement patterns reflect umbilical affect trauma in the rajasic fiery energy pattern.

The **Tamasic Watery Negative Principle (-)**: the movement of consciousness is toward the source, centripetal in nature.

On this plane of existence the (-) negative principle is reflected in the egg consciousness of the conceptus. A female fetus has all the eggs she will carry through her life by the middle of the second trimester (five months) of pregnancy. This means that the eggs of a woman's daughter were in her maternal grandmother's womb and received ancestral imprinting from both her mother and her maternal grandmother.

In the tamasic watery principle the five sensory pranas create the chakra system. The five motor pranas create the oval fields in the body.

We will now take a closer look at the chakra systems and the oval fields to show how, from the polarity perspective, scoliosis may be a preconception condition. Scoliosis in a child may well have begun as a pre-conception condition.

Out of the sensory pranas emanate the chakras, five elements and the long currents. The five chakra levels are: Ether (the throat center), Air (the heart center), Fire (at the umbilicus³⁴), Water (the genital center) and Earth (the anal center). The long currents are two gyroscopic sagittal plane wheels which emanate from each chakra level on the left and the right sides of the body. The gyroscope on the right side moves up the back and down the front. On the left side the gyroscope moves down the back and up the front. Looking at each side of the body from the side view, the direction of each wheel moves in a clockwise direction following what Dr. Stone termed the right hand rule. See graphics below.

³⁴In Dr. Stone's *Book II, Wireless Anatomy of Man*, "Charts #1 and #2 the fire chakra is placed at the umbilicus. Both Franklyn Sills and myself agree that in clinical practice we palpate the fire chakra at the umbilicus along with the fire etheric pattern defined above. Confusion about the placement of the fire chakra arises from Dr. Stone's *Book I, Energy*, p. 50 where he describes the fire element triad, head, solar plexus and thighs. These elemental triad relationships come from astrological relationships and should not be confused with the placement of the chakra.

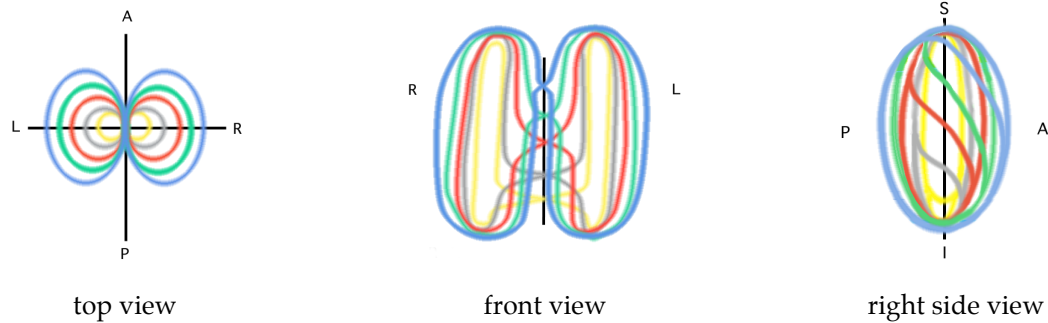


Figure 9: Tamasic Long Current Patterns

The colors represent the following: Blue=Ether, Green=Air, Red=Fire, Silver=Water, Yellow=Earth

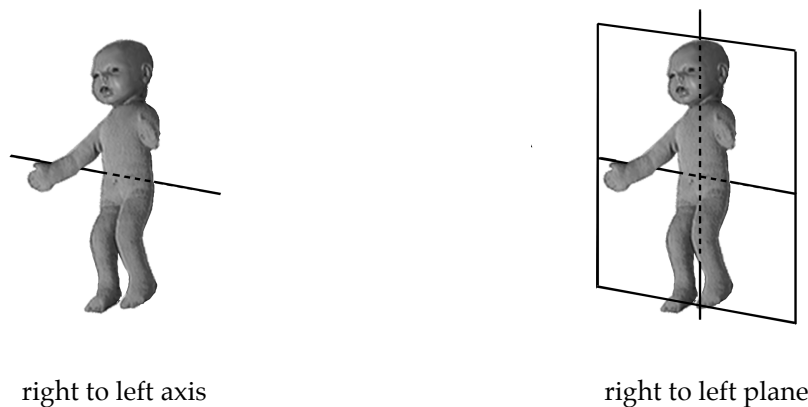


Figure 10: Tamasic Planes of Movement Reflecting the Father's and Mother's Structural Influences

As with the three guna energy patterns, the skilled practitioner is also able to palpate the long current fields. Looking from the back or the front, the ether line will be closest to the midline and furthest from the body, normally a person's arm length with fingers pointed to each side. The air line is next out from the midline on the body. As the air line radiates away from the body it is the next increment closer to the body than the ether line, normally around the middle of the forearms with arms extended. The fire line is next out and a proportional distance closer to the body around the elbows. The water line is next out and closer to the body at about the belly of the biceps in the middle of the humoral portion of the arm. The earth line is next out at the shoulder and closest to the body.

The energy emanating from each chakra has its own unique quality, dominant sense and emotional correlate. The ether chakra's dominant sense is hearing and the emotional challenge is grief. Air's dominant sense is touch and emotional challenge is greed, or wanting life one's own way. Fire's is sight and anger or imposing one's way on to life. Water's is taste and attachment or holding on to life out of trauma bonding. Earth's is smell and fear that life will not turn out the way we wanted it to.

In the early 1980's, Dr. Jim Said had the inspiration that men tend to be left brain and right body dominant and females tend to be right brain and left body dominant. This finding has become a significant indicator in the assessment of clients/patients of any age and is significant in the evaluation and prediction of scoliosis. It is entirely consistent with Dr. Stone's energy concept.^{35 36}

The left side of the body predominantly reflects the feminine aspect of the individual's personality and carries influences from the mother. The right side of the body predominantly reflects the masculine aspect of the individual's personality and carries influences from the father.

From facilitating hundreds of adults in regressed states and doing somatic prenatal and birth trauma resolution work with infants and children, we have learned that the descent of consciousness into the physical realm during conception is profoundly affected by the nature of the parents' relationship, and their personal histories, motivations and behaviors. The nature of the parents' relationship prior to conception sets up the pattern for what the primary consciousness of the preconceptus (the consciousness before conception) will experience when it meets its parents' field. The degree to which the parent's relationship is traumatic affects the degree of trauma or shock the preconceptus experiences as it moves into the parent's energy field. If the parents are conscious and totally prepared emotionally and physically to welcome the preconceptus, this incoming soul will meet only the resistance of stepping down to a

³⁵In the early 1980's James Said, D.C., N.D., R.P.P., did a comparative analysis of Dr. Stone's Polarity Therapy paradigm with a chiropractic system developed by Lowell Ward, D.C. Ph.D. called Spinal Stressology. Dr. Ward correlated Hans Selye's stress model (*The Stress of Life*) with postural analysis and was one of the first chiropractors to openly acknowledge that psychological stress affects spinal structural dynamics. Ward immediately incorporated Dr. Said's brain dominant/body dominant gender theory into the Spinal Stress work. See my chapter in my forthcoming book, *How Babies Heal*, for a thorough discussion on the stress model in application to treating babies.

³⁶*Newsweek Magazine*, "Gray Matters" (3/27/95), *Los Angeles Times*, "Gender Differences in Brains' Language Functions Found" (2/16/95), *Santa Barbara News Press*, "Study Finds Sexes Use Brains Differently" (2/16/95). This is early research that indicates there are gender differences in brain function with regard to brain dominance.

lower plane and will move more gently into the physical realm while maintaining contact with the other side from whence it came.

The endoderm or entoderm germ layer emanates out of the Watery Principle. The endoderm becomes epithelial lining of the pharynx, respiratory tract (except the nose), the digestive tract, bladder and urethra. The endomorph body type tends to be large and round with thick thighs, large organs and soft round body tissue. Emotionally, endomorphs are slow to respond, more nurturing in nature and will tend to internalize their feelings more.

In Angelika's example, her mom wanted to be pregnant. Her father was ambivalent, and felt tricked. Consequently, Angelika received a mixed message from her parents at discovery. Though the parents resolved this later on, Angelika still needed to do some work within herself around the mixed message. This was revealed on video in slow motion by the rotational movements of her head. She looked at her mom and was able to orient. Then, as she rotated her head toward the midline, her movements became more erratic, and her eyes widened and glazed over. She appeared to disorient as her head crossed the midline.

The discovery process is reflected in the prenat. She has to integrate the inconsistencies in the parents' relationship and how she is received by the outer world. The discovery process in relationship to conception and implantation is watery in nature.

The trauma influences from prenatal life and birth interrupt the continuity of movement from right to left and vice versa. On the level of the central nervous system, we have right and left coordination within the brain. In therapy, Angelika was able to develop continuity as she crossed the midline plane. This allowed her to establish continuity across the midline between the right and left sides of her body. This also means that, neurologically, she is developing efficient continuity between the right and left sides of her brain

Discrepancies in the tamasic long current energy patterns will be reflected in right to left structural problems like scoliosis, or functional short legs. I'm suggesting that scoliosis has its origin in the relationship dynamics of the parents prior to conception and affects the prenatal formation of the fetal spine. If this hypothesis is accurate, then scoliosis can

be prevented by resolving the parents' conflict dynamics prior to conception and by treating babies for their prenatal and birth trauma.

We have just looked at the triad relationship of the etheric patterns in the physical body as applied to prenatal life and birth. We finished with a discussion of the tamasic patterns, the development of shape and structure with the long currents. Let us now turn our attention to a discussion on scoliosis.

Scoliosis:

In 1982, while riding my bike in a hillside neighborhood of Santa Barbara, I met a retired male physical education teacher in the LA school system. We got to talking and he told me about his anger and sadness about recent turns in education. In the 1960s he had designed a weight training course for high school boys and girls which reduced and eliminated abnormal changes in the youths' spinal columns. At that time, high school students in the LA school system were given spinal assessments as part of their PE program. Students with scoliosis were identified and counseled into a specially designed weight training program. These students either arrested the progressive degeneration of their condition, improved their conditions, or resolved them, as most seemed to do. It was when Ronald Reagan was Governor of California that the Jarvis/Gann education bill eliminated this program, along with most fine arts (music, visual arts and theater) programs.

In 1987, a psychologist was treating a family with a 10-year old daughter who had scoliosis. He was curious about the pattern and wanted to know what I thought. The girl was being treated by another chiropractor who had taken full spine x-rays. An x-ray review and consultation with the psychologist was arranged. I had never met the daughter. Based on the principles we've presented here, I was able to accurately pinpoint the emotional conflict areas of the parents' relationship and the nature of this young girl's struggle within herself to contain, manage and survive her parent's unconsciousness.

Scoliosis, along with lordosis and kyphosis, is medically attributed to structural congenital vertebral abnormalities, neuromuscular disorders, idiopathic origins and,

least frequently, traumatic origins. These spinal conditions can appear fixed, functional, of slow or of rapid onset.³⁷

In 1980 Rene Caillet, MD, reported:

Although intensive research is being carried out throughout the world the etiology and pathogenics of scoliosis remain unknown. Eighty percent of scoliosis is classified as idiopathic. Statistically, an estimated 4 adolescent girls in 1000 have scoliosis, and approximately 1 in 2,500 boys has some type of it. Approximately 2% of the adult population is estimated to have a certain degree of scoliosis, with 0.05 percent having more than a 20° curve.³⁸

More recent estimates (1987) show that 4% of young people between 10 and 14 years of age have a detectable variation in their spinal curves.³⁹

Scoliosis is defined as ". . . a lateral curvature of the spine with a rotational deformity."⁴⁰

Scoliosis is detected by looking at the back in a posterior to anterior direction.

Congenital scoliosis involves some obvious malformation or anomalies like

hemivertebra (seen on x-ray) which cause abnormal curvatures of the spine.⁴¹

Idiopathic⁴² scoliosis, said to be "familial", involves a rotational deformation of the thoracic spine and rib cage and is more common in girls.⁴³

In polarity terms, the lateral deformities of the spine are caused by constrictions in the chakra centers and the long currents. The tamasic energy field is the dominant force in the formation of scoliosis.

Kyphosis and lordosis express themselves in the sagittal plane (front to back) and therefore reflect imbalances in the rajasic fiery system.

³⁷Behrman, Richard E. *Nelson Textbook of Pediatrics*, Fourteenth Edition, 24.12, p.1711 and 24.16, pp. 1714-1715.

³⁸Cailliet, MD, Rene, *Scoliosis, Diagnosis and Management*, F.A. Davis Co., Philadelphia, p. 45.

³⁹*The Merck Manual*, 15th Edition, 1987, p. 2121.

⁴⁰Behrman, Richard E. *Nelson Textbook of Pediatrics*, Fourteenth Edition, 24.15, p. 1713.

⁴¹*Ibid.*, 24.13 p. 1712.

⁴²Idiopathic means, "self-originated; of unknown causation," according to *Dorland's Illustrated Medical Dictionary*, 25th Edition.

⁴³Behrman, Richard E. *Nelson Textbook of Pediatrics*, Fourteenth Edition, 24.15, pp. 1713-1714.

Kyphosis is a sagittal deformity of the thoracic spine. It is viewed from the side. On x-ray, one or more vertebral bodies often have wedge shaped appearances. Like scoliosis, kyphosis is attributed to both congenital and idiopathic origins.⁴⁴

Lordosis is traditionally thought of as an "accentuated" deformity of the lumbar spine.⁴⁵ I have personally examined more than 100 patients and x-ray studies with apparent accentuated or "sway back" lordotic conditions. Many times these "sway back" lumbar conditions are not an increase in the lumbar lordosis, but rather a lowering of the normal apex of the lumbar curve from L3 (the normal apex) to L4 or L5, a general posteriority of the entire spinal column and a loss of the normal lumbar curve.

While infantile and juvenile forms of scoliosis, lordosis and kyphosis are acknowledged, they are typically not detected in children until they are 8 to 13 years old. Traditional medical treatment varies from a passive, wait and see strategy to stretching, weight training, Milwaukee braces and surgical intervention such as fixed placement of Harrington rods. One half of identified youth are put on periodic observation regimens and never treated. Non-traditional, conservative treatments include chiropractic, osteopathy and Chinese medicine.

Few practitioners and physicians include early imprinting, the energy perspective, prenatal psycho-social influences, conflicts in the parents' relationship and the survival compensation behavior of the prenatate and baby as etiology for spinal disorders in children and adults. Even fewer practitioners consider treating the newborn as a way to transform the early imprinting. Though appearing farfetched, early clinical evidence is indicating that scoliosis can be prevented in offspring when parents resolve their own prenatal and birth trauma before conceiving.

This concludes our discussion on the tamasic energy system. When the three etheric energy systems of satva, rajas, and tamas are overlaid on top of each other they function like a hologram.

Holographic Perception:

In his polarity workshops of the late 1970s, Jim Said, D.C., ND, introduced us to the holographic model of perception and related holography to the Polarity energy

⁴⁴Ibid., 24.16, 24.17, 24.18, pp. 1714-1715.

⁴⁵Ibid., 24.19, pp. 1715-1716.

principles. Franklin Sills, in his book, *The Polarity Process*, borrows the concept from Dr. Said and discusses what he calls the “hologrammatic model of energy pulsation.” Looking at holographic mechanics, focusing on a holographic image suspended in space, Said and Sills suggest that the human mind and energy system work in the same manner.⁴⁶

A hologram is a three dimensional image of an object suspended in space. A well known example of a hologram is the 3D image Princess Leah used in Star Wars when she summoned Obi-Wan Kenobi to come to her people’s aid. Others include the 3D images in the Haunted House at Disneyland.

Key to the hologram concept is that a 3D image stored on a holographic plate can be reproduced with any fraction of that plate. To illustrate, the following describes how early holograms were made. A laser beam or monochromatic light is split into two parts by a beam splitter or 1/2 mirror. One is called the reference beam; the other is called the object beam. The reference beam is directed with a series of mirrors to a photographic plate. The object beam is directed to an object, such as an apple, with another set of mirrors which reflect that 1/2 of the monochromatic light beam from the apple to the same photographic plate. As in photography, the photographic plate is exposed and developed. Upon examination of the developed holographic or plate, there is nothing that even remotely resembles an apple. However, when a laser beam of monochromatic light is directed through the holographic negative or plate, a 3D holographic image will appear on the other side of the holographic plate. What is more remarkable is that if a laser beam is directed through just a piece, say one eighth or one sixteenth of the exposed holographic plate, you will still see a 3D image of the object stored. The only difference between the images projected from a section of the holographic plate and the one projected from a whole plate is that the image from the partial plate loses definition and is not as visually sharp. It is still, however, an image of the whole object in three dimensions.

When we apply the holographic model to the human energy concept, Dr. Said suggests that the human body is like a holographic projection, in other words—an illusion.

⁴⁶ Franklyn Sills, *The Polarity Process*, Element Books, pp. 13-14. In his "Being and Becoming" course, Sills uses the holographic model and the three etheric energetic patterns to explain a Polarity based therapeutic process. ©Copyright August 1995, revised March 1996. Available from Raymond Castellino, D.C., R.P.P., 1105 N. Ontare, Santa Barbara, CA 93105, (805) 687-2897. This document may not be reproduced for any reason.

The value of applying the holographic model in therapeutic application is profound. When practitioners are able to perceive holographically, they are able to view a portion of the therapeutic picture and develop accurate impressions for the whole therapeutic picture. This way of perceiving can be a great aid in developing assessment and therapeutic direction. By being present with a client/patient, the practitioner can capture his or her essence, along with the primary dilemmas of his or her life, as they manifest on all levels of being. As practitioners gather information from their clients/patients, their hologrammatic understanding increases the clarity with which they view their clients/patients.

Before holographic technology became more widely known in the late 1960s, Dr. Stone championed the concept of being able to look at a portion of the whole and see how the portion reflects the whole gestalt. The Polarity Principle is a unifying holographic concept that allows the practitioner to comprehend different diagnostic and treatment systems. It further enables the practitioner to understand how each diagnostic and therapeutic system provides its own window to view the whole. When a practitioner has integrated several different windows or diagnostic and treatment systems, he or she is empowered to more fully facilitate clients/patients.

An understanding of the effect of prenatal life and birth is a profound window from which to view the client/patient because it is during this time that the primary imprints for life are set. Dr. Stone's energy paradigm and his holographic way of perceiving further help us to understand the primary imprinting process.

Projected into our time space universe, as in holographic laser technology, the three gunas interact with each other to create their respective energy fields. The five elements originate from the sensory and motor pranas. The five chakra centers originate from the sensory pranas. The five oral fields originate from the motor pranas.

Following is a discussion of the triad organization of the central nervous system. The central nervous system is made up of a brain stem and spinal cord, the limbic or mid-brain and the brain cortex. Functionally, the brain stem mediates the kinesthetic functions of the body like proprioception and balance. Proprioception is the ability to know where you are in space. Prenates and babies function primarily on a brain stem level. However, prenatal sonogram studies by behavioral scientists like Timothy Johnson, MD at the University of Michigan, Ann Arbor, have shown that prenates

demonstrate emotional expressions and higher brain cortex functions while they are in the womb.⁴⁷ The limbic mid-brain is described as the emotional brain. The emotional limbic brain mediates the cortex and the brain stem. The cortex is where volition, the ability to choose, and the rational brain, comes from. In order for an individual to be fully functioning, there must be a free flow of energy from the cortex to the mid-brain to the brain stem. When this continuity is broken, the person will experience frustration, inability to communicate, emotional imbalance, and lack of physical coordination.

The brain level that infants function on is evident in their behavior. Their responses through movement patterns demonstrate brain stem function. Their emotional responses demonstrate their mid-brain functions. Their ability to express volition through their musculo-skeletal system demonstrates their cortical functions. When babies are in shock, for example, their eyes gloss over and they appear either spaced or withdrawn. Their bodies become hypotonic, movement patterns appear uncontrollable and they get lost emotionally. These babies are functioning only on the brain stem level. Consequently they are unable to soothe themselves or have effective contact with others. In therapy, when their energetic resources build, the babies' bodies will begin to express the shock through quivers, rippling and trembling. As they come out of the shock, skilled practitioners will feel the energy well up from within. It is critical, when therapists are working with shock in babies, to keep contact—visual, auditory, and empathic contact with the baby. The therapists must track the baby and observe whether or not they are moving toward a resourced state or a trauma state. The skilled therapist will observe and support effective resources. Babies must receive from their primary relationships safety, protection, contact which shows respect for their boundaries, listening, empathy and accurate reflection of their primary being. When these qualities are provided, the baby knows what it is to be loved, and can then heal and learn how to access that same love within themselves.

Conclusions

Pre-conception Preparation and Summary of Concepts:

Laura Huxley suggests conscious parents take at least two years to prepare themselves for the conception of their first baby.⁴⁸ This preparation should (and I do not hesitate to say *should*) include physically preparing themselves by eliminating any deleterious

⁴⁷ Johnson, Timothy, MD, presentation at PPPANA Conference, Washington D.C., 1993.

⁴⁸ Laura Huxley & Piero Ferucci, (1987/1992), *The Child of Your Dreams: Approaching Conception & Pregnancy with Inner Peace*.

drug or eating habits, while building the immune system through nutrition and exercise. In order to become emotionally balanced themselves, parents should examine their own prenatal, birth and childhood histories and complete their unresolved issues. They should also learn how to perceive and be present for the hurt child in each other, give nurturing and support, maintain clear boundaries and lower their expectations. For this couple, birth control and abortion are not issues. Their main concern is the enrichment of their lives internally and with each other so they may fully welcome in and travel with the new being that will join them. Accordingly, the energy system or primary consciousness that is fortunate to join this couple will be able to transition into a physical body with greater ease and less trauma, and consequently maintain conscious connection with her source and enjoy the loving support of her parents.

Conversely, when a new life descends into the tension field of unprepared or unwelcoming parents, her consciousness is shocked into the physical plane, compressed and pulled by the shadow forces in the tension fields of and between her parents. The electromagnetic currents will reflect the energetic pattern of the parents' tension fields, generally and specifically within each etheric guna pattern, chakra and oval field systems. Imbalances in the gyroscopic fields of the long currents will directly affect the symmetry of the entire body, especially the musculoskeletal system, as the baby's spine is already in development by the third and fourth week of gestation. The incomplete parental patterns will imprint the lateral somatic development of the prenat, affecting lateral, right, left and rotational development of the spine. The subsequent pregnancy will recapitulate the preconception and conception journey imprinting, and the birth will compress the patterns into the baby's structure.

In the sagittal posterior to anterior plane, any influence that encourages body flexion affects involutionary expressive development and personality structure. We see this pattern associated within pelvic inlet dynamics as the baby's head engages the mother's pelvis. Pelvic inlet dynamic patterns will affect the development of the normal kyphotic and lordotic curves of the spine in the lateral view. Trauma during this stage causes people to be more introspective and shame based. Conversely, any influence that encourages body extension affects the evolutionary reflective development of the person. This pattern can be particularly affected by the baby's pelvic outlet dynamics as her neck and back are extended during birth. Trauma during this process tends to imprint the baby to be more outward directed and blame based. Generally, when an individual is leaning forward, in front of the plum line, they will tend to drive

themselves and be future oriented. When they are leaning back, away from the plum line, they will tend to hold themselves back and be oriented toward the past.

Summary of the movement patterns:

1. The superior / inferior plane, compression or elongation, conception compression or conception elongation. This whole system carries its primary imprinting in the physical body from primary consciousness and governs the initial formation of the central nervous system.
2. Flexion forward bending, involutory posturing, consciousness toward the creation, from the inside out, or extension, back bending, evolutionary posturing, consciousness toward the Creator. This whole system governs umbilical affect, implantation, bonding in the emotional system, the autonomic nervous system, and the kyphotic and lordotic curves in the spine.
3. Lateral movement and postural patterns (lateral curves in the spine) in the coronal or transverse plane, right and left. The predominant female pattern is right brain dominant, left body dominant. The predominant male pattern is left brain dominant, right body dominant. Left body movements are toward mother or away from father. Right body movements are toward father or away from mother. This whole system predominantly carries discovery issues, mom and dad's genetic ancestral influences, and how mom and dad integrated with each other and with the new being. Pathological patterns in this dimension show up as scoliosis.

Shock trauma especially reduces the person to brain stem functions. Babies are developmentally brain stem dominant. Often, their birth is an overwhelmingly shocking experience, consequently interrupting integral continuity. Kinesthetic somatic awareness and movement are core to reestablishing integral continuity. Reflecting the micro and macro movement patterns in ways that do not overwhelm the babies, builds their brain stem resources. As they integrate their proprioception and balance, their limbic system builds its tidal fluid resources and they are able to explore emotional depths and maintain connection. They have more choices and are able to express themselves in a volitional way with greater ease and clarity. Accordingly, babies that resolve their prenatal and birth traumas are developmentally more adept.

If we work with pre-conception parents, pregnant parents and unborn babies, significant amounts of birth trauma can be prevented. Moreover, babies can receive therapy which assists them in healing any residual prenatal and birth trauma during the early weeks and months after their birth. Structural problems imprinted during prenatal life and compressed into the body soma during birth can be healed during the first year of life. This can result in a child who is fully present and optimally developed in body structure, function, and emotional and mental equilibrium.

Angelika

By the time Angelika was 8 months old she had resolved most of her prenatal and birth trauma. She not only slept through the night, but could stand, balance and take steps. I watched her standing and balancing while holding a picture of herself in her left hand with her palm toward her. She took her right hand, put her palm away from her body on the front of the picture with her thumb behind it, took the picture out of her left hand and turned it over with her right palm facing her. She then took her left hand, put her palm away from her, grasped the picture in her left hand, removed it from her right hand and turned her palm over to face her. In the same moment she was practicing a new gross motor behavior, standing and balancing, and exhibiting a fine motor coordination with her hands. Angelika's mother reports that she expresses her needs very clearly and is extraordinarily focused and relaxed. She remains relaxed even when her mother or father are feeling emotionally tense. Her father observes Angelika focusing, holding concentration and spontaneously giggling and laughing with joy.

This description of Angelika is typical of babies who are untraumatized or have resolved their prenatal and birth trauma.

Healing occurs in traumatized individuals when they restore continuity in their beings where continuity has been interrupted. In the nervous system, the emotional limbic system is located between the brain stem and the cortex. Volition is a cortical function. The motivation to act on our volition is a limbic function. The ability to physically act is a brain stem function. This central nervous system triad overlays with the baby's movement patterns across the midline in the anterior/posterior and right to left dimensions. With careful observation, a practitioner can precisely evaluate places in a baby's movement patterns that stimulate trauma imprints. The practitioner can negotiate with the baby by talking with her and touching her gently. The baby will

show the practitioner what she is willing to do at any given time, with her body movement, facial expression, body tension and emotional expression.

The skilled practitioner will respect the baby's choices. A baby treated this way can maintain eye contact and emotional contact with the therapist and the primary care people present at the session. There is shared empathy amongst all present. In this way, the baby can fully recover. She is able to slowly work through interruptions in her movement patterns. She is free to express emotional feelings in the moment and establish small continuous motion in her movement patterns. As the baby continues this process with safe, loving support, she is able to express herself through her whole body with choice and active volitional participation. As she works her way through the pattern, slowly and slowly, she repatterns or creates continuity where trauma had overwhelmed the system. Low and behold, her proprioception and balance improve. She becomes emotionally more competent and can effectively express her needs, boundaries and feelings. In short, she can give and receive love.

A Call for Research

BEBA, Birthing Evolution, Birthing Awareness is a non-profit research clinic developed by Dr. Wendy McCarty and myself in 1992. Through this clinic, we endeavor to provide research that will enable babies to have treatment for unresolved prenatal and birth trauma as the norm. Dr. William Emerson, Franklyn Sills, Dr. Wendy McCarty, and myself are among a few researchers who are focusing on this kind of treatment for babies. More research needs to be done to make this work as available to practitioners and other treatment providers as possible. As practitioners are trained in these methods, more babies will be given the profound opportunity to heal and reach new levels of human potential.

This paper is limited in its scope to an application of the Polarity paradigm to preconception through birth and the care of babies. This paper does not cover the depth of knowledge and experience necessary for the complete treatment of babies for pre- and peri-natal trauma. Much more must be written to cover the breadth of the work which Emerson, Sills and Castellino have developed.

Dr. Stone has left in our stewardship the gift of Polarity Therapy. His work gives us the potential to understand the healing process in ways that open human potential for greater depth, compassion wholeness and healing. Dr. Stone did not write about the application of his work to babies. This paper is the first of a series of attempts to extend

Polarity understanding to babies, prenates and their families. However, Dr. Stone's Polarity paradigm and Polarity Therapy are important contributions to individual healing. Application of the organizing principles of the Polarity paradigm supports the practitioner to facilitate his or her clients/patients with greater ease, clarity, understanding, compassion and love. Extending the work to babies has the profound potential to prevent and stop the hurt and violence that has been handed down through the generations. It gives me great hope to know that, as babies heal their prenatal and birth trauma, they can then realize new heights in their human potential.

In the late 21st century, I believe that future generations will look back, especially at the last half of the 20th century, as a great paradigm transition period. In this 20th century much of the population has become aware that consciousness is evolving. There is new interest in studying the wisdom handed down from ancient traditions such as Ayurveda, Chinese acupuncture and modern indigenous peoples like Native Americans and Australian Aborigines. The roots of externally motivated science are being shaken by the human capacity for introspection, personal experience, and the integration of time tested truths. Personal human experience in a physical body has become the new laboratory for learning. Technology, the test tube, petri dish and external observation are no longer the only hallmarks for knowledge. Biochemistry is finding its place as one important, yet narrow perspective in a broad spectrum of interactive life systems which has its origin in consciousness and life energy and includes spirit, mind, emotions and physical body. Human understanding is rapidly shifting to encompass a broad eclectic spirit for internal and external exploration.

In the 21st century, I believe Energy Medicine will be the prevailing focus for human healing. Medical science which has lost itself in biochemically based technology is giving way to a more human perspective where the healer once again practices compassionate human touch, contact, empathy, understanding and mutual discovery, with the clients and patients as the core of the healer's art and science.

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Author's Biography

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He is the co-founder, Executive and Clinical Director of BEBA (Building and Enhancing Bonding and Attachment): A Center for Family Healing and Research, a non-profit research clinic in Santa Barbara devoted to strengthening the bonds between prenatals, babies/children and their parents and optimizing children's physical, emotional and mental development.

Through a separate organization, the Castellino Prenatal and Birth Therapy Training, he offers three-day "Womb Surround Therapy"sm Process Workshops for adults, a two year, 42-day Foundation Training on resolving early trauma and further clinical and internship training for healing arts professionals.

Dr Castellino is on the board of aTLC [Alliance for Transforming the lives of Children} and on the faculty of both the somatic and the pre- and perinatal psychology degree programs of the Santa Barbara Graduate Institute [SBGI]. He is a frequent presenter at national conferences including APPPAH [Association of Prenatal and Perinatal Psychology and Health], APTA [American Polarity Therapy Association], CSTA-NA {Craniosacral Therapy Association / North America and HR [Holographic Repatterning].

He was a founding director and past President of the American Polarity Therapy Association and was an original member of the National Certification Council for Massage/Bodywork Therapies and an original member of the National Federation of Massage and Bodywork Practitioners.

He is married and the father of two grown children.

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DR. STONE'S REFERENCES TO THE PRENATAL AND BIRTH PERIOD

"A Little Child Shall Lead Them"

Health Building: Ch. 21, pg. 142

Reference: Children: Life Energy Currents

"And again it is said, 'A little child shall lead them.' This can be literally applied. We all seek the freedom of the felicity of childhood and the naturalness of that way of Life. But we fail to adopt even one of the measures of exercise taken by the children of Life, whom we envy in their natural glee and radiance of Life's Energy Currents."

Amnionic Fluid: Waters of Space

Polarity Therapy: Vol. II, Book V: *Vitality Balance*, pg. 45

Reference: Amnionic fluid: development

"In this position all the vital currents can flow freely for the building of the entire body, because it is in neutral position of rest while literally floating in the 'waters of space', in this case, the amnionic fluid. The four rivers of supply of earthy food, of liquids, of air and of warmth are all furnished by the life blood of the mother, like a nectar in one vessel. The weaving of these threads of material energy into living tissues is started by the dual currents from the pattern of the parents. The spermatozoon gives off two currents (one of sound energy and one of light) which could be classified as the fire and air principles or rivers of energy supply for this future little temple of Solomon."

As Above, So Below

Polarity Therapy: Vol. I, Book I: *Energy: The Vital Polarity in the Healing Art*, pg. 51

Reference: Energy pattern

"The energy pattern flow is the only possible and reasonable explanation. 'As above so below' is the law of each element in its function."

Baby in Womb, Astrology Connections

Polarity Therapy: Vol. I, Book I: *Energy: The Vital Polarity in the Healing Art*, pg. 49

Reference: Womb: Astrology: triads: Chart 5: squatting

"The embryo (Fetus) in the mother's womb, woven by the energy lines of the four elements in their three-fold action.

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."

Baby's Cry Interpreted by its Mother

Polarity Therapy: Vol. II, Book VI: *Evolutionary Energy Charts*, pg. 199

Reference: Sound: cry: baby: mother: chart 21

"The particular cries of a baby are interpreted by every mother."

Baby's Identifying Lines at Birth

Polarity Therapy: Vol. II, Book V: *Vitality Balance*, pg. 33

Reference: Babies: Birth: pattern field

"Even babies have their identifying lines at birth, proving the existence of a pattern field and previous conditioning."

Baby's skull

Polarity Therapy: Vol. I, Book II: *The Wireless Anatomy of Man*, pg. 50

Reference: Skull: molding

Figure 5: Top of Baby's skull

Blueprint of the Ideal

Polarity Therapy: Vol. II, Book V: *Vitality Balance*, pg. 49

Reference: Blueprint: skull

"Following this blueprint pattern of the Ideal made real, we place man as a whole into the head and see what relation the expression has to the pattern origin."

Bringing Creation Down to Earth

Polarity Therapy: Vol. II, Book V: *Vitality Balance*, pg. 49

Reference: Creation: earth: vibrations

"The first creation is complete in this ideal world of mind and intelligence. To bring it down to earth, its vibrations are slowed down to where it becomes less conscious as emotional fields of subconsciousness with less light and awareness."

Caduceus

Health Building: Ch. 3, pg. 23

Reference: Caduceus: tree of life: mythology

"The caduceus pictured above was carried by the messenger of the God of life, called Hermes by the Greeks and Egyptians and Mercury by the Romans, always pictured with wings on his feet. The caduceus was the symbol of healing for the physicians of old, who understood some of this mystery of life and applied it in their limited way. A globe with two wings symbolizes the two hemispheres of the brain, with a central staff or trunk of this tree of life, which is the spinal cord. The two life-breaths wind down this tree of life as two serpents of mind and emotional impulses, or energy fields expressed in their stepped-down energy as the two life-breaths, positive and negative, flowing through the right and left nostrils, called Pingala (or Yang) and Ida (or Yin)."

Cerebrospinal Fluid is the Liquid Medium

Health Building: Ch. 1, pg. 13

Reference: Cerebrospinal fluid: life

"The cerebrospinal fluid is the liquid medium for this life energy radiation, expansion and contraction. Where this is present, there is life and healing with normal function. Where this primary and essential life force is not acting in the body, there is obstruction, spasm, or stagnation and pain, like gears which clash instead of meshing in their operation."

Child in Womb

Polarity Therapy: Vol. I, Book I: *Energy: The Vital Polarity in the Healing Art*, pg. 47

Reference: Womb: Chart 5: seed: lines of force

"In Chart 5 the child is doubled up in the womb and the lines of force weave according to a definite pattern. The head is at the top of the circle **EVEN THOUGH IT REVOLVES AND THUS CHANGES ITS LOCATION. THE PATTERN MOVES WITH IT, AS IT IS WITHIN THE SEED**, and works outward."

Conception

Polarity Therapy: Vol. II, Book V: *Vitality Balance*, pg. 6

Reference: Conception: intra-uterine life: motor: sensory

"Deep, vital imbalance is the real cause which limits the flow of energy in the body. The mystery of the VITAL PROCESS began at the creation of the Universe, and at the time of conception and intra-uterine life for the individual now on earth in a human form. Certain bi-polar processes were set to work at the meeting of the male spermatozoon and of the female ovum, by the liberation of energy of two opposite actions. Energy threads wove forth and back, and attracted material from the mother's blood to build a body according to a definite pattern of the combined quality of the parents. BUT THE SOUL WHICH DESCENDED INTO THE NEUTER FIELD AT THE TIME OF CONCEPTION, BROUGHT ITS OWN SOUL PATTERN OF EXPERIENCE OF WANDERINGS WITH IT, WHICH MAKES IT DIFFERENT FROM THE OTHER CHILDREN OF THE SAME PARENTS."

Cosmic Egg

Polarity Therapy: Vol. II, Book V: *Vitality Balance*, pg. 14

Reference: Egg: cosmic: oval

"The Great Oval was called the Cosmic Egg which brought forth all created things."

Creating a Human Being in a Mother's Womb

Health Building: Ch. 23, pg. 175

Reference: creation: womb

"All our energy is freed to flow in this position, because it is nature's own design for creating a human being in the mother's womb."

Diagram of general characteristics of the Spermatozoa

Polarity Therapy: Vol. I, Book II: *The Wireless Anatomy of Man*, pg. 8

Reference: Sperm: oval fields: caduceus: Chart 1

Embryonic Development and Position of Child in Womb

Polarity Therapy: Vol. I, Book II: *The Wireless Anatomy of Man*, pg. 11

Reference: Embryonic development: womb: Chart 4

"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."

Embryonic Life, Primal Energy

Polarity Therapy: Vol. I, Book I: *Energy: The Vital Polarity in the Healing Art*, pg. 35

Reference: Embryonic life: seed essences: caduceus: primal energy: conception

"In embryonic life this primal energy is still the builder of the body, according to the hidden pattern released by the junction of the two parental seed essences of the spermatozoon and the ovum. These two energy principles of a positive and a negative current, the primary Adam and Eve energy, are symbolized as two serpents of mind currents, stepped down through generation, into forms of matter."

Embryonic Patterns in Mother's Womb

Polarity Therapy: Vol. I, Book II: *The Wireless Anatomy of Man*, pg. 1

Reference: Embryonic patterns: womb

"The foundation is the pattern form of the lines of force working like a shuttle weaving the embryonic patterns of the human body in the mother's womb."

Etheric Atomic Lines of Force in Man: Chart 12

Polarity Therapy: Vol. II, Book VI: *Evolutionary Energy Charts*, pg. 190

Reference: Chart 12: airy pattern: umbilicus

Evolution Position: Chart 6

Polarity Therapy: Vol. II, Book V: *Vitality Balance*, pg. 43

Reference: Evolution

Evolutionary Radiating Vital Energy: Chart 2

Polarity Therapy: Vol. II, Book VI: *Evolutionary Energy Charts*, pg. 180

Reference: Chart 2: fiery pattern: umbilicus

Expectant mothers preparing pelvis for Delivery

Health Building: Ch. 18, pg. 121

Reference: Expectant mothers: pelvis

"It would be helpful to expectant mothers to prepare and condition the pelvis for the delivery of the child. The muscles of the pelvic floor could be toned and made more elastic by these simple stretching postures, beginning immediately after conception. In the later stages of pregnancy, let the physician in charge decide what is best. If one has cultivated the habit of taking these postures long before conception and in the early stages of pregnancy, it may also relieve or eliminate the excruciating leg pains with which pregnant women are often troubled. Even after childbirth, the easy stretching postures help in restoring the normal figure."

Fetus in relation to the Zodiac

Health Building: Ch. 24, pg. 187

Reference: Fetus

"My first book, ENERGY: THE VITAL POLARITY IN THE HEALING ART, contains a chart which graphically describes the position of the fetus in relation to the zodiac. As these currents work and the planets move, so does the fetus grow and develop."

Fetus in the Mother's Womb

Health Building: Ch. 24, pg. 187

Reference: Fetus: womb

"These easy stretching postures are the nearest approach to the position of the fetus in the mother's womb."

Fetal Position

Polarity Therapy: Vol. II, Book IV: *The Mysterious Sacrum*, pg. 43

Reference: Fetus: breech: Chart 10

"In nearly all illness, when this position is possible, the sufferer assumes a posture—even while in bed—as nearly similar to the one the fetus has during the period of gestation, when the body is being built...

The legs of fetus are upward, with the toes near the forehead; and the little arms are folded across the chest; thus polarizing one side with the other and the head with the feet."

Fetus to Infant: getting needs met

Polarity Therapy: Vol. II, Book IV: *The Mysterious Sacrum*, pg. 44

Reference: Fetus: infant: four polarized elements: needs

"The fetus attracts what it needs from the mother's blood stream as its universal supply. when it is ushered into the world of matter it becomes an infant when the cord is cut. Then its supply must come from the outside, through its own process of breathing, digestion and warmth.

The four polarized elements which were the electromagnetic energies latent in matter, as solids, liquids, gases and warmth, continue to build the body as before; but the elements of Mother Earth must now supply the material out of her bosom and storehouse. Mother's milk, or a substitute liquid which contains all these elements, may be the babe's proper nourishment for a while until the child is able to obtain its nourishment direct from the supply of Mother Nature."

Fiery Evolutionary Energy in the Umbilical Chakra

Polarity Therapy: Vol. II, Book VI: *Evolutionary Energy Charts*, pg. 196

Reference: Chart 18: umbilical: primal energy: fiery

"Vital Wireless Therapy Thru the Fiery Evolutionary Energy in the Umbilical Chakra or Center. The umbilicus is the center in the body thru which the Life Energy can be influenced. It is the link to the Primal Energy of the Yang and the Yin of embryonic life impulses which, in their ceaseless churning, wove the pattern of the body into tissues."

Geometric Designs of Building in Intra-uterine Life

Polarity Therapy: Vol. II, Book V: *Vitality Balance*, pg. 7

Reference: Intra-uterine life: lines of energy

"The geometric designs of building in intra-uterine life were along four lines of energy and substance, polarized, and made as a structure and its function for the use of the soul consciousness."

How Infant's Energy Fields are Built

Polarity Therapy: Vol. II, Book IV: *The Mysterious Sacrum*, pg. 44

Reference: Infant: energy fields: mental pattern field: five major cavities

"The infant's energy fields are built according to his mental pattern field, in every one of the body's five major cavities. By the electromagnetic function of these, the babe attracts unto itself what it needs and can digest in order to grow. These currents continue to weave back and forth throughout life, to keep the body in tune with Mother Nature, so it can live on earth."

Human Skull: the shape of an Egg

Polarity Therapy: Vol. II, Book IV: *The Mysterious Sacrum*, pg. 51

Reference: skull: egg

"The human skull has the outline and shape of an egg, a miniature planet-like shape. It is the individual microcosmos where the pattern of all things to be in that body are cast or woven into the substance called the brain tissue, which is the positive pole of the being."

Indigestion

Health Building: Ch. 18, pg. 120

Reference: Babies cry: indigestion

"Indigestion is one of the most common complaints of young and old. Babies cry because of it, youngsters bend over with their hands pressing on the abdomen, and old folks moan when the gas pressure and its resulting pain is too severe."

Infant has Complete Zodiac in its own make-up

Polarity Therapy: Vol. II, Book IV: *The Mysterious Sacrum*, pg. 44

Reference: Infant: astrology: cosmos

"The infant has a complete zodiac in its own make-up, an exact duplicate of the cosmos in which it lives, or it could not exist here on earth."

Life begins with Breath

Health Building: Ch. 18, pg. 119

Reference: Baby's cry: breath

"Life begins with breath. With a cry the babe enters this world, and the aged leave it with a sigh."

Life Flow Unconscious of Itself

Health Building: Ch. 3, pg. 22

Reference: Life: childhood

"Health is the neutral position in life by which the cellular activity of the body is in a neutral polarity state called balance. In this state the energies of the body are in tune and in communication with all life in the cosmos and exchange freely in etheric an airy essences, and elements so vital to health, through a balanced flow of electromagnetic light waves, like rivers from a universal ocean of supply. Then life flows unconscious of itself in an exuberant expression as in childhood."

Life in the Seed

Polarity Therapy: Vol. I, Book II: *The Wireless Anatomy of Man*, pg. 3

Reference: Seed

"It is a crystallization of the pattern of consciousness and "The Eternal Principle of Life in the Seed," perpetuating itself in a microfilm style."

Lost Child of Life

Polarity Therapy: Vol. II, Book V: *Vitality Balance*, pg. 5

Reference: Lost child: soul

"Home, the haven or heaven of rest for the eternal wanderer in space, where our soul, the lost child of Life becomes the returning son to the hearth fire of Vitality itself!"

Manifestation of Life

Health Building: Ch. 4, pg. 31

Reference: Creation: life: sex-polarity

"All cells are bipolar or they could not act and function. The law of polarity—of positive, negative and neuter energy—rules all matter as the principle of the three gunas from the mind downward. Attraction and repulsion is the manifestation of life, as sex-polarity of male and female through all creation of vegetation, animals and humans."

Mind and Prana are Twins in Function

Polarity Therapy: Vol. II, Book V: Vitality Balance, pg. 68

Reference: Mind: prana: twins: balance

"Mind and 'Prana' ARE TWINS IN FUNCTION. Even as 'Prana' (vital force) needs oxygen as a stepped-down energy conveyor in order to function in matter, so does mind need "Prana" as an energy agent in order to connect with the body and the universal supplies of the four elements (earth = food, air = breath, fire = warmth, water = liquid) upon which the body depends for existence and function in this world, with every breath it takes."

Mind Energy descending into Matter

Polarity Therapy: Vol. I, Book I: Energy: The Vital Polarity in the Healing Art, pg. 45

Reference: Mind Energy: Yod-He: Vau-He: Essences of Nature

"This is the story in brief, told in the Bible, of the mind energy descending into matter and how it operates the physical body by its dual currents which are the four finer essences of Nature: the Yod-He (Father-Mother) Vau-He (Son-Daughter) principles on earth. These are expressed as four polarized rivers out of the One River of Mind Essence. The Fire, Air, Water and Earth are its four fields of operation in the substance of the cosmos and in man. By it must man live, breathe, move and have his being on earth. Only Soul Realization and God Realization can transcend this necessity in all creation."

Mind Energy into Body

Polarity Therapy: Vol. I, Book I: Energy: The Vital Polarity in the Healing Art, pg. 44

Reference: Mind Energy: caduceus: embryonic life: conception

"The Caduceus, superimposed on the skeleton, illustrates the five stages of stepped-down Mind Energy as wireless Primal Energy Currents which built the body in embryonic life according to definite creative patterns."

Notochord in the Embryo

Polarity Therapy: Vol. I, Book II: The Wireless Anatomy of Man, pg. 10

Reference: Ventricle: notochord: embryo: Chart 3

"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."

Ovum Gives off Two Currents

Polarity Therapy: Vol. II, Book V: *Vitality Balance*, pg. 45

Reference: Ovum: currents: oval: chart 6

"The ovum also gives off two currents, but of opposite polarity, which complete the lower arc of the oval, as the earthy and watery energy fields and their living currents for building most of the earthy structure. Only the bones are built by the fiery essence. The feminine energy is the 'Yin' or moon current.

This will explain the chart better as vital fields of potential energy that built the body by this weaving effect of the interaction of two dual currents. In the world of Mystery it is the 'Yod-He-Vau-He'. In actual life it is 'Father-Mother-Son-Daughter' or the human family."

Pathway Soul Enters Body

Polarity Therapy: Vol. I, Book I: *Energy: The Vital Polarity in the Healing Art*, pg. 43

Reference: Pathway soul enters: fontanels: womb: conception

"In death the soul withdraws the mind and all its energies and senses upward to the optic thalamus, and leaves from there, as an energy radiation, through the top of the head—through the same path of the fontanels through which the energy (soul) entered the body while in the mother's womb."

Pattern Design of Intra-uterine Life

Polarity Therapy: Vol. II, Book V: *Vitality Balance*, pg. 7-8

Reference: Pattern design: intra-uterine life

"By now it will be somewhat clear that the Pattern Design of intra-uterine life grows to maturity with the body and functions through it as mind and as sensory and motor energy."

Patterns, Birth til Death

Polarity Therapy: Vol. II, Book V: *Vitality Balance*, pg. 104

Reference: Energy: patterns: birth: death

"My divisions are living lines of finer energies which travel in wireless waves and are latent in the body like the energies circulating in an atom. These are the structures upon which the pattern matter was attracted and filled in. They did not disappear from the body at birth, but remain with it until death."

Perineal Technique During Pregnancy

Polarity Therapy: Vol. II, Book V: *Vitality Balance*, pg. 87

Reference: Pregnancy: perineal technique

"In pregnancy, PERINEAL TECHNIQUE is invaluable in relieving pains and tensions due to pressure in the pelvis. It gives almost miraculous relief in all leg symptoms and pains due to pregnancy and the nervous symptoms caused by the changes in the pelvis."

Polarity Relationship Established in Fetal Life: Chart 10

Polarity Therapy: Vol. II, Book IV: *The Mysterious Sacrum*, pg. 42

Reference: Fetal life: chart 10

"Polarity relationship established in fetal life as the basis of polarity exercises for heart and digestion."

Position of Different Stages of Involution

Polarity Therapy: Vol. II, Book V: *Vitality Balance*, pg. 45

Reference: Involution: embryo: amnionic fluid

"In the process of involution, the embryo in the mother's womb goes through various stages before it becomes a babe and assumes a position of bending forward, with the feet raised toward the head and the arms crossed over the chest for protection of all the anterior sensory areas while floating in the amnionic fluid."

(Illustrated in Chart 5, Book I)

Posterior Relationship of the Head, Neck and Back to the Feet: Chart 19

Polarity Therapy: Vol. II, Book V: *Vitality Balance*, pg. 93

Reference: Fetal: pattern currents: chart 19

"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."

Prana and A Child is Born

Polarity Therapy: Vol. I, Book I: *Energy: The Vital Polarity in the Healing Art*, pg. 61

Reference: Prana: birth

"A child is born. We say it is a soul from heaven or higher spheres. It becomes a living being or soul on this planet only after it has taken its first breath. If that breathing in does not take place, there can be no life in that form, and the soul must return to the Source from which it came, because it did not become a living soul on this planet through the agency of that breath of life—Prana."

Pregnancy and the Perineal floor

Polarity Therapy: Vol. II, Book IV: *The Mysterious Sacrum*, pg. 52

Reference: Perineal floor: pregnancy

"The perineal floor and the inner thigh muscles are the fields or structural areas for balancing this sensory energy of the pelvis. See "Perineal Technique" in books I and II. This is especially useful in emotional and neck tensions, pregnancy and pelvic sensory disturbances."

Primal Electromagnetic Energy

Health Building: Ch. 3, pg. 22

Reference: Electromagnetic energy: fontanels

"This is the energy that flows from the brain like a central light wave, the Thousand Petalled Lotus, of the primal electromagnetic energy radiating from the top of the head, at the fontanels (in childhood), downward and outward like the lotus of life. This tree of life sustains the body through the brain, the spinal cord, and the entire nervous system."

Primal Pattern Energies, Creation of the Body

Health Building: Ch. 15, pg. 104

Reference: Primal pattern energies: creation: seed

"There are primal patterns energies and fields in our make-up, which are as true and essential to our function and life as a blueprint is to a well laid out structure or a mechanical design. These pattern energies are a fine, wireless variety of the nature of mind substance and emotions in their various step-down functions as currents and waves. These patterns are the designs and the unseen builders in our body and in Nature everywhere. The original pattern in God's design is in the seed power of each thing according to its kind."

Sex Indulgence gives False Sense of Elation

Health Building: Ch. 6, pg. 53

Reference: Primary Life Energy: cerebrospinal fluid: sex

"Sex indulgence, like alcohol, temporarily gives a false sense of elation, which is inevitably followed by a state of depression, because the cerebrospinal fluidic essence, which is the conductor of the highest Vital energy in the body, is expended. The presence of this Energy essence is necessary in every cell of the body, for rebuilding and repair, healing and constant replacement of new cells for old worn out cells. Cellular vigor and function depend through any of the senses leads to mental as well as physical illness, exhaustion and depletion."

Shock

Polarity Therapy: Vol. II, Book V: *Vitality Balance*, pg. 23

Reference: shock

"What is shock? A forceful shutting off of a current or impulse that flows in the body—or, a sudden impact of energy or matter, from the outside, upon the body, which suddenly shuts off the flow of energy for an instant. This can be physical or mental; for mind is energy, and the soul is the Source of that energy. A mental shock is as real as a physical jolt—and more dangerous because it goes deeper. And injury to physical tissue repairs with time and rest, while mental injuries require a new vision and viewpoint."

Simplicity from the Mouths of Babes

Health Building: Ch. 21, pg. 141

Reference: squatting: children

"Since this instinctive procedure of adopting this posture for elimination is given as a heritage to babes, who do it unconsciously, could it indeed be valuable for grown-ups to use regularly when mastered once again, to regain a small fraction of the naturalness and youthfulness of childhood? Truly, it is said that Truth is revealed in its simplicity from the mouths of babes and sucklings."

Softer Cranial Bones in Children

Polarity Therapy: Vol. I, Book III: *Polarity Therapy*, pg. 25

Reference: Cranial bones

"Children have softer cranial bones. A molding of the whole head is very beneficial in its re-polarizing effect on the entire body. Much can be done here with regard to the double process of physical molding and polarity balance."

Space Energy Entering Through Mother

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Polarity Therapy: Vol. II, Book V: Vitality Balance, pg. 46

Reference: Astrology: umbilical cord: nurturance

“Chart 5 in Book 1 gives them in a circular relationship as an astrological factor, because space energy enters into this structure through the mother who starts this little armature as an individual magnet to attract its own supply from Nature when the umbilical cord is cut.”

Squatting Posture and Childbirth

Health Building: Ch. 18, Pg. 121

Reference: childbirth: squatting: apana

“The answer is that “apana” in the Eastern terms of old, which is embodied in the airy principle and causes the normal expulsion or elimination in the lower, natural outlets of the body—and this is activated by the squatting posture and by Polarity Therapy. Even in childbirth, this is the active principle which causes the delivery of the baby. It is the current which flows over these abdominal and pelvic muscles and causes them to contract. The primitive tribes had this ancient knowledge as a heritage from their ancestors, and women would take a natural, squatting posture for delivery. In their natural state of good health, childbirth seldom delayed the moving tribes.”

The Three Modes of Motion of Mind and Matter: Chart 3

Polarity Therapy: Vol. I, Book I: Energy: The Vital Polarity in the Healing Art, pg. 46

Reference: Lines of force.

The Trinity Principle

Polarity Therapy: Vol. II, Book IV: The Mysterious Sacrum, pg. 43-44

Reference: Trinity principle: sperm: ovum: primary consciousness: conception

“It is in this posture that the four polarized elements of Nature have their turn of rhythmic action and play, one after the other, in their triune function of positive, neuter and negative action. The four conditions of matter itself are the actors who weave the body like threads of life according to a precise mental pattern in the positive sperm of the father, the negative ovum of the mother, plus the neuter pole of the pattern energy which the incarnating soul brings with it as its own destiny, the fruit of its own previous desires and actions.

It is this unknown quantity and quality which makes each child in the same family different from the other. The trinity principle is again the active factor in determining the life span quality, and motion.”

Treatment for Shock

Polarity Therapy: Vol. II, Book VI: Evolutionary Energy Charts, pg. 204

Reference: shock

Umbilicus hand point indicates C-section or birth difficulty

Polarity Therapy: Vol. II, Book VI: Evolutionary Energy Charts, pg. 183

Reference: Umbilicus: Chart 5

“Uterus or prostate, pelvic trouble, indicates cesarean or birth difficulty for mothers”

We cannot re-enter the womb of Nature

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Health Building: Ch. 23, pg. 173

Reference: Womb: embryonic life: neuter postures

"We cannot re-enter the womb of Nature and its neuter gestation field, but we can imitate Nature's process in overcoming resistance and energy blocks (or short circuits) by assuming neuter postures of embryonic life, which is always resilient and flexible."

Weaving Form in Mother's Womb

Polarity Therapy: Vol. I, Book I: *Energy: The Vital Polarity in the Healing Art*, pg. 46

Reference: Embryo: Womb: lines of forces

"All this is based upon the lines of force, like threads, which wove this body of ours in the mother's womb. Our relation, as beings in the Universe, is similar to the embryo's relationship (in the womb) to the body of the mother. THE SAME LINES OF FORCE ARE AT WORK IN AN INDIVIDUALIZED WAY, THROUGHOUT LIFE ON THIS EARTH."

Weaving Form in Mother's Womb

Polarity Therapy: Vol. I, Book I: *Energy: The Vital Polarity in the Healing Art*, pg. 48

Reference: Chart 4: Weaving Form: womb

"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."

Young Children Squatting

Health Building: Ch. 21, pg. 141

Reference: Children: squatting

"In explaining these simple facts to mothers, they usually tell me that they have observed their youngest children to take the squatting posture naturally before they go to the potty."