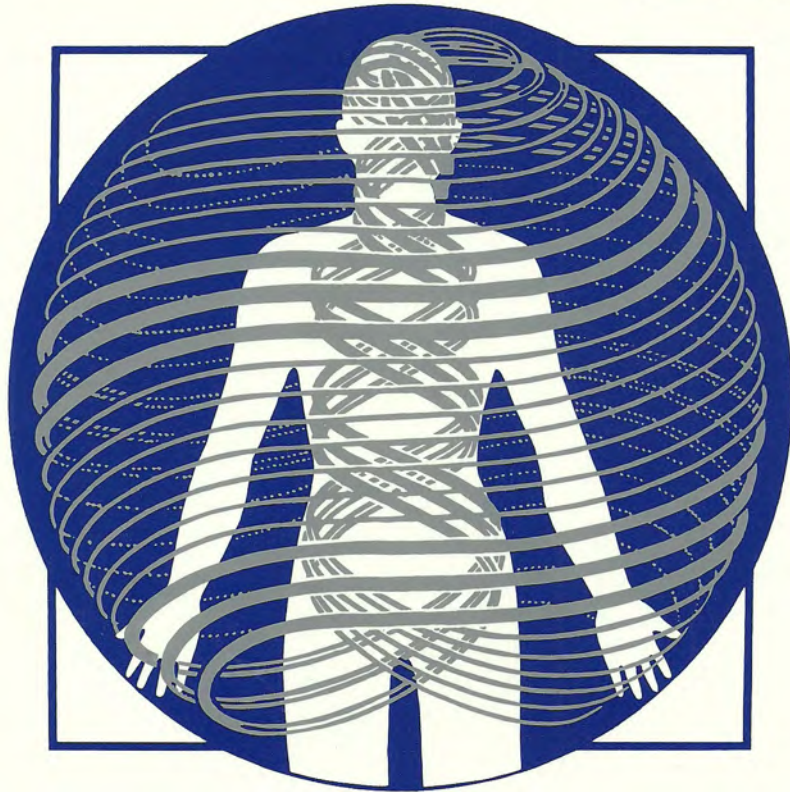


# Polarity Therapy



The Complete Collected Works  
on this Revolutionary Healing Art  
by the Originator of the System

**DR. RANDOLPH STONE, D.C., D.O.**

For the first time, the original books on Polarity Therapy —  
a healing science based on living energy fields — are gathered into two volumes,  
easily accessible to students and practitioners of all the healing arts.

**VOLUME TWO**

Polarity Therapy is a healing science based on living energy fields which acknowledges and includes all dimensions of a human being: physical, mental, emotional, and spiritual. Polarity Therapy is a way of working with the fundamental energies of life, a way of bringing these energies into a state of balance and free flow throughout the entire human energy field. It is an open-ended system that draws from many healing traditions, Western and Eastern, ancient and modern, to form a remarkably integrated and powerfully effective healing art.

This book is a goldmine of both energy-balancing principles and numerous therapeutic techniques that practitioners of all the healing arts can employ. In fact, Polarity Therapy clarifies and elaborates the underlying principles of many other healing systems. In addition, since Polarity Therapy incorporates the universal principles of many ancient traditions and recognizes self-development as crucial for health, Polarity Therapy can also reveal to truth-seekers some of the keys to the eternal mysteries of human life. Dr. Stone's view is that the human body is the temple of the Creative Power of Life and that it contains the secrets that all human aspirations point toward.

This sewn-binding edition opens flat for easy use without falling apart, allowing the reader to study the numerous charts conveniently. This two-volume set constitutes the original writings upon which Polarity Therapy was founded and is required reading for students and practitioners of all the healing arts, especially those which employ manual techniques or energy-balancing procedures. Polarity Therapy is currently being used by practitioners whose work focuses on postural alignment, psychotherapy, chiropractic, osteopathy, many types of massage, physical therapy, sports injuries, dance, yoga, and many other forms of therapy and bodywork.

Volume II of this two-volume set includes the following major works by Dr. Stone and is reproduced from the original first editions:

**The Mysterious Sacrum  
Vitality Balance  
Evolutionary Energy Charts  
Polarity Therapy Principles and Practice**

**DR. RANDOLPH STONE** was born in Austria in 1890 and emigrated to the United States in 1903. He lived to be 91 years of age and was living proof of his health ideas, actively traveling and teaching into his old age with energy, inspiration, and enthusiasm. He studied every major healing art, earning Doctors' degrees in Osteopathy, Chiropractic, and Naturopathy. He practiced for over 60 years, all the while experimenting with innumerable diets, exercise programs, and therapeutic methods in a constant search for the most effective ways of achieving and maintaining health. His books synthesize the discoveries of a lifetime of study, experiment, and research. Dr. Stone is regarded by many as a uniquely inspired pioneer in the healing arts who was far ahead of his time.

*"As I grow older in my work, I keep discovering the profound influence that Dr. Stone's explorations have had on my development and on the growth of my colleagues. His work was truly pioneering. I think he is the father of a new field of energetic studies."*

— Dr. Robert K. Hall, M.D.  
Lomi School, Mill Valley, CA

*"The study and application of Dr. Stone's Polarity Therapy has enabled my clinical and research work to evolve into broader and more encompassing dimensions of healing. The synthesis of his teachings truly builds a foundation for a unified concept of health and the healing arts."*

— Dr. James Z. Said, D.C., N.D.

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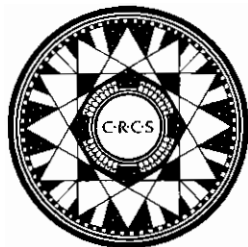


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**DR. RANDOLPH STONE'S**

# Polarity Therapy

**The Complete Collected Works**  
**VOLUME TWO**



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**Dr. Stone lecturing at a seminar in California in the early 1970's, when he was well past 80 years of age.**

# **THE MYSTERIOUS SACRUM**

## **The Key to Body Structure & Function**

A Course in Structural Balance  
Based upon  
The Energy Fields in Man

*Illustrated by Harlan Tarbell, D.N.*

**BOOK IV**  
**of Dr. Stone's *Complete Collected Works on Polarity Therapy***

## INTRODUCTION

After years of research and writing on the subject of Health and various types of therapy, a thought occurred to me to condense a few of the outstanding features into a small book for busy doctors to enable them to test and prove these findings for themselves in actual practice.

It is my earnest endeavor to share these priceless gems of POLARITY PRINCIPLES AND THERAPY with other doctors who are interested in deeper research as well as finer and more effective applications for the benefit of their patients.

Every doctor wants results and help for his patients by means of the simplest and best methods. And I know from experience that many doctors live for that ideal and purpose. With this in mind, I have selected a few charts from my three courses for reprint in this book, added some of the latest findings, including new charts to present these values in a condensed form.

Three things are mainly stressed in this book:

- 1 – The sacrum as the foundation and key for spinal correction according to POLARITY PRINCIPLES.
- 2 – The over-all picture of the physiological short leg and its instant response to POLARITY THERAPY.
- 3 – The heart and how to apply POLARITY THERAPY for release of blocks of obstruction in the energy fields of wireless circuits.

It is my hope that the application of the principles and techniques illustrated and described in this book will enable the reader to render more effective service and with much less strain on himself than he is exerting at present without obtaining such good results. I humbly dare to express this hope because this has proved to be the case with a number of doctors from various places in the United States who have read my other books and taken personal courses of instruction here.

Yours for better service  
and deeper understanding,

The Author

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## THE MYSTERIOUS SACRUM

All research in the healing art is bent on finding the "open Sesame" which will unlock the door to the mystery of life in the body of man. The health of patients is the concern and the problem of doctors, no matter what type of therapy they may employ.

"Specifics" is the cry of the day; do the one thing which does all. But Nature does not respond that way. Life is a mystery. All motion is triune. Nothing in the manifested universe is an independent unit. The lesser depends on the greater, and the superior rests on the inferior.

Structure has a physical basis in gravity and mechanics, and a psychological one in the life which inhabits this form or body. The important question is does the form rule the life or does the life rule the form? Where shall our emphasis be in order to reach the one point where our effort is most effective?

Is the superstructure more important than the foundation? Are we really trying to influence the Life Current, or the structural position of the key vertebra, the atlas?

If it is the Life Currents which we are trying to influence, then the superior pole is the most influential one. But, if it is structure, then the inferior pole or the foundation will be more in line with the proposition and with the principle of gravity pull.

Life flows from above downward, and structure supports function from below upward. Life is the first impulse. Reaction is the second wave, which must return to make a circle or a circuit of energy flow as CAUSE AND EFFECT, or positive and negative poles of the current.

Life must flow to express itself. Currents must conduct this energy from pole to pole as in any electrical field. The structure is the field through which the energy must flow and support the pattern and forms of energy fields of which the body is composed.

In the study of the entire bony structure of the body, the sacrum is the most vital and the most neglected bone. The spine has been given consideration by many schools. Lately, even the bones of the skull have received a lot of attention, because the polarity impulses of life through the bones, as electromagnetic fields, have yielded results hitherto unsuspected.

The cranial bones had been considered immovable because of the dovetailed sutures, by even the most enthusiastic doctors who adjusted other bones successfully. The fact that life breathes in the body, which in turn must expand and contract in rhythmic response through every body cell, had been totally overlooked.

The mechanics of the structure had completely overshadowed the life in it as the main actor of all function. Life does not depend on mechanics, but it activates the mechanical levers thus built for overcoming gravity. When the leverage system becomes useless or inoperative through trauma, then life stands still, lies dormant, or departs. The manifestation of life is only conditioned by mechanics and leverages as well as by gravity. Life overcomes gravity by leverage of bones and joints, through muscles and tendons which it operates. Structural limitations and trauma are life's limits in motion and function.

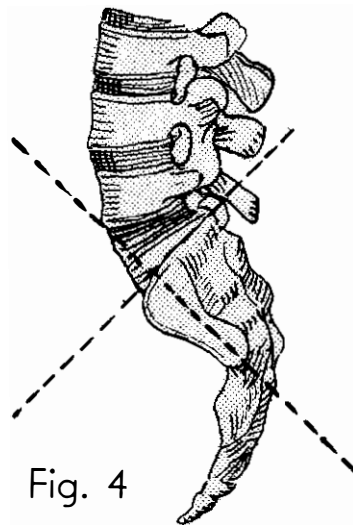
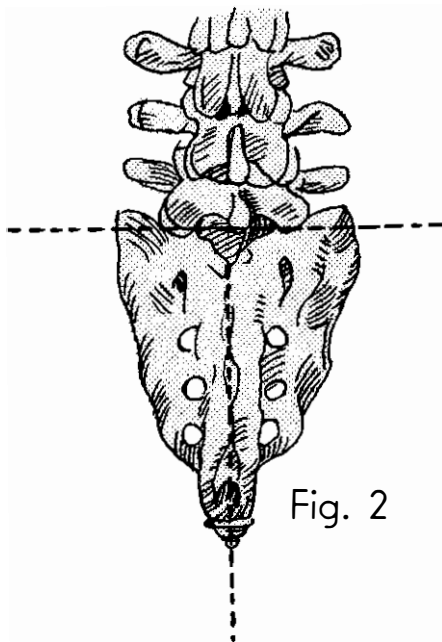
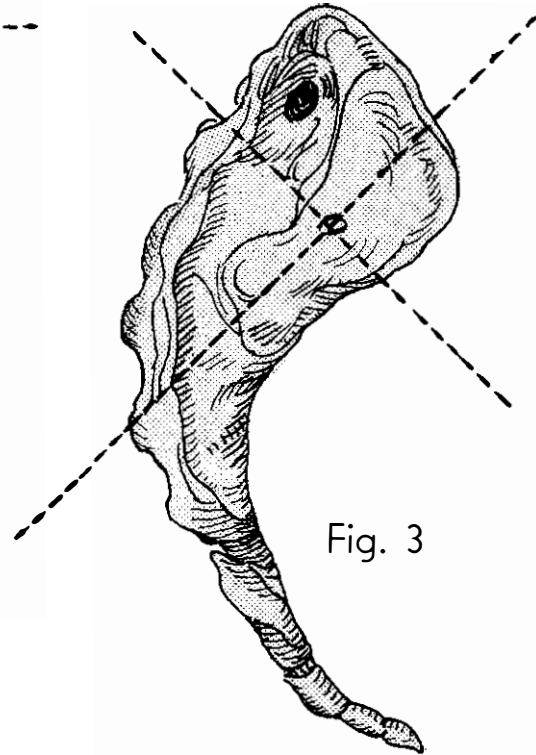
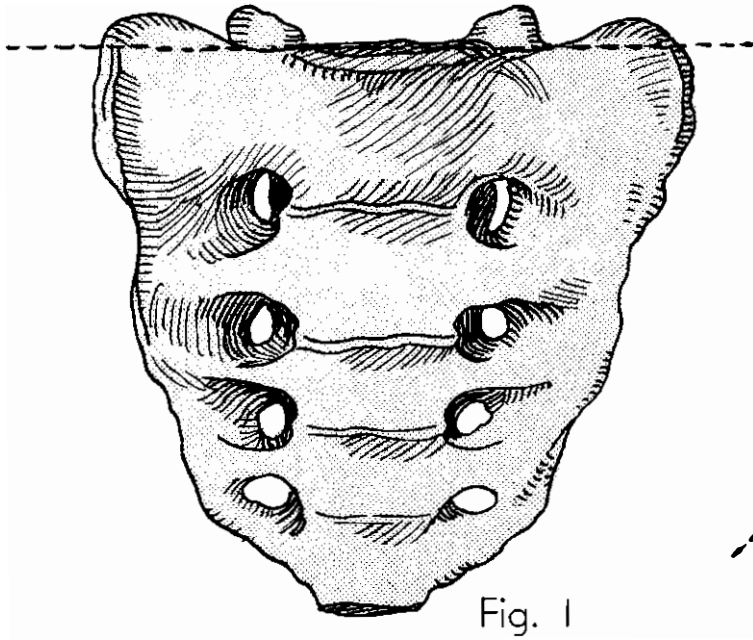
Electromagnetic currents are the circuits which act like wheels in the body's finer functions,

## THE MYSTERIOUS SACRUM

which are both, wireless and conducted currents, as step-down specific duties relayed through the brain's telephone system.

The over-all picture is that of waves of wireless function. The specific functions are through nerves as conducted energy currents. Matter itself proves this in the atom and in the solar systems and their planets. Why not in man? Are the words which hurt cruelly, conducted by nerves? Are love and life tied to wires?

# CHART NO.1. THE SACRUM AS THE KEYSTONE AND FOUNDATION FOR THE NORMAL AND ABNORMAL CURVES OF THE SPINAL COLUMN.



EXPLANATION OF CHART NO. 1

FIGURE 1 represents a normal sacrum with a horizontal line across the surface of its base. This is an inverted triangle and serves as the level weight bearing line of the entire spinal column and its structure. The line is important and has to do with tilts, laterality and inferiority of the base as a whole or on one side.

FIGURE 2 shows the sacrum and spinal column intact, with a vertical line plus the horizontal one, which have become diagonal lines on the chart to bring out the effect of a lateral tilt more clearly.

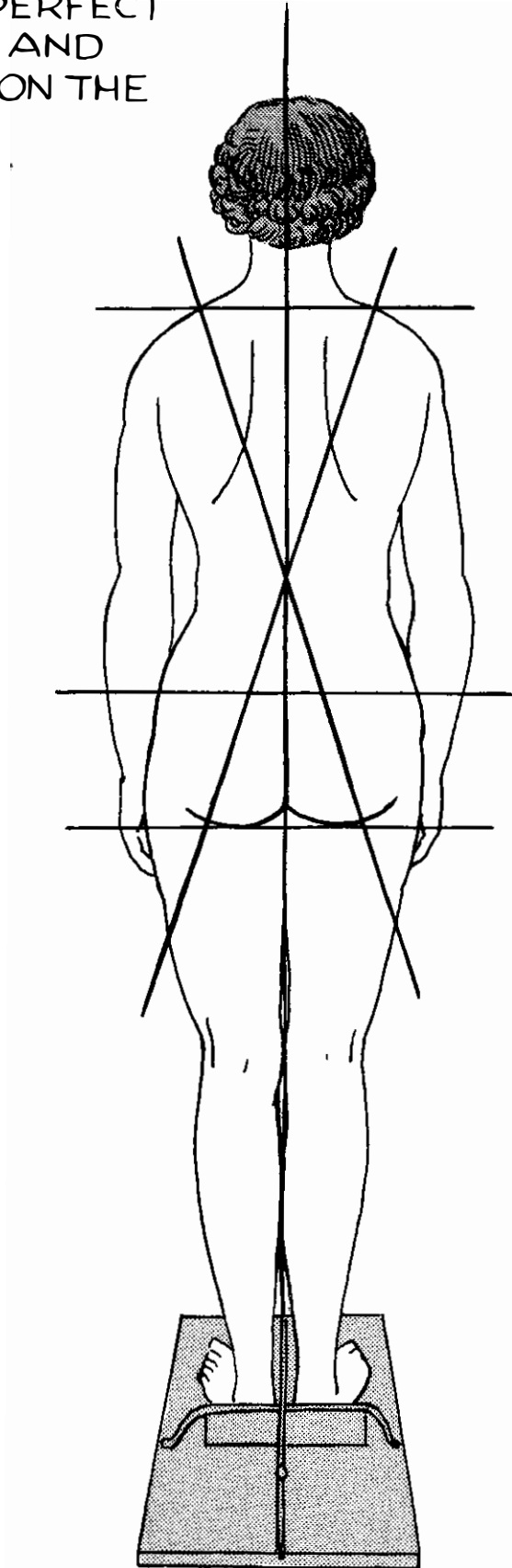
FIGURE 3 is a drawing of the articulating surface of the sacrum with the innominate bone. The lines of stress are clearly given as a cross through the center of this articulation. This line has to do with anteriority, posteriority and twists of the sacrum between the innominates.

The sacrum is a key wedge between the two innominate bones, like the keystone in an arch, between the two pillars on which this arch rests. It is the most vital structure in its position and effect in this part of the body.

FIGURE 4 portrays the sacrum and the spine with two stress lines which indicate its anterior or posterior position.

With this clear picture of the normal sacrum in mind and the simple lines of normal positioning, we can proceed to an over-all view of this norm in relation to the whole human body. It is necessary for the trained eye of the good doctor to see this relationship of the patient against some fixed background by which he can detect abnormalities. Even in taking x-ray pictures in the upright position, this precise arrangement, to the lines of gravity, is very important.

CHART NO.11. PERFECT  
BODY POLARITY AND  
GRAVITY LINES ON THE  
TEST BOARD.



COMMENTS ON REPRINT OF CHART NO. 11 FROM BOOK III

This is an exact presentation of a normal figure on a simple platform of a square, to keep the heels exactly in line and square with a vertical gravity line.

Such a background reveals much at a glance to a trained eye. It indicates the proportion of individual polarity parts to the whole structure and to gravity pull. The three horizontal lines tell much of the three bases of the entire structure:

- 1 – The line across the shoulders as the superior base or level of action for arms and neck, and its relation to the other lines of balance and support below.
- 2 – The sacral base line, or a line straight through the center of the sacral articulation shown here, supports the structure above and should be parallel with the two other horizontal lines.

This line is a vital structural line, tied up with the function of the motor impulses of the watery essence of the pelvis, as described in detail in book III and mentioned in the other books.

- 3 – The third horizontal line is the one below the buttocks which are important muscular centers of tone and energy of vital force. The buttocks express the sensory action and tone of the individual's over-all vital reserve. (The positive pole of this same vital inherited reserve energy is expressed in the lower lobes of the ears.)

When one buttock is lower than the other, it can be due to a sacral tilt laterally, if the tone of the muscles is good. But if the buttocks are relaxed and merely hang, there is not enough vital force for normal reaction and such cases respond slowly to correction. However, if only one buttock is relaxed below the level of the other in better tone, then a better and quicker response is possible through corrective POLARITY BALANCING, which may improve the over-all picture of the body.

- 4 – The central vertical line is the upright of the spine, which must be in line. Externally, it is of structural importance. Centrally, it is of the greatest vital importance to all function through the finest essence in the body, which flows in the center of the spinal cord called "Shushumna".

The essences of the psychological energies and the physiological ones have their meeting ground here. (See page 5 of book I). The vertical line represents the one river of life, flowing out of Paradise, which splits into four rivers of energy in the body, and waters and supplies it just as the rivers do the earth. This is the neuter energy of the etheric essence which flows in the center of the body in its circuit from the head to the thumbs of the hands and the two great toes of the feet. Like the thumb as one member opposes four fingers and supports them in all action and skill, so does this one central current support all the other currents in the body. It is explained by Nature in our own hands, if we can but read it there.

- 5 – The two diagonal lines which go across the back, explain much in diagnosis and relationship, as shown in chart No. 4 of this book. The crossing point is directly over the space between the second and third lumbar vertebrae, which is the exact center of weight and balance in the body when placed on a scale.

It is only when these lines balance that they cross in the center between the second and third

## COMMENTS ON REPRINT OF CHART NO. 11 FROM BOOK III

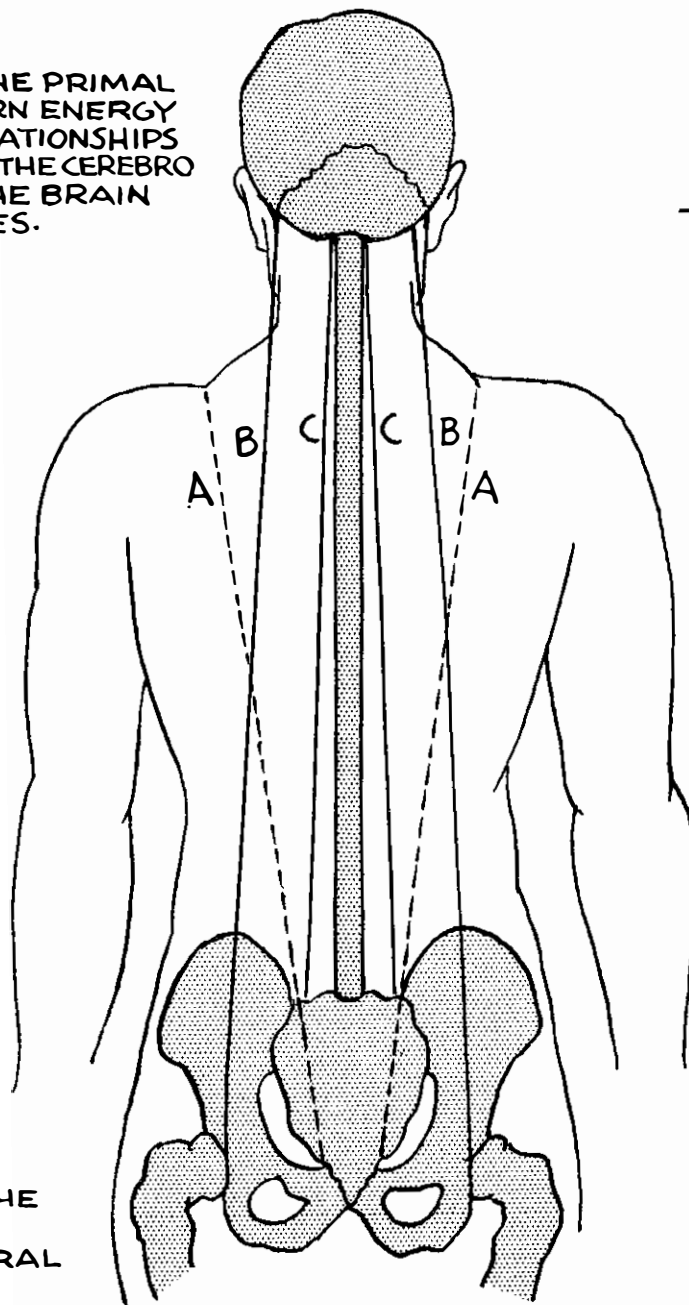
5 – lumbar vertebrae. If one shoulder is superior or posterior, these lines are displaced from the perfect relationship shown here. Knowing the normal, the abnormal in all its variations can be seen at a glance.

Posteriority on one side means anteriority on the other side at the same level and diagonally across the back, following the lines. Plus or posterior at the top indicates a minus anterior on the opposite bottom, following the same diagonal line. This is present in most cases where the twist or distortion is not too complicated, or compensated by time and Nature's resistance to this torque of stress and structural strain, or internal pull of imbalance.

Having thoroughly illustrated the normal sacrum in its various relations and functions, it should be easy to compare the abnormal sacrum and correct its position, Polarity relationship, and current flow.

# CHART NO.2. SUPERIOR AND INFERIOR POLARITY RELATIONSHIPS.

MIND ENERGY IS THE PRIMAL GEOMETRIC PATTERN ENERGY OF DESIGNS AND RELATIONSHIPS WHICH OPERATE IN THE CEREBRO SPINAL FLUID IN THE BRAIN AND IN THE NERVES.



THE SACRUM IS THE OPPOSITE POLE TO THE BRAIN EXPRESSING ACTION AND STRUCTURAL BALANCE.

Fig. 1

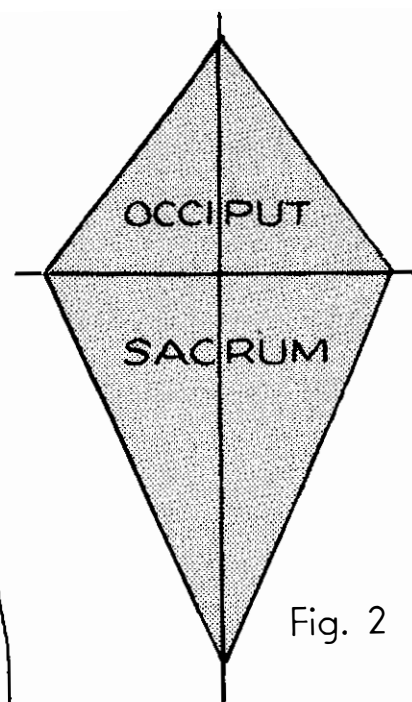


Fig. 2

THE GYROSCOPIC ACTION OF BALANCE IN THE BODY.

SEE CHART 13, BOOK 3.

## EXPLANATION OF CHART NO. 2

Here a deeper relationship of parts is shown, like an ex-ray of lines of force and stress in the body, which move in exact proportion and angle to every exertion and motion of the body.

The superior acts on the inferior and the inferior supports and reacts on the superior pole. Internal lines of force support structure in the atomic relationship of matter, as energy lines of stress or strain. These are stepped down to physiological functions and requirements and become mechanical factors in the law of motion and gravity.

Every joint is an "X" or cross-over point of such energy, to make it a pliable, moving unit for the leverage of bones. The sinews and muscles act as cables to operate this human machine. Expansion and contraction are the waves of motion of this electromagnetic energy which flows over the muscles in every exertion.

Finer wireless currents are the essence of energy which built the wires and tubes for special conduction in fluids of stepped-down potentials for specific purposes and local effect. The cerebrospinal fluid of the brain, in the meninges of the cord and in the center of the nerves is such a medium for conduction of the AIRY PATTERN ENERGY OF THE MIND over this intricate network. The brain is the switchboard where expansion in fibers makes contact and contraction breaks it. This arrangement is called the synapse in the brain and nerve tissue.

Mind itself is the energy which flows over this network to give intelligence and sensitive touch to cells and the automatic centers of cellular structure to carry on selective work of absorption, secretion and elimination. Polarity principles are at work here as mind energy, in attraction and repulsion of substances as patterns of like or unlike energy fields. Like the spinning electrons are unstable in number, so the attraction in each center governs the building blocks of the material which it uses.

THE SAME PRINCIPLE OF POLARITY WHICH IS RECOGNIZED IN CHEMISTRY IS USED IN POLARITY THERAPY as a balancing force, directed and distributed in fields where operation was blocked by opposite currents. The idea of a finer field of energy back of the grosser body and parts, like the broadcasting waves in our radio box or television set, through light and sound waves, is behind this POLARITY VIEWPOINT AND THERAPY when understood.

We take all this for granted when we push the buttons of our radio or television set, where sound and light waves operate. Do these not also function in man, or has he no speech nor sight to function with? Our minds have been outward bound and conditioned by machines which we built and, like Frankenstein's in the fable, they control us now because we only believe the machines. Any direct preception not demonstrable by external measures and man-made machines is not scientifically acceptable today. How the center and standard of man has shifted from his real center to the circumference entirely, is the sixty-four dollar question. And the return series is even at a higher premium!

The depth of this perception of energy operating in man is one of the things necessary in making a POLARITY THERAPY DIAGNOSIS of wireless waves and lines of stress which operate the human body, of the being called man, the soul who occupies the house consisting of the mortal body.

A real doctor must see deeper than mere solid matter which has no life nor sensation if he

## EXPLANATION OF CHART NO. 2

wishes to treat the patient and not merely the shell. Life is the actor. The form is dead the moment life departs. Then what do we treat?

Structural correction must be based upon living energy fields and parts of the body, to link them to life itself and to the being of man who lives in this house of clay called the body.

When the life principle of man is uncomfortable in this house, it means that his energy is not able to pass out over his own fields and parts to operate and nourish them. Something much finer than mere mechanics or gross chemistry has gone wrong.

But where is the physician or the "Daniel" who can interpret this handwriting on the walls of the tissues of the body? Where and why! is the patient's cry. And who shall answer the finer demands of life and its energies by gross measures only?

Is there no common denominator or universal solvent between the fine and the gross action and remedies? Yes, it is THE POLARITY PRINCIPLE which operates in things, fine and gross everywhere. All are within its bounty, but know it not. It is there and always was, but it has been lost to man's understanding. The outer attractions have lured man's consciousness completely away from an understanding of his own inner life and finer interests.

Having presented a very brief picture of Life's Pattern Energy operating within the nervous system, and bypassing a similar story in the Life Energy of the blood as the inner warmth and fire of life itself, plus the vital Energy of the Water Principle in the pelvis, as they are fully explained in book III, we shall continue with the explanation of this chart.

No one would believe that so much could be seen in one perfect figure of relationship of fields and lines of force in one body. The old Japanese proverb:

A line for the ocean,  
A curve for the shore,  
The will to refrain  
And the skill to do more.

applies here, so our treatise will not be too long.

The symbolic picture of a kite or a poor semblance of a gyroscope depicted on this chart, joins two triangles into a diamond-shaped figure. The upper, broader and shorter triangle represents the occipital bone and the brain centers which it covers in their automatic, gyroscopic, self-balancing and preserving action. It is the positive pole of this triangle.

The lower, longer triangle, with its base upward, joining the upper triangle, represents the sacrum, its preservative generative energy locked in the cerebrospinal fluid within the meninges, in the expanded upper portion of the sacrum.

The vertical and the horizontal lines on this chart are the major indicators of this important relationship of these two bones in their action and reaction. It is a clear geometric presentation of which much could be said. "As above, so below" expresses it briefly.

## EXPLANATION OF CHART NO. 2

LINE "A" connects the middle of the shoulder with the sacral base and apex on each side.

LINE "B" connects the mandibular joint with the hip joint, and the temporal bone above with the ear-shaped innominate bone below.

LINE "C" connects the occipital atlas articulation with the sacral articulation in a horizontal relationship across the base, the vertical relationship being in the center of the sacral articulation, with the innominate bone on each side. These lines are clearly shown in chart No. 1 in this book.

A precise knowledge of the body's energy fields and its psychophysiological current flow is a treasure in any man's possession. It will serve where other things have failed. This can be easily attained through diligent study and application of the Polarity Principles and Therapy in their triune function.

CHART NO. II

ENERGY THERAPY CHART OF THE LINES OF FORCE OF THE INTERLACED TRIANGLE

EACH OVAL AREA IS POLARIZED INTO SUPERIOR + MIDDLE O AND LOWER - POLE. THE NEGATIVE GATHERS THE FORCE AND BECOMES POSITIVE TO ALL CENTERS BELOW IT.

GOD GEOMETRIZES

SPACE OF SPIRITUAL INFLUX PICTURED AS ATHENA IN THE HEAD OF ZEUS

THE BASE OF THE UPPER TRIANGLE OF INNER ENERGY IS THE LIFE FORCE WITH ITS POSTERIOR + SUPERIOR POLE IN THE MEDULLA OBLONGATA. IT REFLECTS VITAL ENERGY TENSION AND GRAVITY BY THE POSITION OF THE HEAD

THE BASE OF THIS LOWER TRIANGLE IS THE VITAL FORCE. IT IS A MIXTURE OF COSMIC WATER AND EARTH ENERGY WHICH REACTS TO GRAVITY BY THE POSITION OF THE SACRUM

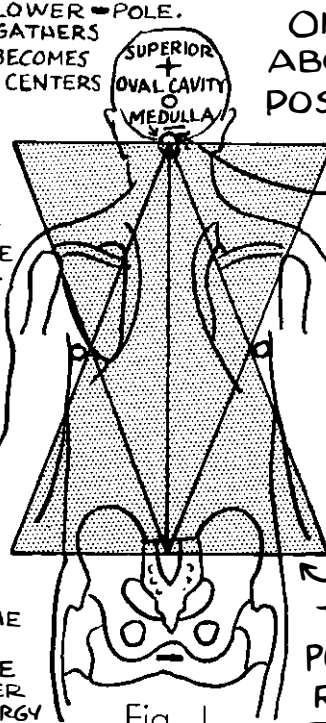


Fig. 1

THE DIAPHRAGM AS THE O NEUTER FUNCTIONING POLE

THE RECTUM AS THE - NEGATIVE FUNCTIONING POLE

ONE BASE BELOW AS THE NEGATIVE POLE AND ENERGY RESERVE IN THE SACRUM

PUBIC REFLEXES TO THE SINUSES

CREATION OF IDEAS ABOVE SEEING

THE UPPER TRIANGLE CONVEYS THE FIERY ENERGY OF THE HEAD DOWNWARD AS WARMTH AND LIGHT FOR DIRECTION OF MOTION. IT ALSO CONVEYS THE LIFE ENERGY OF BREATH AND AIR MIXED IN THE CARBURETOR OF THE HEART AND DISTRIBUTED THROUGH THE CIRCULATION OF THE BLOOD TO EVERY CELL IN THE BODY KEEPING THEM ALIVE. THIS ENERGY IMPULSE IS THE PUSH BEHIND THE CIRCULATION.

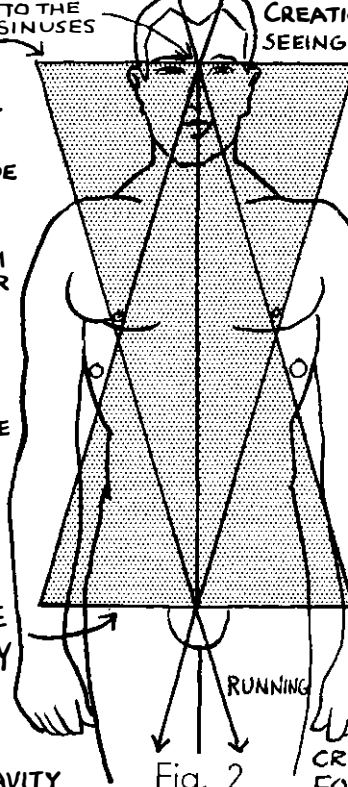


Fig. 2

CREATION OF FORMS BELOW

WHEN THIS SLEEPING FORCE IS LIFTED UP TO THE BRAIN BY INTENSE CONCENTRATION AND DEVOTION THE SERPENT POWER ASCENDS UPWARD ON THE TREE OF LIFE WHENCE IT CAME. THIS ENERGY THEN AWAKENS THE LATENT SLEEPING FORCE IN THE PINEAL GLAND (THE PINE CONE CENTER) AND UNFOLDS THE PATTERN OF COSMIC CONSCIOUSNESS.

RELATIONSHIP OF ENERGY LINES AND GRAVITY STRESS IN THE PELVIS. THROUGH THIS FLUID WITHIN THE SACRUM THE INDIVIDUAL VITAL FORCE RELATES TO EARTHINESS AND JOINS WITH GRAVITY BY ITS ATTRACTION TO EARTH

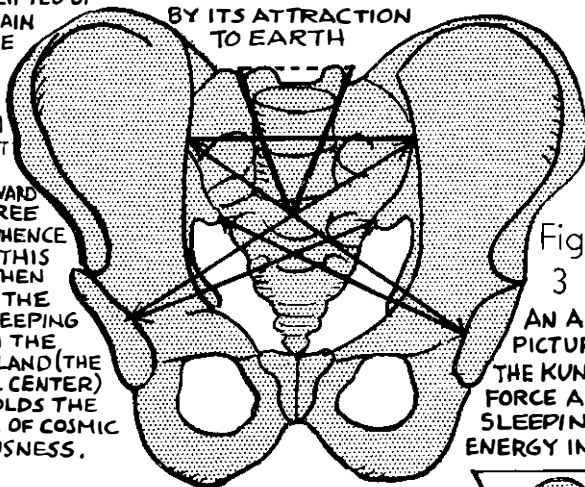


Fig. 3

AN ANCIENT PICTURE OF THE KUNDALINI FORCE AS THE SLEEPING VITAL ENERGY IN THE SACRUM

THE TRIANGLE WITHIN THE SACRUM IS THE SEAT OF STORED UP VITAL PATTERN ENERGY AS THE NEGATIVE POLE OF THE BRAIN FLOWING THROUGH THE CENTRAL CORE. IT IS A TRIUNE ENERGY HIGHLY POLARIZED BY INTENSE ATTRACTION WITHIN ITSELF AND EXTERNALLY.

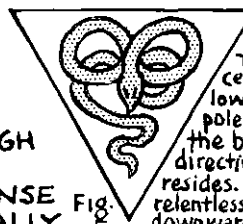


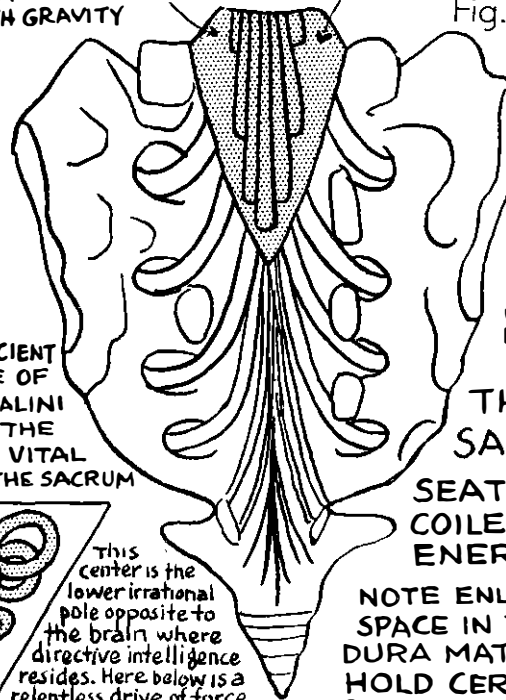
Fig. 5

This center is the lower irrational pole opposite to the brain where directive intelligence resides. Here below is a relentless drive of force downward and outward like a mainspring coiled up and tense.

DURA MATER

Fig. 4

THIS ENERGY BECOMES THE BOW OF THE ARCHER SAGITARIUS THROUGH THE EXPRESSION OF FORCE IN THE THIGHS DIRECTED UPWARD OR DOWNWARD



THE SACRUM SEAT OF COILED UP ENERGY

NOTE ENLARGED SPACE IN THE DURA MATER TO HOLD CEREBRO SPINAL FLUIDS

## COMMENTS ON CHART NO.11 REPRINTED FROM BOOK II

This chart endeavored to illustrate in geometric outlines, some of the psychophysiological principles which are also presented in chart No. 4 of book III.

An interior and posterior view of the human body is given in figures 1 and 2, with the interlaced triangle of the "Seal of Solomon the King" (the dweller in the body) placed correctly in the house of God (the human body). The temple built by King Solomon contained great mystery and symbolic meaning.

Posteriorly, the base of the upper triangle cuts through the foramen magnum of the occipital bone, the ring of Solomon, where the automatic or magic actions take place, which build and preserve the temple not built by the hand of man.

The apex of this triangle dips into the very center of the sacral fluid, at a point midway between its articulating center on each side. The above and below unite in a synchronized triune action of this triangle. This is one of the secrets of Solomon, the king who lives in this temple but has lost the key to the secret.

The other triangle has its base in the pelvis, and its line crosses the exact center of the sacral articulations and touches the point of the upper triangle in the middle of the cerebrospinal fluid in the center. This is the "living geometry of life's vital force" as motor energy in the sacrum. It is symbolized by a cobra, ready to strike, and is called the "Kundalini" in the Tantric philosophy of India. (See figure 5 near the bottom of this chart.)

The apex of this triangle joins the center of the cord about in the floor of the fourth ventricle, in the medulla oblongata, where the center of the automatic life energy seems to operate. Again, this shows that our mere structural relationship of bones and tissues and muscles is not the "secret of the king" who is vitality and life itself in the body of clay. It definitely points to a deeper relationship, latent in the structure of the sacrum, to that of the automatic life center.

Figure 2 illustrates the same relationship in front of the body, by the proper placing of Solomon's triangles. The base of the upper triangle cuts through the seat of the center of consciousness, a point between the eyebrows. This is the sensory center of mind function, as perception, through mind and light waves. This becomes the fire in the eyes, as the positive pole, and the heat that digests food in the neuter pole of the abdomen, and it becomes the motion center of running, expressed in the thighs as the negative pole. It is all linked together as "seeing, preserving, nourishing and motion", to prevent the body from running into danger.

This apex goes to the very center of the pubic bone and becomes the involuting vital perseverative and regenerative energy consciousness which not only preserves and nourishes the body but is instrumental in continuing the line of the specie.

The lower anterior triangle has its base at the apex center of the upper one and dips lower in front in the pelvis to cross the pubic arch, below the great trochanters of the femur. Its upper point is at the center of consciousness, between the eyebrows, as mentioned before, where it crosses the base line of the superior triangle and leaves a wedge-like space in the brain area, where the goddess of WISDOM, also known as Pallas Athena, or Minerva resides in the goldenlocked head of Zeus or Jupiter. This may be a myth but, strange to say, all the spiritual faculties of man are exactly related to this central upper area of the brain.

**COMMENTS ON CHART NO. 11 REPRINTED FROM BOOK II**

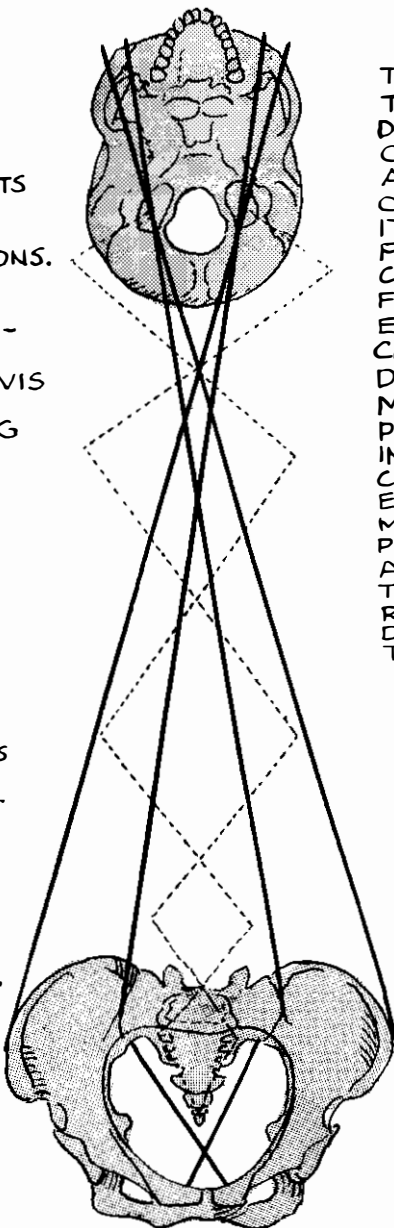
The areas on each side of the head are for mental faculties and body reflexes from each side, physically. The physical motor type energies are located in the back and lower portion of the brain.

Again we have a triune arrangement, even in the brain areas of function, brought out by geometric energy lines known by the Greeks, Egyptians, the wise men of India and other countries.

## CHART NO. 13. A GEOMETRIC RELATIONSHIP OF LINES OF FORCE OF ENERGY CURRENTS, GRAVITY AND WEIGHT BEARING SURFACES OF THE BODY.

THE RELATIONSHIP OF THE HEAD TO THE PELVIS IS A VITAL ONE OF A POSITIVE TO A NEGATIVE POLE. THE DOTTED LINES ARE THE POLARIZED DUAL BRAIN CURRENTS OF THE CAPUCEUS, CROSSING OVER IN EVERY CENTER AND PRODUCING ACTIONS AND REACTIONS. THESE LINES OF STRESS CAN BE SEEN IN THE MUSCULATURE OF THE BACK IN IRREGULAR CROSS-OVER PATTERNS OF TENSIONS. THE CAUSES MAY BE IN THE PELVIS OR FOUND ANTERIORLY AS FUNCTIONAL REFLEXES CROSSING OVER TO THE SUPERIOR AND POSTERIOR. BOTH CAN BE TRACED AND RELEASED.

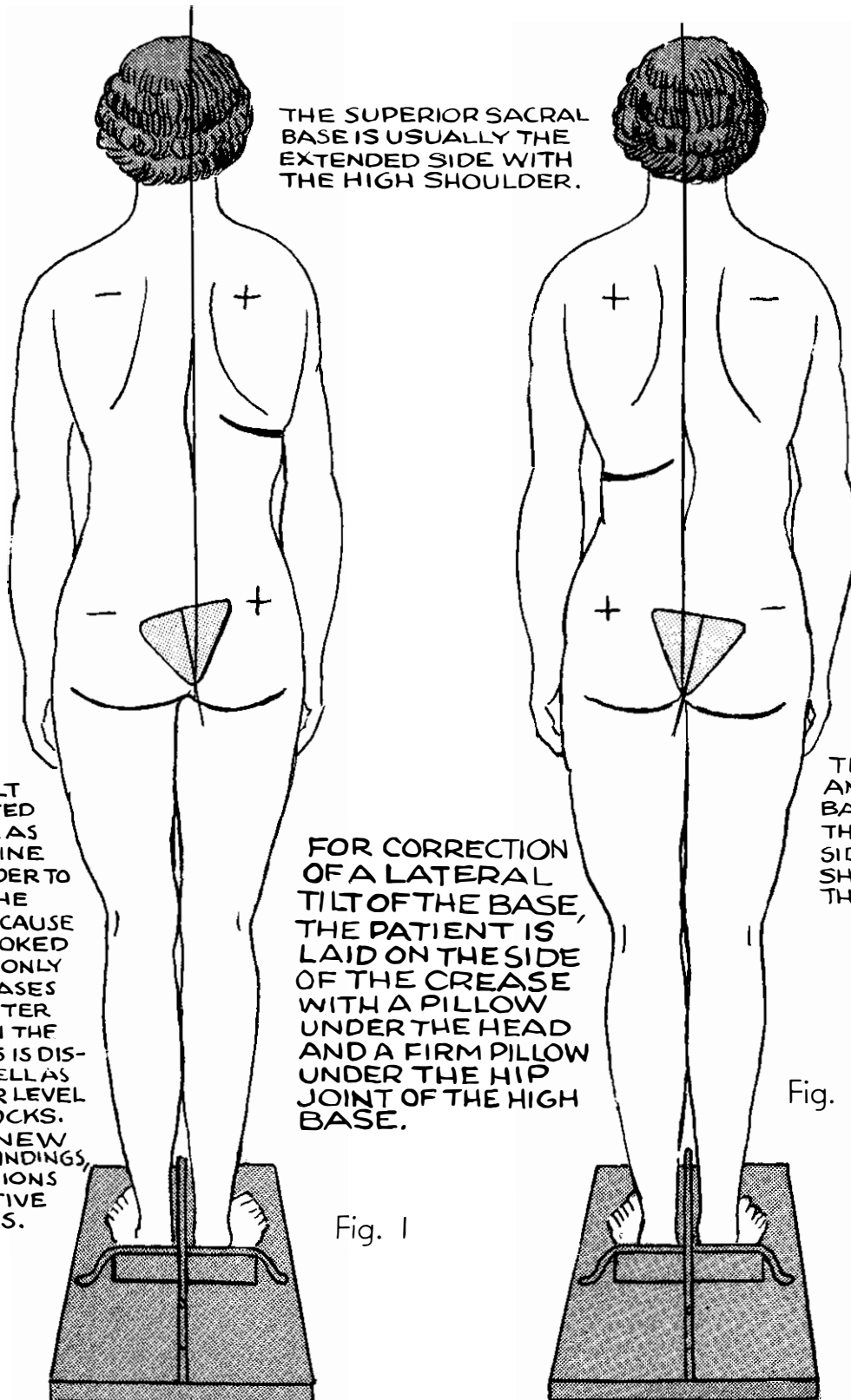
THE RELATIONSHIP OF THE SYMPHYSIS PUBIS AND THE SACROILIAC ARTICULATION IS CLEARLY SHOWN AS WELL AS ITS INTERRELATED SUPERIOR REFLEXES. THE CROSSING OVER OF THE BRACING LINES OF FORCE FROM THE WEIGHT BEARING SACRAL ARTICULATION IS ABOUT THE FIFTH DORSAL VERTEBRA. THAT HAS A GREAT BEARING ON MIDDLE BACK PAIN AND INDIGESTION. IT ALSO SHOWS IN REVERSE HOW INDIGESTION CAN CAUSE LUMBAGO AND SACROILIAC TROUBLE. AND FURTHER IT PUTS DIGESTIVE TROUBLE RIGHT IN THE MIDDLE AS A CAUSE OR AN EFFECT OF MANY PAINS IN THE BACK OF THE HEAD, OCCIPITAL PAINS, FRONTAL HEADACHES, ATLAS ARTICULATION TROUBLE, ETC.



THE TWO ARTICULATING SURFACES OF THE SACRUM AND ILIUM HAVE A DIRECT BEARING AND RELATIONSHIP ON THE CONDYLES OF THE OCCIPUT AND THE ATLAS. THE SUPERIOR RESTS ON THE INFERIOR BY GRAVITY PULL. IT IS ALSO UNDER STRESS OF REACTIONS FROM ITS OWN POLARITY AND REFLEX CURRENTS OF THE ELECTRO-MAGNETIC FIELDS IN THE BODY EVEN WHEN RESTING. EACH OF THE FIVE OVAL AND FUNCTIONING CAVITIES AND CENTERS CAN PRODUCE DEFINITE BLOCKS AND REFLEXES. MENTAL DISTRIBUTING WAVES CAN PRODUCE BLOCKS ANYWHERE ESPECIALLY IN THE VITAL CENTRAL AXIS. THESE ALSO CAN BE TRACED AND RELEASED AS MENTAL EMOTIONAL BLOCKS, IN A SURPRISING MANNER. THE PERINEAL, COCCYGEAL AND PUBIC THERAPY ARE POWERFUL FACTORS AS WELL AS REFLEXES FOUND IN THE FEET, THE MOST NEGATIVE POLE. VOMITING RELEASES THE STOMACH AND THE FIFTH DORSAL ALSO THE DIAPHRAGM AND THE HEAD REFLEXES.

THE REFLEX LINES FROM THE CAVITY OF THE ILIUM AND ITS BRIM AND ALONG THE UPPER PART OF THE POUPART'S LIGAMENTS, ARE MOSTLY FUNCTIONAL, DIGESTIVE REFLEXES FROM THE SIGMOID, CAECUM, OR CONGESTION OF THE AMPULLA OF VATER. THESE CROSS OVER AT THE FIFTH CERVICAL VERTEBRA. THAT IS LITERALLY CATCHING IT IN THE NECK. STIFF NECKS AND TORTICOLLIS HAVE THEIR FOUNDATION HERE. FINDING IT IN THE NEGATIVE POLE AS A CAUSATIVE BLOCK WILL RELEASE THE SEVERE PAIN DUE TO SPASMS FROM REFLEXES BELOW. ONLY WHEN THESE BLOCKS ARE REMOVED WILL THE SPASM SUBSIDE AND INHIBITIVE THERAPY AND DRAINING THE FIBRES OF CENTRAL CONGESTION BE ATTEMPTED. REMOVING CAUSES AND BALANCING OF THE ENERGY CURRENTS BY POLARIZING THE ABOVE WITH THE BELOW, IS THE INDICATED THERAPY. ALSO LOOK TO THE STOMACH REFLEX AND DIETETIC ERRORS.

CHART NO. 3. SACRUM DISTORTED Laterally WITH A CREASE IN THE TISSUE ON THE HIGH BASE SIDE, AND A COMPENSATORY SPINAL CURVE OPPOSITE.



THE SUPERIOR SACRAL BASE IS USUALLY THE EXTENDED SIDE WITH THE HIGH SHOULDER.

THE SACRAL TILT IS EXAGGERATED HERE AS WELL AS THE CENTER LINE THRU IT IN ORDER TO BRING IT TO THE ATTENTION BECAUSE IT WAS OVERLOOKED SO LONG. IT IS ONLY IN CHRONIC CASES THAT THE CENTER LINE BETWEEN THE TWO BUTTOCKS IS DISTORTED AS WELL AS THE INFERIOR LEVEL OF THE BUTTOCKS. THESE ARE NEW DIAGNOSTIC FINDINGS, INTERPRETATIONS AND CORRECTIVE APPLICATIONS.

FOR CORRECTION OF A LATERAL TILT OF THE BASE, THE PATIENT IS LAID ON THE SIDE OF THE CREASE WITH A PILLOW UNDER THE HEAD AND A FIRM PILLOW UNDER THE HIP JOINT OF THE HIGH BASE.

THE INFERIOR ANTERIOR SACRAL BASE IS USUALLY THE CONTRACTED SIDE WITH THE LOW SHOULDER AND THE SHORT LEG.

Fig. 1

Fig. 2

### EXPLANATION OF CHART NO. 3

This chart includes two pictures of simple distortions resulting from sacral base tilt on one side and the other.

Please note the spinal curvature on the side of the inferior base; also the slanting or displaced apex line, which should fall in the center, between the legs, when normal. See figure 3 in chart No. 1 in this book, as well as chart No. 11 of book II which is reprinted in this book, for observation of the normal line; also see chart No. 2 in this book.

A buckling of the tissue of the back, producing a crease, is usually found in the corpulent patient, on the high side of the sacral base.

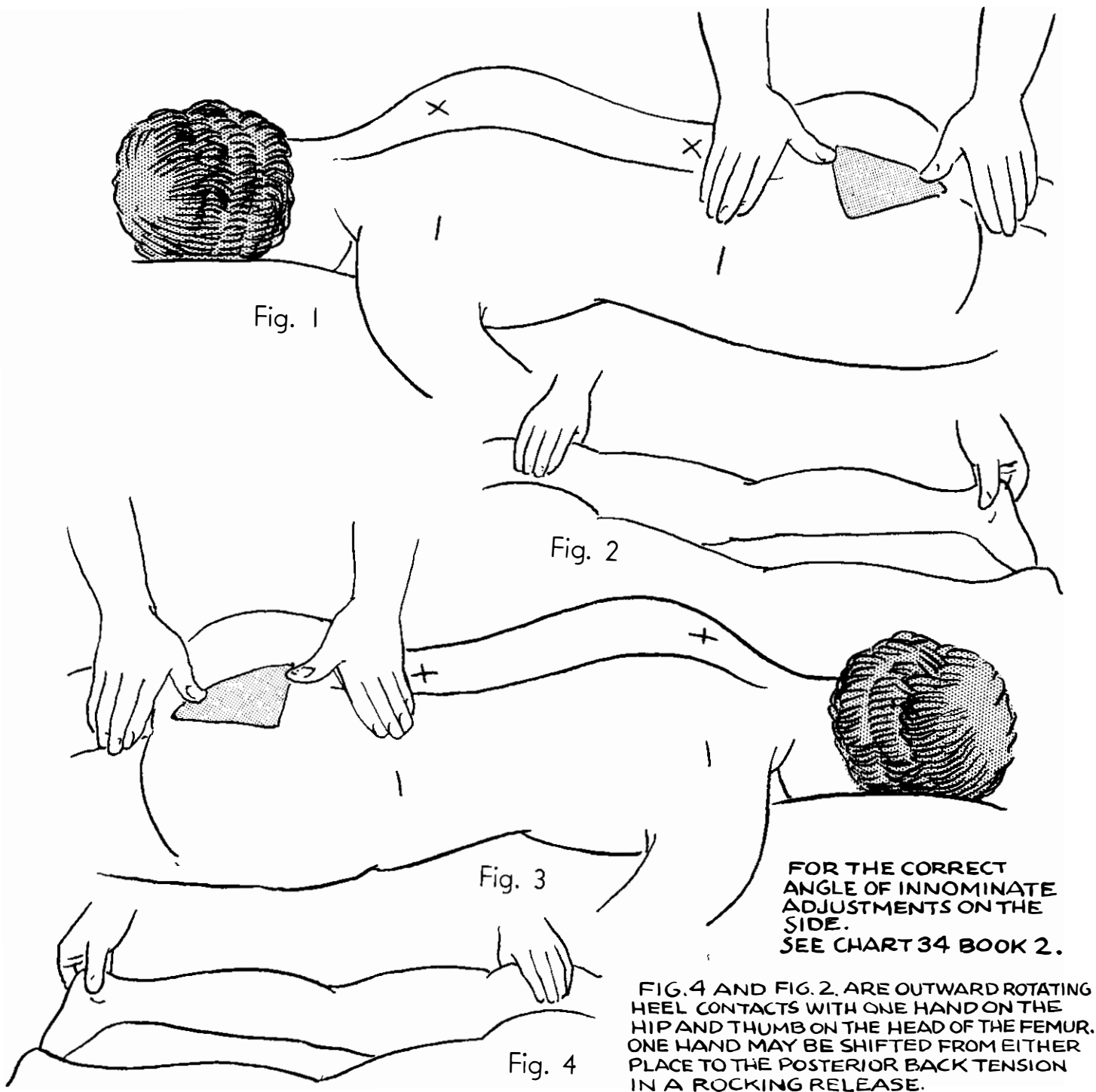
Anterior rotation usually accompanies laterality. In most cases, the anterior side of the body is also the anterior sacral base side.

In this chart the posterior side is marked with a plus sign and the anterior side with a minus sign.

It is quite obvious that when one side is posterior on the shoulder, the other must be anterior. But, strange to say, if you lay a yardstick across the back diagonally, as shown in the plumb-line chart No. 11 of book III, the opposite side of the posterior is also anterior over the hips, even in severe twists of the back.

Of course, any distortion or abnormality is possible, but those mentioned here are common among the regular run of patients. By using the simple methods presented here, it is easy to determine the anterior sacral base position and the inferior one, and correction according to POLARITY PRINCIPLES is simple, easy and effective.

CHART NO.4. THE HIGH OR POSTERIOR SIDE OF THE BODY X AND THE SACRUM. THE THUMB CONTACTS INDICATE THE DIRECTION FOR CORRECTING THE INFERIOR AND ANTERIOR BASE. CONTACTS ON THE HIGH SIDE OF THE BODY AND SACRUM ARE ALSO INDICATED WITH A ROCKING MOTION PLUS AN INNOMINATE CORRECTION BY TURNING THE HIP AND THE LEG OUTWARD WITH A FIRM ROTATING HEEL CONTACT. SEE CHART 20, BOOK 3.



## EXPLANATION OF CHART NO. 4

This chart illustrates a simple and easy method of correcting the lateral tilt of the sacral base. The thumbs indicate the definite direction of vibratory contacts. Other holds can be used as long as the direction is correct for balance. A full-hand contact can also be used here, but is not included in the chart as the contact would cover the sacrum and would not demonstrate the direction of the impulse.

The lateral sacrum and the posteriority are the main factors here for polarity balance.

The posteriority is marked by a plus sign everywhere in the drawings.

FIGURES 2 and 4 show an excellent heel contact which is a rotational straightening stretch on the curved-in heel to straighten it, usually in an outward direction on the posterior side of the body. Hold it under mild tension with one hand as shown here, and use the other hand on the posterior part of the back to rock it superiorly and toward the floor as well as to complete the polarity contact. See charts No. 54 and 55 in the supplement to book II.

The hip is treated the same way while the heel is held as shown in figures 2 and 3 on this chart and in figures 1 and 2 of chart No. 20 in book III.

Chart No. 14 of book III – figure 1, reprinted in this book – illustrates the easiest and most effective way to correct the lateral sacral tilt. The patient on the table in this case presented the sacral base tilt – inferior on the right side – as shown in chart No. 2, figure 2 in this book. The sacral tilt and the spinal curves have been sketched in to make it easy to see what is needed to correct both.

Curved and distorted heels are usually very tender, which indicate polarity reflex blocks in the current here and in the neuter pole of the womb, ovaries or bladder, and in the male it indicates prostatic trouble.

So it is evident that functional polarity distortion was at work here to pull the heel out of its natural structural alignment, as the primary factor of distortion.

The center of the heel represents the central pelvic organ in the male and in the female. The organs of the pelvis have their polarity reflex laterally, on each side of the ankle. See charts No. 17, 31 and 33 in book II.

CHART NO.14. SACRAL BALANCING TECHNIQUE BY VIBRATORY DIRECTIONAL IMPULSES AND POSITION.

CORRECTING A LATERAL TILT OF THE SACRUM, WITH THE INFERIOR BASE ON THE SIDE OF THE LATERAL SPINAL CURVE.

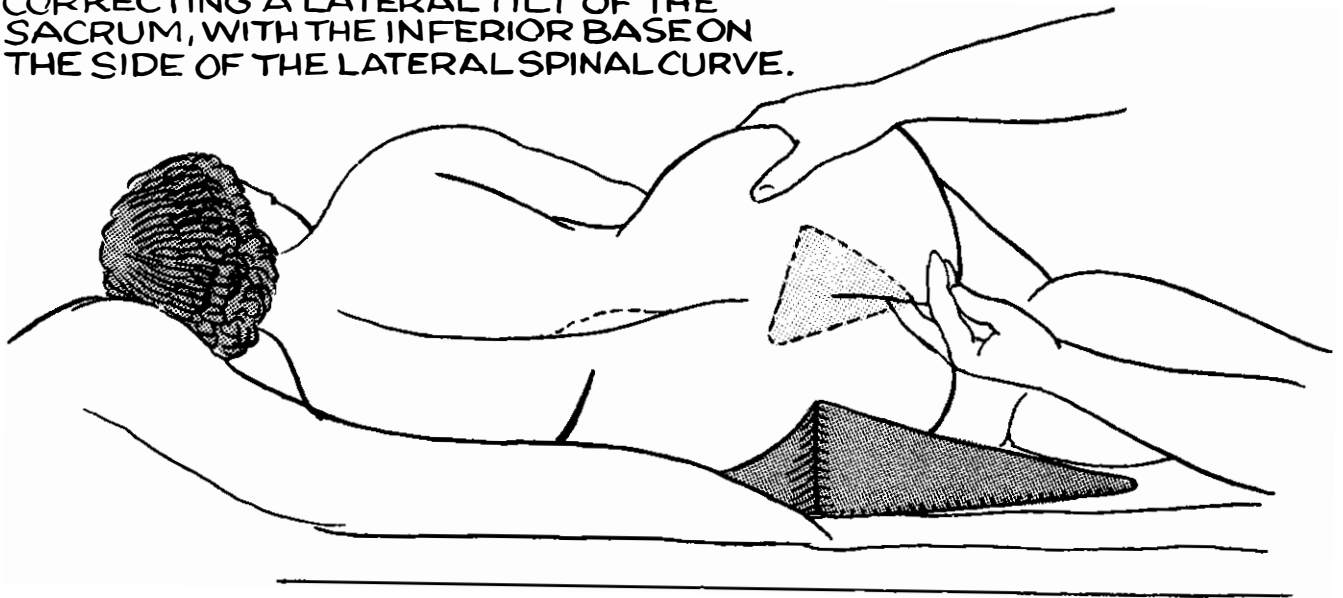


Fig. 1

CORRECTION OF A RIGHT ANTERIOR SACRAL BASE BY LEVERAGE AND DIRECTIONAL CONTACT.

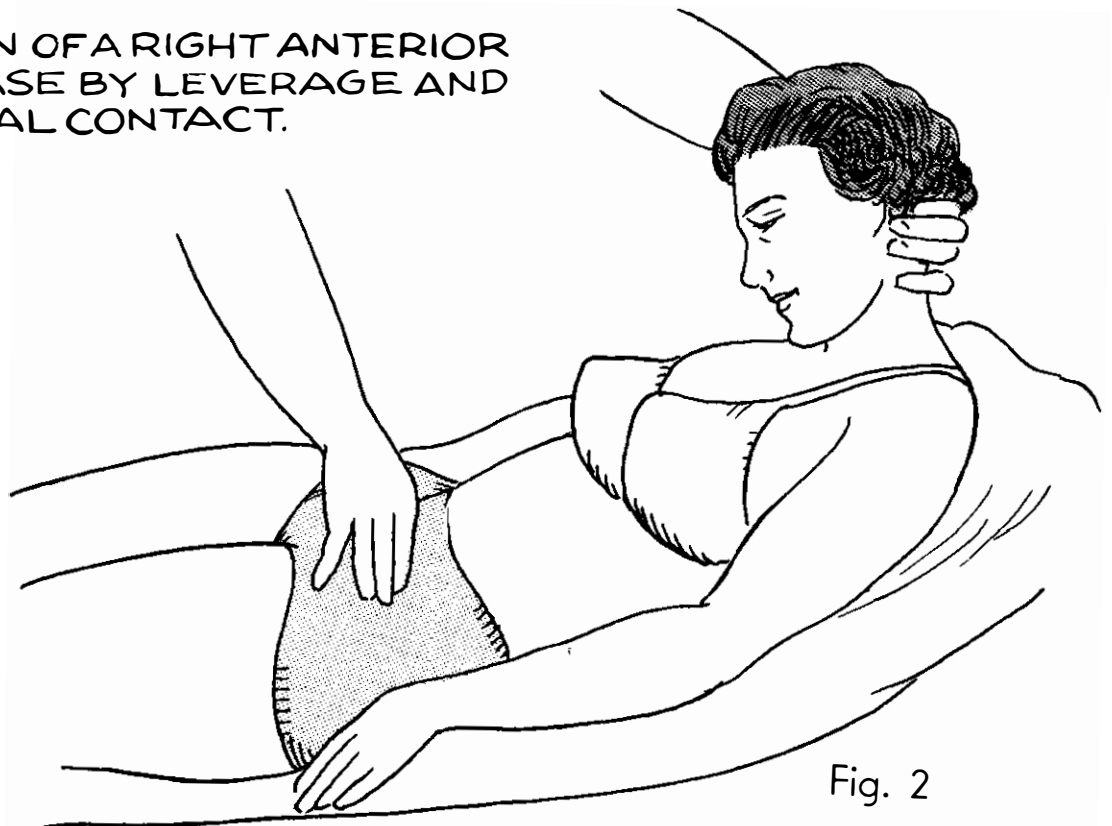


Fig. 2

**COMMENTS ON REPRINT OF CHART NO. 14 FROM BOOK III**

The finger contact is on the apex of the sacrum and is used in a gentle directional vibration.

The hand on the hip gives an upward and toward-the-table rocking directional movement to open the way for the sacral position.

The apex contact is held steady during this time.

Rock, hold, rest; then repeat a few times.

Then have the patient stand for line-up again and you will be amazed at the wonderful results, even in many unyielding cases previously treated by other methods.

Figure 2 in this chart shows an anterior sacral base correction.

The contact is made with the thumb, near the middle of Poupart's ligament and close to it until you feel the sacrum under it. Make a soft-cushion contact of the thumb, like a rocker arm, and not stiff like a point. A firm but gentle contact makes this a powerful correction for the more stubborn anterior sacral base condition.

Have the patient inhale first, then slowly exhale as you lift the head, so the exhalation is complete by the time the head is raised as far as toleration will permit. Start slowly, with short lifts, and increase the stretch as you repeat the move three or four times. Another check-up against the plumbline will reveal the surprising amount of correction obtained by this simple POLARITY THERAPY.

CHART NO. 20. PELVIC POLARITY CORRECTIONS ACCORDING TO THE LINES OF TENSION AND TENDERNESS FOUND IN THE FIBRES OF THE GLUTEUS MUSCLES.

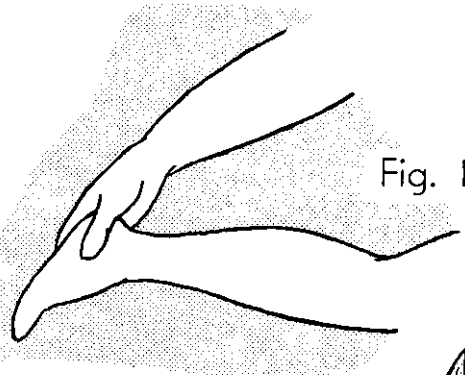


Fig. 1

HEEL ROTATION AND THUMB CONTACT ON HEAD OF FEMUR FOR POSTERIOR HIP CORRECTION.

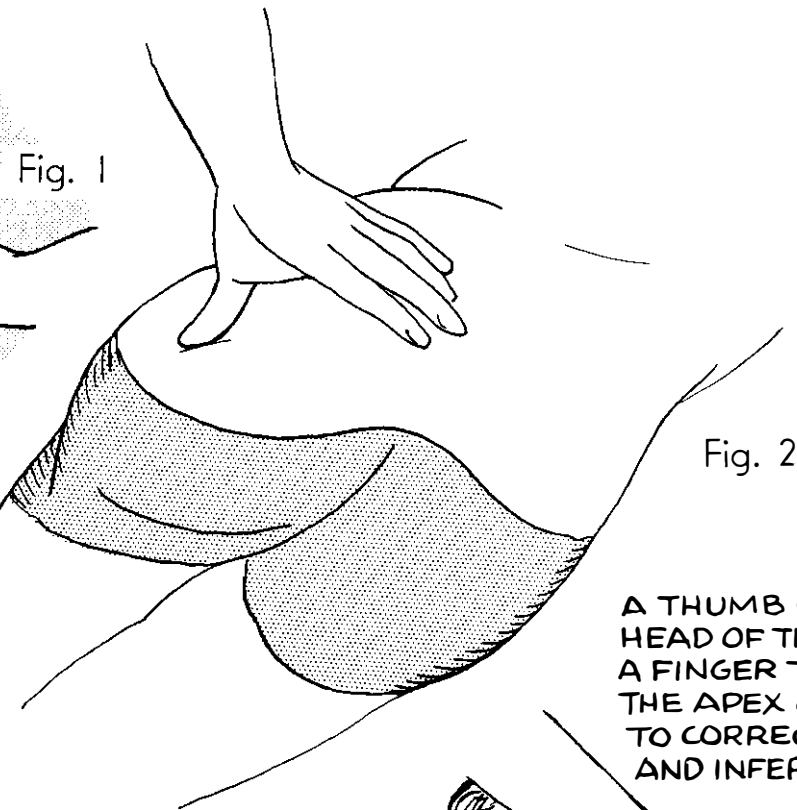


Fig. 2

A THUMB CONTACT ON THE HEAD OF THE FEMUR AND A FINGER TIP CONTACT ON THE APEX OF THE SACRUM TO CORRECT THE ANTERIOR AND INFERIOR SACRAL BASE.

NEUTER POLARITY REFLEXES FROM THE BACK OF THE HAND, TO THAT SIDE OF THE BACK OF THE BODY.



Fig. 4

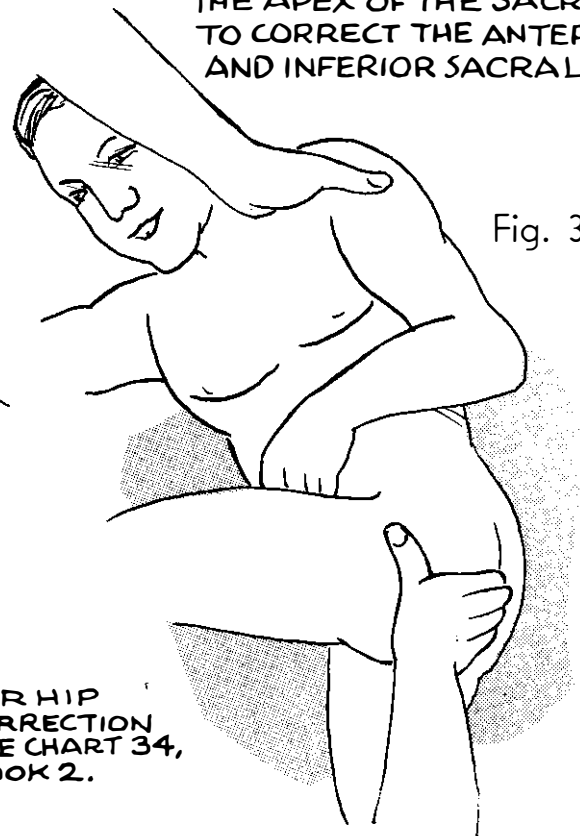


Fig. 3

NEGATIVE POLARITY REFLEXES FROM THE TOP OF THE FOOT, TO THAT SIDE OF THE BACK

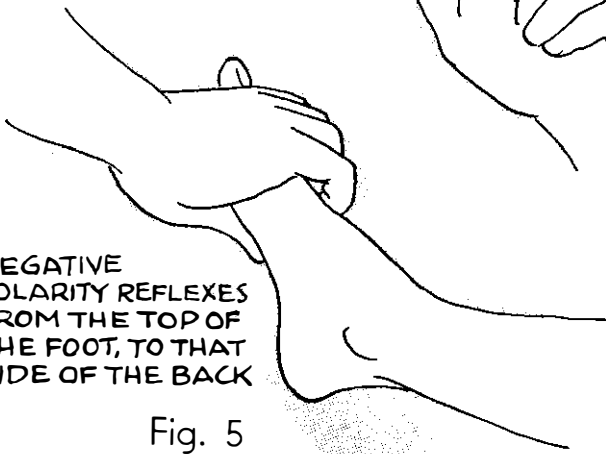


Fig. 5

FOR HIP CORRECTION SEE CHART 34, BOOK 2.

**COMMENTS ON CHART NO. 20 FROM BOOK III**

This chart emphasizes the thumb contact on the head of the femur for all hip and sacral correction, while the patient is lying on the side. It is extremely valuable and quite different from other methods.

FIGURE 3 presents a lateral view of the correction of the right anterior sacral base, with the thumb on the head of the femur.

The contact is with the first two fingers on the apex of the sacrum, on the same side.

The leg is a little above right angles to the body, as shown in this illustration.

Force is not necessary nor should it be exerted, as this gives easily when the condition is there and the position is right.

FIGURES 4 and 5 present polarity reflex areas in the hands and feet, which are sometimes very helpful in relaxing spastic muscles of the back before other corrections are made, and can also be used for polarization after other corrections are made. This is a valuable treatment in painful lumbago cases which are so plentiful everywhere these days.

CHART NO.18. MEASURING THE LEGS FOR COMPARATIVE LENGTH TO DETERMINE THE SIDE OF THE MOST CONTRACTED ELECTRO MAGNETIC CIRCUIT WHICH IS ONE DEFINITE MEASURE OF IMBALANCE, DISTINCT FROM GRAVITY.

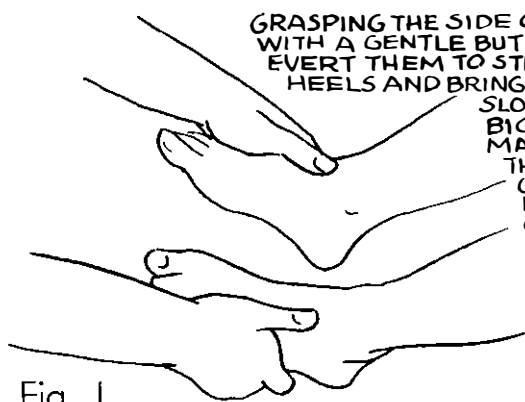


Fig. 1

GRASPING THE SIDE OF EACH FOOT WITH A GENTLE BUT FIRM TOUCH EVERT THEM TO STRAIGHTEN THE HEELS AND BRING THEM TOGETHER SLOWLY WITH THE BIG TOE JOINTS MATCHING. THIS GIVES THE OVERALL PICTURE OF THE LENGTH AT THE BOTTOM OF THE HEELS. CHART THE SHORT LEG ONLY

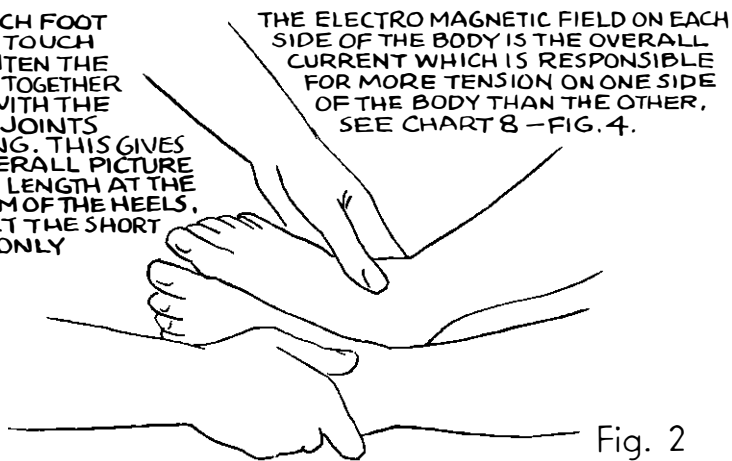


Fig. 2

THE ELECTRO MAGNETIC FIELD ON EACH SIDE OF THE BODY IS THE OVERALL CURRENT WHICH IS RESPONSIBLE FOR MORE TENSION ON ONE SIDE OF THE BODY THAN THE OTHER, SEE CHART 8 - FIG. 4.

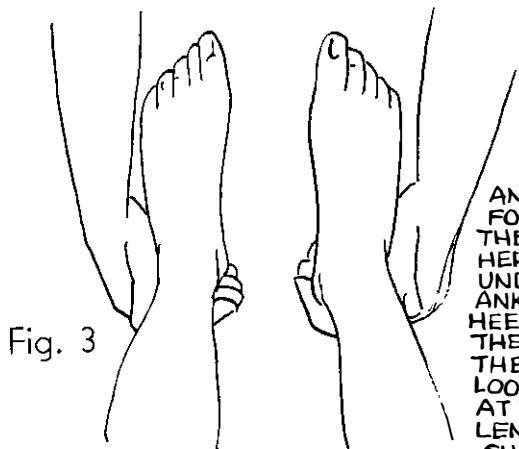


Fig. 3

IN ILLNESS, THE BODY IS OUT OF BALANCE; THERE IS MORE TENSION AND OBSTRUCTION ON ONE SIDE AND THIS IS THE INHERENT WEAK SIDE FROM BIRTH, THAT SHOWS UP IN EVERY ILLNESS.

ANOTHER CONTACT FOR MEASURING THE LEGS IS SHOWN HERE WITH THE HANDS UNDER THE HEELS AND ANKLES - BENDING THE HEELS OUT TO STRAIGHTEN THEM - THEN BRING THEM TOGETHER AND LOOK FOR COMPARISON AT THE HEELS FOR THE LENGTH OF LEGS. THE SHORT LEG IS THE FACTOR.

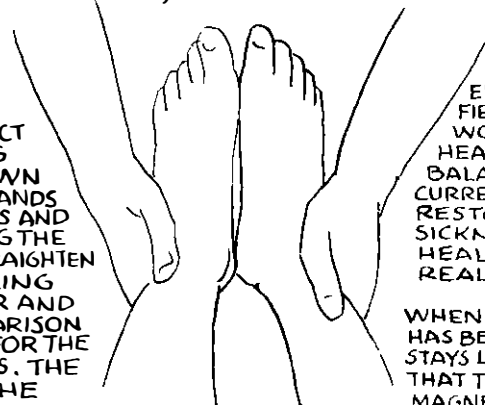


Fig. 4

KEEPING THE ELECTRO MAGNETIC FIELDS IN BALANCE WOULD BE A FINE HEALTH MEASURE. BALANCE OF ENERGY CURRENTS MUST BE RESTORED IN EVERY SICKNESS BEFORE HEALTH CAN BE REALIZED.

WHEN THE SHORT LEG HAS BECOME LONG AND STAYS LONG, IT INDICATES THAT THE TENSE MAGNETIC FIELD ON THAT SIDE HAS RESPONDED AND NORMAL REPAIR CURRENTS ARE AT WORK. THE PATIENT'S IMPROVEMENT WILL VERIFY IT.

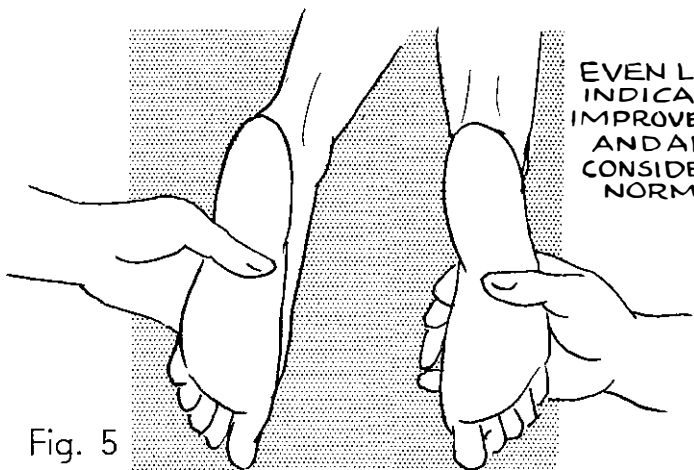


Fig. 5

EVEN LEGS INDICATE IMPROVEMENT AND ARE CONSIDERED NORMAL.



Fig. 6

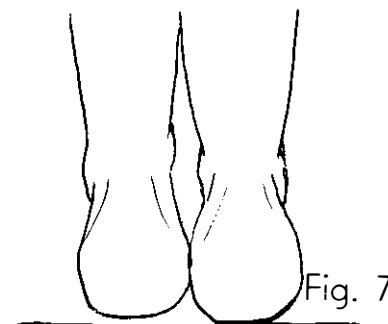


Fig. 7

SHOWING THE LEFT LEG SHORT.

A SIMILAR CONTACT IS TAKEN WITH THE PATIENT FACE DOWN. EVERT THE FEET, SO THERE IS A STRAIGHT LINE DOWN THE CENTER OF EACH LEG TO THE HEEL AND COMPARE THEM. MEASUREMENT DIFFERS SLIGHTLY IN THIS POSITION FROM THE FRONT MEASUREMENT.

## COMMENTS ON REPRINT OF CHART NO. 18 FROM BOOK II

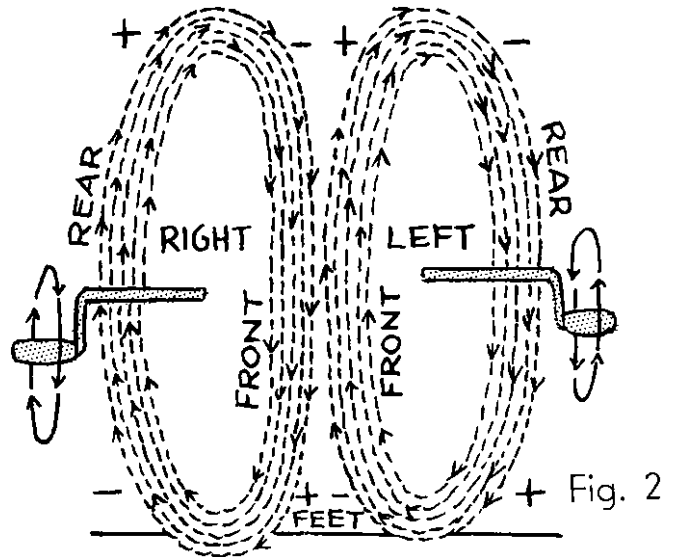
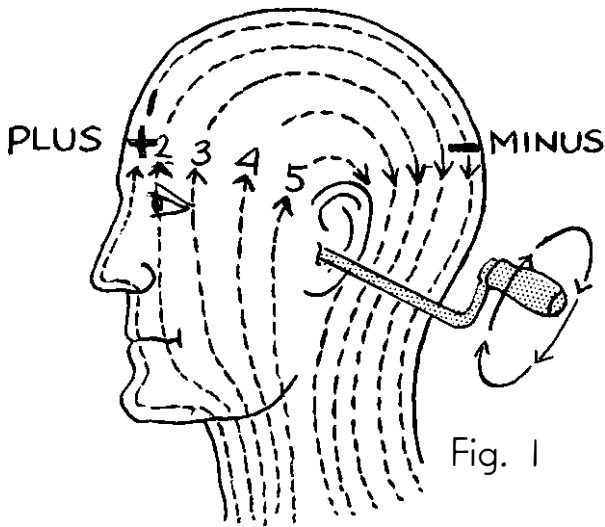
After studying the circuits on each side of the body, it can be easily seen that the electromagnetic circuits cause the primary action in muscle function and tension in general. The side which labors the most is the short-leg side. That reveals where the tension is located.

This chart illustrates how to measure the legs for diagnosis. It will make the doctor's work easier and more thorough.

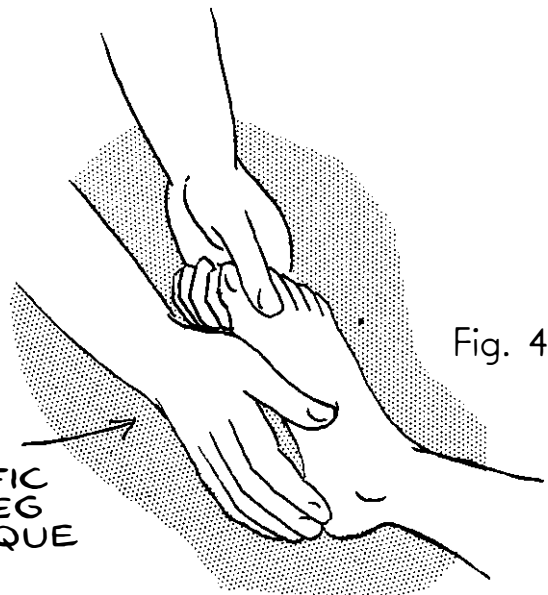
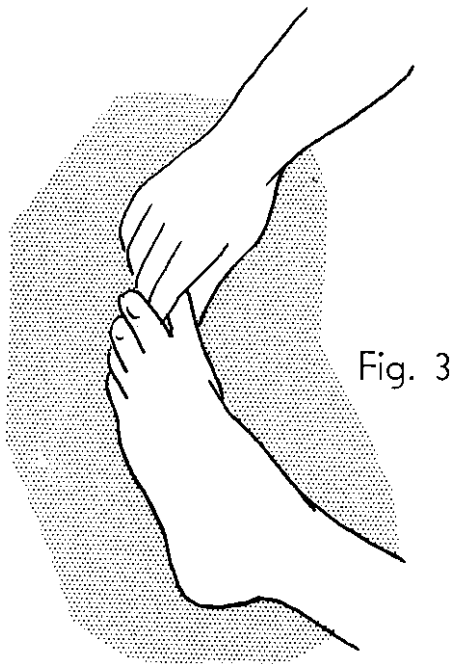
The sicker the patient is, the shorter will be one leg because the electromagnetic balance is upset between the positive and the negative poles of each half of the body.

THE REAL AND SIMPLE SOLUTION IS TO RESTORE THE BALANCE QUICKLY AND EFFECTIVELY, SO THE BODY CAN MEND ITS FIELDS OF DISTORTED ENERGY.

CHART NO.5. THE CAUSE OF THE SHORT LEG AND ITS PHYSIOLOGICAL REACTION.



ELECTRO MAGNETIC CURRENTS WHICH TRAVEL FROM HEAD TO FOOT ON EACH SIDE OF THE BODY IN OPPOSITE DIRECTIONS.



A SPECIFIC SHORT LEG TECHNIQUE

A POLARITY CONTACT ON THE SIDES OF THE BIG TOE WITH PRESSURE AND A STRETCHING MOVEMENT, TOWARD THE MEDIAN LINE OF THE BODY, THIS IS USED WHERE THE QUICK TAP ON THE JOINT IS COUNTER INDICATED.

POLARITY REFLEXES FOUND IN THE JOINTS OF THE BIG TOE. A MILD SHOCK TREATMENT WITH RESPIRATORY REFLEXES, SHOULDER TENSION RELEASE AND LENGTHENING THE USUAL SHORT LEG.

SEE CHART NO.37, BOOK 2.

## EXPLANATION OF CHART NO. 5

This chart is a composite of figures 2 and 4 from chart No. 8 of book II and figures 2 and 4 from chart No. 17 of book III.

Figure 1 portrays the systemic direct energy currents which pass over the body from the head to the feet and toes; also over the arms, hands and each finger, as a circuit. THESE ARE ENERGY CURRENTS AND THEIR POLARITY CIRCUITS.

Figure 2 gives the over-all electromagnetic currents which carry their sensory impulses to all fields over the body.

After years of research, I found that the one point of respiratory polarity reaction through the center core radiation was not only a quick method but was also most effective. To know which circuit is involved is the real art. Without this knowledge, it is guess work no matter what system is used.

The transverse arches of the feet are the negative poles for the shoulders and the respiratory center of the brachial plexus. The big toes are in its center line over the body, as shown in charts No. 3, 5, 6 and 7 in book II.

The large joint of the big toe is a negative representative of the 7th cervical vertebra, on each side. The respiration and circulation can be quickened through this inferior pole by the application of a quick blow to the joint, administered with the softest cushion of the hand of the operator, immediately below the thumb. It is really a mild shock treatment which stimulates both the respiration and the circulation. It makes the leg long at once. And, if applied to the short leg only, it will make it long and balance the over-all electromagnetic circuit by this quick stimulation at the most negative pole.

Figure 4 illustrates this move. The toe is held firmly and stretched. The tap is quick and is applied a little below the center of the large joint, and there is a gentle click when properly done. It is effective. But for arthritic joints and chronic sore ones, this correction should not be attempted until the area has been prepared by gentle but firm pressure and stretching of the big toe, as is shown in figure 3 of this chart. It may be necessary to do this for several visits before the toe – or the bunion if there is one – is ready for this release.

The anterior sacrum is also a factor in this physiological short leg, and must be corrected when such a condition is present. The directions for this correction by means of Polarity Therapy are covered in the chapter on the Sacrum. See Chart 20, Fig. 3 in Book III.

## HEART TROUBLE AND ITS PSYCHO-PHYSIOLOGICAL RELEASE THROUGH POLARITY THERAPY

In these days of rush and excitement, heart trouble is a daily danger and is met with often in various forms. Knowing the over-all wireless energy currents, we can easily see how powerful the mental stresses and strains as well as the emotional ones and shocks can be as the real primary factors in all heart trouble before it becomes a physical ailment due to repeated stress and strain and the blocks or obstructions left as residue in the vital circuits and their circulatory fields of distribution.

Chronic heart reflexes will be found in the second, third and fourth toes, especially on the left foot. This reflex is often most acute over the toes and between the tendons on top as well as on the soles of the feet. The reflex at the fourth toe, on top of the foot, as well as immediately under the main articulation with the arch of the foot is most important. This reflex involves the vital force of the sun energy which is the mainspring of the heart reflex, flowing through the ring finger and that area in the hand as the neuter pole of this energy.

When the third toe or the second finger and the area between them on top or bottom is most tender, then the fire of warmth in the circulation is in trouble due to improper digestion of food. Too many fats and sweets or cholesterols are taken up by the blood stream and interfere with the circulation. Cholesterol may even form as fatty deposits in the arteries and veins. It also deposits in the eyes and eventually forms cataracts. Mineral oils taken internally for a long time may be a factor, or over-heated animal fats which are used and heated over many times. These items should be avoided in addition to fried foods.

When the index finger and the second toe areas are most sensitive, then over-strain and lack of the airy element in the body are the main factors. Rest from mental-emotional strain is very necessary here, more so than mere physical rest.

The space between the thumb and the first finger is a vital area. It connects the thumb with the first finger like the neck joins the head and the body together. The life force of the neck region is represented here in its neuter field of expression, joining the stubborn mind force of the head with the emotional heart center into one of skillful expression and usefulness in life. Much can be interpreted and observed from the dexterity or the rigidity, or the nodules of sensitiveness in these members and the neuter space between them on the Mount of Venus, the soft portion below the thumb.

IT IS IMPORTANT TO KNOW AND UNDERSTAND THESE POINTS IN ORDER TO SUCCESSFULLY AND INTELLIGENTLY TREAT HEART TROUBLE, regardless of the method or type of therapy employed.

The blood has three principles of finer essences in its liquid make-up which form the force behind the circulation. The details are too involved to be given here. For the description and the meaning of each type of beat, see chart No. 3 in book III, and the comments on it in that book.

It is sufficient to state here that the wireless energy circuits and waves have more to do with the circulation than the mechanical force of the heart as a pump. Nowhere else in Nature or in mechanics is manifested such a miracle of a pump the size of the owner's fist to circulate a semi-heavy fluid through miles and miles of the finest vessels and tubes, as the heart is supposed to do.

## HEART TROUBLE AND ITS PSYCHO-PHYSIOLOGICAL RELEASE THROUGH POLARITY THERAPY

Be that as it may, our job is to help patients who come to us with heart trouble, and prevent further attacks if possible. Of course, there are many general factors of habits and strain which it is part of the patient's job to overcome and change. No doctor can give energy or life nor revive it when it has been completely exhausted and there is no reserve in that individual's make-up.

However, for best possible results in any heart condition, interferences must be removed and the general circuit of the energy field must be kept in good functioning order. That is all the best doctor can do. And for this purpose these wireless energy currents lend themselves beautifully for enhancing the energy flow behind the circulation through the application of POLARITY PRINCIPLES AND THERAPY.

When the blood does not circulate freely, it is really this energy circuit which is at fault. Remove the blocks in the tension field and normal circulation can be restored if this principle is thoroughly understood and consistently applied. The blocks or degrees of obstruction vary with each case and are not always limited to one field in the body.

The simple facts are similar to the irrigation of the fields of the earth. The farmer goes along with a shovel and removes the obstacles in the ditches. It is as plain as that when Life is understood.

But man himself is not simple. He is the most complex mechanism of all creation because everything that is in creation generally is also in man (the microcosm). That is why man's possibilities are so unlimited.

# CHART NO.6. POLARITY THERAPY APPLIED TO THE EXTREMITIES FOR HEART TROUBLE.

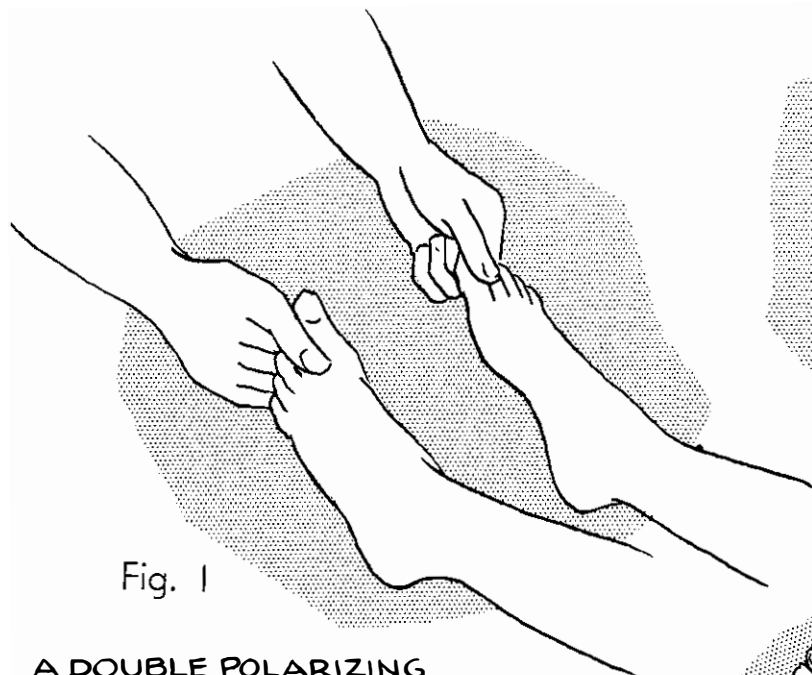


Fig. 1

A DOUBLE POLARIZING CONTACT ON THE FIRST JOINT OF EACH SECOND TOE.

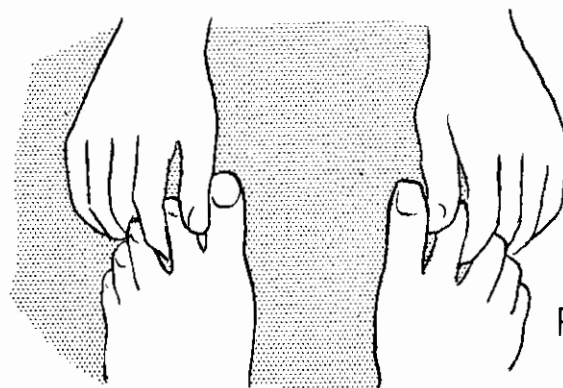


Fig. 2

A LATERAL POLARIZING CONTACT ON THE FIRST JOINT OF EACH SECOND TOE.

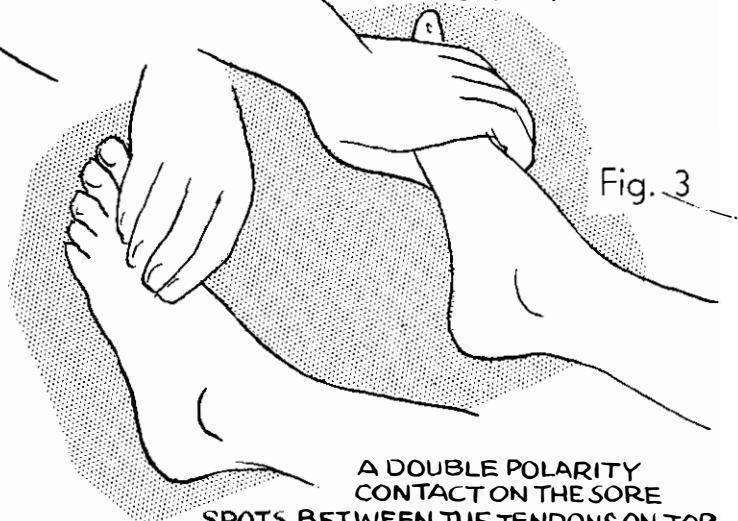


Fig. 3

A DOUBLE POLARITY CONTACT ON THE SORE SPOTS BETWEEN THE TENDONS ON TOP OF EACH FOOT, SUPPORTED BY THUMB PRESSURE ON THE SORE SPOTS ON BOTTOM.

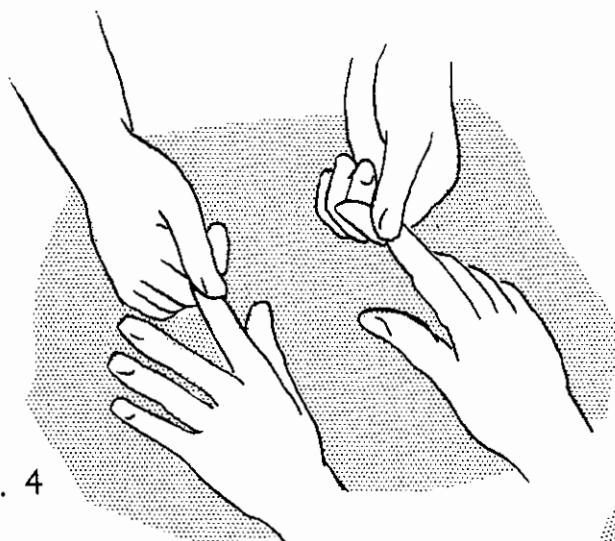


Fig. 4

A DOUBLE POLARIZING CONTACT ON THE FIRST FINGER TIPS, ANTERIOR-POSTERIOR AND LATERAL PRESSURE ON THE FIRST JOINTS.

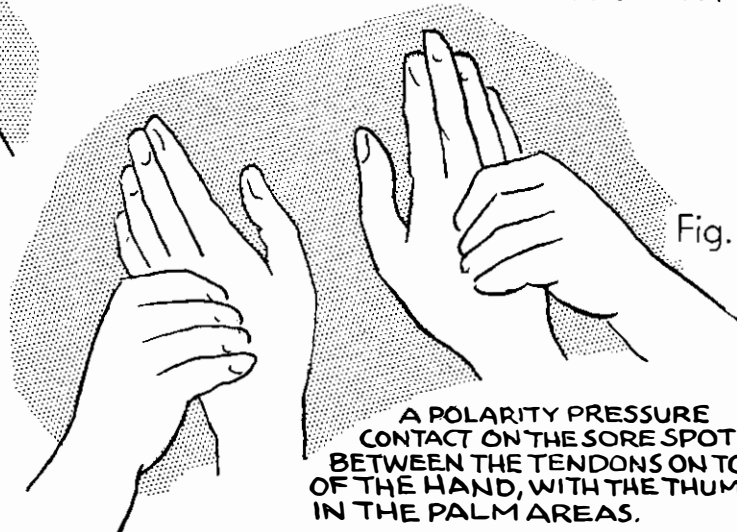


Fig. 5

A POLARITY PRESSURE CONTACT ON THE SORE SPOTS BETWEEN THE TENDONS ON TOP OF THE HAND, WITH THE THUMBS IN THE PALM AREAS.

## EXPLANATION OF CHART NO. 6

This is a composite chart consisting of figures 1, 2 and 3 from chart No. 8 in book III and and figures 4 and 5 from chart No. 20 in book III, the latter two being listed on this chart as figures 3 and 5. The composite is reproduced as chart No. 6 in this book for your convenience.

Since stagnation and coldness of the circulation start in the feet, the application first deals with this general block. The feet constitute the negative pole, where the first and severest blocks occur. The hands are the neuter pole and they are affected next in line by the lack of circulation.

There are the three toes of both feet and the three fingers of both hands, as well as the space between the thumbs and fingers and between the big toe and second toe on each foot where pressure must be applied in a bipolar way, to balance the inequality in each side of the body and repolarize it in addition to removing the local blocks which obstruct the current flow.

The tips and first joints of the first three fingers are all heart polarity reflex points for contact in the application of POLARITY THERAPY.

The space between the thumb and the first finger is of prime importance because the first finger is the true polarity reflex finger to the heart. Squeeze this area between your thumb and finger all along the thumb line. Take hold of both hands simultaneously so they may also become polarized or equalized as you work with them. Then use your finger tips and work between the tendons of the first and second fingers, the second and third fingers, and the third and fourth fingers.

For doing this, grip each hand between your thumb and fingers (your thumbs contacting the surface in the palms of the patient's hands, and your fingers on the tops of the hands as shown in figure 5) and squeeze the sorest spots in between the tendons in rhythmic motion. Go from one interspace to the next on the hands.

Then do the same thing on the feet and the space between the tendons; and press on the bottoms of the feet also to steady the contact and reinforce it, as shown in figure 3 of this chart.

The back of the hands and the top of the feet have a polarity reflex to the back of the body, over the shoulders, the area of the brachial plexus.

Breathing rules Life and the heart beats. Where there is no breath there is no life. The heart may stop, but the Life is in the breath and it can return and start the heart again. This has happened many times. That is why there is a mirror test for the detection of the faintest sign of breath, when there is no evidence of life according to heart beat or pulse beat. Life is an inner, unknown, finer function of the soul.

After manipulating the finger and toe interspaces, firmly pull and squeeze the first joints of the index fingers for about one minute as shown in figure 4 of this chart. Proceed with the second fingers and then the third fingers of both hands in the same manner.

Then use the same polarity contact on the feet, as shown in figure 1 of this chart, pulling and firmly squeezing the three toes next to the big toe on both feet. Simultaneously work on both feet with both hands, but on one toe of each foot at the same time, standing at the foot end of the bed or table for this application.

**EXPLANATION OF CHART NO. 6**

The lateral polarizing contact should also be used on the fingers and the toes as illustrated in figure 2 of this chart.

If the patient suffers from fainting and a fading pulse, use the mild shock tap on the large joint of the big toe of the left foot, several times, lightly, to stimulate the central energy waves.

CHART NO. 7. BRACHIAL PLEXUS AND OCCIPITAL RELEASE  
AS A SPECIFIC FOR RESPIRATION, CIRCULATION, HEART  
AND DIGESTION.

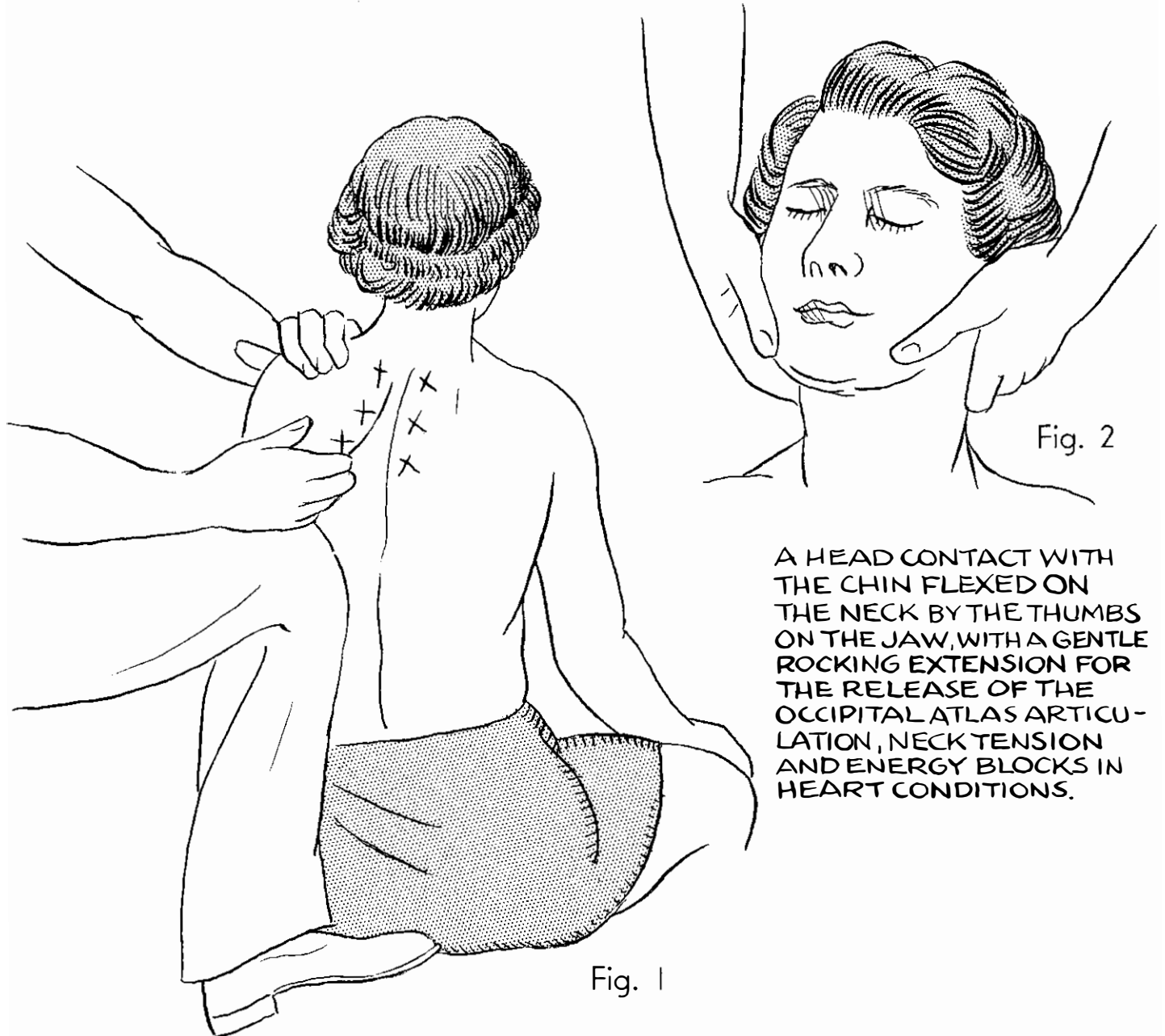


Fig. 2

A HEAD CONTACT WITH THE CHIN FLEXED ON THE NECK BY THE THUMBS ON THE JAW, WITH A GENTLE ROCKING EXTENSION FOR THE RELEASE OF THE OCCIPITAL ATLAS ARTICULATION, NECK TENSION AND ENERGY BLOCKS IN HEART CONDITIONS.

Fig. 1

RELEASE OF BRACHIAL PLEXUS BLOCKS BY GETTING THE FINGERS UNDER THE SHOULDER BLADES AS HIGH AS POSSIBLE IN A LIFTING MOTION WITH THE PATIENT SITTING UP. SPECIALLY INDICATED IN HEART TROUBLE AND RESPIRATORY DIFFICULTY. SEE CHART NO. 36, BOOK 2, FOR THE TABLE TECHNIQUE.

EXPLANATION OF CHART NO. 7

This is another composite chart, reproduced here as chart No. 7 for your convenience. Figure 1 is a reprint of chart No. 24 in book III. It is also similar to that listed as "Countryside Technique" in chart No. 46 of book II, and the same contact is illustrated as table or bedside technique in chart No. 36 of book II. Figure 2 on this chart is a reprint of figure 3 from chart No. 25 in book III.

Get under the shoulder as high as you can, near the top of it, and lift and hold on for one to three minutes on both sides, one shoulder at a time. This is the most potent release of all for the brachial plexus and it does wonders. Repeat several times, until the patient can breathe easily.

IN ALL SUCH EMERGENCIES, this is the first thing to do on the left shoulder, then the right. Lift and hold!

Do it frequently as the patient improves, and as a daily treatment.

The patient and the doctor will be astonished what can be done in the hour of need with this simple procedure, based upon the principles of Life and energy currents which rule and govern the body of man.

PLEASE NOTE: In treating heart cases, the anterior dorsals must be brought posteriorly. The sores spinal process tip is the most anterior and it is essential that it is corrected. Direct adjustment to the anterior in the upper half of the dorsal region should never be given in any heart case.

The lift shown under "Countryside Technique" in chart No. 46 of book II and in this chart, is excellent for such conditions. Also show the patient how to rest on the posterior dorsal, on a solid support, and pull forward on the head, advising the patient to do this at least once daily.

The exercises illustrated in the last chapter of this book are also highly beneficial for heart, respiratory and digestive disturbances.

CHART NO.8. RELEASING THE ENERGY BLOCKS IN HEART TROUBLE BY POLARITY TECHNIQUE WITH DIAPHRAGM AND SHOULDER CONTACTS.

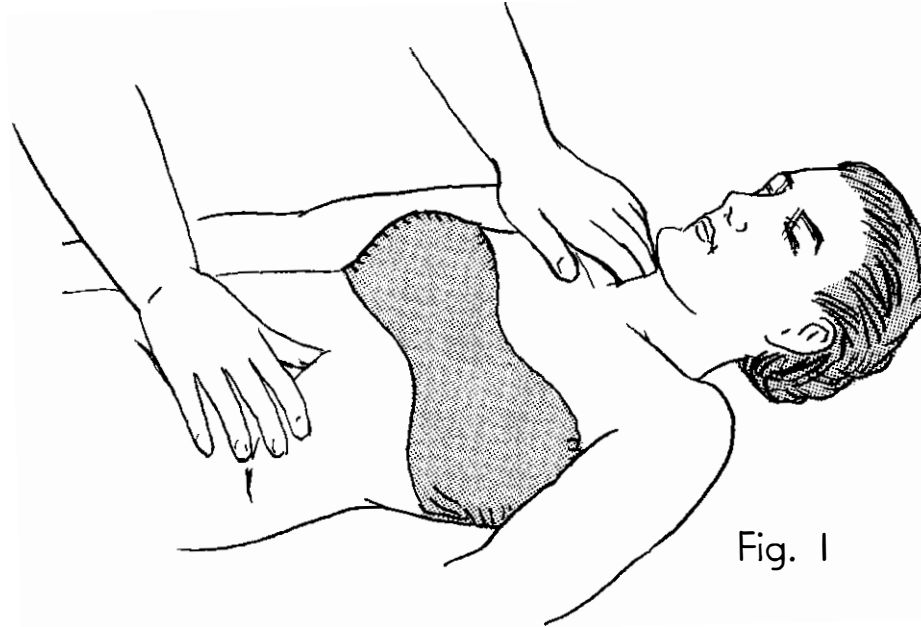


Fig. 1

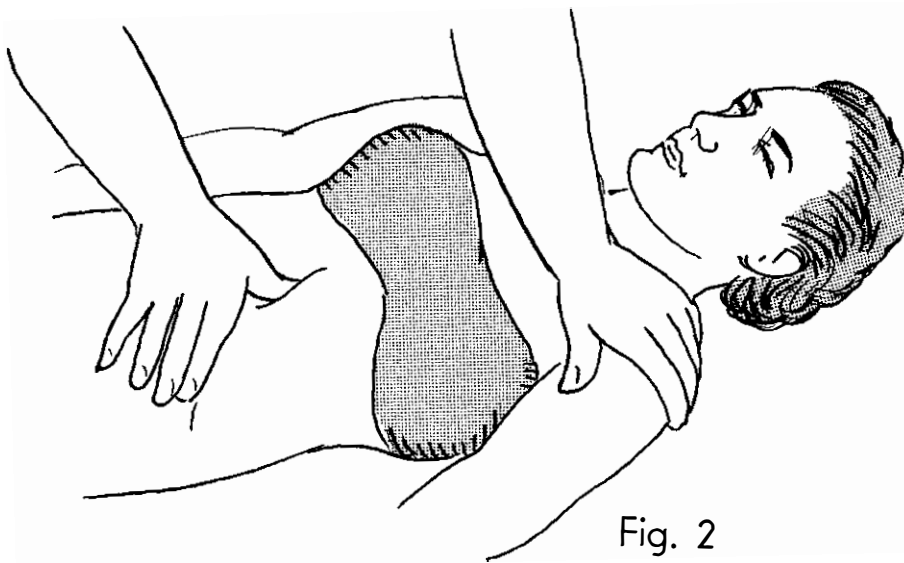


Fig. 2

## EXPLANATION OF CHART NO. 8

The diaphragm is the central muscle of respiration and life's function in the body. Normally, the heart beat and respiration are in direct ratio to each other. In disease this is not so. The severity of the illness can almost be measured by the disruption of this rhythmic relationship between the airy current of respiration and the fiery energy of the heart beats.

It is not so much the extremes which are so dangerous as it is the patterns of incompatible relationships. Naturally it is advisable to bring both factors to as nearly a normal rhythm as possible, by any form of therapy employed. In Polarity Therapy the aim is to establish the normal energy current flow in the body's wireless system through its fields of response at the neuter pole, the negative pole and at the positive pole.

Energy waves on one side balance those on the other side of the body by traveling in the opposite direction. See charts 3, 5, 6, 7 and 8 in book II. The two fishes in the sign of Pisces illustrate these hidden currents by swimming in opposite directions. This psycho-physiological principle dates back to the creation of man.

Others have employed certain phases of these underlying principles, but no one seems to have had the practical understanding of the whole picture; that is, all the currents in each one of the fields, and applied this knowledge to the healing art of the human body since the days when it was used by wise physicians centuries ago. If only the good Doctor Fitzgerald had known this lost art of the ancients in its entirety and practical application, the world would have benefited immensely by it.

The reason Polarity Therapy is so effective when once understood and correctly applied, is because it deals with the wireless waves of the body, which have their polarity reflexes to the five senses, the five fingers as touch and skill, and the five toes as motion and action. Cause and effect can easily be balanced when they are known and balanced in their fields.

The diaphragm and the heart are both muscular structures. The diaphragm is the neuter pole which controls both functions. Without the action of the diaphragm, there is no oxygen and no breath; hence, without its action no life is possible, not even one heart beat. So it is not really the physical heart which controls this function, but it is the breath of life and respiration.

In cases where the heart is in danger of stopping, or has stopped, it can be started again by establishing diaphragmatic function and breathing. For this purpose there is no application as effective as direct rhythmic lifts under the floating ribs, especially on the left side, where the fingers of both hands can reach under the floating ribs, deeply, in a double grip and gentle lift, repeated in rhythmic applications. This is a good emergency measure in any type of therapy. Start the diaphragm to function! For motor release of this area see chart No. 7 in this book.

Then by more gentle procedure of Polarity Therapy, the positive fields above can be balanced with the neuter centers of action in the chest. For this purpose chart No. 8 presents ideal but simple polarity contacts and moves.

FIGURE 2: The doctor stands at the patient's right side with his left hand placed over the left shoulder of the patient. The hand fits exactly over the shoulder by laying the thumb below the clavicle and the hollow of the hand over the head of the humerus, pushing it posteriorly. The fingers grip the trapezius muscle firmly in rhythmic action of alternate gripping and release.

## EXPLANATION OF CHART NO. 8

The thumb of the right hand pushes under the sternum, at the tip of the xiphoid process, in an upward direction toward the left shoulder. Then it follows all along under the floating ribs, moving over little by little, until all spastic sore spots are released under the stomach.

In this way all the chest muscles are released and relieved of spastic action.

In many previous charts I show the side of the hand or the tips of the fingers pushing under the floating ribs for that same purpose, where the tension is not too great.

Sometimes the little finger alone has to be used because there is not enough room under the xiphoid process or under the ribs. The contact seems to give best response closest to the under surface of the ribs. The little finger of the operator seems to lend itself best for this purpose, as it can reach further up than the larger fingers. This has been found to give marvelous results where mere hand application, using all the finger tips, did not register sufficient response.

FIGURE 1: After the left side is polarized, the right side is treated in a similar way to balance the diaphragm on both sides. This can all be done by standing at the patient's right side. In this way the positive right hand is under the diaphragm, and the negative left hand is on the shoulder as before, except that it is on the right shoulder this time, and the thumb in the region of the liver lifts toward the right shoulder.

This dual polarity application is good therapy for the three vital functions of respiration, circulation and digestion; all of which are necessary to maintain life in the body. The true value of this therapy will be realized when it is thoroughly understood and properly applied.

These two polarity applications can be alternated with the work on the negative pole at the toes, because the currents from above must be able to flow through for best and permanent results. Neuter – Positive – Negative – seems to be the sequence of procedure in these cases. A little time spent on each field of the body gives best results without overdoing at any one pole. As soon as good response is obtained at any pole, proceed to the next one.

Favorable response of the vital life force that the doctor is working with may be manifested in any one or all of the following ways: Relaxation of the tissue under contact, sighing as a sign of relief, yawning, perspiring and a generally relaxed feeling. It is the life energy in the body, in the tissues and fields, which responds like an intelligent and grateful person who has been helped to accomplish a difficult task.

CHART NO.9 A CONTACT UNDER THE STERNUM WHERE THE TENSION IS, WITH A STIMULATING FINGER CONTACT ON THE CARDIAC STABILITY CENTER OF FIG.3, AND A STEADY THUMB CONTACT OVER THE PITUITARY REGION ON FOREHEAD.

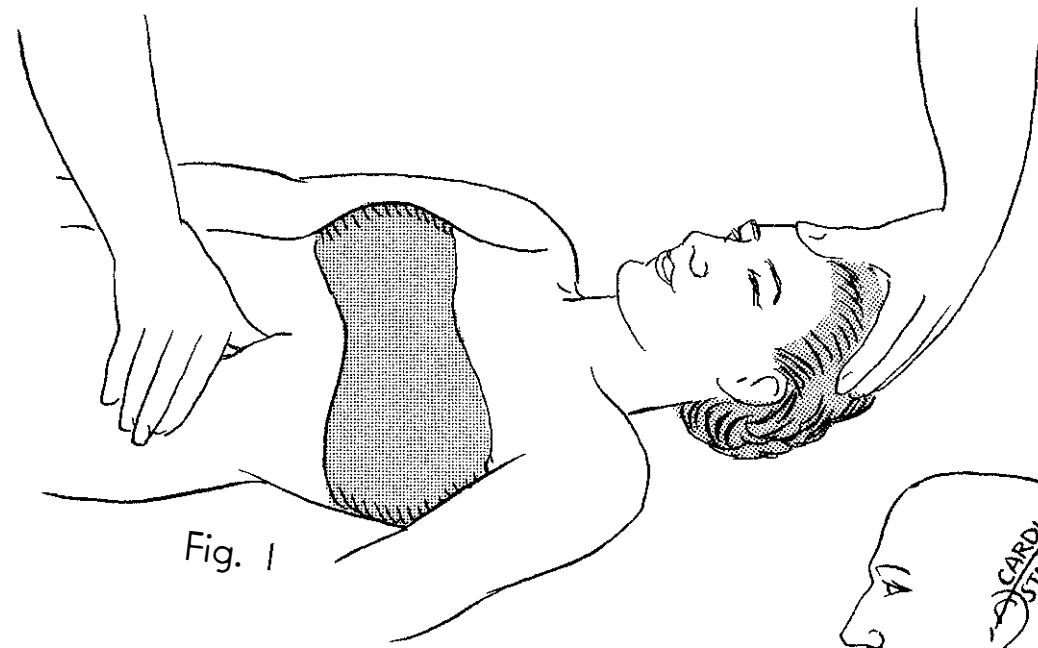


Fig. 1

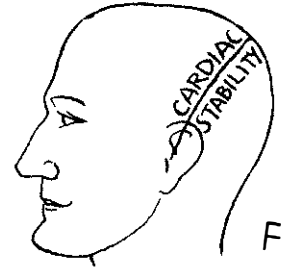


Fig. 3

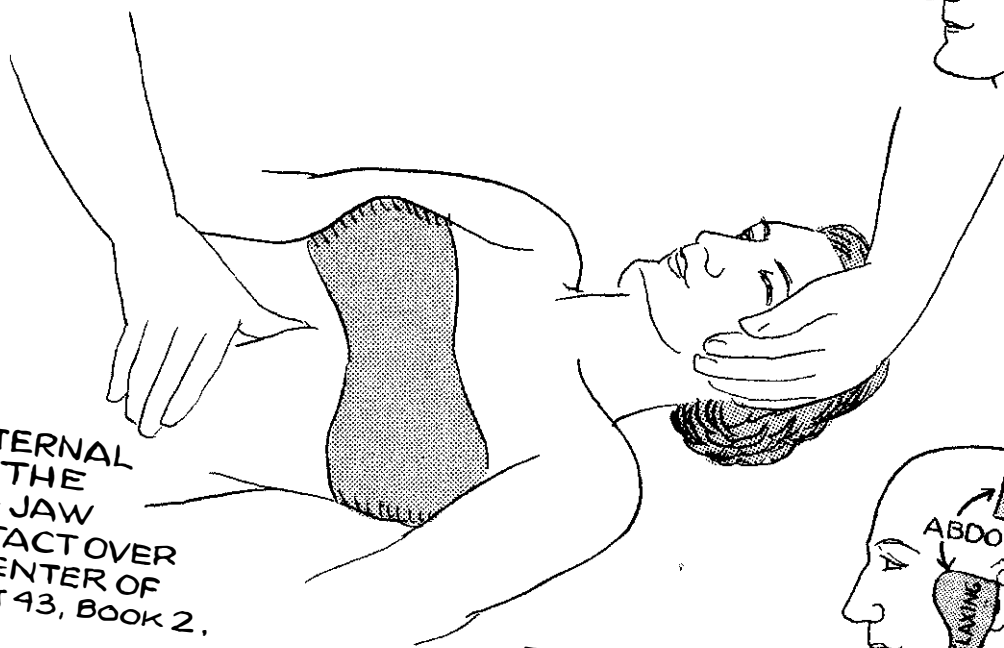


Fig. 2

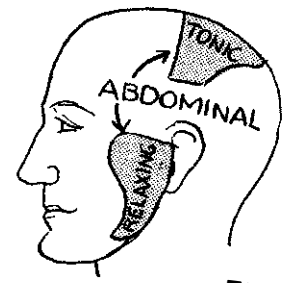


Fig. 4

FIG.2 A SUBSTERNAL CONTACT WITH THE FINGERS ON THE JAW IN A FIRM CONTACT OVER THE RELAXING CENTER OF FIG.4. SEE CHART 43, BOOK 2.

**EXPLANATION OF CHART NO. 9**

FIGURE 1 shows a contact with the right thumb of the operator placed in an upward direction, under the sternum, for polarity reflex to central organs.

The thumb of the left hand of the operator is steadied firmly over the pituitary region of the forehead, and the fingers of the left hand mildly stimulate the center of cardiac stability shown in figure 3.

This central positive pole has a polarity reflex to the negative pole of the centrally located organs of the womb and the prostate gland.

FIGURE 2 consists of the same sternal contact except that it is pointed slightly to the left and toward the firm contact on the jaw for relaxation of the abdominal viscera.

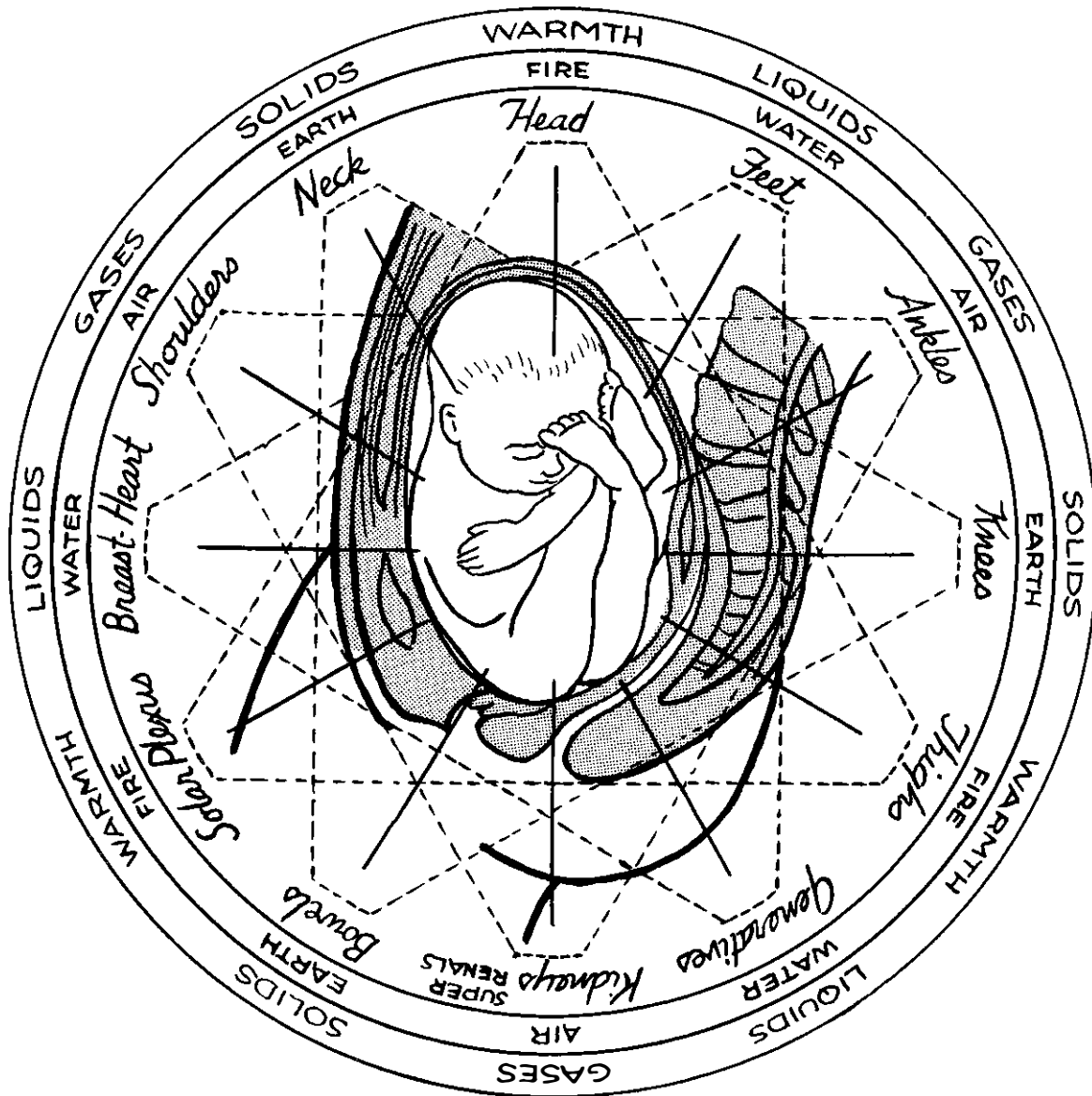
When the right jaw contact is indicated, then the thumb is placed under the sternum on the right side, pointing upward toward the jaw contact on that side.

These contacts have a very soothing effect and are specifics for the release of heart and digestive blocks and for toning these areas.

FIGURES 3 and 4 are self-explanatory and have been reprinted here for your convenience from chart No. 43 in book II.

Other faculties in the brain, which act as positive directive control poles of energy distribution, may also be used in this manner of polarization. See chart No. 44 in book II.

CHART NO.10. POLARITY RELATIONSHIP ESTABLISHED IN FETAL LIFE AS THE BASIS OF POLARITY EXERCISES FOR HEART AND DIGESTION.



## EXPLANATION OF CHART NO. 10

It is not an easy matter to present an exercise for heart trouble because that is the one time when nearly all physicians agree on complete rest and no exercise of any kind. This is very wise procedure in all acute attacks and with reference to the usual form of exercise. However, this does not take care of the problem after the acute stage nor does it help the heart patient to bring him back to as near a normal balance as Nature will permit.

Inaction is no cure for heart trouble. Moderate action and the release of gases as shown in charts No. 63 and 64 of the supplement to book II, as well as the exercises given in my book entitled: "EASY STRETCHING POSTURES FOR VITALITY AND BEAUTY" have proven to be of great help to many patients.

The digestion is usually involved in heart trouble because the fiery energy which is the warmth in the blood is also the heat which digests the food. It is an energy principle which is involved in the whole of matter and not merely a constituent in the blood.

Gas pressure under the diaphragm is also an important factor. This may be due to distention of the stomach filled with fermenting, undigested food; or it may be due to diffused gasses from the colon. Directions for correcting both of these factors are in this book and in book III under the heading of "Gas Releasing Techniques According to Polarity Principles". Acute indigestion often resembles a heart attack in all its active symptoms.

The question naturally arises, how could any exercise benefit the heart and what kind should this be to restore the heart to a more natural function? Since strain and over-action are credited as causes of heart trouble, it seems strange that there could be a logical approach to exercise as an answer to this ticklish problem. Is it possible? The answer is "yes", and it has been proved in actual practise.

Chart No. 10 is presented in this book to illustrate the foundation of the principle used here and as Nature's testimony to the process of building and restoring life in the body. 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 vital currents evidently favor this posture because it is assumed spontaneously – consciously and unconsciously – by patients in any violent pain in the anterior part of the body, especially in abdominal pain.

It seems quite evident that the position for building the form would be the best suited for its repair. This was also the foundation of charts No. 63 and 64 in the supplement to book II and of the book, "EASY STRETCHING POSTURES FOR VITALITY AND BEAUTY". Small children naturally assume this posture while at play.

The legs of the 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. Polarity seems to work best in this position because the poles are then in closer proximity to each other for quick response. No action is necessary at this stage, but building is the major process.

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

EXPLANATION OF CHART NO. 10

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.

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.

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.

If any one of these currents are depolarized in the individual and out of tune with Mother Nature's supply, it spells disease, and suffering for that person. Or if even one is broken, then the whole house (body) falls back into chaos and the clay of the earth.

This vital fact of life has been forgotten by man because it serves so silently.

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. This is woven by the four pattern threads of "the Four Rivers of Life" stated in Genesis and explained in my book, "The New Energy Concept of the Healing Art".

When the four modes of matter, as solids, liquids, gases and warmth, as electromagnetic energy, act in their triple function – in and through the body, they build it in a process similar to four threads in three shuttles. Then twelve stations or centers are formed which constitute the individual energy zodiac of each person.

This, then, is the miniature zodiac or microcosm by which man's finer forces are linked to the universe, and supply him with energy to attract the more solid forms of substances needed for his body.

These facts form the real field of Psychosomatics, of which so little is known in this day of positive force only. This principle in Nature and in man is the basis of all action as the finer energy operating in man and by which he lives, breathes and functions.

This real energy field in man is the basis and foundation of all my books and courses. No external astrology or astronomy is used in any of my work. All references to those forces pertain to similar operating functions in man. Even as the tiny atom is a universe in itself, so is man.

# CHART NO. 11. POLARITY EXERCISE FOR DIAPHRAGM RELEASE THROUGH ITS CRURA ATTACHMENTS AND BY TONING THE PSOAS, ILIACUS AND ABDOMINAL MUSCLES.

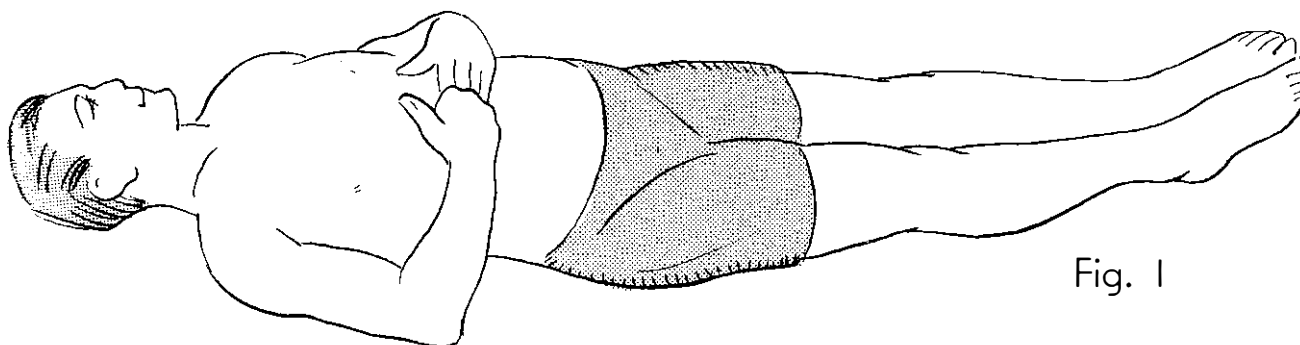


Fig. 1

BOTH HANDS PRESS IN THE CENTER UNDER THE DIAPHRAGM, THE LEGS ARE TENSED AND CLOSE TOGETHER, THE FEET ARE EXTENDED IN A STRETCH. THIS IS THE BEGINNING OF THIS EXERCISE.

THE LEGS ARE SLOWLY RAISED AND LOWERED UNDER TENSION SEVERAL TIMES.

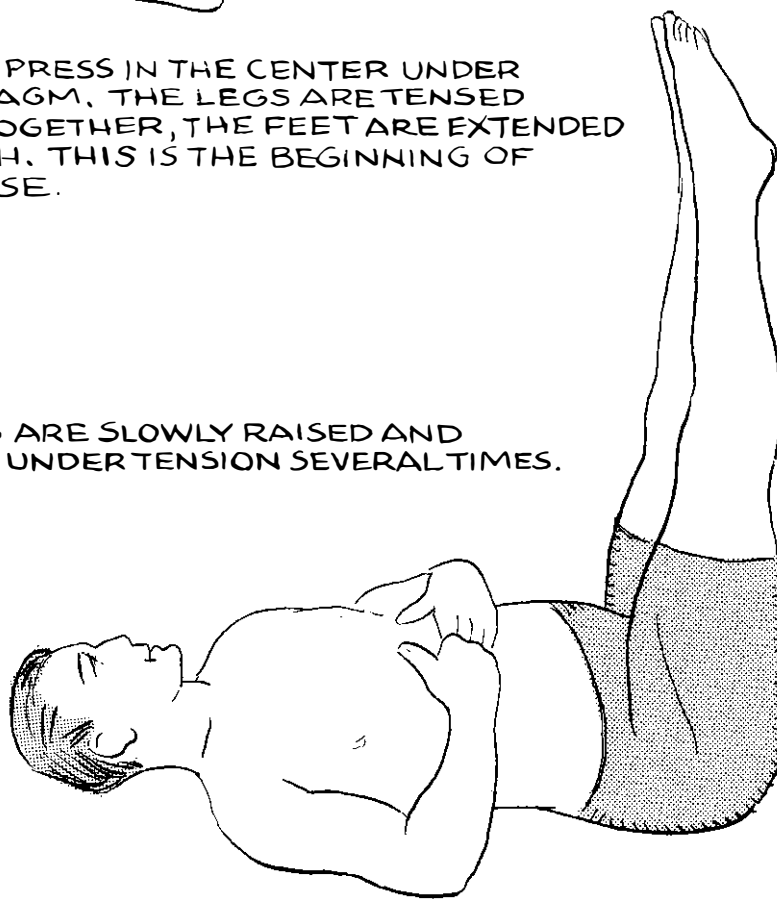


Fig. 2

### EXPLANATION OF CHART NO. 11

The exercise shown here is based upon the principle of respiration. It strengthens the abdominal muscles of breathing and frees the diaphragm.

By putting the legs close together and tensing them first, the muscles of the legs, the abdomen and the deep muscles in it are made rigid for the lifting motion. The psoas magnus and the iliacus are the two deep muscles of major importance here. They rise on the anterior surface of the lumbar vertebrae and are inserted as one head into the lesser trochanter of the femur. They are the main muscles involved in raising the legs.

The crura of the diaphragm also have their insertion where these muscles rise in the lumbar region. So the exercise of these muscles also acts on the diaphragm direct, via the crura, in a synchronized rhythmic action.

The two hands support and push in under the sternum and the ribs to give additional release to muscular tension and stagnation there.

This exercise also reduces the abdomen, relieves bloat, and improves the digestion and elimination by toning all anterior muscles. When done regularly, a few minutes every day is sufficient to notice all these benefits.

### INSTRUCTIONS

1 – Before raising the legs, be sure to straighten and tense them and place them tightly together to raise them as one unit, in order to obtain the most benefit from this exercise.

2 – Push firmly under the sternum to support, specially exercise and free these muscles during both movements of raising and lowering. This assists in freeing this region of congestion and gas pockets, strengthens the muscles and relieves bloating.

3 – Start with three or four lifts of the legs to begin with. Then increase the number as you grow stronger. Do this several times every day. The benefit is visible and the toning is excellent.

4 – When the diaphragm is free, the heart is free to act without fear or apprehension.

# CHART NO.12. POLARITY EXERCISE FOR THE RELEASE OF THE BRACHIAL PLEXUS AND NECK TENSION.

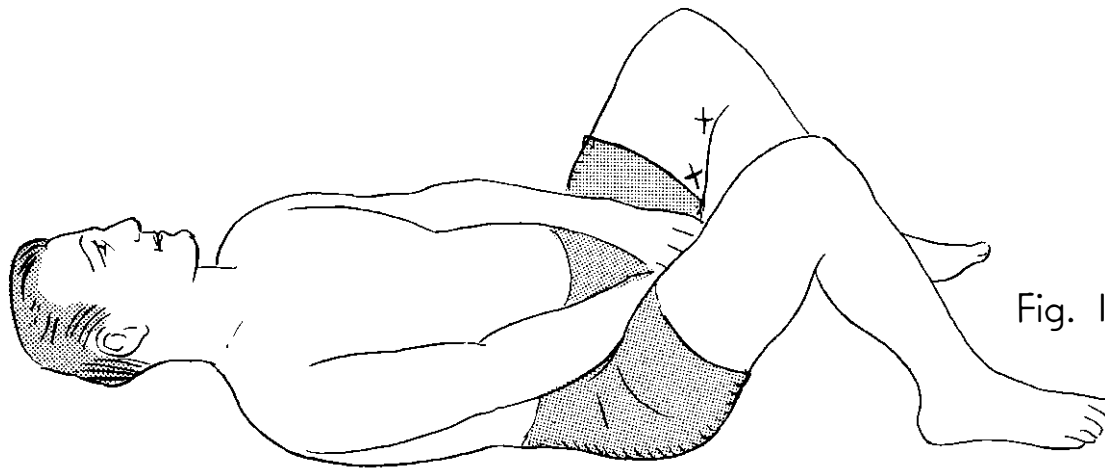


Fig. 1

FIRM POLARITY CONTACTS ON THE INNER THIGH MUSCLES RELEASE ANTERIOR AND LATERAL SHOULDER MUSCLES. CONTACTS NEARER TO THE KNEES, REFLEX HIGHER ON NECK. FIRM CONTACTS CAN ALSO BE MADE ON THE OUTSIDE OF THE THIGHS IN THE SAME MANNER TO RELEASE POSTERIOR NECK MUSCLES.

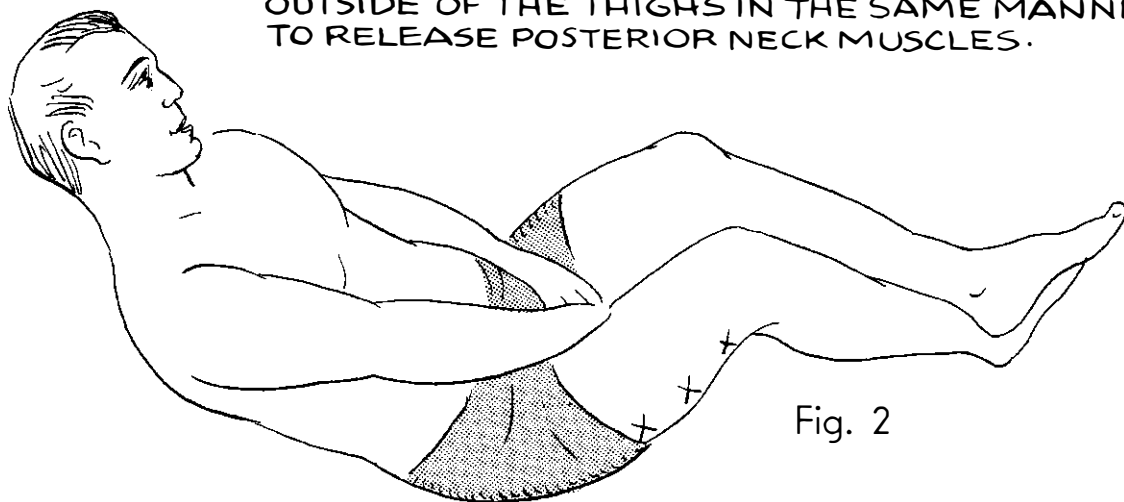


Fig. 2

THE LEGS ARE PULLED UP BY THE HANDS, THEN EXTENDED AND LOWERED. THIS RAISES THE BODY. REPEAT.

## EXPLANATION OF CHART NO. 12

The polarity exercise is based upon the position of the fetus in the mother's womb. The flexed legs have a polarity relationship to the neck. The neck sits on top of the trunk while the thigh muscles support the bottom of the trunk. When there is tension in one it is found in the other also as they are opposite poles of action.

The inner thigh muscles polarize to the throat and neck muscles, including the sternocleidomastoid muscles which are usually spastic in torticollis. When the thigh muscles near the trunk are held firmly and released by this exercise, it will release the neck muscle spasms, even in torticollis. What a boon this can be to singers with throat spasms.

The outside muscles of the thigh polarize to the back of the neck and sides.

### INSTRUCTIONS

FIGURE 1 shows the beginning of this powerful exercise. With both hands grasp a handful of muscle tissue on the inner side of the thighs, near the pelvis. Grip the tissue firmly and at the same time pull the legs up with the hands.

FIGURE 2: Then, continuing the hold with the hands, stretch the legs out and let them down. This will raise the head and upper part of the body as you hold onto the thighs.

Then pull up the legs again and the body will go down. This is the seesaw rock which stretches the muscles on the top of the shoulders, over the brachial plexus, and releases the bottom tension by activating the polarity contact. Have someone feel your shoulder muscles tense and relax as you do this exercise and they will be amazed.

The exercise not only releases all the chest muscles involved in breathing and in heart trouble, but also the trapezius muscles which are supplied by the spinal accessory nerves which are the eleventh pair of cranial nerves and the only ones which enervate a muscle. The psoas magnus and the iliacus muscles are also exercised as mentioned in chart No. 10.

The real value of these two simple exercises can only be appreciated by those who do them regularly, for a few minutes each day, and thus build themselves up again after a heart attack, so they can return to work at their profession or occupation. You can prove this to yourself by doing it. Seeing is believing. Faith coupled with effort always gets results.

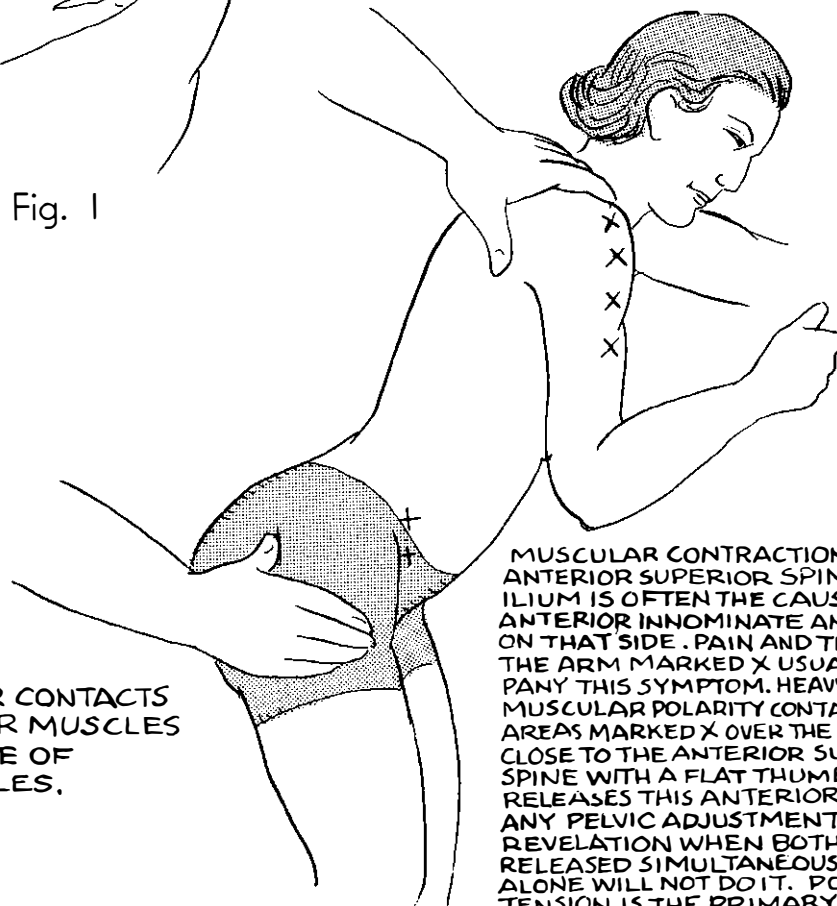
The inner thigh muscles nearest to the pelvis are polarity opposites to the neck and throat muscles nearest to the shoulders. As the contact hands move lower on the thighs toward the knees, the polarity reflex is higher in the neck. The area immediately under the knees will correspond to the universal joint of the occiput and atlas articulation and the anterior muscles of this area. In the same manner do the outer thigh muscles correspond to the back muscles of the neck. The hands should also be placed on several areas between the pelvis and the knees, as gripping contacts along the inside and the outside of the thighs in doing these exercises. Wherever the greatest tension and soreness is in the neck, the corresponding contact on the thighs will do the most good.

CHART NO.13. FIG.1. RELEASE OF PATTERN ENERGY BLOCKS IN THE CEREBRO-SPINAL FLUID.  
 FIG.2. STRUCTURAL BIPOLAR RELEASE OF RESPIRATORY MUSCLES.

A RHYTHMIC STIMULATING DOUBLE CONTACT OVER THE BRACHIAL PLEXUS AND PHRENIC NERVES FOR DIAPHRAGMATIC RESPONSE. ALSO A LIGHT STEADY CONTACT IN AN UPWARD DIRECTION OVER THE SPINOUS PROCESSES OF THE 4-5-6 AND 7TH DORSAL VERTABRAE WITH THE CUSHION AND THUMB OF THE RIGHT HAND TO RELEASE AND CONDUCT THE VITAL THROBBING PULSATING BREATH PATTERN ENERGY OF MIND SUBSTANCE ACTIVE IN THE CEREBRO-SPINAL FLUID.



Fig. 1



STRUCTURAL BIPOLAR CONTACTS ON HIP AND SHOULDER MUSCLES FOR TENSION RELEASE OF RESPIRATORY MUSCLES.

MUSCULAR CONTRACTION OVER THE ANTERIOR SUPERIOR SPINE OF THE ILIUM IS OFTEN THE CAUSE OF THE ANTERIOR INNOMINATE AND SACRUM ON THAT SIDE. PAIN AND TENSION OVER THE ARM MARKED X USUALLY ACCOMPANY THIS SYMPTOM. HEAVY INHIBITING MUSCULAR POLARITY CONTACTS ON BOTH AREAS MARKED X OVER THE ARM AND CLOSE TO THE ANTERIOR SUPERIOR SPINE WITH A FLAT THUMB CONTACT RELEASES THIS ANTERIORITY WITHOUT ANY PELVIC ADJUSTMENT. IT IS A REVELATION WHEN BOTH AREAS ARE RELEASED SIMULTANEOUSLY. ONE ALONE WILL NOT DO IT. POLARITY TENSION IS THE PRIMARY IMPULSE BEHIND MUSCULAR TENSION WHICH CAUSES ROTATION AND SPINAL DISTORTIONS. THIS POLARITY RELEASE IS DONE BEST WITH THE PATIENT ON THE BACK.

EXPLANATION OF CHART NO. 13

FIGURE 2 represents a muscle release of the positive and negative poles of the breathing mechanism. The shoulder muscles and the brachial plexus form the positive pole and the hip muscles constitute the negative pole of this function. The muscles around the great trochanter are related to the muscles of the shoulder joint and to the back of the neck. Pelvic muscles support the respiratory action. The crura of the diaphragm and their lumbar relation to the psoas and iliacus muscles are another connection here by their insertion into the lesser trochanter of the femur.

Ropy muscles around the hip joint and around the shoulder joint are factors in inhibited respiration. The fascia lata on the outside of the thighs are digestive reflex areas and have their upper pole in the posterior and lateral neck muscles.

These two simple contacts can balance both polarity fields and release structural inhibition to the respiratory mechanism. Excellent results are also obtained by the cross-over polarity currents. The left hand contacts the opposite shoulder and holds firmly, or gently manipulates the trapezius and other shoulder muscles and contractions. The hip contact remains the same. If the glutei muscles are too hard and ropy in corpulent patients, the elbow contact can be used over the tensest fibers, in connection with either shoulder contact.

These polarity releases constitute valuable therapy in respiratory and digestive conditions.

FIGURE 1 shows a bilateral contact of the left hand over the lower portion of the neck, with a rhythmically timed hand motion up and down, and a squeeze of the fingers and thumb, synchronized with the patient's inhalations and exhalations.

This stimulates the diaphragm because the contacts are over the brachial plexus and the phrenic nerves. The object of the rhythmic motion is to tone the impulses of respiration with this center and the heart action. The contacts are gentle and light.

The right hand is placed lightly over the mid dorsal region – with the thumb and its cushion resting on the spinous process of the fourth, fifth, sixth and seventh dorsal vertebrae, which are usually tender in acute conditions. This is a polarity contact and it is held steady, as the mere weight of the hand, by taking the slack out of the skin in a headward direction as the contact is taken, simply rests there in that position. Being a positive contact, it polarizes with the negative active one above.

In this manner a balance is established between the respiratory rhythm and hypersensitive cerebrospinal fluid action of the pattern energy of the mind which operates here and sends directive impulses all over the body.

Respiration cycles and the cerebrospinal fluid have a peculiar hidden sequence, which had not yet been brought to light and reason in therapeutic applications. In illness, the heart beat may be out of all proportion to the respiration, and out of balance as tone in the blood vessels, revealed by the blood pressure.

The mystery of this triune relationship in health and disease is a great physiological problem. In order to understand the sequences of relationships involved here, a psycho-physiological viewpoint and explanation are necessary, reiterated and summarized as follows:

## EXPLANATION OF CHART NO. 13

1 – Mind energy is the first essence of matter, which travels in the media of the cerebrospinal fluid in the entire nervous system. It is the pattern energy of geometric proportions in the atomic fields of matter as the shape of things to be. All energy must have a circumscribed field in which to act, as a pattern design, a field of operation, like a nest for a bird. Without such a field of limits, even the vast energies in space would lose themselves in exhaustion and to no purpose.

Hence all construction must start first with designs of blueprints and patterns of things to be created, built or made. As the pattern is, so is the structure in its relation and function to all parts as a unit. Geometry and geometric proportions are the first process of creation in the great and in the small. "God geometrizes."

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. All things are represented here as patterns of mind energy and ideas, with a rhythmic wave length of their own. The whole body is but a duplication of these patterns in a more dense form and a lower vibratory key of action. "As above (in the brain) so below" (in the body).

This geometric pattern energy is extended throughout the body by the spinal cord and the nervous system as the director of things to be. Diffused mind energy rules every cell of the body or it could not have the intelligence to do the selective and specific work of maintaining all the automatic actions for the preservation of the body. The soul's intelligence and energy work through the mind to build this body, as the house it wants to inhabit and maintain.

2 – The bloodstream has its essence in the fiery energy of the sun, which is the warmth of the body and the warm feeling of human relationship. It is a neuter energy which governs the heart beat. In excitement and in emotional stress, the heart loses all balance of rhythmic regularity. The energy in the heart and that of the brain and the cerebrospinal fluid are then out of tune. The brain pattern waves of respiration are too slow for the heart rhythm in any emotional upset. THE CO-ORDINATION IMPULSES OF THE FOURTH, FIFTH AND SIXTH CERVICAL VERTEBRAE AND THE PHRENIC NERVES NEED TONING UP AND THE SENSITIVE ENDS OF THE SPINOUS PROCESSES NEED QUIETING BY A POSITIVE BUT GENTLE CONTACT, WHICH IS DONE BY THE RIGHT HAND AS SHOWN IN FIGURE 1.

The central core in the spinal cord is reflected locally in the tip of its negative external central bone, the spinous process of the vertebrae. The quieting reflex of a gentle application is transmitted to the core where the central pattern energy is under tension and stress through the pressure of the fiery energy in the emotions and in the blood in the heart region.

3 – The vital generative energy in the pelvis is the negative pole of the mind pattern energy, as the foundation of the deep in the end of the descending cycle. It becomes the seed power with its crystallized patterns in a liquid essence form.

The watery vital energy writes its lines of geometric proportions in the neuter poles of the hands, as finger print patterns and lines which indicate the paths of the heart and the head energies and the life or the generative energy in man and in skin functions and the secretions as a whole. The feet are its negative pole, with pattern designs of their own. The energy in the cerebrospinal fluid in the sacrum is the positive motor pole and its balance is most important. The anterior generative center is the sensory negative pole.

EXPLANATION OF CHART NO. 13

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.

POLARITY BALANCE MUST BE MAINTAINED IN ALL THREE VITAL CENTERS FOR GOOD HEALTH.

## Commentary on Book V *Vitality Balance*

Dr. Stone wrote that **Vitality Balance** contained "startling new ideas and findings on fundamental principles contained in the body", new ideas that are "backed up by practical proof in new techniques." He designed nineteen new charts for this book, in which "research and practice are summed up in the latest approach to problems and solving them in an easy way."

This book provides many unique perspectives, often illustrated by charts unlike those found anywhere else. There is substantial material on the hands and feet, the spine, the therapeutic use of gold and silver, fevers, and the dynamics of mind pattern functions.

Perhaps most important for health practitioners are his insightful methods of diagnosis. Many clinically useful reflex relationships in the body are explained and illustrated, and facial analysis, the chakras, and various energy pathways are all explored in new ways.



**Dr. Stone demonstrating one of the hundreds of techniques with which he had experimented, this procedure based on the relationship of the five elements to the five fingers.**

# VITALITY BALANCE

Further Explorations of  
Polarity Principles & Techniques

*Illustrated with Nineteen New Charts*

**BOOK V**  
**of Dr. Stone's Complete Collected Works on Polarity Therapy**

DEDICATED TO THAT "WORD"  
OF VITAL CREATIVE ENERGY--  
THE NORTH STAR OF INSPIRATION  
AND STAFF OF SUPPORT TO ALL  
TRUE SERVANTS OF GOD AND HUMANITY

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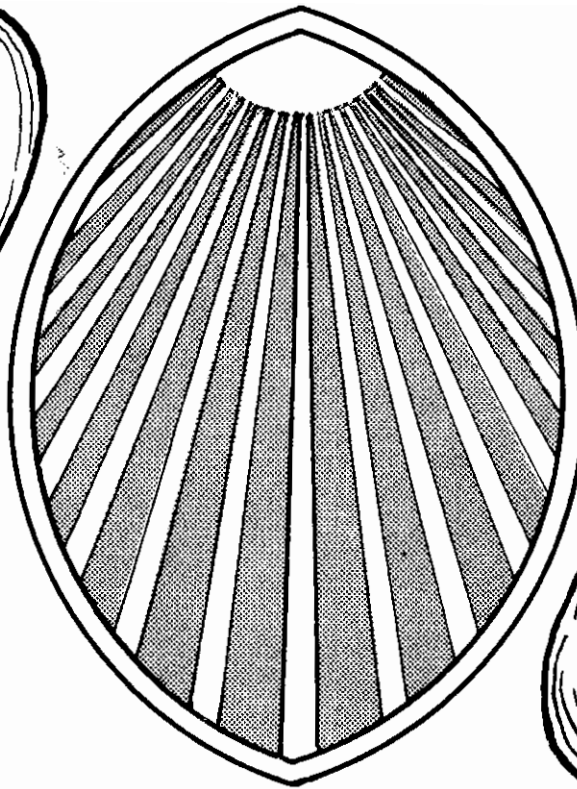
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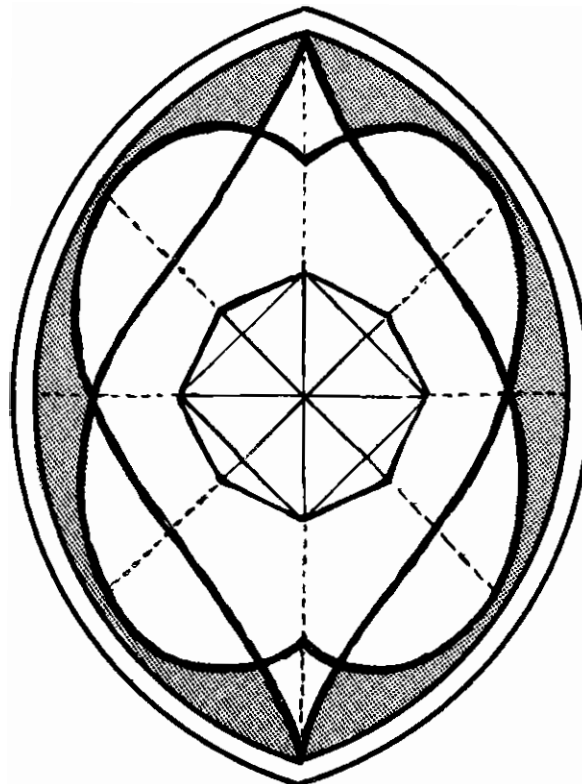
**DOWNWARD  
FLAME**



**UPWARD  
FLAME**



**THE  
DIAMOND  
SOUL**



**THE BALANCED  
VITAL FLAME  
WITH THE JEWEL  
OF SOUND IN  
THE CENTER**

CHART NO. 1: THE VITAL CREATIVE FLAME

Vita - life is symbolized as a radiant flame of energy which is the heart and core of every living thing. Its Source is in higher regions of energy, as its vibratory intensity indicates. It is the warmth of life in the blood of all animated existence. Even in vegetation, it is the sap of life which ascends from the roots of the tree upward to the branches and the leaves.

The vital flame is the expression of life in all forms of creation as animated function and motion. Without this mysterious flame there would be no living things on earth. It is also called the Sacred Flame because all life is a gift from God. It is beyond the ken of the mortal mind. It is the Master Builder of forms as temples for souls incarnating in this world. It sustains us and by it we live and move and have our being; but we know it not. Neither do we understand it nor its mode of motion in our body and in our being. It is so close to us that we have no real perspective of it. We all seek more of Vitality and a longer life, but this sacred gift remains a mystery just the same.

In health we nurse it and cherish it. In illness we seek outside remedies to balance it and to sustain its function. However we look at the problem, it is the very same life expressed in herbs or vegetation, in a special chemical quality by which we seek to aid the vital energy in our body to establish or re-establish its equilibrium and normal function. Vital balance is the secret of life and health. It is the 'Eldorado' which we seek when we are ill.

The functions of our body are many, but Vitality is one as the prime mover of them all. We seek to aid these functions by means of chemistry, vitamins, enzymes, hormones, endocrines, etc. All means are geared to one idea; namely, to aid this vital energy and bring offerings to its altar of life so that it may accept them and carry on the lagging function in our body.

What will a man give for his life? The real question involved in illness is what can man give to life? Will life accept anything? Will it act upon it? Will it use it? Can it benefit by it? Has the house of life become a beggar all at once, and the Giver of all an empty shrine of the Sacred Flame? What can be done? is the cry in every illness, in mental and emotional distress and imbalance. We have tried this and that, and the results are sad.

Really, what has gone wrong with this lusty life in our body, the springy step, the light in the eyes and the song in our hearts? Has the flame of life receded so far because of

## CHART NO. 1: THE VITAL CREATIVE FLAME

improper propitiation and neglect, or has it left the house of flesh entirely? Who knows the answer and who understands the ways of life? Are these in the books of learning or bestowed as degrees in institutions of education? Are Vitality and Life the main subjects taught there, or are they but guests or strangers there also? Are its teachers inspired by its radiance and do they impart it to the students, or is it all but an intellectual pursuit of the detail functions of the body and its structures as we see them from the outside, by the artificial light of our own mind's action, supplemented by electricity?

Where are the real devotees of the Sacred Flame of olden times? Has life changed, or have we, in our search for it and in our purely material viewpoint of it, failed to tune into its REAL WAVE LENGTH? Does our research by means of chemical tests prove Life, aid it, or merely condition its manifestation in the body? Has Vitality a material origin, or is it something beyond the reach of matter? All these questions have piled up since the search for the 'Fountain of Youth' started, long before the recorded history of Spain.

The search goes on, but Life is silence itself. We are moved and know not the Mover. We think and know not the Thinker, and hardly know our own thoughts. All this is somewhat out of proportion to all our material progress and the increased number of institutions of learning. It appears that all our effort has been spent on research in matter, and none on Life itself.

We know more about the distant stars and constellations, and the atom, than we do about Life and our relation to it. We look for it externally, in matter, when it is the very heart and core of all living things. It is a unit which we have missed in our search for detailed proof. We have wandered away from the trunk of the tree and its main branches, and have lost ourselves among the leaves on the Tree of Life. Or, it may be that Life has passed us by because we have not tuned in on its wavelength of recording and broadcast everywhere around us? If we treated any television or radio broadcast as we treat Life, the reception to our tuning would give the same results.

Real knowledge or understanding is a two-edged sword, like Truth, which requires much sacrifice of our precious time through attention and interest in its wholehearted pursuit. Art is a jealous patron of its devotees, even as deities were said to be. The Muses cut the thread when interest lags. The art of Life passes the laggards by. Even a whole lifetime of living gives us no acquaintance with Life itself. Many precious years of our

CHART NO. 1: THE VITAL CREATIVE FLAME

youth spent in learning and education give us hardly a hint of Life's Mystery which sustains us in our pursuit of knowledge.

Such is the paradox which comforts while it mocks. Life is still the Sphinx of the ages. Who can answer its riddle?

Has the cornerstone of Life been neglected in all our learning and education? Are we more interested in things, or in Life? Is the Giver the object of our search, or the gifts? Where is our heart in this matter? Is it Life or matter which we really want? Is our goal an education in book learning only, or an understanding of Life? We obtain what we strive for earnestly, that is the law; for "Life is real! Life is earnest!" (Longfellow).

When Truth is presented to our mind and consciousness, have we a dial and wavelength of reception for it in our make-up and in our background with which to tune in? Or have we too many private wires of interest in comparatively trivial matters, which keep It out? Have we the time or an ear for Truth? Can we recognize its face in any other dress but the one we have put on our ideals and ideas of Truth? How can It be found and by whom? Has Truth or Understanding favorites like the gods of old had, or can any devotee attain that shrine and sanctuary of his devotion?

All these questions have the same answer as our everyday problems. Who can get an education, who will succeed and why? It is those who make the effort and at the same time keep their attention on the goal. The law of Attention, Interest and Effort is the only requisite for all real soul growth and understanding; that, of course, includes the proper attitude of mind.

Success is the attainment of any goal we set for ourselves, even as a ship's captain selects a port nearby, or one far away, and arrives there in good time. Naturally, our direction under full steam must never vary, or we would not only be off course but might even find ourselves rushing in the opposite direction. To apply power and speed before we have set our goal is to flounder uselessly; but to set the goal first and then proceed under proper guidance, is the certain and ideal way.

Such is the majesty of our ship of Life, propelled by Vitality, our friend and stranger of many years. We sail and sail, but the harbor of Truth is an unknown port. Even good sailors and seekers can pass by the north star, if the compass of thinking and the rigging of our sails of the life breath are not set

## CHART NO. 1: THE VITAL CREATIVE FLAME

nor trimmed for such a long journey. This necessitates the conquest of the mind and its desires, under proper guidance, in the search of our soul's ORIGIN, through devotion to TRUTH.

Souls came to earth and lost their true course in earthiness. Now, by search and effort, they can re-discover and find themselves in this outer-space wandering. While we all know that God and the soul are one (we are but an infinitesimal ray which emanates from the Supreme Being), yet our consciousness has for many aeons traveled far away from the Light and Life of our True Home, all the while becoming more and more involved and entangled in the meshes of material things. The nostalgia of the awakened soul of the seeker for Truth is like the symptoms of the prodigal son, in the beautiful parable given by Jesus. (Luke 15:12-24.)

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! We can find the way by reversing our attention currents with a feeling of longing for our True Home. If we would give even only a fraction of the time, attention and effort to that for which we really came into this world, we would be well on the way to Liberation from the bonds of our own lower mind and desires.

As our soul can realize and find itself, so do our sins find us out and detour us from our eternal North Star of Reality. Selfish interest and pleasure must be renounced in this search for the Goal of life. Jesus truly said:

"If any man will come after me, let him deny himself," etc. etc. (Luke 9:23-26.)

The course of Life and True Happiness is a straight and narrow path - inward and upward. The course of pleasure and selfishness is downward and outward. In the former we have everything to gain while in the latter the soul becomes further entangled and the precious Vitality, the Elixir of Life, is wasted.

VITAL BALANCE, as a practical approach to the problem of life and health is both possible and applicable. Since the Life Energy is the Builder and Architect of our body, it is also the Maintainer and Sustainer of it. It operates in and through the body, not by chance or guess, nor by chemical formulas, nor by gravity stress as its cause of function. These are but effects, produced by a lack of total Vital Action in all organs of the body. Vitality is above all these conditions and end results proposed by man. "Man proposes, but God disposes."

CHART NO. 1: THE VITAL CREATIVE FLAME

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.

The shuttle of life threads flies forth and back in a ceaseless weaving until the temple of the soul is built. This includes a brain and nervous system, for the thinking process and for communication to all cells of the body for motion and sensory perception, to serve the mind as the agent of the soul, for its private wire telephone system. Also the circulatory system is built for the sustenance of the body and for growth and repairs.

This is another function of this mysterious Builder, the Vital Energy, which is the Sound and Light Current of the soul. It is most intelligent and wise enough to direct the lines of force and patterns of the body in the process of building, and it knows how to maintain and complete it by growth later on.

This Vital Master Builder, the 'Hiram Abiff' within, also designed the bones as the pillars of support and the roof as a sensitive skin to protect this vital structure. The organs of function were placed where they could perform best. Vital Energy, as the Creative Flame, was called 'Hiram Abiff', the Master Builder of the Temple of Solomon as the symbol of our body.

The lungs were designed by a net-type pattern of its own to attract energy from the air, and to filter the air from the outside for the oxygen in the blood, to be carried to all tissues. The chest is the airy space or oval made for this purpose.

The digestive system requires many organs to do the work of a kitchen and a stove to cook for these hosts of cell workers, like bees in a hive. It is of an earthy nature and sustains the body through solid foods and liquids. The fire of digestion operates in the body as does the fire in a stove, to cook food

## CHART NO. 1: THE VITAL CREATIVE FLAME

for consumption and subsequent nourishment of the cells. Here the fire energy excels in its task as a function. Through this permeating fire energy in food, it gives light to the eye in its nourishment, and energy for running, plus strength and skill to the hands to work and do things to express the mind, which is the governor in the brain department and its wires of nerves of an intricate telephone system.

A sewer system is also needed for the elimination of solids and liquids. The colon is designed to take care of the solids, and the kidneys become the filters for liquids, and the bladder its storage tank so it can accumulate and empty it at once for convenience.

The liquid in the body becomes the water system of supply for all cells and their drainage, as elimination through the ureters, as two pipes, one from each kidney, plus a center one from the bladder, called the urethra.

The function of generation is also added so the species may not die out. Here lies the secret of the seed power of reproduction and its eternal mystery, locked up in every seed for ages, and still vital when planted. In the fullness of time the baby is born into this world with a complete anatomy, in miniature, and a physiology of function to carry on the four processes of polarized life for function and growth.

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. It functions through the body as a complete system of communication and expression through the mind, the emotions and the senses. As there are five senses, there are also five fields or bases from which to operate them. There are five special senses for perception, and five motor senses to carry out these perceptions into actions in deeds of a physical nature. For motor expression, there are five fingers to give skill and dexterity to the hands, one for each sense. There are also five toes on each half of the body for the same reason of balance, and for grounding these five currents and gripping the ground for a springy step to express Vitality.

The fingers and toes become end poles of these over-all currents of sensation and action in the body, directly connected to the center of the Vitality within, to influence it by Polarity balancing.

By now it will be somewhat clear that the Pattern Design

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of intra-uterine life grows to maturity with the body and functions through it as mind and as sensory and motor energy. The four rivers of supply are solids, liquids, air and warmth. It will also be clear that the One River out of this Vital Paradise of Life is the mind in its neuter function, from which all ideas and motor action originate and to which they must return for conscious communication and satisfaction of desires and appetites sent out as cravings.

It is in this way that the seat of Vital Consciousness and action can be reached through the polar ends of the body, in their triune function of positive, negative and neuter action of circuits. These are but centrifugal and centripetal wireless impulses, as agents of the mind and consciousness in conjunction with soul function.

It will be observed that these functions and their fields of wireless plates are the batteries of life through which the Master Builder of Conscious Vitality can be reached, through energy currents which can be balanced in their fields and as rivers of supply. The center areas or fields act as a NEUTER ONE, sustaining four other fields and functions from above, downward.

These are the levers or contact points to influence the center for balance. That is the complete principle and idea of VITALITY BALANCE through energy in the fields where it can be reached and either stimulated or inhibited, like sun or moon energy application, to keep the circuits going which revolve the planets in their orbits. All this is illustrated in the charts and explained in my books, from every angle possible, to convey it to the reader's mind. The soul energy requires a mystic approach to speak of its process.

The flame is a symbol of vitality because it liberates heat and energy. There is a mysterious fascination about a burning candle. It has charm and a sanctifying atmosphere, and is a symbol of the Primordial Sacred Flame of the Life Essence which sustains all and is not consumed.

The downward flame represents the outpouring energy into space, as the CENTRIFUGAL CURRENT OF CREATION. The top center oval is the symbol of this energy proceeding from a higher region or center above. The upward flame denotes energy being liberated from below, and is reaching upward toward the Source of the Parent Flame.

Between the downward flame and the upward going flame, there is a center of consciousness which is created by their lines

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of force. This makes the Diamond Soul, the perfect product of experience through involution and evolution. We all know that mother earth uses a similar process of heat and pressure to produce diamonds and other precious jewels.

It is the Jewel in the Lotus Flower of Life which causes the contemplating yogi to exclaim: "Om mani padme hum" (Oh, the Jewel in the Lotus!) He has seen the 'Burning Bush' which Moses saw in the wilderness. It is the flame or Jyoti in the 'Akash' Region, which supplies the Universal Power for the material creation. It is the 'Yod' of the 'Yod-He-Vau-He', the 'Jehovah' of the Israelites, etc. The Flame is the same, only the names differ according to language and creed.

In the life of the individual, this Sacred Flame is the balance of all energy and consciousness. It is the self-less self of Reality, realized by a perfect balance of selfless action and service, attained by constant effort and longing with the attitude of devotion and love for the HOLY WORD, THE SOUND CURRENT, THE LIFE BREATH OF THE CREATOR. Vital Balance is the completion of life's purpose, through Inner Realization. This book deals with the PHYSICAL ASPECT of this same Vital Flame which we recognize as ENERGY CURRENTS in the body and in all of Nature.

The Vital, Creative Flame is called the Sacred Flame in Mystic lore, because it is the living breath of the Creator. It is His Word and Energy which animates all. (St. John 1:1-4). Out of this Flame of Life flows a river of Light energy which illumines all. "That was the true Light, which lighteth every man that cometh into the world." (St. John 1:9).

From this Source emanated an infinite variety of units of various magnitude, like sparks from the central flame. All are supplied from this Parental Store of Infinite Energy of a high vibratory intensity, to keep them alive. THE OUTER FORM IS SUSTAINED BY THE OUTER CREATION AND BY THE LIBERATION OF ENERGY LOCKED UP IN MATTER. THE INNER UNIT OF SOUL CONSCIOUSNESS IS SUSTAINED BY THE "WORD" OF GOD'S ENERGY CURRENT OF SOUND AND LIGHT ESSENCE, FROM THE INNER SOURCE OF LIFE CONSCIOUSNESS. The soul of man is a living spirit which does not live by physical bread. It is nourished by the 'Manna', God's NECTAR OF SPIRITUAL ENERGY, the ESSENCE OF THE WORD OF CREATION.

Life has always been pictured as a flame of brilliant radiance. Even the human heart has the form of a flame, as the center of life in the body, for its fluidic and airy existence. It

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is the physical heart center of life in the body with which we, as doctors, are concerned for the health and physical well-being of patients. The Saints say that the Spiritual Heart Center is in the forehead, and that is where we concentrate our attention with love and devotion for the attainment of God-Realization, under the guidance of a Spiritual Teacher.

Every cell of the body must be supplied with the life blood from the central pump in order to live and breathe in rhythm with the whole unit, through the balance of vitality. Distribution of this life breath energy depends on a continuous circuit of flow or a constant supply of vitality to the tissues. This is called HEALTH, VITALITY BALANCE or WELL-BEING.

The down-going energy of the flame is the consciousness, reaching into matter through expression. The upward flame denotes its return circuit of sensory experience and consciousness. The mind is the agent of the soul, as stepped-down energy, to operate in matter (as well as up to the lower regions of the Spiritual Realm which is its Source) and deal with opposites and variety through resistance. This is recorded as pleasure and pain in the consciousness of that being.

Mind is the energy current, emanating from the Causal or Pattern World of designs, patterns and blueprints of geometric proportions of things. Experience is gained through contacts with the actual forms of matter in all its variety. Conscious mind energy pervades the entire being to express the life of the soul, outwardly, through impulses called thoughts and ideas. Conscious mind is the positive pole of this energy which is situated in the center between the two eyes.

The negative pole of the mind is the field of emotions and unconscious impulses, which perform the unconscious functions of the body and repair the cell structure at night, during sleep, the neutral field of rest. The unconscious mind is located in the four oval fields below the eyes. Through the center of each flows one river of Energy, called a 'chakra' or whirling disk of vitality.

This unconscious mind substance contains all the memories of previous actions and experiences, even in other forms of life. This does not make it divine nor eternal, any more than our earth is. Memories form the basis for all subconscious impulses and fears as well as all psychic and psychological experiences and limitations. The subconscious mind is the storehouse and tape recording, so to speak, of all previous thoughts, words and deeds together with their subsequent actions and reactions. The impressions have their effect on the positive pole and its thinking

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process, in the same manner as the gross physical deeds have gross physical reactions, either pleasant or unpleasant, according to the deed.

Psychiatry is the art of bringing these troublesome impressions to the surface of the conscious mind in an endeavor to balance them with the other three conscious mind faculties of reasoning and discrimination, of thinking and of the executive action of the will to do something about it.

The process of Hypnosis, on the other hand, disconnects the three conscious mind faculties from the subconscious mind substance and substitutes another mind's control from the outside upon this field of neutral mind material, laden with impressions. Then, by means of suggestions or mental pattern projections into this unconscious energy material, the mind of the operator sets up blocks so the subject cannot reach the conscious mind. That is popularly considered a helpful, temporary measure by some advocates.

In reality, Hypnosis is worse than wishful thinking because it weakens the link of the individual's own mind power which is its natural positive pole over the negative subconscious reflex representations and their control. Such an individual only becomes weaker and further involved by not facing facts and working on the problem of directing his own vital mind energy, consciously, to watch what he thinks and sows now as well as to pull out a few weeds of the past while learning and struggling in this valley of tears.

Were it not for our previous neglect or ignorance of controlling this negative mind of our own, with all its loaded dice of scheming for pleasure and selfish gain, the conscious mind and the soul would not be conditioned thus now. Even if we don't remember, the facts are there and we merely seek an escape from them by lending the mind to hypnosis. How can we ever grow by postponing to face facts? How can we learn to govern our own serpent of mind power and all of its undulations of selfish and slinking impulses, but by directing the positive mind current consciously? Is strength ever gained anywhere without RESISTANCE AND EFFORT TO OVERCOME THE WEAKNESS?

It is true that the subconscious is the basic substance of the mind and is as unyielding in its impressions stored as seeds of weeds in the soil. Merely having them blocked out by forgetfulness is no cure at all. They are only covered up or hidden temporarily, like dirt under a rug, and will have to be faced eventually. In the meantime that poor mind becomes still more involved in ignorance, and further entangles itself in difficult situations and circumstances.

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The conscious, impersonal mind energy was symbolized by the serpent of Moses, by which he performed all the miracles and wonders at the command of Jehovah in the land of Egypt, below the eye center in the body. It was also the sacred symbol 'Uraeus', worn on the forehead, between the eyes, by the ancient Egyptian priests and rulers as a symbol of enlightenment. In India, it is the red dot of Shiva, worn on the forehead, between the eyes, which has the same meaning and purpose. In the Greek mysteries it is the triangle of Pallas Athene, in the head of the god Zeus.

Mind becomes unconscious when it leaves this center and descends into the lands or ovals below the eyes, the sense centers of craving and outgoing desires with which it becomes identified. This is the serpent of temptation - the spiritual famine - which makes it necessary to go down into the land of Egypt, and the material river Nile, for survival. Then, in order to return to its Source, the Father's House, this energy current must be raised up by alchemical transmutation into the pure gold of Spirit. The serpent must be raised in the wilderness of sense life by means of subjugation.

The central trunk of the Tree of Life is the vital energy of the soul current which is the life of that body. This is described in Genesis, Chapter 3, and is also explained and illustrated in the Chapter on the Caduceus.

There is nothing sublime or spiritual in the subconscious unless a sublime or spiritual life was lived in the past, to be stored as a recorded impression. Abilities and qualities, like character, are all stored in the soil of this mind substance. POSTPONING TO LEARN TO GOVERN OUR OWN THINKING PROCESS AND TO BALANCE OUR LIVES THROUGH PURPOSE AND DEVOTION TO REALITY IS ONLY ENCOURAGING FURTHER WEAKNESS AND FUTILITY. The very person any one tries to help by the method of hypnotism only becomes weaker and less self-reliant; to say nothing of the harm that the hypnotist accrues on his own account, whether his intentions are good or bad.

It is against the laws of God and Nature for one person to endeavor to control the mind of another. We come into this world to learn through personal experience and direct, intelligent perception of life through pleasure and through pain, as positive and negative recordings for our memory field. Nothing can take the place of direct experience and the opportunity to react as our individual impressions gained from life. How else can any child grow up? All escape mechanisms are futile and defeat life's purpose.

Mind Does not act on the body functions directly, but through four polarized stepped-down energy currents which are the root sub-

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stance of all living and growing things of matter. Mind is the river of energy, described as the one river out of Eden, which splits into these four heads or energy currents and fields as patterns and power to govern the crystallizations of chemistry and its secretions as well as mechanical motion.

In the teachings of the Saints, the higher positive Energy is chosen to lift the mind upward, toward the seat of the soul, rather than the negative way of separating and dividing the conscious mind from the subconscious, which is the negative pole of it. Evolution and growth of the soul lie in greater consciousness, not in unconsciousness and in the helpless darkness of the lower mind.

Mind must be lifted up for the gates of brain activity, so it can rise and function better. The Psalmist had this in mind when he wrote "Be ye lifted up on ye gates".

Faith is dependence on God's Eternal Sound Current which sustains all through its Essence. Faith links the mind to the soul and raises it up to a higher vibration of life and Light. Faith can lift mountains of negative mind substance and remove them to oblivion, as light dispels darkness. Faith is soul energy at work. Faith is the North Star of the mind, through the understanding of God's goodness and life's purpose.

Mind and soul grow through faith by ascending into a higher, positive vibratory state of consciousness. While in hypnosis the mind and consciousness descend into a state of helplessness, and negativity of the past recordings, which it can do nothing about. The mind does not benefit by stirring up the dust of the ages, accompanied by its frightening aspects.


The conscious mind should lift, direct and guide the unconscious impulses upward, toward the light and a higher conscious control of it all, by love, faith and clarity of perception. Instead, it loses all control of the subconscious mind in hypnosis. Is going backwards ever a logical procedure?

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THE OVAL

The oval or ellipse is the Creator's design of curved lines of energy travel in the cosmos. It rises from one latent point or neuter center, like a stream from One fountain and then flows in opposite directions, away from the Center, into space. When the greatest point of expansion has been reached, it falls into graceful curves of an oval or ellipse, creating universes with planetary systems and solar systems within its sphere.

In the miniature world of individual units, this is also reproduced in microscopic dimensions as electronic lines of force, as the dew drop, the cell, the egg, magnetic lines of force in the bar magnet, in the molecule and in the atom with electronic orbits. The energy radiations of the human body also have this egg shape and that is referred to as the aura. See Chart No. 3 in Book 2, also Charts No. 1 and 2 in Book 3.

The sign of Aries () gives this presentation as the first sign of the Zodiac. The lines fall gracefully to the right and to the left, as male and female energy, equally balanced by the neuter center. The original, Cosmic Adam and Eve are here illustrated as energy designs in the Cosmos and in Nature, of which humanity is a duplicate in miniature. That is why man is called the Microcosm of the Macrocosm or the great world.

Many mysteries are concealed in this symbol of the Cosmic Flame or Fire out of which creation flows. The mystery of the infinite varieties of shapes and designs is likened to the sparks from a great fire. All are geometrically conditioned by design and intention of the Great Creator of all.

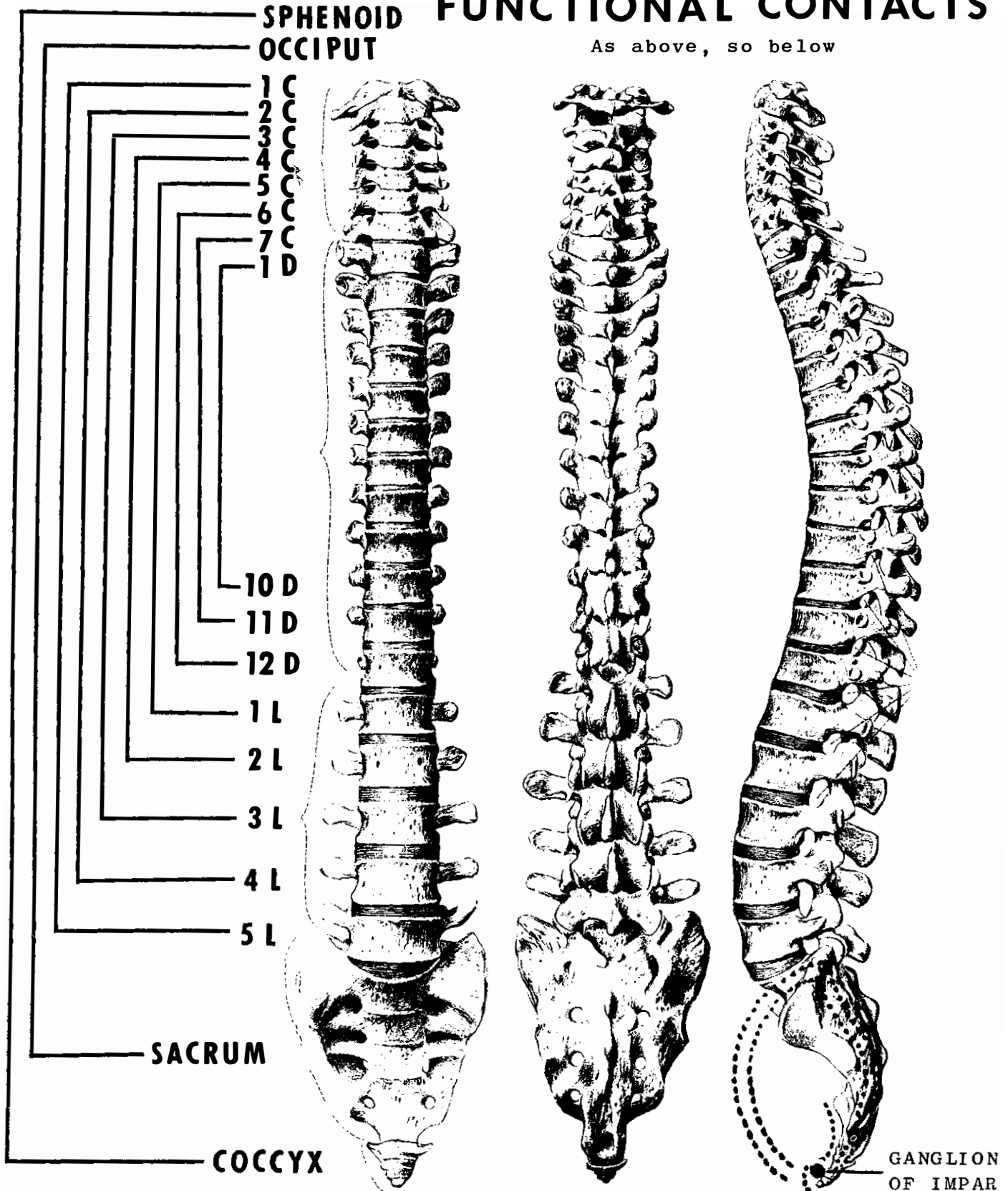
The Great Oval was called the Cosmic Egg which brought forth all created things. It was a reflection of the Great Flame or Sacred Fire in higher regions of intense vibratory activity. In Egypt it was spoken of as the Secret of Mother Isis who gave birth to the sun. It is the Flame and the Light in higher spheres which becomes crystallized and condensed as the mother of all living beings.

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# CHART N<sup>o</sup>.2

# STRUCTURAL BALANCE FUNCTIONAL CONTACTS

As above, so below



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

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

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This chart portrays the geometric relationship of the entire spinal column, as well as the two head bones, with the coccyx and the sacrum. The correlation of the upper five cervical vertebrae with the five lumbar vertebrae for the purpose of adjustment is not new. Also the occiput and the sacral association was well figured out and tested by Dr. Major DeJarnette many years ago. But the relationship of the SPHENOID BONE WITH THE COCCYX is a NEW ADDITION to the group, as well as that of the 6th and 7th cervicals with the 12th and 11th dorsal vertebrae. The correlation of the 1st and the 10th dorsal is also an additional new viewpoint for consideration and proof by tests.

Geometric proportion and relationship is the basis for every one of the correspondences given here, FOR STRUCTURAL CORRECTION by means of POLARITY application, without adjusting.

A firm contact is made on the sorest area of the vertebra above, on one side or on both sides, with a double contact and held with the same contact below with the other hand, on the exact corresponding vertebra shown in this chart. In case of lack of tone a stimulating contact is used. (See Chart No. 15)

THE FUNCTIONAL EFFECT IS EVEN GREATER THAN THE STRUCTURAL RESPONSE! It is amazing what can be done with it even while sitting on an ordinary kitchen chair when making the contacts. The neck relaxes and the digestion responds at once by eructations and by relief of soreness and tension in digestive conditions.

Forty five years ago we were taught to twist the body and adjust the vertebrae by force, while sitting up in this position. That theory was based upon bony position and nerve pressure rather than VITAL ENERGY RESPONSE through the subtle connection of wireless waves which built the five senses and the five fields in the body.

These vital relationships of POLARITY ENERGY fields and end polarity correlation through the geometric poles of current end areas as Superior, Middle and Inferior, were not even suspected. Nor were the five fields and functions distinguished or classified thus, through a vital process of relationship of waves from the center to the circumference WHERE THE CENTER COULD BE INFLUENCED THROUGH EXTERNAL BALANCE ESTABLISHED BETWEEN TWO POLES.

In nerve tracing or as nerve currents, yes, that has been well covered. BUT UPON THE BASIS OF FUNCTIONAL ENERGY RELATIONSHIP, through solids, liquids, gases and heat, as a kind of wave length without wires, that still seems difficult for most people

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to accept. However, man-made machines which measure body radiations, etc. are generally accepted. But to diagnose conditions of diseases by energy circuit interruption, according to the four elements of sensory or motor energies, through the God-given sense of touch and skill, is still a puzzle to most doctors. Even some of those who use manipulative therapies exclusively, find it hard to grasp. Moreover, the grouping of diseases by the vital functions of their humors, is not new and reaches far deeper into the life center than we suspect.

When the wireless charts are once studied with an open mind and it is understood how Nature built these fields in intra-uterine life, then it becomes a fascinating and an easy art to prove by practice.

To prove some of these previously unexplored, new combinations of relationship, through similarity in their keynote of VITAL ACTION of a similar nature, is a TOTALLY NEW VIEWPOINT.

The open space in the dorsal region, not accounted for in Chart No. 2, is filled by a direct reflection of the seven cervical vertebrae into the upper dorsal region, ending at the 9th dorsal. These have been traced and correctly tabulated by spinal nerve tracing and should be well known by every doctor of any manipulative art. That is the reason why things which have already been covered by others are not given here in detail. Dr. Major B. DeJarnette has covered this well and has also rendered a wonderful service to Chiropractic in general by his research and teaching. New wine in new bottles is needed today.

My objective is to bring out the UNUSUAL VITAL RELATIONSHIP AND THE APPLICATION OF THE SOLUTION OF THIS MYSTERY THROUGH THE ENERGY FIELDS OF THE BODY rather than the mechanical or the chemical basis of interpreting the vital action in the human body.

Geometric relations are an expression of internal patterns, crystallized as form and structure by lowered vibrations. They were vital proportions first, before they became chemical and mechanical expressions and relationships. Vitality built this body as energy pattern waves and circuits.

In tracing this vital thread through geometric proportions, we find some rare phenomenon, not explained otherwise. Geometry is an art and a science as definite as mathematics. VITAL ENERGY is an unknown art and science which has been sadly neglected by all our research for life as of material origin and conditioned to matter.

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The anterior center of the human body is the umbilicus, around which sensory function and digestion revolve, through its plexuses and finer vital energy stored around this center.

The posterior center of the body is on the level with a line straight through, posteriorly, from the umbilicus to between the 2nd and 3rd lumbar vertebrae. This is the exact center of weight in the human body. It is in the motor area where weight and proportion are very important for exact mechanical relationship and motion.

So it would be well to look to these findings in tracing illness as a sensory disturbance, and limitation of motion and injuries as a motor lesion of imbalance. Using the center of the umbilicus as one contact with the right hand, and the vital area of function in trouble in sickness with the left hand, would be the way to balance the center with the circumference of effects. Tracing cause and effect is a logical procedure in any therapy.

In structural corrections, the 2nd and 3rd lumbar vertebrae should be balanced in the same manner, by double or POLARITY pressure contacts with the sorest spinal area.

After this release or balancing of the center with the circumference, then the superior and inferior poles should receive attention. The atlas and the 5th lumbar are the two ends of the same central axis of the spine, as the first and the last moveable vertebrae. One serves as a diagnostic interpretation for the other end pole.

Impulse is from above, downward. When it is blocked in its expression, there is an accumulation of energy in that center which registers as soreness and tension. The muscles involved show the same condition. This can be traced and proven: Examine the opposite pole - in this case the 5th lumbar - and the same condition will be present, with soreness, congestion and limitation of motion, because of a mechanical accomodation to this block through muscle tone impulses in excessive proportion. A slip or rotation has taken place which must be released first. Then it can be easily corrected.

The same holds true for all the cervical relationships illustrated here; also for the dorsals as intermediate reactions. However, the two end poles given here are the major factors in this line-up, as cause and effect, for correction. The others will relax and benefit by it. THE MIDDLE OF A CIRCUIT IS CONDITIONED BY ITS END FLOW, IN AND OUT, AT BOTH POLES.

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THIS KNOWLEDGE SAVES MUCH TIME IN THERAPY AND IS OF GREATER BENEFIT TO THE PATIENT AND THE DOCTOR. There will be less unpleasant reactions because no localized adjustments are given in between two pressure or pull areas in any circuit or system.

A BALANCING RELEASE, yes, THROUGH FIRM CONTACTS, BUT NO ADJUSTMENTS to the dorsals in between. They will let go when the circuit is normalized. FUNCTION CANNOT BE COMPELLED, BUT CURRENTS AND CIRCUITS CAN BE BALANCED AND THESE DO ALL THE FUNCTIONING.

The Vitality Balance corrections can be given while the patient is sitting up, as illustrated in Chart No. 15, or while the patient is lying down on a treatment table, as shown in Chart No. 12 and other table charts for Balance and Correction, given in this book as well as in my other books.

Structure reacts from the bottom, up and is therefore a major for any structural correction or balance. To test this and to prove this POLARITY REACTION, just try the simple procedure of a contact above and one below, with a firm pressure of a single or a bi-lateral contact. A contact on both sides is a better balance for the hand or fingers used.

You will be amazed how the soreness and tension leaves the cervical region! Upon palpation, you will find an entirely different relationship of the vertebrae has taken place. That adjustment, which you felt you had to give in order to get results, is not necessary now. The indication may even be reversed! And most patients are so grateful for RELIEF WITHOUT CERVICAL ADJUSTMENTS.

This SPINAL BALANCING is a most surprising and effective art. Not only does it work on the spine from top to bottom, but it also includes the extremities, especially the feet, which carry the weight and are in the vertical balance relationship to the whole. (See Chart No. 4 in Book 2)

If you will study the charts on the feet and consider them an inverse pole of the vital expression of the head, you will be amazed what reactions and release you can gain by skilled manipulations with POLARITY APPLICATION.

Even when working the feet by flexion, both hands are used in a bipolar balancing application, to bring out each contact, one outside, one in the center. (See Chart No. 11) EACH FOOT IS A CENTER IN ITSELF, IN RELATION TO THE BODY and it should be thus polarized and balanced.

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The chart explains itself in its geometric design of two end pole relationships. The first five cervicals in their relationship to the five lumbar has been known, in a way, and accepted, if not used or its real value appreciated. So we leave it there and confine ourselves to the tracing of the VITAL relationship to those hitherto unknown, new spinal geometric lines given here.

The 6th cervical vertebra and its nerve supply is usually charted by nerve tracing, to the 8th dorsal, as a liver reflex. THAT IT CAN TIE IN WITH THE 12th DORSAL VERTEBRA, IN A VITAL GEOMETRIC RELATIONSHIP, is a NEW VIEWPOINT. But the liver and the kidneys do have a definite relation to each other, as a chemical inter-dependence in the vital process of function. The material which the liver does not chemically prepare for oxidation and elimination by their solvents, cannot be filtered out by the kidneys. The kidneys are only filters, not a chemical balancing plant. THIS IMPORTANT VITAL RELATIONSHIP IS BROUGHT OUT BY THIS GEOMETRIC BALANCE sketch of VITAL FUNCTION AND STRUCTURE.

Chemistry and oxidation are two stages in this vital body plant. Mineral sludge and liquid waste must be separated from the blood by the kidneys.

The next new venture is the relationship of the 7th cervical to the 11th dorsal vertebra. The 7th has a great effect upon the circulation, as proven by spinal concussion therapy according to Dr. Abram's method of influencing the vital function. Circulation depends upon a fluid bloodstream and oxidation. If the carbon dioxide is not removed by oxidation, the filtration process is also interfered with. "7 come 11" is popularly known as a dice game winner. So it is here in the game of life, of oxidation and filtration of waste out of the bloodstream for better circulation.

The reflex connection between the 1st and 2nd dorsals is another vital relation rather than a nerve tracing proof. The 1st dorsal goes to the heart as a supply nerve and reaction. In angina pectoris, the branch of the first dorsal going over the left arm is the location of that pain which is well known and easily diagnosed as angina pectoris. What to do for it, without further congesting the heart circulation by stimulation, is a problem to every thinking doctor.

The 10th dorsal controls the diaphragm and the suprarenal glands for tone under stress. Both of these glands are prime factors in heart conditions. The heart depends upon respiration for function, and the adrenals for toning harmones in the circulation for all stress and strain. What would a vital balancing treatment

## CHART NO. 2: STRUCTURAL BALANCE

do for such a case? For years I pondered over this question and now the answer reveals itself in this simple geometric design. Is such a discovery worth while or acceptable, even if it saved the lives of only one per cent of the angina pectoris cases, by having a diagram of Nature's process of doing things?

For further analogy of design, please compare the top of the chest and the 1st dorsal with the bottom of the chest and the diaphragm. Is it not an oval, like a barrel, with two ends and a functioning middle or neuter center, the heart? Wouldn't such a simple viewpoint be helpful for the vital balance of the neuter functioning pole?

STRUCTURE REACTS FROM ITS SUPPORT, UPWARD. FUNCTIONAL IMPULSES ARE FROM ABOVE, DOWNWARD - from the top or superior pole to the bottom or inferior pole. Couldn't this vital arrangement in the body be useful in heart conditions, by starting at the active center and balancing it? I leave this thought with every doctor who is interested in real, vital research.

## SUMMARY

If anyone should wonder what is the good of this chart and its new geometric relationship, when the five cervicals and the five lumbar are used but little in adjusting by that sequence, the answer is that this new idea is a vital relationship of function rather than for structural correction by adjustments.

In your next KIDNEY, LIVER, HEART OR ASTHMA case, just use this vital balancing principle for about fifteen minutes in a few cases and you will be astonished at the remarkable results. Find the active, sore area or vertebrae and balance them with double contacts, according to the areas shown on the chart

To proceed according to mere routine is not enough. The actual block must be found through diagnosis by means of touch on the transverse process of the cervical vertebrae. Then start the geometric balancing from there, by single or double contacts above and below, as the lesion indicates. The foot and neck poles should also be balanced. Diagnose from the neck soreness and treat from the bottom up.

In asthma you will find similar conditions, including the 10th dorsal.

Influenza is usually a stagnant and toxic colon. Release it by contacting the colon poles from the feet and legs upward to

the abdomen, arms and neck. The top side of one foot, between the little toe and the next, will be very sore as a colon pole half-way on the foot area. Whether it is the left or the right foot area depends on which side of the body the colon is in trouble. If the entire colon is in trouble, then this soreness will be present in both feet, and the vitality balancing treatment should be given on both sides of the body, from the bottom pole - the foot - upward, releasing the sorest side first.

In dry, toxic bowel conditions and spasms, the patient should take olive oil and lemon or lime juice - half and half - at least a tablespoonful of the oil and one of the juice, FRESH ONLY, several times a day. If the patient finds it difficult to retain the oil, the dose may be followed with a hot drink that does not contain milk or cream. Plain hot water will do. Use a fruit diet for a few days. It works like a charm.

For indigestion use that sitting-up therapy illustrated in Chart No. 15, according to the sore spots on the neck and its relation to the lumbar areas, as described in the chart. You can also inhibit the dorsals, if sore in the sequence. You will be surprised at the quick response, without adjusting!

These are just a few practical illustrations to help the new idea along, as THIS IS POST GRADUATE WORK WHICH CAN BE APPLIED TO ANY METHOD OF THERAPY.

LOCAL SPINAL ANALYSIS: Every joint is a polarized cross-over point for energy waves. The right side is positive (+), the left is negative (-), and the middle is the neuter (0) center. The cross-over is bi-polar from the positive right side above to the negative left articulation below it and vice versa.



A sensitive tip of the spinous process is the result of a deep central soreness in the meninges and in the disk. This should be touched gently with the first finger of the left hand in an upward direction, on the tip of the spinous process.

The corresponding neck vertebra should be held lightly with a double contact with the right hand on the transverse processes, until the soreness lessens.

This is a central core, local balancing of plus (+) and minus (-) impulses. In the last two paragraphs on the next page this local balancing is further explained by tension (which is a minus (-) condition) and by hyperemia (a plus (+) condition), to make it easier to follow.

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## BALANCING SPINAL NERVE IMPULSES

Parasympathetic impulses must flow into and work in conjunction with the Sympathetic, in order to work at all; for it is the Parasympathetic system that expresses balance and conscious mind impulses, and conveys them to the Sympathetic system.

What are mental frustrations? Parasympathetic or cranial impulses that could find no expression or response in the Sympathetic system and the organs it controls. Emotional frustrations are sympathetic and heart center impulses which are suppressed by the conscious mind impulses of the Parasympathetic System.

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. An injury to physical tissue repairs with time and rest, while mental injuries require a new vision and viewpoint.

What is pain? It is also an inhibited impulse that cannot flow in its natural path of lines of force. A physical break also illustrates this point. However, there are mental, emotional and physical breaks, injuries and suppressions in their substances or fields.

A gentle pressure on the spinous process reveals the spinous tenderness or tension. The tender tip of a spinous process indicates an aggravation in the interspinal membranes. This is a positive hyperemic symptom of a vertebra in distress through excessive movement. It is caused by a lack of function (an energy block) of the vertebrae above and below it. These are fixed and inactive in their normal range of motion, which throws all the load of action on the one located in between the inactive vertebrae.

The correction lies in the simple procedure of local pressure on the fixed vertebrae, against the greatest resistance to movement by that particular vertebra. The stimulation to the vertebrae, one at a time; that is to the one above and to the one below the over-active one, acts as a positive motion or charge to balance the local negative polarity. It also acts as a physiological stimulus which releases tension.\*

\*The entire spine can be balanced that way, in its local plus and minus areas and functions. In this simple manner, the hypersensitive area of excess function can be balanced with the negative polarity action of the minus function in the fixed vertebra above and the fixed vertebra below the over-active one.

INDIGESTION, GAS AND EXHAUSTION

All three symptoms are caused by a lack of vital energy with which to carry on normal function. Foods lie in the stomach and ferment, also in the intestinal tract and in the colon. The gases penetrate the tissues and the circulation, which adds up to sub-oxidation and exhaustion.

Even with a carefully selected diet, these persons are full of pains and misery. A certain food may digest one time but not the next time. When the airy energy is not moving, nothing can move in the body which depends on secretion and oxidation.

In these cases the best therapy is to enable them to expel the gases first, by working for the eructations of them and starting them in the downward direction also. See pages 90 to 102 in Book 3, "Polarity Therapy".

Next is the stimulation of the seat of the reserve energy in the body, which is the umbilical area. Have the patient lie on the back, face up, and work this tissue with a gripping motion with the right hand while the left hand rolls and grips the thigh muscles on the inside. If that leg is the short leg, roll it inward; if it is the long one, roll it outward in moving it while gripping the muscles firmly.

The sacrum is usually twisted and slipped between the innominate articulations. The base is high on one side and low on the other. It is a chronic condition.

This can be clearly seen by the angle of the center line over the sacrum, between the buttocks. The lateral top angle of the line indicates the low side of the sacrum. The innominate is usually high on that side because the sacrum has twisted and the innominate has slipped in its articulation with the sacrum.

Have the patient lie face down, and make a contact on the apex, on the opposite side, and hold it against a gentle pressure on the high innominate. See Charts No. 3, 4, 14 and 20 in Book 4, "The Mysterious Sacrum".

Balance the cervicals with the spine. See Chart No. 2 in this book.

Release neck tension. See Charts 39 and 40 in Book 2.

Lift viscera. See page 82 in this book.

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## A VITAL VIEWPOINT ON STRUCTURAL BALANCE

Vital energy currents precipitate as structural patterns and sustain them. Geometric patterns of cause and effect built this wonderful human body and maintain it, through its original energy fields of design and balanced proportions of the creative pattern, and in the embryonic existence of this life's experience. As long as these primary currents can flow as uninterrupted pattern circuits of energy in the finer etheric essence of balanced mental and emotional energy fields, according to the vibratory keynote of the CENTER, then the circumference will be in harmonious relationship of balance.

The life current radiates attraction from the living center and sub-centers of the body, through which it gathers and absorbs the finer, vital essence of energy through food, liquids, air and warmth. It absorbs them into the composite structure as waves of Life Breath of Unity, in rhythmic exchange with the Cosmic, Organic Life Essence.

The individual unit is but a branch or twig on this great tree of cosmic life. A branch cannot exist alone. Jesus illustrated this principle by the saying: "I am the vine, ye are the branches;" (St. John 15:5). This law holds true spiritually as well as in the lower, stepped-down energy fields of the body. Nothing exists nor was it created by itself or for itself alone. Trees were created for their fruits. Human souls and bodies were created for experience and conscious evolution of life in space, to know, to feel, to see and to understand the infinite detailed variety of qualities of energy currents and their combinations, through the resistance found in matter.

Resistance is the negative pole of energy, which crystallizes and precipitates into forms and patterns. Exhaustion by distance from its vital Center, causes slower vibration and condensation, even as light or sound rays lose their quality by distance, and gradually blend with the darkness. In this case, inertia or rest from travel is the objective. That is known as the 'Tamas' quality or 'guna' in India.

Energy is a living thing when approached from the Center, flowing outward as currents and circuits. On the circumference it loses these qualities and becomes a sedimentation of energy whirls known as matter, through surface resistance and tension.

Atomic Science gives definite scientific data on this process. It is from this deeper aspect of life that we can now approach our vital problem of attraction and repulsion, through the body fields of chemistry and mechanics. It permits a deeper vision and understanding of causes as vital energy in manifestation. It

A VITAL VIEWPOINT ON STRUCTURAL BALANCE

becomes a 'charm of life' as a game of cause and effect instead of mere routine performance of imitation and conformity to chemical and mechanical sequences without a living spark of interest. By not going deep enough we neglect to see the beauty of life in its primal array of Sound Waves and brilliant display of light and colors which weave this temple of the soul in higher vibratory spheres of five essences with cosmic economy of construction called Creation. All this goes on constantly or creation would cease to manifest.

But we see it not through our physical senses which are interested only in the external phenomena of solids and gain which are recognized by the sense-life consciousness. Thus, life becomes a drudgery and a burden, with a heavy yoke of many restrictions and limitations.

However, at the heart and center of its own reality, it is beauty and joy because it is free and unconditioned. "Life will be what it will be." That is the law of creativeness and the ever-becoming expression of Vital Energy, expressed as balance in geometric and mathematical proportions. When it cannot manifest in this rhythmic sequence, the life suffers and departs from that limitation of form in proportion to the seriousness of the interference. Then departs the joy of living and creativeness. Frustration and pains of resistance are the heritage of such a body and form.

Life is a precious gift of joyous Reality when freed from the serpent of the selfish mind contents and the inexperience of Life's greater sweep of freedom through its link with Reality.

All things created are for use through inter-dependence and balance of geometric relationships. This rests upon the vital attraction from the Center within, in conformity to the Consciousness of Life itself, and not through the possession of the form and external force applied to any pattern field.

Rules, laws and limitations are necessary to keep that acquisitive, possessive serpent of the downward pole of the mind in its bounds, so it does not go too far in its application of force and greed in its endeavor to own Life through acquiring patterns of forms, thinking it possesses Life itself! VITALITY, LIKE WEALTH, is a precious heritage which can be used wisely as intended by the Creator, or squandered and utterly exhausted by mis-use and abuse. Then comes the end of the trail of vital wastefulness, literally expressed as down (energy) and out (the expended flow through exhaustion.) The suffering that goes with it is beyond words. It is a real hell of woe and nothingness.

## A VITAL VIEWPOINT ON STRUCTURAL BALANCE

Vitality is the buoyant inner Life which is the joy of living and creativeness of the soul and of the mind in selflessness. Balance and proper use form the objective of this gracious gift of God. This grace is given to the few who search in humility and understanding of the Essence of Life, and who tune into it by attention and whole-hearted interest.

When the interests of life are elsewhere, then Life passes us by, because it is not the objective of its search or attention. Conscious growth only comes through whole-hearted attention to an ideal or objective. Where the consciousness dwells, there is the soul of attention. "Surat or Soul is attention." So said the Great Saint, Swami Ji Maharaj. Where the heartfelt interest is centered, there dwells and is the Life of that Soul.

All this portrays the living viewpoint of energy as the basis of our problem of Vitality Balance, rather than mere mechanical procedure or chemical formulas and rules.

The true doctor should know Life, feel it and understand its pattern of flow, like a blueprint of Life, the same as he knows his anatomy, so he can skillfully direct its wireless currents by removing the blocks and short circuits in the various fields. A good electrician knows where to look for short circuits in a house and what to do about them. So also should a good physician know the WIRELESS ANATOMY OF THE HUMAN BODY, which is none other than its energy circuit.

The energy flow is the primary factor here. By knowing the fields and the travel of energy waves in their paths, this becomes a most intriguing application of intelligent release of the accumulated energy from one pole, to the opposite pole, by freeing its circuit where it is stuck and manifesting as excess activity of swelling, redness and pain. This can be in any one of the four polarized fields or in the neuter etheric area of the center pole or axis of the body. Please refer to Charts No. 4 and 5 in Book 1, also the charts given in the beginning of Book 2. They are the fundamentals of the wireless blueprints of the body currents and energy circuits.

It is all very simple, when once understood. We think nothing of studying paths of energy circuits and wave travel in electronics or in earth currents, air currents, etc., but when it comes to the human body, we limit all our search, research and viewpoint to chemistry and mechanical procedures. Why should there be this exception and limitation here? Is the human body less than an atom, or worth less time and effort for search and research along this line? Or is it because we have utterly lost our way in

A VITAL VIEWPOINT ON STRUCTURAL BALANCE

matter and over-valued it? Have we, like Esau, sold out our Spiritual Heritage and interest for a mess of pottage (of greed and possessiveness?) When will we awaken from this slumber of self hypnosis of the mind and dig up the wells of Wisdom of Life itself?

Vital energy proceeds from a superior Source as a higher vibratory condition of this Unknown Essence. The pattern world is above the gross physical one, but is reflected into the grosser and denser vibration, like photostatic impressions on paper. Hence, the ABOVE RULES THE BELOW BY ENERGY LINES OR IMPULSES. "As above, so below" is the pattern reflection.

In geometric proportions, this is expressed as uniformity of lines and waves of beauty and balance. When this balance is disturbed it spells illness in that particular body, the degree of illness depending upon the degree of the disturbance. Then the balance needs to be restored IN THE FIELD WHERE THE DISTURBANCE EXISTS. That is where the skillful application of POLARITY THERAPY is needed for VITALITY BALANCE.

The laws of mechanics of stress and strain prove geometric designs of perfect proportions. THE TOP AND THE BOTTOM MUST BALANCE WITH THE ENERGY CURRENT FLOW FROM WITHIN TO THE WITHOUT. The center and the circumference must be in accord because this is an inter-dependent circuit which must return to finish its cycle.

In this manner we arrive at certain mechanical rules, by observation of fields and structures and their relation to function. Pain or limitation of motion indicates a structural block in the field, like a short circuit in the wires of electric conduction.

In the field of chemistry, doctors understand this very well, and endeavor to give the opposite chemical polarity substance to balance the condition. The Homeopaths will give a minute dose of the same essence in the form of a tincture, triturated to fractions of easily absorbed electronic particles through the etheric neutral field of the patient's body. The Allopathic principle works through the field of quantity and opposites for balance in the body. VITAL BALANCE IS THE OBJECTIVE OF BOTH SCHOOLS OF THOUGHT.

Vitality Balance by means of POLARITY THERAPY is a new and unique approach in principle, through the use of the four elementary currents of POLARITY IN THE BODY, and freeing them IN EACH FIELD, according to the triune principle of positive, negative and neuter energy flow. Structurally, it works on the same principle as the geometric laws of balancing the upper with the lower

## A VITAL VIEWPOINT ON STRUCTURAL BALANCE

in relation to the center of LIFE ENERGY FLOW. This differs considerably from the purely surgical or mechanical, or the popularly accepted version of BLOODLESS SURGERY approach of pressure interference somewhere.

Vitality Balance is reached through the triune modes of motion of energy flow, through its five fields of ovals as organic areas of functioning centers. The five senses and their corresponding motor currents are linked into this observation as the awareness of pain, caused by obstruction of energy blocks in the essence field of the currents flowing through the organic areas; or as limitation of motion in the muscular and skeletal framework.

So the above is compared with the below as cause and effect as well as its reaction. Energy circuits are balanced first by contacts above and below; also in the extremity poles of the hands for acute conditions, or the feet for chronic conditions of deep seated obstructions to the vital circuits. In severe illness and in death, the vital currents recede from the extremities first.

The neck is the neuter etheric area and super pole of the body, through which the downward or outgoing and the returning or upward, ingoing currents must flow. Therefore, it becomes a very useful diagnostic point to reveal energy blocks by soreness on either side of the transverse processes of the vertebrae.

Interpereted physiologically, it would mean that the sorest spot is under tension of muscle pull from the opposite lower spinal area, as illustrated in the chart. Atlas = 5th lumbar, etc. Mechanically, we feel certain that the 5th lumbar transverse is anterior on that side and that an adjustment to that effect is the way to correct it. That is a correct mechanical observation of position only. But the unknown factor of muscle pull, through polarity action on the muscle fibers is totally ignored, as an electronic energy field impulse.

So, if we make firm polarity contacts above and below, on the spine and in the extremity fields of the ankles and the wrists, according to the sore spots found there in the specific corresponding areas, THE SORENESS ABOVE WILL DISAPPEAR AND RELAX WITHOUT THE USUAL MECHANICAL ADJUSTMENT BY THE OPERATOR. In a few cases where this release does not take place immediately, then if an adjustment position is taken after this relaxation, the ADJUSTMENT WILL TAKE PLACE BY ITSELF, BEFORE ANY PRESSURE IS APPLIED, ELIMINATING THE NEED FOR THIS PRESSURE. In cases where mechanical correction is needed, that is very simple. Have the patient lie on the sorest cervical vertebra side, contact the opposite lumbar as per chart, place the thumb on the opposite transverse process of the lower

## BOOK V: VITALITY BALANCE

### A VITAL VIEWPOINT ON STRUCTURAL BALANCE

vertebra and give a gentle roll, as illustrated in Chart No. 34 in Book 2. The same can be done with the patient sitting up, as shown in Chart No. 15 in this book.

Life is unique if we can but see the pattern energy as vital currents instead of only the form as mere mechanical correction from a purely physical standpoint.

Contact points for the center and the sides of the occiput and sacrum, also the sphenoid and coccyx, are marked on Chart No. 18 in this book.

The dotted lines on the sacrum and the 5th lumbar, and over the glutei, shown in Chart No. 2 in this book, are contact points for the GANGLION OF IMPAR BALANCE with the CEREBROSPINAL ENERGY FLOW. One contact is from below, along the coccyx and under it. The other contact is on the dotted lines, with the thumb of the other hand. It is described on page 83 in Book 1 and is illustrated in Chart No. 19 in Book 2.

SPECIFIC CONTACTS BY TOUCH BASED ON HYPERESTHESIA SYMPTOMS: In diagnosing from the neck, by touch, there is usually more soreness on one side than on the other over the transverse process and in the lamina between it and the spinous process. That means a tension or plus impulse is active there on top because of an anteriority on the corresponding vertebra below, due to local spastic contractions in its muscular attachment on the opposite side of it. The contact would therefore be an inhibition on the cervical vertebra and a stimulation on the lumbar vertebra on the same side. However, in practice, it is easier to inhibit the opposite transverse side to release the spastic pull there. This balances the muscular tension and is equal to the adjustment theory of diagnosis and correction.

Experience has proven that greater changes take place in the neck when the muscular pull is balanced than when the bone is adjusted. This is based upon the fact that all distortions are REALLY DUE TO MUSCULAR PULL WHICH MOVES THE VERTEBRAE POSITIONS FOR ACCOMODATION TO THEIR TENSIONS. Releasing the PRIMARY FACTOR FIRST is the logical procedure in dealing with energy currents - whether blocked or in excess - as the real causes of subluxations. Energy is the mover. The bone is the object moved by muscular action, through involuntary impulses which produce lesions.

The energy approach is far deeper and more effective than the mechanical secondary principle of results. CAUSES ARE PRIMARY FACTORS TO CORRECT. Then, when the muscle pull is released by balancing the vital impulses, the vertebrae literally fall into their natural position by the least movement or correct positioning, AND STAY THERE.

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THE TENSION PRINCIPLE OF DIAGNOSIS  
IN RELATION TO VITAL BALANCING

By testing the tension resistance on both sides of the spinous process, by means of a firm contact and gentle thrust with one finger, often more resistance is found on one side than on the other. This indicates greater tension or spasm on the side of greater resistance. Here firm pressure is needed to relax the impulse of spasm as a main factor, in conjunction with polarization of the other end pole in the cervical region of impulse control.

All this is an art in itself and works like a charm, without any other adjustment. Polarity Balance gently inhibits the plus factor above, on one side, while inhibiting the opposite, spastic side below, with heavy pressure on the posterior plus side. By crossing over the spine, from one side to the other, two opposite poles are inhibited. If it is done on the same side of the spine, then the upper tension is inhibited and the lower lumbar pole is stimulated as a minus factor.

The test by tension of each vertebra was used very successfully by Naprapathy, as the basis of practice. Results were obtained by charting the spine and the tense vertebrae, then treating the same ones each time by light pressure impulses called directoes. The theory was, of course, on a mechanical basis of releasing ligaments and connective tissue by stretching them with these directive impulses. It is still used with good results.

The real principle of ENERGY IMPULSE THROUGH POLARITY WAS NOT IN THAT PICTURE. The Polarity above and below was not a factor either. Only the local tension symptoms, plus hyperemia, were the basic considerations. Much good was done by balancing the local tension, from side to side.

Now that the vision and the field has opened up with a complete system of VITAL IMPULSE BALANCING ACCORDING TO POLARITY POLES OF PLUS AND MINUS, ABOVE AND BELOW, AND LOCALLY, IT EXPANDS THE ART OF THE PRINCIPLE OF HEALING OR VITAL BALANCING AND SIMPLIFIES ITS APPLICATION. Far better results can be obtained, with less time and effort, without adjusting the vertebrae. THIS SHOULD BE OF GREAT INTEREST TO ALL NAPRAPATHS!

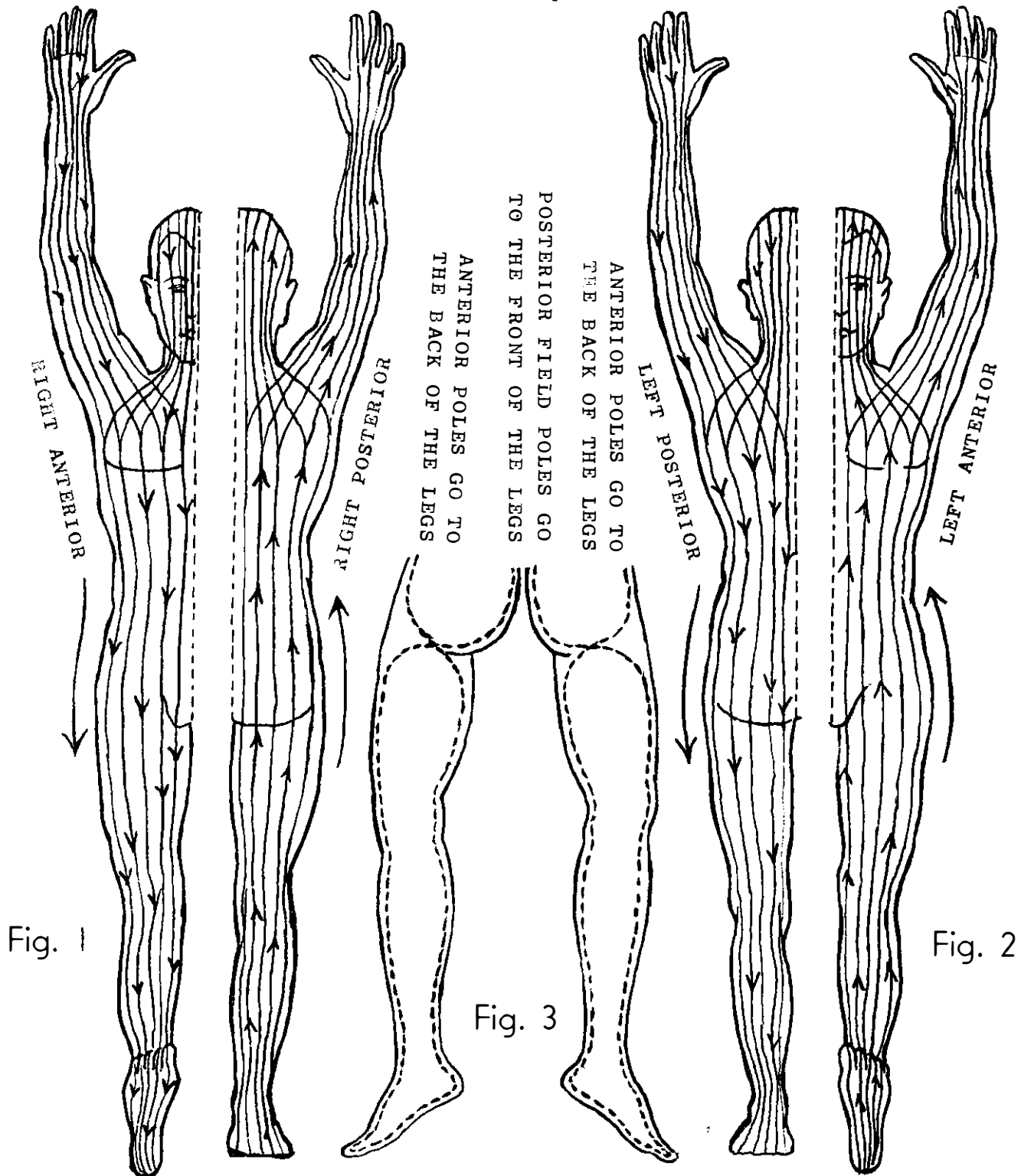
This new art of VITAL BALANCE THROUGH POLARITY application can be a great help to ALL DOCTORS IN THE FIELD OF MANIPULATIVE THERAPY, NO MATTER BY WHAT NAME IT IS KNOWN.

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# CHART NO. 3

# ENERGY CIRCUITS

Two circuits, in opposite directions, make a gyroscope of balance in the body. They are waves of electromagnetic surface tension lines. There are five sensory and five motor energy currents to which these lines correspond.



The soles of the feet and the palms of the hands correspond to the anterior part of the body in this position. The back of the hands and the top of the feet react on the posterior bony and muscular structures.

FIGURE 3 shows a change in Polarity Potential in the fields below the buttocks. The firm anterior thigh muscles and the femur laterally polarize with the body posteriorly. THIS DOES NOT CHANGE THE SURFACE LINES.

## EXPLANATION OF CHARTS NO. 3, 4 AND 5

Charts No. 3, 4 and 5 in this book depict illustrations of additional details for better understanding of Charts No. 3, 4, 5, 6, 7 and 8 shown in Book 2, "THE WIRELESS ANATOMY OF MAN".

Here Chart No. 3 illustrates Energy Circuits for vital balance in bodily functions. The two circuits over the anterior and posterior parts of the body flow in opposite directions which actually make a gyroscopic balance of the two halves of the body. The currents are of an electromagnetic nature, like the surface tension field in the atom, plus a very high degree of sensory capacity. The arrows indicate the direction of the current flow on each side of the body - anterior and posterior.

The soles of the feet and the palms of the hands are anterior surface, sensory fields, as the softness of the tissues indicates, by its sensitive pads. Fingerprints and footprints show a definite line of patterns which are unique as sensory identification of that particular individual, whether young or old. Even babies have their identifying lines at birth, proving the existence of a pattern field and previous conditioning.

These living current areas divide the body into five zones or fields of receptivity, like the use of the five senses over the five fingers and toes on each side of the body, over which they actually flow. This is a vertical classification of areas of response of the five energy currents operating in the body. IT RELATES THE SURFACE TO THE CENTER, THE TOP TO THE BOTTOM, THE RIGHT TO THE LEFT AND THE FRONT TO THE BACK OF THE BODY BY ENERGY WAVES OF A HIGH SENSITIVE NATURE.

That is why the application of therapy according to the principle of POLARITY is so astonishingly effective. "As above, so below" is one way of vitality expression. "As within, so without" is another interpretation of energy circuits for the experience of life through sensation and action.

The central core and each oval region constantly radiate waves to the surface, and these flow inward, to the center, on a return circuit through the fields of the five senses, plus the surface area. These are unique in their representation of areas and energy response.

The deep structures and the central core have fields of their own which are illustrated in Charts No. 1, 2 and 3 in Book 2. Chart No. 3 combines the deep currents with a complete surface illustration. It is impossible to sketch the path of sensitive vital currents of mind and emotions. They are wireless and have

EXPLANATION OF CHARTS NO. 3, 4 AND 5

their own way. But the body fields are clearly illustrated in Chart No. 1 in Book 2, and in Chart No. 6 in Book 3.

Chart No. 2 in Book 2 gives a clear picture of the whirling energy centers in the etheric central core of the body. It shows their radiations to the surface of one upward and one downward current on each side. This establishes the direction for the waves as seen by the illustration on the right side of the Chart. A vertical identification is also given on the foot and on the hand. THUS THE WITHIN IS RELATED TO THE WITHOUT AS CAUSE AND EFFECT, WHICH CAN BE REACHED THROUGH THE CURRENTS WHICH CONNECT BOTH, THE CENTER AND THE CIRCUMFERENCE.

Chart No. 3 in Book 2 also shows the central ultrasonic core as the most vital axis of life's travel in the most sensitive spinal tissue of the cord and the meninges. This is the individual pillar of life, from the crown of the head to the end of the cord proper, which is at the second lumbar vertebra, just opposite and on the same level with the umbilicus.

From there on begins the TREE OF KNOWLEDGE OF GOOD AND EVIL, in the cauda equina. This totally involuted Vital Energy goes to sleep, temporarily at rest in the sacrum, as the Kundalini force of generation and the drive for motor action and expression. (See Chart No. 11 in Book 2)

The Caduceus in Chart No. 3 gives a good illustration of the dual mind energy, wrapped around this Tree of our Life. It is sustained by Nature through the living breath which acts as the fan of life for the other areas below it and their exchange of energy with Nature in the form of food, liquids and warmth.

This completes the identification of Chart No. 3 in Book 2. The Chart No. 3 in this book contains one more point of attention in Figure 3, where the Polarity changes over at the end of the trunk anteriorly, and at the bottom of the buttocks posteriorly, as it happens when the legs are bent over the body, toward the head. This is also shown in Chart No. 6. So the hard shin bones become identified with the back of the body as motor current areas, and the soft tissues on the calves of the legs as sensory reflex areas to the front of the body. Also, the hard, bony top of the feet becomes the representative pole of the back of the body.

However, THIS DOES NOT CHANGE THE OVER-ALL CURRENT FLOW OF THE SURFACE OF THE BODY. But it does make a great deal of difference in applying POLARITY or VITALITY BALANCE THERAPY. When working on a field or area, the POLAR OPPOSITE MUST BE KNOWN IN ORDER TO OBTAIN SPECIFIC RESPONSE AND RESULTS.

# CHART No. 4

# FOUNDATION CIRCUITS

FIG. 2 shows muscles and tendons which assist in posture conditioning and in functional responses through POLARITY stimulation. "As below, so above." Structures rest on foundations which must yield to the total impulse in motion.

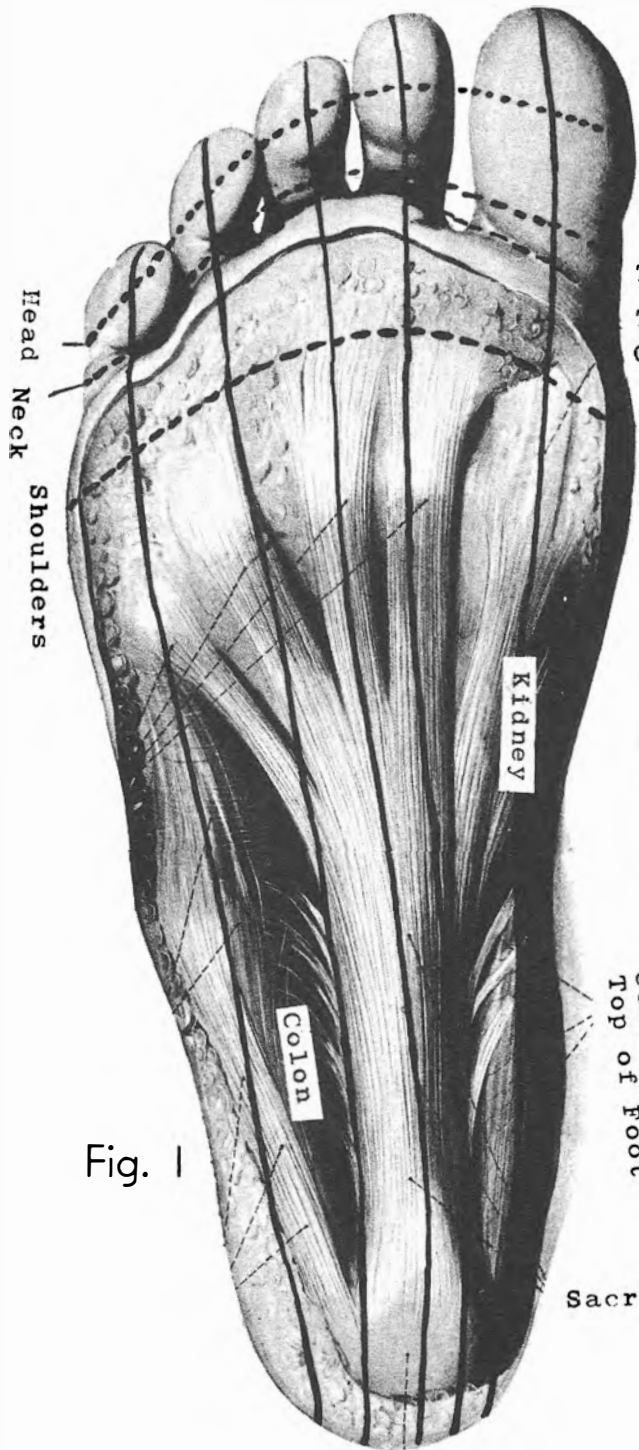


Fig. 1

FIG. 1 shows the ligaments and connective tissue in their position for POLARITY response to influence the entire body posture. This is the foundation for structural correction. Elastic feet with a springy step indicate good vitality.

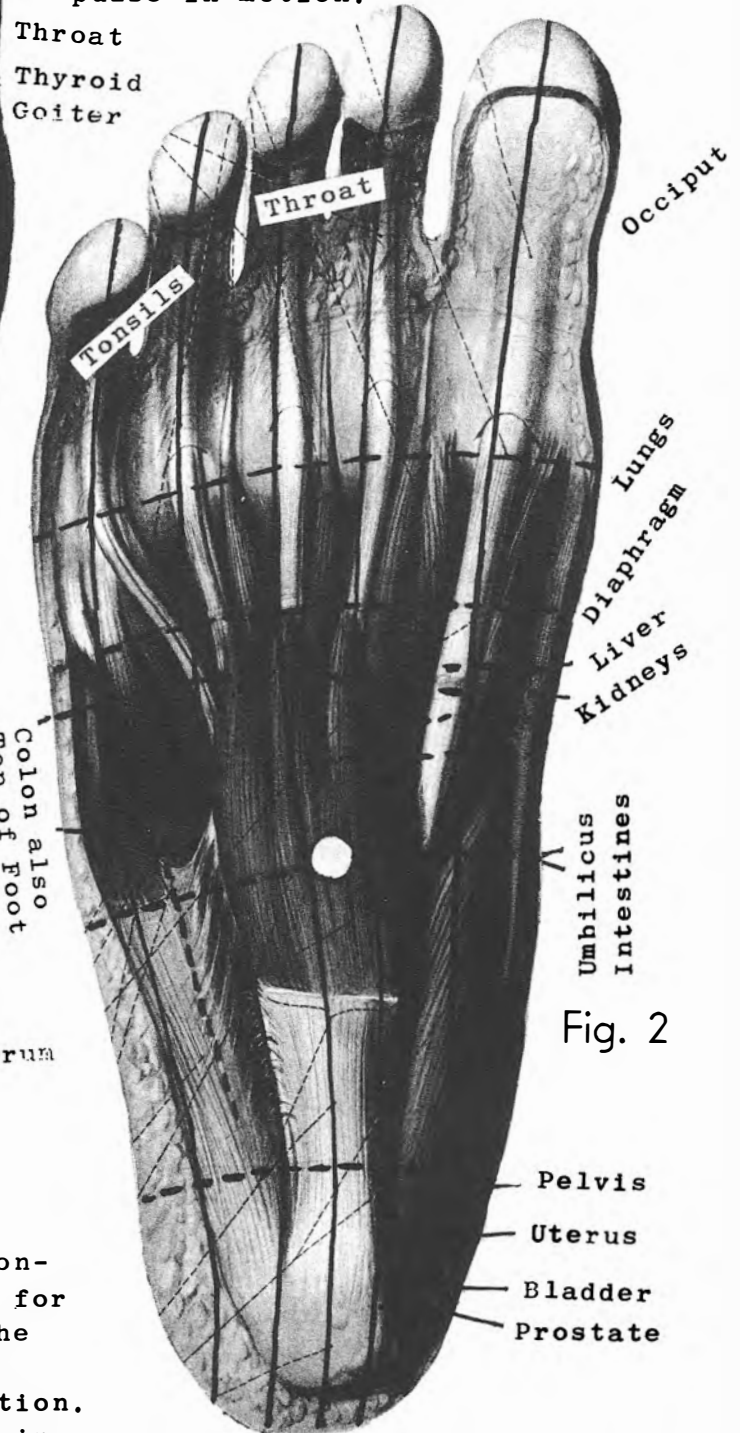


Fig. 2

Body Centers found in the feet. Compare with chart No. 4 in "WIRELESS ANATOMY", Book 2.

## EXPLANATION OF CHART NO. 4

Chart No. 4 is the reproduction of an anatomy chart of the right foot, to which identification marks and names have been added to link the VITAL ENERGY CURRENT as the main factor for BASIC, STRUCTURAL CORRECTION THROUGH THE SOLES OF THE FEET.

Figure 1 shows the ligaments and their fascia on the bottom of the right foot. If we can see the sweep of energy over this tissue, and its power of balance and control from the bottom up, we HAVE THE KEY TO STRUCTURE AND POSTURE AS WELL AS TO MANY POLES OF THE BODY, THROUGH THIS BASIC ROOT POLE.

No wonder man is constantly trying to balance himself by the springiness and elasticity in his feet! When this quality leaves and the feet become rigid, man is beginning to die slowly. Sore feet indicate chronic conditions in the body which are painful but not in a state of resolution until they reach the neuter pole of the hands. Then the condition is acute. Stiff fingers and hands also indicate less energy flow through them, with loss of dexterity and skill, which makes them awkward in action.

Stiff arches and feet denote a recession of the life energy from that pole. Thick, chalky nails also indicate the same and are not a good sign. VITALITY RECEDES WHEN THE DENSITY OF MATTER BECOMES TOO GREAT TO PENETRATE THROUGH IT. It is like the insulation to an electric current. Representative areas of the feet are also given in Chart No. 4 of Book 2.

Figure 2 shows the muscular tissue of the anatomy of the right foot, by which the foot exerts such powerful leverage and spring to lift the whole body. AND, TRULY, THE WHOLE BODY CAN BE REACHED AND BENEFITED THROUGH THE FEET! They are the negative, water pole, opposite to the fiery, head pole. They are also the vital negative pole of the neuter pelvic, generative pole. That is why it is so important to keep the feet alive, young and active, with a grip on the ground. The whole body is represented in the feet, the water energy, which goes deep and seeks out the foundations of things.

Vitality is expressed in limber feet and hands. Stiffness is tension and shows a decline of the vital current flow in both. Working on the foot alone does not give the best results in Vitality Balancing or in Polarity Therapy applications. Three poles MUST BE BALANCED WITH EACH OTHER in order to establish or re-establish the circuit of energy. Mere manipulation of sore areas and tender spots is not enough

For years doctors of various schools have treated and adjusted the feet with a measure of results. BUT THE POLARITY PRIN-

## EXPLANATION OF CHART NO. 4

CIPLE OF VITAL ENERGY FLOW was not in use; hence the COMPLETE PICTURE AND THERAPY FOR THE BODY WERE NOT AT HAND. That is why the feet were neglected.

The only doctor who produced phenomenal results in foot therapy was Dr. Locke in Canada. He was known all over the world. And strange to say all his success resulted from ONE ADJUSTMENT of the CUBOID BONE. This acted as a powerful stimulant to the kidneys, because it lies in that area. The stimulation to the other adjacent articulations helped the circuit flow. In some specific cases results were miraculous. His fame spread; but, alas, not his knowledge of this mystery!

The wonderful response was entirely through the WIRELESS VITAL ENERGY CURRENTS. It proved a little part of the Chinese saying that man dies when the kidneys cease to function.

If one clever application of this principle can do such wonders, why not the selective art of balancing the Vital Energy Flow through polar opposites in the fields of the body as well as in the feet?

The reason for the limitation of this application and of Zone Therapy, was a lack of a logical foundation upon which it could be explained and proven as a principle in LIFE and in the energy field of the human body, instead of arbitrary lines of a method of dividing the body, vertically, as zones. No one could give an explanation why it was so, how these areas originated or why they elicited a response in the body and through what system. It had no scientific foundation. It was called a reflex through the sympathetic or other nerves, whether or not there were fibers of such nature in that area. 'Reflexology' was the name given to the response of an unusual nature.

The Acupuncture doctors in France had a similar system of zoning, which shows its real source or possible origin. But the few books in German, which were written later, tried to explain this system also as a nerve end response. The system followed the outline of our modern textbooks of anatomy, instead of the original concept of the FIVE RIVERS OF LIFE as the FIVE VITAL ENERGIES which enliven our five sensory and five motor actions.

The POLARITY PRINCIPLES of the three 'gunas', or POSITIVE, NEGATIVE AND NEUTER were not given too clearly. The sun and the moon action of the 'yang' and the 'yin' were clear as poles of stimulation or as tonification and cold, like the cool and refreshing water of the moon energy. Such is the history back of a

## EXPLANATION OF CHART NO. 4

brilliant therapy of old, built on a true foundation of Vital Energy Balance. The ancients did not have the knowledge of the physical anatomy or physiology which we have today, BUT THEY KNEW LIFE AND ITS VITAL CURRENTS which they followed very closely, according to its manifestations and pulse beats. Theirs was the tracing of living, vital currents through the four polarized humors of the body, ACCORDING TO THE ENERGY FIELDS.

Our popular modern systems are not the key to any of the old schools in any land or country. Therefore, it is useless to attribute their success to nerve paths or tracings. The anatomy and therapy charts made later, on this basis, missed the point and do not have a reasonable foundation to stand on. WHEREAS, VITAL BALANCING AND POLARITY THERAPY ARE BASED ON THE UNIQUE PRINCIPLE OF ENERGY FIELDS IN THE BODY, the same as in the atom.

Treating the body through the feet, and balancing the feet through the body is an art of POLARITY FUNCTION. The posture of the body can be most correctly influenced and determined through the feet, without pads or heel lifts. These are purely mechanical aids, like a crutch, when needed to support a weak arch of the foot. Arches depend upon muscle tone and action.

The FOOT TECHNIQUE according to POLARITY THERAPY PRINCIPLES is a new application of FOOT BALANCING IN RELATION TO THE VITAL CURRENTS. It works like a charm when done with a view to polarizing, through each contact, and not merely massaging to rub out the sore spots.

To illustrate: When working on the foot, over the area marked 'colon, ascending, descending or transverse', then grip the outside and the top of the foot firmly, to also balance the sensory and the motor currents of flow, up and down. This makes foot therapy a BI-POLAR APPLICATION.

It is sometimes necessary to pull on the toe in that region while working on the specific area on the top and bottom of the foot. This is used mostly when the patient is lying on his back or on the side. Then the body contact is related with it.

By flexing the foot with a dual contact, with both hands applied to it, one on the bottom of the foot with the thumb for specific reaction in a selected area, the other on the top of the foot or on the outside. Both have a powerful response, when linked to the body by further balancing.

By bending each toe, the specific center can be raised in the sole of the foot by tension of the tendon and muscles. This

## EXPLANATION OF CHART NO. 4

gives a very specific reaction. In this contact the dorsal part of the foot should be equally pressed by a contact, so as to balance the anterior and posterior regions in the foot and in the body's vital current flow, for a polarizing effect through the fields.

A few regions have been given in this chart. The others are in my other books. The reason I refrain from plastering the chart with names of areas is that doing so would encourage imitation rather than reasoning from a premise that is true and fundamental. This is an art with a real scientific basis, where sore spots can be found and AT ONCE RELATED TO THEIR CORRESPONDING FIELDS IN THE UPPER AREAS OF THE BODY. When treating, charts are not much help for reference. But reason and knowledge gained from study and practice, is a true help when accompanied with skill and sensitive touch.

When the horizontal regions of the head, neck, shoulders, diaphragm and umbilicus are correctly charted and located, then it is easy to find any organ in between, in exact anatomical relationship. That is the whole secret of this art. SENSITIVE SPOTS MUST BE FOUND, BALANCED AND HARMONIZED IN THEIR POLAR ACTION AS CURRENTS, FOR BEST RESULTS. (See Chart No. 4 in Book 2)

Top, Middle and Bottom poles should be correlated in balancing the current flow - as positive, neuter and negative waves - which flow above, below and through the center line as is shown in any alternating current sketch.

When this ANATOMY OF ENERGY POLES AND CIRCUIT OF WIRELESS CURRENTS is once grasped, it is so easy to locate any area of illness or distortion IN ITS TRIANGLE OF FUNCTION. Inquiries as to what to do for this or that disease would not be necessary if we thought and worked according to principles of VITALITY BALANCE and BI-POLAR FUNCTION OF TISSUES.

In Charts No. 4 and 5 you will find depicted in the fingers and the toes, the shoulder girdle polar reflex area as well as the neck's anterior polar area location. THYROID AND GOITER polar areas should be easily located in both poles - the neuter hand, and the negative feet. All other regions follow this pattern. It is so easy, when once understood.

# CHART No. 5

# ACUTE REFLEXES

The hands have a similar reflex as the feet only they are neuter poles which react to acute conditions and leave very sore spots to be balanced. The nails correspond to the teeth. Neuralgias can be relieved by pressure at the root of the nails.

The back of the hand corresponds to the back of the body in its bony similarity. The regions for centers of response are the same as the front illustrations, only these are posterior.

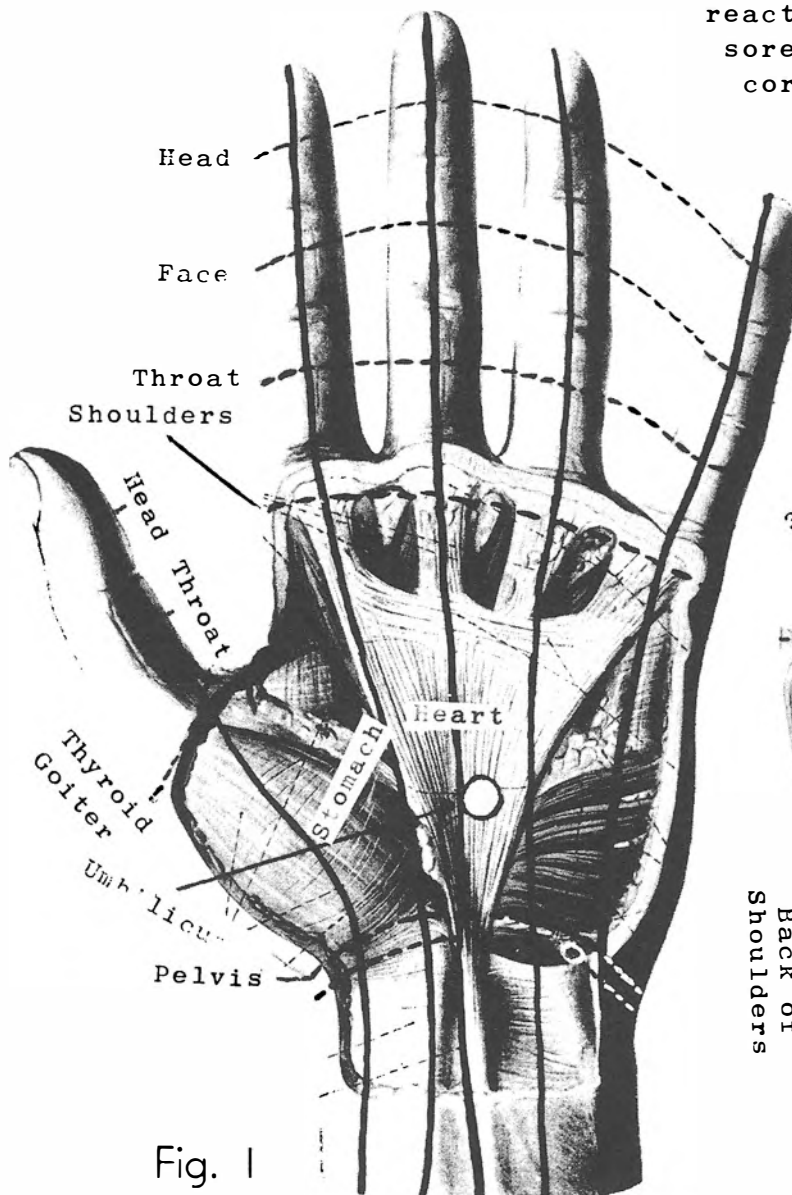


Fig. 1

The circle in the lower portion of the hand gives the POLARITY position of the umbilicus in this extremity. Everything above it corresponds to the area of the umbilicus in the body; and below the circle, everything below the umbilicus. See Chart No. 4 in Book 2. It is all mapped out there and can easily be seen. The wrist corresponds to the pelvis on that side. This illustration gives a fine picture of it. The soft palm area represents the anterior sensitive structure of the body.

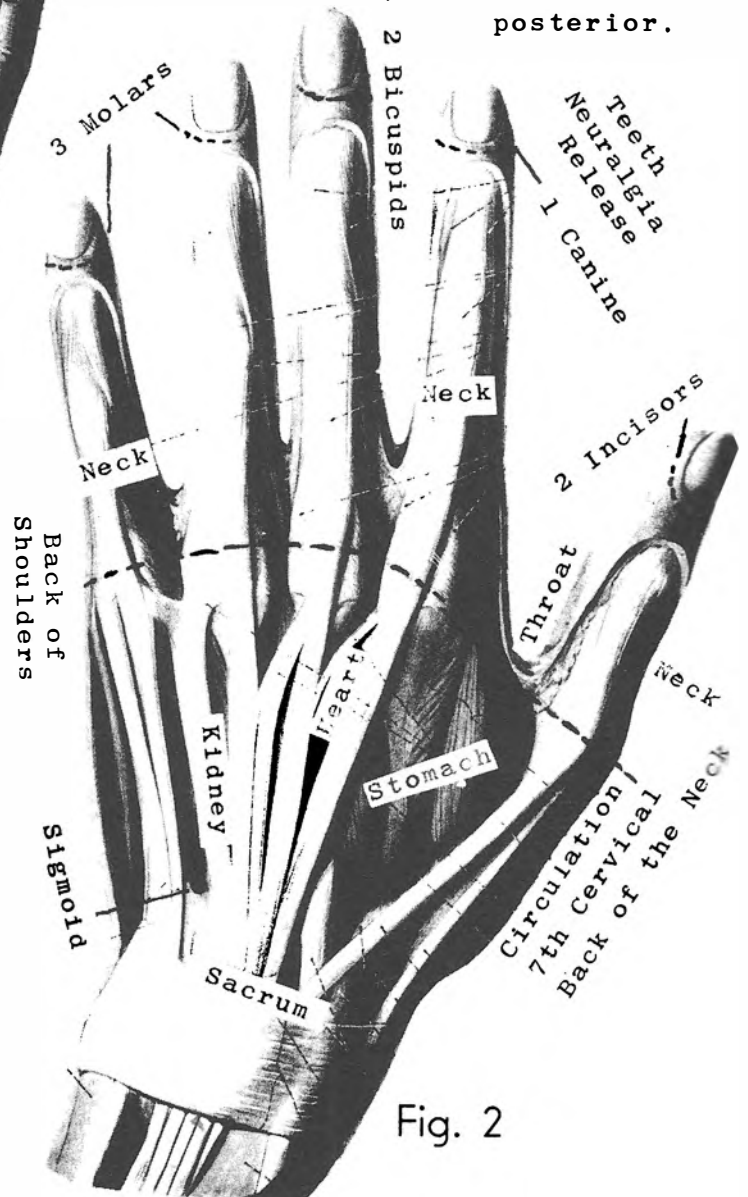


Fig. 2

## EXPLANATION OF CHART NO. 5

Chart No. 5 shows the left hand with its ligaments and muscles - front and back - for energy response throughout the body. The hands are neuter pole areas and are of great value in all acute conditions which are active then.

The hands are also the body's indicator and prognosticator. Color, thickness, ridges, splitting nails, peeling nails, etc. all have their meaning and indication in illness. A little careful observation will reveal much. A split nail or a heavy ridge which splits at the end, indicates an acute condition working out.

It is of great help to the doctor and to the patient when this can be pointed out as an energy imbalance in the system which must go through repairs. The nail will tell the story of progress. This often 'saves face' and hope, and makes it easier to carry on through difficulties which would otherwise prove too long drawn-out and disheartening at times.

The toe nails also reveal the prognosis of the vital reserve and the circulation to the extremity, even as large ear lobes indicate a good vital energy reserve which will pull a patient through, where others with less or no vital energy reserve might succumb.

Firm thighs and buttocks are the vital indicators in the water energy field of generative vital reserve energy. The Mound of Venus, at the base of the thumb, tells the same story in the neuter pole area of the hand. So also the firmness and fleshiness of the hollow of the hand gives assurance of fair heart action through vital support from within. Truly, the human body is wonderfully made!

Some unusual response areas are listed in Figure 2 on Chart No. 5; for instance, the root of the nails for Neuralgia, according to the location of the teeth involved. In acute conditions it works like a charm when the exact spot is found and pressed with the finger nail of the other hand, using either the thumb or the second finger. One may also use a gold ring for this purpose by pressing the edge of it against the root of the nail.

Neuralgia is the cry of a nerve for food. This condition needs heat and dilation of the positive pole of the sun, or the application of the edge and pressure of a gold comb, ring or any gold object with a fine contact edge.

When I was in India I had severe facial neuralgia involving the incisors on the left side. I found the most tender spot

EXPLANATION OF CHART NO. 5

on the left side of the root of my left thumb nail. I could hardly bear the pressure of my right thumb nail on it, but persisted with the pressure and in less than ten minutes ALL THE NEURALGIA LEFT ME completely, and there has been no return of it since. This happened in January of 1956.

Such simple procedure, yet specific knowledge of application, is not only a solace but a great help in the hour of need, for patients and doctors alike. We are all human and subject to disturbances in Vital Balance.

Manipulation and therapy mentioned for the feet, also apply to the hands. Both are extremities with similar polar responses which affect the body in their circuits.

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# CHART No. 6

# EVOLUTION POSITION

OF THE ENERGY FIELDS OF THE BODY.

This is brought about by a reversal of the attention currents of Mind Energy. It opens the sensory body fields for response to Universal Currents, and limits the posterior, personal motor expressions of the individual.

It is the opposite of the Chart on Involution, illustrated in Book I as the Embryonic position of a soul coming to earth.

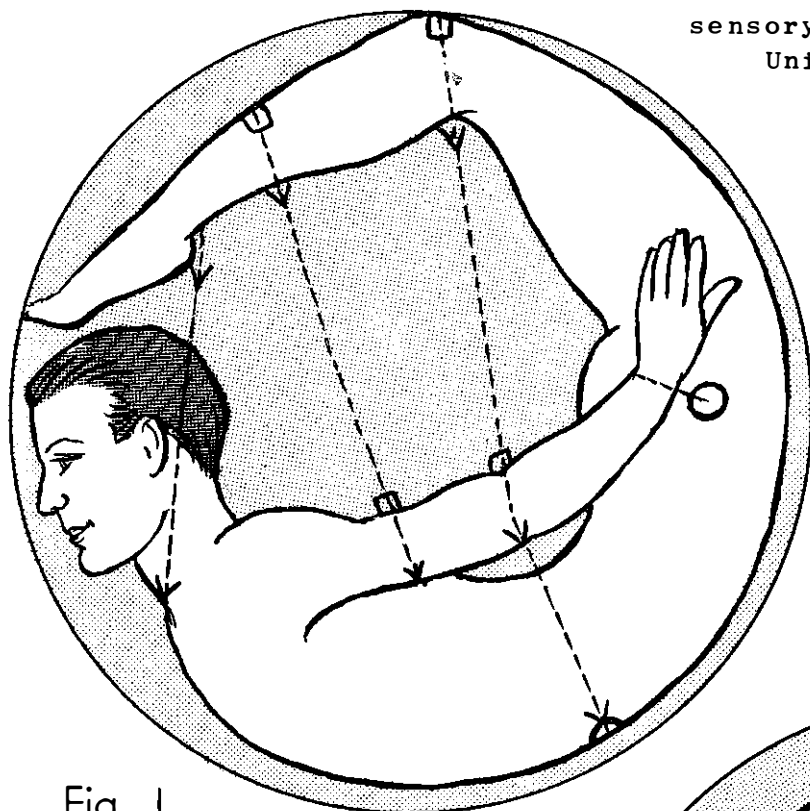


Fig. 1

- > ANTERIOR POLES OF CORRESPONDENCE
- POSTERIOR FIELDS OF RELATIONSHIP
- HIP JOINT
- ☾ THE UMBILICUS

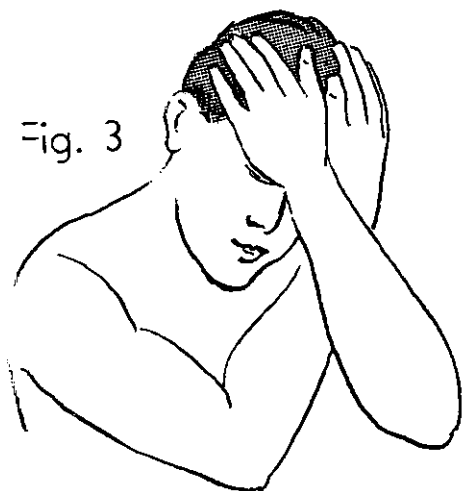


Fig. 3

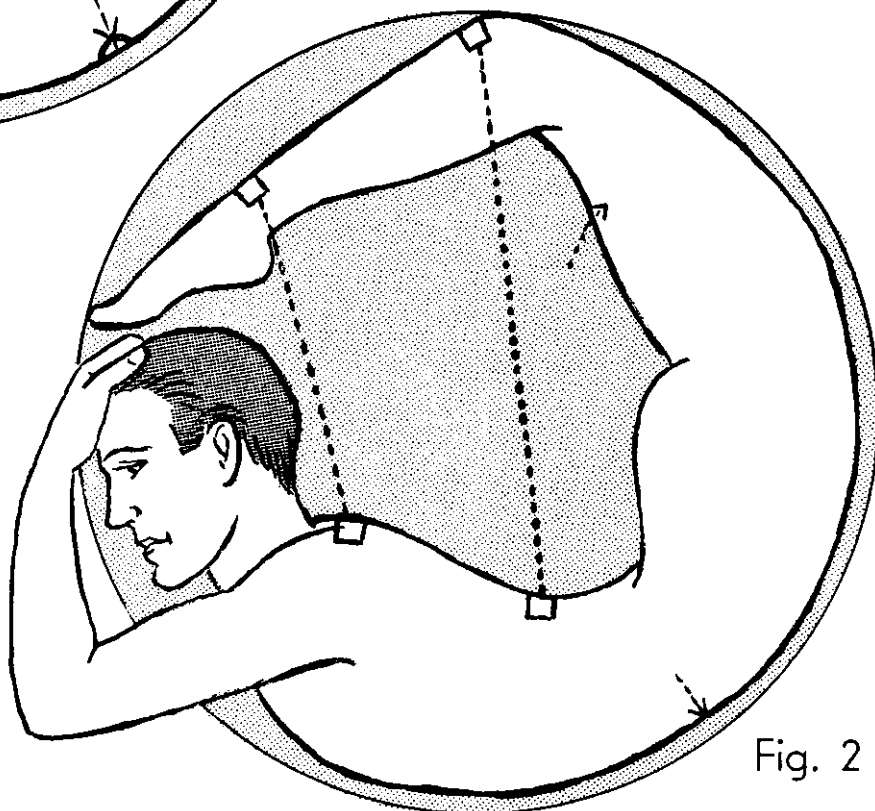


Fig. 2

Both, the Embryonic Chart on Involution in Book I and this Chart on the Evolution Position, reveal Vitality Currents of relationships as a further source for the foundation and demonstrable logic for this work.

## EXPLANATION OF CHART NO. 6

The 'Evolution Position of the Energy Fields of the Body' depicts the reversed current flow of energy in the spiritually evolving individual. It is not given here as mere speculative theory nor as a physical demonstration of practice. The purpose is simply to SHOW THE CHANGE OF THE ATTENTION CURRENTS OF THE MIND AND THE SENSORY ENERGY FLOW OF EMOTIONAL INTEREST, AWAY FROM the personal centers of self-protected limitations acquired in the process of involution.

This is an actual illustration of 'rebirth' in the field of ENERGY ESSENCE.

"Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God. That which is born of the flesh is flesh; and that which is born of the Spirit is spirit. Marvel not that I said unto thee, Ye must be born again." (St. John 3:5,6,7.)  
(Also see St. John 1:1-13; I John 4:7; 5:1,4, 18; St. John 3:3; I Peter 1:23.)

The marvels of the vital processes of Energy Currents become revealed and verified by Biblical texts, as an inner Reality rather than mere theory or belief. Saints, Saviors, Prophets and Seers all dealt with Life and its Energy Fields of Causes as Inner Realities. We assumed them to be material and perceptible through the five senses, or demonstrable in the laboratories of matter and as mere historic facts. Verse 13 of St. John 3 indicates the same popular material attitude at that time. So it is not a new thing at all. And it is because of this attitude of mind which demands material proof that spiritual facts remain obscure, and sacred texts are sealed mysteries. The same was true in the time of Jesus when Nicodemus visited Him at night and questioned Him concerning the mystery of spiritual REBIRTH.

Allow me to suggest that in the two charts of Energy fields in the process of Involution (Chart No. 5, Book 1) and Evolution (Chart No. 6 in this book) of the soul's travel, a little of this hidden process of the Soul and its rebirth (described in the third Chapter of St. John as a Vital Reality), is revealed by geometric designs. IT IS MERELY MENTIONED HERE FOR HUNGRY SOULS AS A POINT OF INTEREST FOR FURTHER SEARCH. "THE MYSTIC BIBLE" was written for the same purpose; namely, to encourage further search by those sufficiently interested in TRUTH and GOD-REALIZATION, for which purpose the human body was originally given to us. It was through the human body that we involuted and it is through the human body that we obtain the key to evolution (LIBERATION AND GOD-REALIZATION).

## EXPLANATION OF CHART NO. 6

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 No. 5, Book 1)

In this position all the vital currents can flow freely for the building of the entire body, because it is in a 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.

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 inter-action 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.

If we will consult Chart No. 4 in Book 1, these triangular fields of energy can be seen better in detail. Now, if we see these energy currents as triune in their polarity flow of positive, negative and neuter, we have the twelve poles of the Zodiac, which APPLY TO THE ENERGY FIELDS OF LOCATION IN THE BODY AS ORGANS AND their functions. This chart is valuable for reference in tracing the field or fields where the energy is not flowing in illness because of obstructions or short circuits and through a lack of POLARITY POTENTIAL. It is an easy matter to correlate the painful organ or region of the body with the chart of energy flow, to determine where its other poles are located, for the purpose of Vitality Balancing. When the principle is thoroughly understood, through study and practice, until it actually becomes a part of one's being, then the charts are no longer necessary for reference, except to explain it to others.

EXPLANATION OF CHART NO. 6

The ovals, as fields in the body, shown in Chart No. 1 of Book 2 and in Chart No. 6 of Book 3, further illustrate these points in an erect position of the body.

Chart No. 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.

Chart No. 6 in this book also illustrates unusual relationships of body parts as fields, for better understanding of some obscure points, especially the position of the feet in relation to the head.

Each foot fits the half of the head on that side, with the toes toward the forehead and the heel over the back of the head, the occiput in close proximity.

Second, it gives the position of the ankles in relation to the neck and shoulders. The inner line of the calf of the leg and the thigh reflect to the anterior part of the neck, the chest and the abdomen.

The back of the knee on this inner circle represents the umbilicus. The back of the thigh, in the inner circle, has a reflex to the abdomen, below the umbilicus. This exception of POLARITY FIELD SWITCH could not be illustrated logically or geometrically before, from any anterior position. Only the quality of softness of tissues related it to the anterior and soft part of the body, while the hard and bony parts are usually posterior POLARITY POTENTIALS FOR CONTACTS IN VITALITY BALANCING.

The softer tissues on the back of the thigh are much more of a representation of the soft tissues of the lower abdomen than would be the hard and heavy muscles of the front of the thigh and its outside area. SO THIS POSTURE OF 'EVOLUTION' REVEALED ANOTHER POINT IN THE CHAIN OF POLARITY RESPONSES by placing this field correctly as an anterior pole response, proved by geometry.

The relation of the hands to the head is also demonstrated here as a cross-over field and correctly interprets the brain function which supplies the opposite side of the body. Geometry again verifies an energy current field and its function. The thumbs are both in the center field on the head.

The position of the arm in Figure 1 of Chart No. 6 associates the wrist joint with the hip joint, placing the entire arm in

## EXPLANATION OF CHART NO. 6

a correct relative position to the body for functional response by means of POLARITY CONTACTS on its opposite area: The elbow to the umbilicus, the upper colon to the area above the elbow joint on each side, and below it to the lower colon. The soft portion of the arm is also turned forward, toward the abdominal arc.

All these factors are important points to illustrate and treat as POLARITY AREAS of VITAL RESPONSE. It makes the work much easier and far more effective when contacts are EXACTLY POLARIZED and the soreness or obstruction is released.

To summarize: Chart No. 6 gives visible, direct relationship of the fields of the body for diagnosis and therapy. By placing the body in an imaginary position like this, or rather by visualizing the body in this position, each part is in its correct polarity relationship with the rest of the body, and the POLARITY CONTACTS can then be made with the patient lying on the back, side, stomach, or sitting up, depending on the type of treatment or the locations of the contacts to be made.

The posterior, outer curve of the legs is the same as the concave curve of the back. The inner, convex curve of the legs is the same as the outer abdominal curve, shown in this chart. The position of the feet is a perfect indication for head relationship, and so are the hands.

In Book 1, Charts 4 and 5 illustrate this in relation to involution. Each triangle gives its triune polarity and place in the body. Mentally place the patient's ailing region in this field in Chart 4 of Book 1, and you immediately know which field and poles need to be released and balanced.

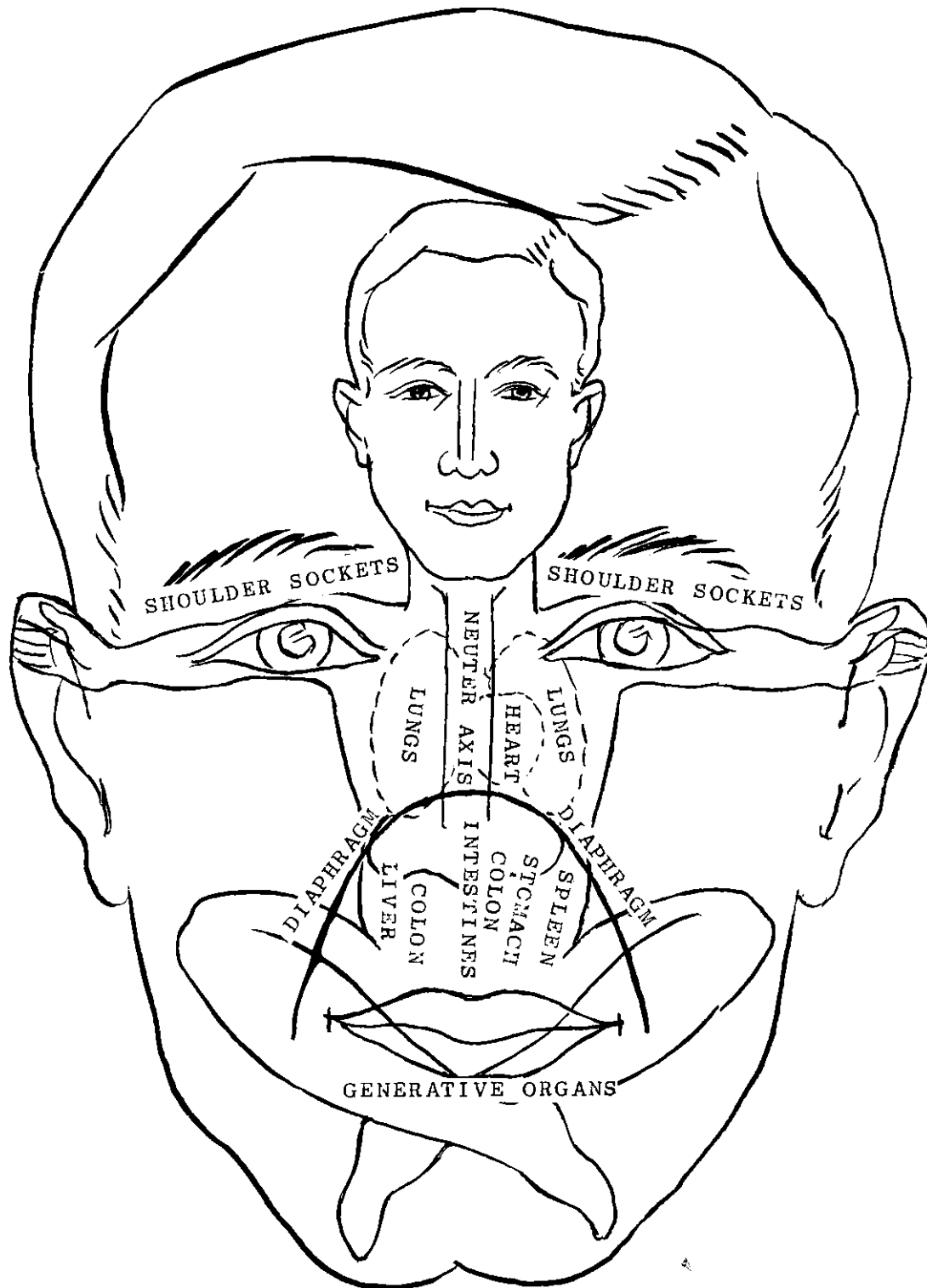
As an example we'll assume that the trouble to be remedied is COLITIS. The bowel region, Virgo, relates to the knees and to the neck. See Chart No. 4 in Book 2 for hand and foot polar contacts and relate them to the body. Also see Chart No. 60 in the Supplement to Book 2 for the colon areas near the knee, and make contacts above that also, as explained in connection with Chart No. 13 in this book.

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# CHART No. 7

# PRIMORDIAL MIND PATTERN

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



Placing the body in the head brings out some astonishing symbolism of vital functions and organic relationships. "As above, so below."

Mind energy patterns are expressed in the body, and the body returns the compliment by impressing itself on the mind.

## EXPLANATION OF CHART NO. 7

Chart No. 7 depicts Creation, complete in the field of ideation, of mind patterns and blueprints. It is said to be Kether the Crown in the Cabala. All other things are expressions of it as reflections or radiations, as shown in Chart No. 8.

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. This is the etheric realm or astral, starry region of our sky or heaven of the pure mind essence. The sun and moon energies operate in this sphere of subconsciousness.

The physical realm is the third precipitation by means of further crystallization and density through lesser vibratory impulses than above. The Superior creates and enlivens the inferior regions and worlds. It sustains them by its finer Energy Essence, out of which they are made or precipitated.

Vitality is the root and substance of all appearance and action. Without it there would be nothing. It is difficult for the mind to conceive the finer Realities which form the pattern of Life itself. Mind is more concerned with things and patterns of variety because that is its nature and origin in the ideal world of creation. So the mind cannot be happy as long as it concerns itself with the things of this world exclusively or predominantly. It flits from one thing to another in its search for happiness, but cannot find it in things of this world. It is only when the mind is ruled by the soul qualities of FAITH, HOPE, CHARITY, HUMILITY, LOVE, SERVICE AND UNDERSTANDING that the higher mind can function and eventually reach its true home. Then it will find the REAL PEACE AND HAPPINESS that it is now hopelessly seeking in material things and relationships.

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. Art becomes an actuality in this process of comparison and placement. Only thoughtfulness and application can give it its true value as a living pattern of expressing the Ideal.

Its relationship for diagnosis from the face and head is very helpful, by lines of facial expression, by color and texture of the tissues in these areas; also as contact poles for Vitality Balancing of the body.

Many more comparisons than are shown in this chart are possible, but it would be confusing to the mind. To illustrate a few,

EXPLANATION OF CHART NO. 7

let us say that the liver pole, under the nose, under the diaphragm region, extends sideways as the liver does, and we find a very fine contact pole for therapy over the right jaw, opposite the same area. The same holds true for the spleen on the left jaw and the outside area.

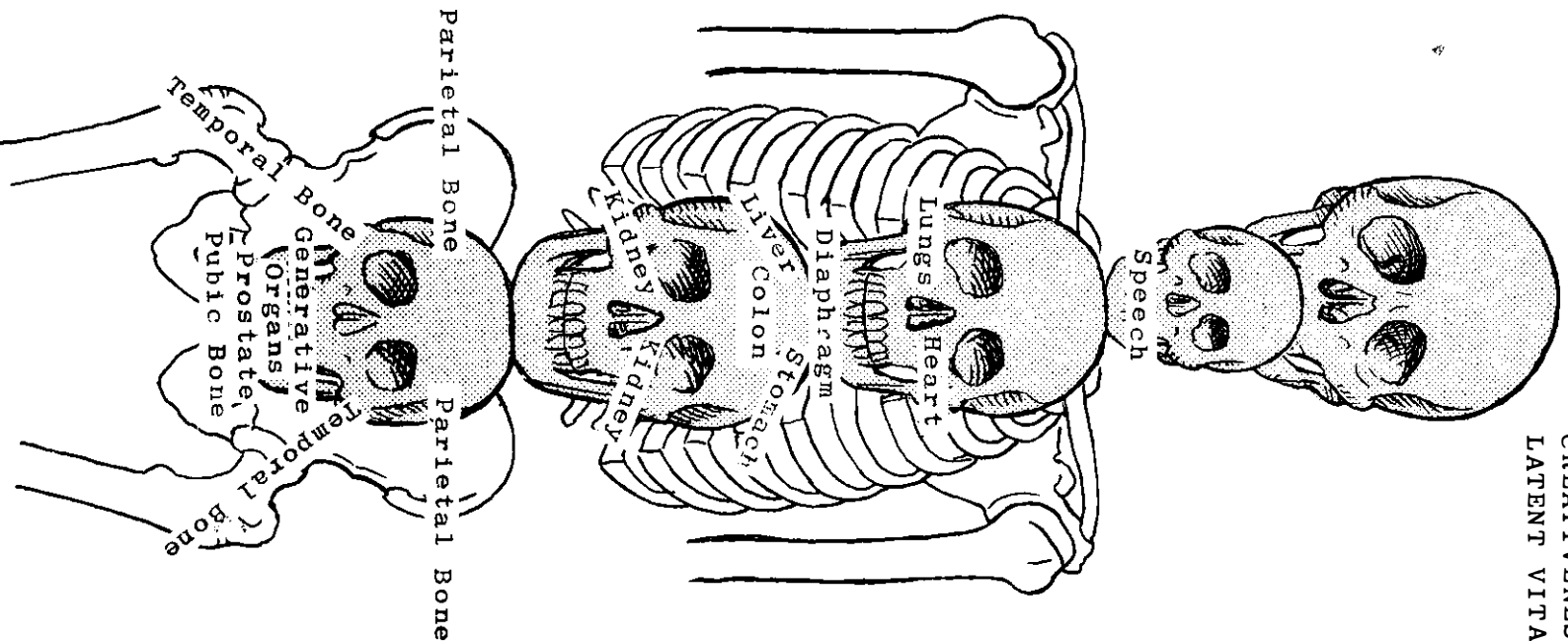
The lower jaw, the symphysis pubis and the generative organs have a comparative field and function through kissing or chinning. The rubbing of noses by the Eskimos gives a similar effect through its neuter axis field. This seems to indicate a descent from a very high state of civilization at one time. They could be a remnant of the civilization which flourished before the earth's surface was changed by cataclysms.

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# CHART No. 8

# REFLECTED VITAL GEOMETRIC PATTERN FIELDS

CREATIVE MIND PATTERNS EMANATED AS FIELDS BELOW  
CREATIVENESS IS EXPRESSED AS  
LATENT VITAL FUNCTION.



Mind patterns form the keynote of body construction, reflected from above, downward, by placing the skull in the four regions of the body. The same regions are indicated as ovals in Chart No. 1 in Book 2, and in Chart No. 6 in Book 3.

Mind is expressed as subconscious function through the four POLARIZED ENERGY FIELDS IN THE BODY. In ancient wisdom the creative mind pattern was considered the CROWN OF CREATION, called 'Kether' in the Cabala. This complete ideal is stepped down gradually in five successive waves of emanation, or days of Creation, as described in Genesis.

The locations in the body are the land or fields referred to in the Bible and in Book 1. The energy currents flow through the center of each oval also called a 'chakra' or a whirling disk of vitality.

By placing the skull in each field we can see the exact representative areas and functions of the head expressed in the body organism as vital mind current function in matter, through four stages or elements as four rivers of supply, for sustenance and function.

## EXPLANATION OF CHART NO. 8

This chart sketches the process of placing the Idea and Ideal pattern of the mind of man, created as an image, into actual lower vibratory spheres for expression through five fields and five senses as actual awareness in matter, a dense plane, through material consciousness and being, for the completion of creation.

The One Idea and Consciousness is now scattered and separated into four polarized currents of senses, and fields to act through them for the experience of the soul and the mind as its agent, in contact with matter. The Mind Pole, having completed its creation in the Ideal World, with all the designs of blueprints made, lessens its octave of vibratory intensity through fulfillment on one plane, and starts a new day of creation. This is in the next lower realm of expression of the Ideal Purpose and Vision in the Mount of Consciousness within.

1. For this purpose, the head is placed into the neck area of the etheric plane of 'Akash'. This is the plane of Sound, the WORD of command of the Creator sounds forth into this realm of creativeness. All things take shape in the etheric world of sound substance, according to the attraction and polarization of the Sound Vibration.

God spoke into this realm on that day of Creation. That is where our Biblical record begins to express God's WORD as the One Life and Light in Creation, out of which all things were made. There was Light above, in the ideal head, as the Sacred Flame, but it was not yet projected into the field of Creation by the Sound Current of Command from the Creator.

"And God said, Let there be light: and there was light." (Gen. 1:3)

This is also given in Chapter One of this book under the title of 'The Vital Flame of Creativeness'. All energies which descend into the body go through this plane. So do all return currents from below, for recording in the consciousness. Therefore, the neck is a cross road of the main vital currents, downward and upward. That is why it holds all the impressions and records of etheric happenings as well as pain symptoms in the body. It is the place for real diagnosis of the energy current flow and obstructions.

For this purpose the elaborate description of Chart No. 2 is given for diagnosis and Vital Balancing applications. It is a new field and most valuable for any real research doctor to know what the One Vital Current is doing in all four fields of polarized action, upon which all function depends. "As above, so below" is

## EXPLANATION OF CHART NO. 8

literally applied here, traced and sketched in Chart No. 2 for therapy. "As below, so above" refers to the return currents from below, included here for therapeutic applications and their release on the neck, from below upward.

That is the path of pain. Please do not forget this: All sensory currents pass from below, upward and from the outside, inward. RELEASE THESE BLOCKS AND PAIN WILL VANISH OR WILL BE MITIGATED BY A BETTER BALANCE OF FUNCTION AND CURRENT FLOW.

All this is the answer most doctors have been looking for as a real sensible explanation and practical application, through VITALITY BALANCE, above and below. Truth carries through to all fields and applications. But this is most valuable for all doctors who use manipulative therapy. It works astonishingly well and is far more potent and effective than any adjustments to relieve pain because the fundamental principle is closer to the real vital function than is the mechanical principle and its application.

Mechanical correction has its own field in mechanical injuries by violent external impacts, such as fractures and dislocations. There the mechanical therapy shines, as when a break is set and rested, or a twist in a joint is put in its place again. But for other sensory or functional pain release, the answer is not mechanics, because that is out of its field.

Even structural relations and their corrections depend more on the ENERGY IMPULSES WHICH PRODUCE MUSCULAR DISTORTIONS OF JOINTS by their spasm THAN ON THE MECHANICAL CORRECTIONS OF IT. That is why they don't stay put. A spinal lesion once produced is there, and will be there, in spite of all adjustments. X-rays have proved this to be correct. When given the mechanical correction, the same patient usually comes back with the same lesion to be corrected again and again. That is why a file record helps a lot as a time saver in that type of therapy. And that patient is helped by the work on this lesion or block, each time, because it stimulates the ENERGY CURRENT locally. That does not always relieve the pain, especially when it is sensory in nature and not due to a twist or sprain or dislocation.

Therapy can be made much more specific, simple, gentle and effective by understanding the ONE LIFE ENERGY and its play in the body. The top of the head is the upper jaw region; the jaw region in turn has a polarity reflex to the top of the trunk, etc.

2. Placing the head in the chest gives us further relationships of the airy principle of the Life Breath and its vital functions. This is the plane of feeling, sensitive, tactile touch,

## EXPLANATION OF CHART NO. 8

emanating from the heart pattern of feeling which radiates all over like the penetrating air, through its pattern in the blood type. Pure air casts no shadows but clouds and frost can leave a lot of emotional energy blocks behind as records of impressions on our own personal air of ego emanations through a set of feelings of our own creation. This is the functioning field of our touch contacts with the world outside, such as skill through the hands and motion through all the body members.

The impressions gained are recorded in the neck as the etheric plane of sound waves on their way to the head as the mind plane of consciousness in conjunction with soul function.

Note of relationships with the head placed in this field: The top of the head is the top of the trunk. The lower jaw is about the diaphragm region and corresponds to the terminal end of both. The nose is the neuter center pole of the sternum. The eyes resemble the lungs, by location and function of constant expansion and contraction. The left ear is near the heart location, with its sound of 'lubb dubb'. The region of the teeth expresses the diaphragm and its rise and fall in respiration, as shown by chest motion.

3. The abdominal region and its relation to the head shows the top of the head corresponding to the diaphragm, and the jaw to the pelvic level of the peritoneum. The right eye is in the liver region and the left eye in the stomach and spleen area. The kidney area is under the eyes, with the head in this location. The nose inlet corresponds to the umbilicus in its neutral region. The teeth correspond to the general area of digestion and assimilation, like eating and swallowing.

All of these polarity similarities in function have their correspondence in the Vital Energy Current which enlivens them equally. The effect of liver and digestive disturbances on the eyes is well known as spots before the eyes, the yellow color of bile in the eyes in cases of jaundice, etc. The digestive functions are also indicated on the tongue as coating, ridges, cracks in the tongue and the regional inflammations, like the fiery red tip of the tongue in typhoid fever, etc.

This is the reason for all these established symptomatic responses through the unity of action of the VITAL CURRENT FLOW. How else can we account for it in illness? Nerves have their own specific functions. The four regions of the sense of taste on the tongue are also an intestinal polar response.

## EXPLANATION OF CHART NO. 8

4. Placing the head in the pelvis gives us further thoughtful likeness of the above being expressed in the below, as specific functions in life. In this position the top of the head is the pelvis and the peritoneum and the jaws are the symphysis pubis. The lips become the sensitive response of the generative impulse, the closeness in feeling in the act of kissing being a special sense function. The membranes have an intestinal response, as soreness on the lips proves many intestinal upsets or fevers. These are functional membrane extension correspondences.

The diagnosis from the tongue is entirely practical by its location. The back of the tongue corresponds to this lower pelvic area. It is well known that pressure on the back or root of the tongue has an effect on the uterus and the bladder. The uvula is equivalent to the rectum in its function; namely that of deglutition in relation to defecation. The eyes can be approximate representatives to the ovaries because they have a line of response under the eyes. The nose has a central position and with the head in this area, corresponds to the uterus, the bladder and the prostate.

Bony structure correspondence: The two innominate bones correspond to the two parietal bones of the head. The ischium and the hip sockets find their opposite poles in the temporal bones of the head. The symphysis pubis has its polarity reflex to the jaw bone.

Posteriorly, the sacrum is in position of the occiput here, and the sphenoid bone which connects to the occiput through its basilar process, corresponds to the coccyx.

All this is through reflection from above, as ideas and patterns expressed in the body. They have their purpose and reason for being or we would not exist. It takes thought and time and much patient effort to see and understand Nature as a whole and our own body as it really is in its placement to the CENTRAL VITAL CURRENT which animates all.

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# CHART No. 9

# VITAL POSTURE BALANCE

MOTOR BALANCE POSITION: Note the two hands clasped over the back of the head, balancing the positive motor pole with the neuter palms of the hands. The mild stretch relaxes the spinal muscles.

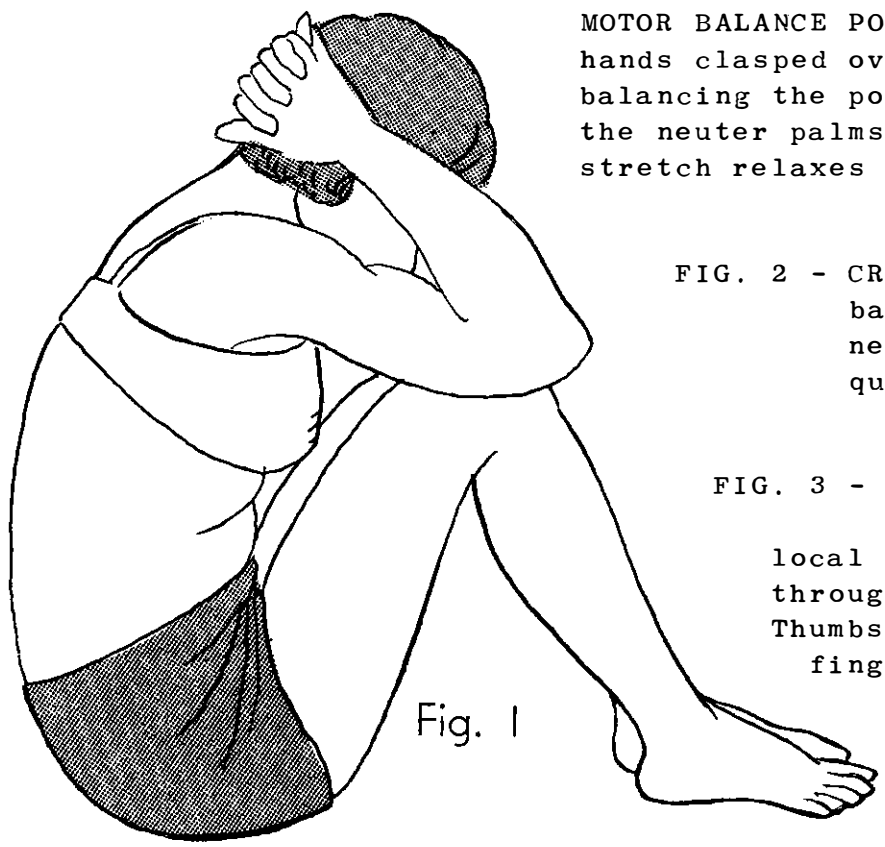


Fig. 1

FIG. 2 - CROSSING THE LEGS AND HANDS balances the neuter and negative poles. It has a quieting sensory effect.

FIG. 3 - THE IDEAL NEUTRAL POSITION SQUATTING POSTURE, plus local special sense balancing through the finger locations: Thumbs in the ears, the first finger lightly over the eyes, the middle finger over the nose, the ring finger over the mouth and the little finger on the chin. It is a posture of the wise men of old.



Fig. 2

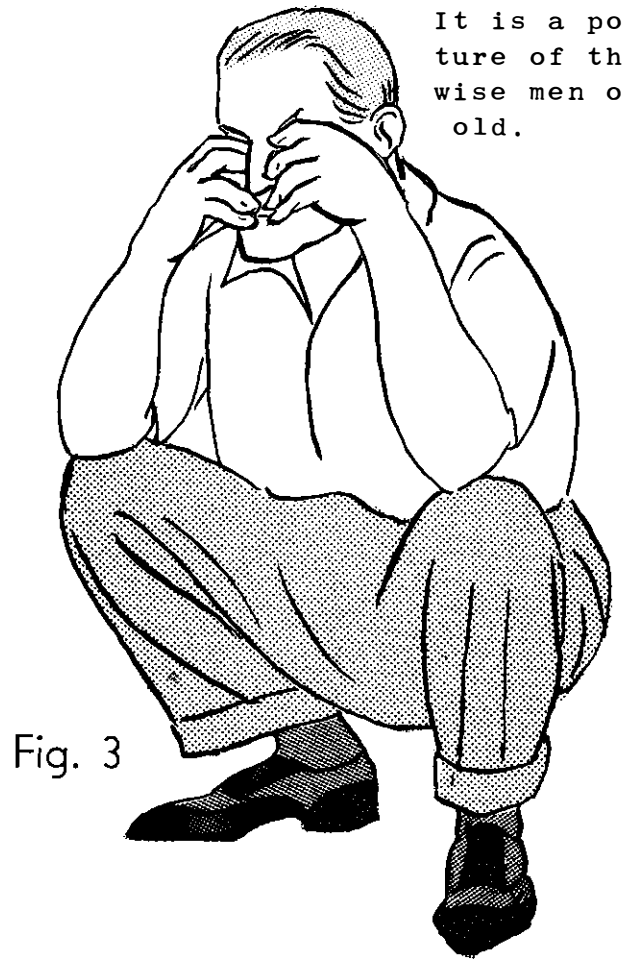


Fig. 3

## EXPLANATION OF CHART NO. 9

The reason for giving these three positions is for a better understanding of the VITAL CURRENT, expressed through form and position. EACH POSTURE HAS A DEFINITE POLARITY BY WHICH IT IS SO IN ITS EFFECT. This is generally overlooked.

When we lie under a green tree and look up through its shadowy leaves, at the sky above, the motor relaxing posture ensues instinctively and automatically. We clasp our hands behind the head and cross the knees loosely. "That is the life of relaxation." But why it is so, nobody has apparently analyzed or stated it exactly.

Here the reason is given as a natural, VITAL ENERGY POLARITY APPLICATION. When our own instincts prompt us to do these things, and we are pleased with them, would not further knowledge along that line be useful and interesting?

Figure 2 depicts a good posture for relaxing anxiety and emotional tension. It was used long before the advent of chairs and is still used a great deal in the east. In fact, statistics show that the majority of the world's population still uses this posture in the absence of chairs. It is also (and perhaps was originally designed for that purpose) a philosophic posture for bearing the ills of the day with a confident faith in God's Providence.

Figure 3 shows a neuter posture, used by sages and wise men for their deeper penetration into the Inner Mysteries of life. Here we merely point out the VITAL POLARITY of the posture, why it is so that this position helps the VITAL PATTERN OF THE MIND as a balancing effect. The same historical facts apply to both postures - figures 2 and 3 - so what was said about it under figure 2 is not repeated here.

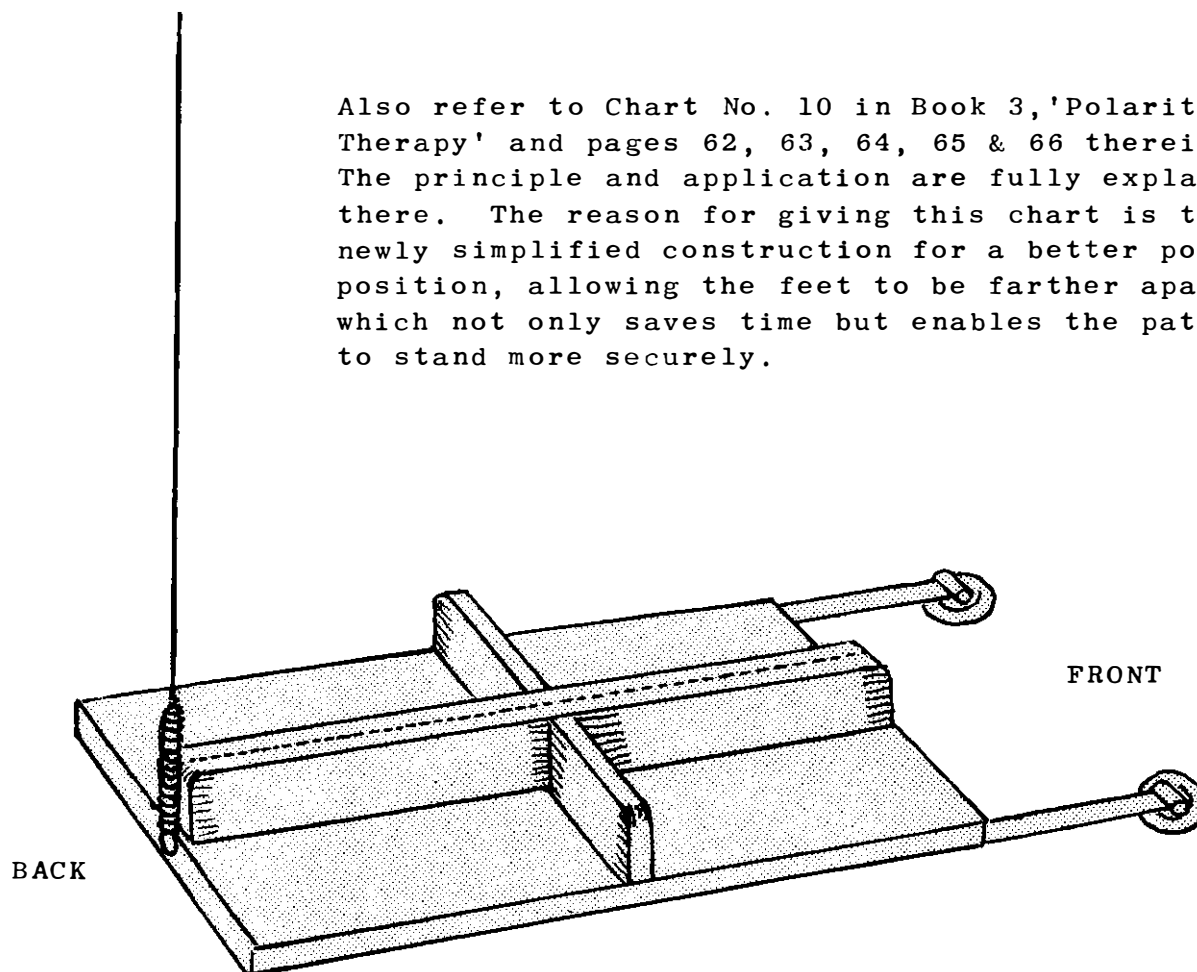
The idea presented here is that the body can be put in a neuter position of rest, the same as any machine. The act of standing still is anything but rest for the body. The same can be said about sitting on a chair. Even lying down has its phase of better positioning for complete motor relaxation and repair of tissues. These ideas are more or less startling until they are put to use, when we feel the difference and no further explanations are necessary. The ideal posture shown here, is one where the mind transcends the body in deep activity of concentration and inner absorption.

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# CHART Nº. 10

## SIMPLIFIED GRAVITY TEST BOARD

Also refer to Chart No. 10 in Book 3, 'Polarity Therapy' and pages 62, 63, 64, 65 & 66 therein. The principle and application are fully explained there. The reason for giving this chart is the newly simplified construction for a better posture position, allowing the feet to be farther apart, which not only saves time but enables the patient to stand more securely.



The board is 24" long and 12" wide. The center divider is of wood,  $2\frac{1}{2}$ " wide and 2" high, with a line in the center for sighting from the string which is fastened to some object above or to the ceiling and to the spring on the board. The cross piece is 1" thick, runs the width of the board and is also 2" high.

The patient stands at the front end of the board, facing the front, placing the heels snugly against the cross piece and each foot snugly against the center piece.

The doctor sits facing the back of the board, at the end where the string is fastened to the spring, and keeps the string sighted with the center. He then marks the exact place where the string falls on the patient's back, with a skin pencil or crayon. He also marks the hollow spots with a minus (-) sign and the prominent areas where the tissues bulge, with a plus (+) sign. This merely indicates what is to be done when the patient is lying on the table where the structural relationship may be reversed or changed when off gravity. The doctor proceeds to make the POLARITY CONTACTS for equalization or balancing of the plus and minus areas with the center line of gravity.

## THE PLUMB LINE AND WHAT IT MEANS

The plumb line shows distortions and muscle tensions that are unequal in the skeletal framework. A patient can be badly distorted and yet not be very sick; he may not even know it. Another patient may check good on the plumb line, and can feel terribly bad.

The plumb line does not indicate vital function distortions, nor Sympathetic or Parasympathetic nerve disturbances, nor acute inflammatory diseases, except when skeletal muscles are involved. The plumb line is a good check for structural distortions, but not for functional imbalance. There are many lines of stress in the body energy fields that are not governed by mere physical gravity. The four elements themselves are beyond the law of gravity, as they are energy particles of the finest kind, a fourth grade of matter, like electrons.

In all our doings, understanding is of the greatest importance. And to blend the energy fields of the body in their functions is the primary need. Many people go around humpbacked and all distorted, and live to a ripe old age. It is not the structure that kills us, but the vital function's inability to act. True, every organ must have room in which to expand and contract; but correcting a visible, external distortion does not necessarily correct a vital function.

Keeping the four elements in mind in all of our manipulative work, will help the patient much more than popping all the vertebrae. Balancing the energy fields and factors by means of manipulation, will do wonders for the patient as well as for the reputation of the profession. IT IS NOT BY STRENGTH NOR BY MIGHT, BUT BY SKILL THAT WE SUCCEED.

Many times a patient may check good on the plumb line, but still complain of low back pains. In men, this is usually due to prostatic gland trouble and should be so treated. In women, this is usually a uterine reflex. Sensory energy blocks are too fine to show on the gravity line. They have their field in the inner sensory exchange centers, between the Sympathetic and the Parasympathetic systems, as emotional tension. DEEP PERINEAL CONTACTS TO BALANCE THE THREE NERVOUS SYSTEMS FROM BELOW UPWARD, IS THE ANSWER TO MOST OF THESE SPASMS AND PAINS IN THE DEEP MUSCLE FIBERS OF THE PELVIS. To balance the below with the above, and the tension within with the one without, is a good rule to follow for any tension release. The centers attract, the surface resists and tightens up. Release both, the plus and the minus poles.

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EXAMINATION PREPARATORY TO TREATMENT

1. The entire office procedure is based on the convenience of the patients, so they do not have to get on and off of the table nor change positions more than absolutely necessary. This also eliminates confusion and enables the patient to relax. Therefore, while the patient is standing up have them first step onto the "BODY POLARITY AND GRAVITY TEST BOARD" (as shown in chart No.10, page 62 in "POLARITY THERAPY"), and with a soft black pencil or crayon, mark the muscle pull which is interpreted as distortion to the field of gravity within and without.
2. Have the patient sit on the table and check the blood pressure, as this reveals the tension that the circulatory system is under at that time. But even more important is the mental tension of the patient, which can be easily observed and noted by the doctor. Can the patient sit still, or wait a few minutes without blowing a fuse?
3. With patient lying on the table, measure the length of the legs, comparing one with the other (as shown in chart No. 18, in "WIRELESS ANATOMY OF MAN"). This gives a picture of the deep, over-all tension on the short leg side. It is structural in its effect, but can be caused by functional blocks in any system.
4. Check the vital functions; how many respirations per minute? This tells the story of the Sympathetic Nervous System's function; namely, the intake of Prana and oxygen.
5. Check and count the pulse beats of the carotid artery on each side of the neck, in front of the sternocleidomastoid muscle, with a very light touch. Count it quickly, by a second hand on a watch, for five or ten seconds, and compare the volume of blood and the beat on both sides. This indicates the amount of Prana going to the brain, and may vary on each side. Relax the source of tension, to balance both sides. Deep perineal contacts from below with one hand, while the other hand is placed on the positive reflex area above, will balance the emotional tension in the neck.
6. Count the pulse beats per minute at various parts of the body, and compare the volume of flow. This tells the story of the distribution of this Life Energy (Prana) and oxygen to the tissues of the body and the extremities. It gives a picture of the Sympathetic current flow.

Immediately, you have a clear picture of that patient's relation to Nature's ENERGY FIELD. The rhythm should be about one respiration to every four pulse beats. In proportion as

## EXAMINATION PREPARATORY TO TREATMENT

this varies, we can figure the recuperative limitation of the patient, and endeavor to balance it. (Allow for emotional stimulus here.)

A good vital reserve is noted by the large ear lobes, as the positive poles. A fully developed Mount of Venus below the thumbs of both hands denotes a vital neuter pole. Firm gluteal muscles denote good vitality in the negative pole of the body.

The art of the true healer must be to balance man with Nature, tune him into the greater energy field, so all the elements can flow and function. That is how Nature heals. If Nature does not support a correction that is made, it will not stay or help the patient. Parts must fit into the whole and blend, in order to be useful.

Aim to balance the patient's mental, emotional and physical energies in their flow and rhythm. The mental energies are usually summed up in voluntary actions and the cerebrospinal system. The emotional fields are usually unconscious patterns and impulses, flowing over the sympathetic system to seek expression and fulfillment, through the sympathetic nervous system and its stored energy in various energy fields. The parasympathetic impulses are the conscious reactions to both nervous systems; it serves as a balancer or a brake upon them in excesses.

Exhaustion is due to excess demands or disfunction of the sympathetic nervous system. This can be a mental block in the energy field of the patient, or the four elements in their function, an emotional imbalance, or a physical defect and lack of nutritious elements normally needed for repair of the system. By the same token it may also be due to over indulgence in food, drink, or any of the senses. One can be overloading the system with rich foods and still be starving for essential elements. That, together with the toxins from the improper food, results in exhaustion and illness.

EXAMINATION AND DILATION OF THE NOSE FOR THE INLET OF 'PRANA' and FOR THE RELEASE OF SYMPATHETIC NERVE ENDINGS AS REFLEXES FOR LOCKED BODY AREAS: When examining a patient, we usually take for granted that his nasal inlets for oxygen and Prana are large enough to give him his share of the vital air. But, examining them all the way back, by passing a simple, tapered, stainless steel rod to the nasopharynx, will tell the story. Dilation is possible here, with a little patience. Anoxia is the

## EXAMINATION PREPARATORY TO TREATMENT

cause of many ailments which are not understood. Ability to breathe is most important for healing and for the maintenance of good health. Choked-up channels are factors of physical disability which should receive care and attention by the doctor.

The energy that flows over the sympathetic nervous system, through breathing, keeps the body in touch with Nature and its rhythm. While food, liquid and warmth repair and nourish the body, and maintain its rhythm with the grosser elements. The air that flows into each nostril brings with it its finer element of 'Prana', which stimulates the fine nerve endings in the Schneiderian Membrane in the nose, on each side. These impulses are conveyed to one hemisphere of the brain, on each side; so the same air has a positive or a negative function in its flow to the brain, before it becomes one volume in the back of the nasopharynx. This has a very important significance. This air intake also divides into the right and left bronchial tubes, one for each side or lung.

Mouth breathing can bring enough air into the body, so why would all doctors insist on breathing through the nostrils if merely warming the air or filtering it through the hairs in the nose is the main object? If we look at mouth-breathers, we will notice a dull, stupid-like facial expression, due to the lack of 'Prana' in the brain. In colds, we also feel "stuffed" in the head and dull, not only because of the presence of mucous and swollen membranes; but, because we can't breathe through the nostrils, the vital energy (Prana) can't get through to the brain to vitalize it with the Life in the air, which is what it needs.

The anterior representation of the sympathetic nervous function in membranes starts at the Schneiderian Membrane of the nose and ends in the rectum and perineum.

When the left nostril is obstructed, that side of the brain and the body is deprived of the normal impulse of 'Prana', and the heart will always suffer. Without the normal power supply, how can there be normal function? In speaking of the nasal passage, I refer to the entire depth of about 4½", clear back into the nasopharynx.

The right nostril has a positive current-transforming effect, which acts upon the brain and the liver. Abnormal children, like the mute or deaf, etc., have usually a badly obstructed right nostril, which should be opened. Cartilage will bend and, with patience, can be properly molded. It is not pleasant and must be done slowly and gently. But the results

## EXAMINATION PREPARATORY TO TREATMENT

are gratifying. Well lubricated steel rods that are smooth, graduated and tapered, are carefully used to expand the nostrils and passages ALL THE WAY BACK.

The sensitive sympathetic reflex center in the Schneiderian membrane of the nose was discovered by Dr. Bonier of France, who merely touched a certain spot in the nose, watched the reflex in the eye, and obtained some outstanding results by stimulating that center in the brain, over these nerves which had ceased to function. For this stimulation he used a hot or cold instrument, with a roughened edge, to aid stimulation. There is a great possibility for research in this small field alone. Gold probes, heated by running hot water, should be used for best results in stimulating or awakening dormant centers. On the other hand, silver probes, used cold, are used for toning and contracting tissues that are swollen, such as enlarged tonsils.

Check your nostrils and see through which one you are breathing at the moment. It is said that the breath flows through one nostril for 90 minutes, then through the other for the same length of time, etc. But I believe that this is regulated by the need of the body rather than by the clock.

In examining the patient always check the sacrum by its middle line, between the buttocks. If it is on a diagonal to one side, that is the low sacral side. The head position always accomodates the sacral position, and indicates it. For correction see charts No. 3, 4, 14 and 20 in the "Mysterious Sacrum" which is Book 4.

The POSITION OF THE INNOMINATE IN RELATION TO THE SACRUM MAKES THE SHORT LEG SIDE. Often the sacral base is inferior on the high innominate side, because it has twisted and slipped in its articulation. Balance it by POLARITY CONTACTS of muscle impulse. Then, if necessary, correct it by adjustment. A very little does a lot here in adjusting.

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## SACRO-ILIAC BALANCE

In treating Lumbago, Sciatica and low back pains, many doctors use short wave therapy. Just because heat is indicated on the surface, they think that more heat, deeper, would do more good. This is a mistake.

This fallacy was forcefully brought to my attention after a number of cases came to me with the same history of Lumbago that became worse by having had short wave therapy before coming to me. Short wave has its place, but in such conditions where the congestion in the deep structures and muscles is already a plus factor, over-expanded, why congest it more with deep heat waves?

In these cases surface heat, surface stimulation and dilation by pressure are indicated for relaxation and balance. Counter-irritation, like mustard plaster, or a capsicum ointment, etc. works very well as a helpful adjunct to the treatment. In fact, anything that aids in bringing the stagnant blood to the surface so that fresh blood and 'Prana' can circulate in these deep, congested areas, will aid and speed recovery.

Perineal Technique works like a miracle in such cases. Often one treatment accomplishes more than all the other therapies combined. It relaxes the spastic muscles by re-POLARIZING the energy fields and establishing normal flow of energy as well as the circulation of the blood.

POINTS TO REMEMBER: Centrifugal stasis is deep congestion and swelling. Centripetal spasm is usually surface tension or muscular spasm anywhere, even in the muscular walls of the capillaries. The centrifugal impulse cannot get out, and the centripetal impulse cannot finish its cycle of contraction and flow in. Both must be helped to flow. Life is motion.

The Plumb Line is essential as a check for all skeletal and structural corrections. This simple test reveals whether the patient is in proper relationship with the center of gravity.

Gravity is merely the mirror which indicates the relationship of the body's own center to its muscles, through the nerves and blood supply. It is most important that the patient's action be co-ordinated from his own center to the circumference as motion, and back to the center as sensory perception. This is really the idea behind the use of the plumb line. It is an evidence of muscular balance in the body.

Sensory and motor expression must balance each other as in-

## SACRO-ILIAC BALANCE

coming and outgoing currents, the result of which is normal health. The restoration and maintenance of this balance is the problem of the intelligent physician. NOT BY FORCE NOR BY MIGHT, but by coordinated inter-change of the inner centers and the outer functions can health be maintained in any given environment.

When the area of tension is found, it should be correlated to its opposing reflex area and balanced through the center which supplies the energy to both poles. This is the real object of balancing the body through the spine, as from the center to the circumference, from above to below, from side to side and from anterior to posterior. This is the true application of POLARITY PRINCIPLES in making physiological corrections.

Lining up the patient: Have the patient stand on the plumb board or foot plate, with his back to the operator, as illustrated in Chart No. 10, page 62, in "POLARITY THERAPY AND ITS TRIUNE FUNCTION".

The upright pillar is the spine  
And it must be the center line.

Both heels of the patient must be backed against the cross piece or heel stop, and to the center. The position of the front part of the feet does not matter, as the feet must be natural, in their favored position, which helps to show the distortion.

With eyebrow pencil or colored crayon, mark the back of the patient exactly where the string falls at the top, middle and bottom of the spine.

When the string falls to one side of the center of the spine, that side is posterior and shows a tension of the posterior muscles on that side.

Anterior muscle pull of the psoas is the real culprit, on the opposite side. It is the first pull or lead that causes any distortion. The deep front muscles, like the psoas, pull the body out of line and the back muscles try to straighten the body. It is this effect of Nature's attempt to right the body into balance which causes the constant pain in the back.

The patient is bent forward in all these pelvic distortions, which shows where the major pull or cause is. It definitely indicates which muscle group has the advantage of leverage and where the lock is. In such a condition the patient always feels easier when he leans forward and favors that primary spasm. And, strange

## SACRO-ILIAC BALANCE

as it may seem, the patient is seldom aware of anterior pain until you touch the psoas, iliacus and rectus abdominalis muscles. Then he often assumes that you did this because he did not feel a sensation of pain there before! The reason is that these anterior muscles are loaded with toxic, uric acid and other chemical crystals which feel like needle points pricking in every muscle cell, as they attempt to contract or let go in response to treatment.

Every muscle cell is a miniature motor, and full of carbon crystals in these conditions. The cause is identically the same as carbonization of a motor; namely, too rich a mixture of fuel (food) and too poor a draft (oxygen) to assist combustion. This results in the absence of the elastic life principle of 'Prana'. In other words, improper fuel cannot be oxidized or utilized for the liberation of power or energy. This leaves too much undigested or improperly mixed and poorly carbureted materials in the blood stream, and deposits them in the muscle cells which are in its path of flow, as blood sludge. In engines there are only a few cylinders; in muscles we have millions of them.

Each muscle acts as a unit or cylinder which moves the two ends closer together, by expanding in the middle. This causes that bulge in the biceps, the pride of youth.

Every cell of any muscle must assist in this process, and does identically the same thing. This united action makes the muscle work properly and without pain. Each spindle-shaped muscle cell is a little cylinder in itself, and is subject to carbonization.

Removal of the cause of carbonization is the same as in any motor; namely, adjust the intake, the oxidation, and use the right fuel and lubricant AFTER first cleaning out the gross, solid sediments. The selection of the right food aids in detoxification and elimination. When carbonization is too great, these locally accumulated solids are removed quickest through the use of leeches in that particular area, especially in such cases as Lumbago, Rheumatism, Arthritis and acute inflammations due to sedimentation in the muscle cells. Then health and well-being can be regained and maintained by proper diet. This means not only proper food, BUT ALSO PROPER COMBINATIONS, that will not clog the system nor cause an acid condition by souring instead of digesting.

Treatment; Without relaxation of the primary, spastic set of muscles, no blood can flow to or from this locked-up area.

## SACRO-ILIAC BALANCE

The sympathetic reflexes govern the blood supply, and must be released first, through the perineum.

Release of the spasm is the first requisite to any correction and relief from pain. The blood must be allowed to flow into this stagnant area and carry away the debris of solid acid crystals and their deposits in the cell structure, before the muscles can contract without pain and spasm.

The energy field in this area is in a deadlock of POLARITY. The negative, contracting power or pole has the ascendancy - by the excess amount of dead material and waste which has accumulated - in the absence of the positive pole or supply of fresh 'Prana' through the bloodstream.

This principle of spasm is the same in any part of the body where 'Prana' is absent and the negative pole rules supreme.

'Prana' inlet is controlled by the sympathetic nervous system, in conjunction with the parasympathetic function. So, it is necessary that these two systems be treated first, to establish POLARITY AND A NORMAL ENERGY FIELD where function can take place.

Reactions: If any structural or spinal corrections are attempted at this stage, before the POLARITY is balanced and an interchange of energy flow is possible, the reaction and resulting pain will be bad. This principle holds good in any forceful correction, where reactions occur that are not constructive nor healing in their effect.

Muscle soreness, after treatment, is not to be considered a bad reaction, because it is due to the excess of blood flowing into the stagnant, locked-up area and carrying away waste. In short, this is a good repair process and natural effort to balance the two poles of solidity excess with the fluids and energy flow. The increased circulation here, causes a natural dilation of the cells and this results in temporary soreness which will disappear when the rubbish has been removed by this increased circulation.

Soreness is distinguished from pain very easily. It becomes less sore and disappears in a few days, and normal motion is then possible, without pain. Thus it is easy to diagnose between a constructive and a destructive process at work in the body.

General rule: All muscles and structures of the body go through the same process of depolarization, stagnation and en-

SACRO-ILIAC BALANCE

gorgement of solids or wastes, which means congestion and shutting off of fresh blood supply, oxygen and 'Prana'. Such a condition always produces a negative energy field and pain, with limitation of movement or function.

The real picture of energy block due to depolarization is given here: Wherever the negative pole of matter is in excess and rules, the positive energy field and function are crowded out. Then a shutting-in and deadlock of energies occur.

The artery rules in the tissues because it brings the positive pole of life energy or 'Prana' to all parts of the body. Without the artery, the life-giving breath of 'Prana' cannot connect and function in matter. And without 'Prana', the mind and voluntary impulses cannot function through the tissues.

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.

The treatment employed:

- 1 - The perineal contact together with its POLARITY balance contact in the neck, the shoulders and the sorest spot in the back, until complete relaxation has occurred and the pulse is balanced. This indicates the re-establishment of the flow of 'Prana' to the blocked energy fields, and the short leg will be lengthened.
- 2 - The gluteal soreness and spasms are balanced with the shoulders and the spinal soreness and spasms.
- 3 - The psoas magnus, the iliacus, and the rectus abdominalis will now be found less sore than before, and partly relaxed. Inhibition will complete the relaxing process in a few minutes.
- 4 - Balance the functional leverage strain in front of the body, from the acetabulum on one side to the shoulder on the other side.
- 5 - Structural correction of the 5th lumbar, the sacrum, the ilium, etc. can now be made and maintained naturally by the sympathetic nervous system.

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THE NORTH POLE STRETCH  
FOR THE CORRECTION OF ANTERIOR CURVES AND COMPRESSIONS OF THE  
INTERVERTEBRAL DISKS, ESPECIALLY IN THE CERVICAL AND UPPER  
DORSAL REGIONS WITH TENSE MUSCLES

In 1914 this move was taught by me as a new discovery, in the Ecclectic School of Drugless Healing, then located on Madison Street in Chicago.

For this correction the patient lies on his back on the table, perfectly free and relaxed so he can slide up or down with the rhythmic extension stretch, applied through the occiput by the operator who stands at the head of the table. There should be no strapping down of the patient. All parts of the body must be free to move in rhythmic unity with the breath while the contact on the head is held as a mild extension. No force is used. Cushions are placed under the head, sufficiently high to reverse the anteriority of the cervical and dorsal curves, and under the hips for the anterior lumbar vertebrae. The patient's head is tilted so that the chin rests on the chest when making the contact, to further correct the anterior cervical curve. The patient breathes deeply and slowly while the contact is held as a gentle stretch for the duration of two or three deep inhalations, which is sufficient for the average patient. One with a short, tense neck may require a little more time for relaxation.

During this stretch the patient does most of the correcting himself by deep breathing and natural expansion of the chest from within outward. And this is the simple correction of anterior vertebrae. There should be no haste nor stress. It is a relaxation movement by means of the patient's own effort in conjunction with the operator's placing the body in a corrective position. A few minutes spent in this manner, with rest intervals in between each breath, will do much to unify the patient's own energies and his physical structure. That is the principle behind this move or stretch. It relaxes fascia, meninges and articular fixations in an easy and natural way.

In very sluggish conditions the resulting increased circulation may react in momentary dizziness. In such cases, stop there with that particular correction until the next visit. When the circulation is restored to normal, that symptom will no longer occur during treatment.

This correction is not used for long or loose necks, but short and tense necks with anterior dorsals and fifth lumbar vertebrae do need it.

This is a structurally corrective move and must be done

## THE NORTH POLE STRETCH

carefully, and explained to the patient. When no pain or discomfort is encountered by the stretch and the simultaneous breathing exercise, then a short pull of about one-half inch can be made for correction of relaxed anteriorly positioned vertebrae, after exhalation. Adjustments will take place easily. Lateral adjustments should not be given at that time because the established balance and natural correction should not be disturbed by opposite lines of force.

Anteriorly distorted vertebrae are serious lesions. They produce pressure into the vital structures of the spinal canal. Abnormal anterior curves of the spine produce a tension on the anterior muscles of the spinal column. This interferes with the normal sympathetic nerve function and with the visceral reflexes. The patient should be advised to sleep with two pillows under the head, to aid correction of the anterior curves.

It would be of great assistance to the patient, and to the doctor in bringing about and maintaining this correction, if the patient were instructed to use the squatting posture, with the head bent forward, for three to five minutes daily, as explained and illustrated in my little book, "EASY STRETCHING POSTURES FOR VITALITY AND BEAUTY".

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# CHART No. 11

# VITAL KIDNEY BALANCE

Fig. 1: Contact with the thumb of the right hand on the kidney area on the sole of the foot, shown in Chart No. 4. The other hand on the cuboid bone on the outside.

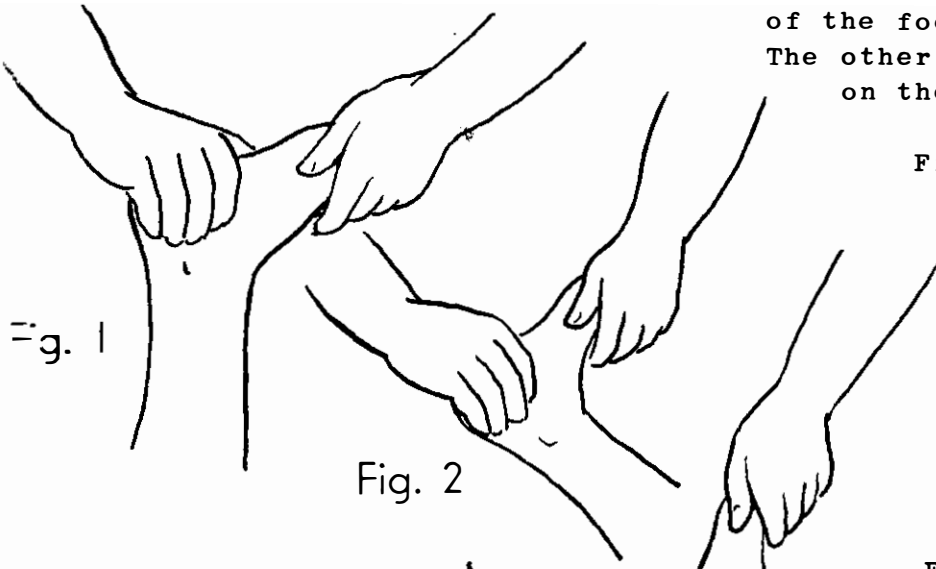


Fig. 1

Fig. 2: Flexion of the foot to bring the lesion to the surface under tension.

Fig. 2

Fig. 3: Combine it with the back contact

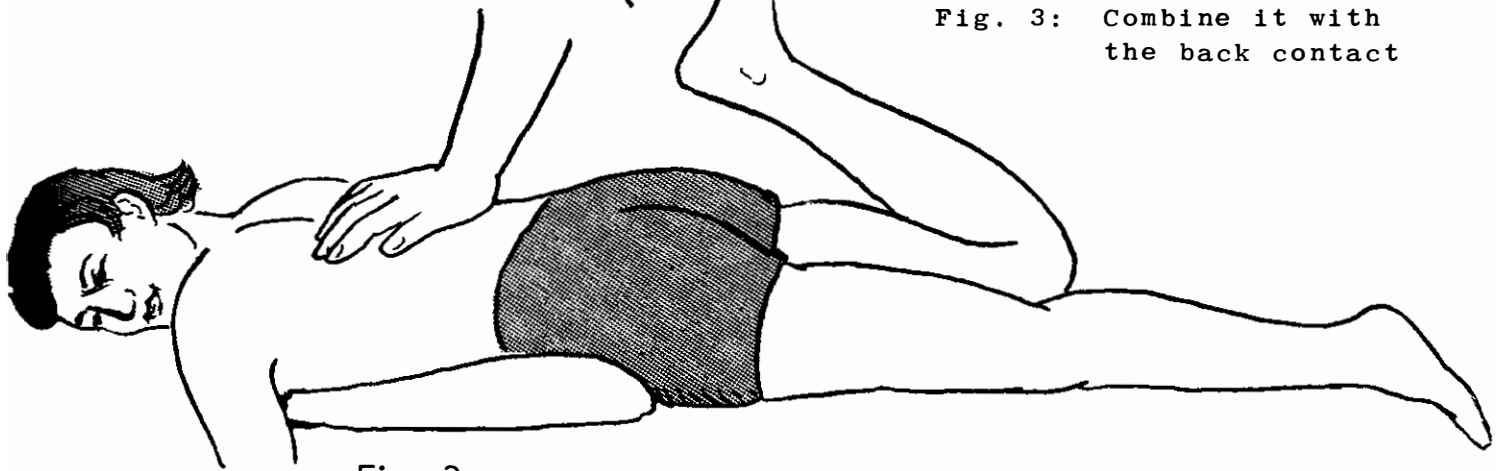


Fig. 3

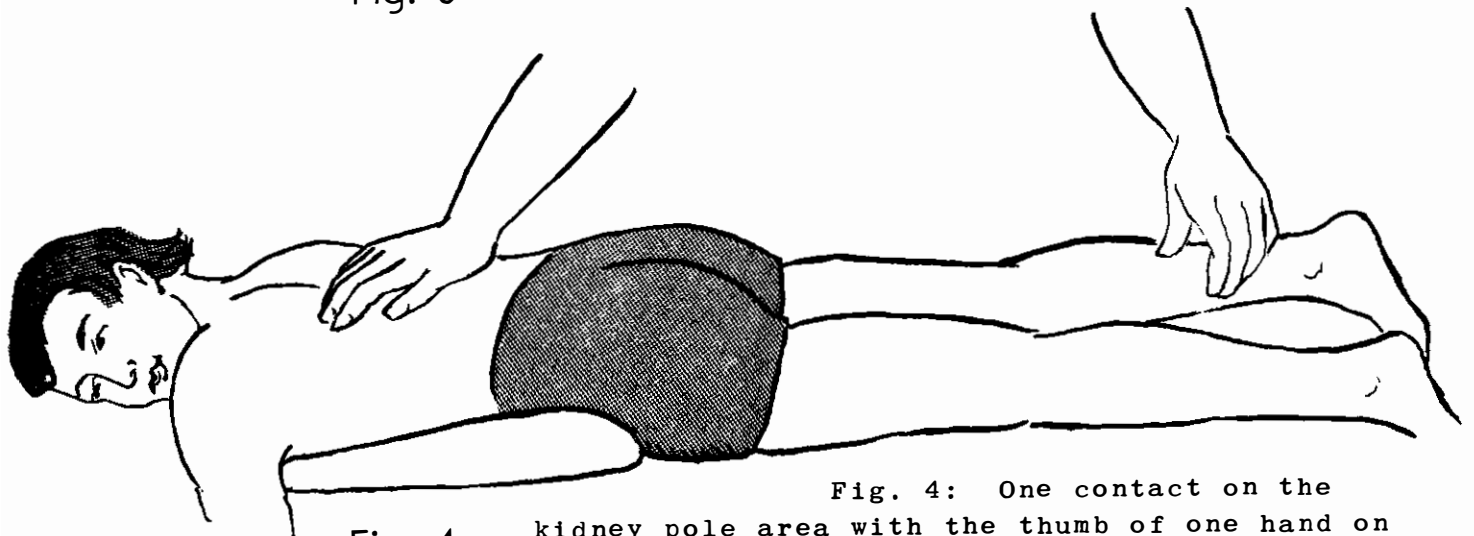


Fig. 4

Fig. 4: One contact on the kidney pole area with the thumb of one hand on the calf of the leg; the other contact with the heel of the other hand on the 11th and 12th dorsal on the same side of the body.

This chart illustrates KIDNEY TECHNIQUES through contacts on various poles of the body, from the bottom of the feet upward, on the same side of the body. The soles of the feet were clearly illustrated for this work in Chart No. 4 in this book. The main point here is the discovery that the foot must be flexed under a little tension so the areas involved are brought out for all foot therapy applications.

Flexing each toe brings out that area for a contact on the sole of the foot. Merely working the feet or rolling the soles over a ball or a rolling pin does not do it. That all helps in a measure, but is not a complete therapy. The foot must be flexed and polarized locally with the cuboid bone contact and pressure from the outside for best results. This is illustrated in figures 1 and 2 of this chart. IT HOLDS GOOD IN ALL OTHER FOOT THERAPY, whether it is for the liver, the colon, the stomach or any other polarity center in the foot, where anterior and lateral contacts support the local area hold.

Figure 3 depicts the other hand over the kidney area on the back of the body, comprising the 11th and 12th dorsal vertebrae. The foot contact which is used simultaneously, consists of firmly gripping the back of the foot and applying the thumb to the kidney area on the foot.

Figure 4 illustrates a contact on the representative kidney area in the airy triad of the leg response, the Aquarius region shown in Chart No. 5, Book 2. The contact is worked with the thumb in the calf of the leg. The contact with the other hand over the 11th and 12th dorsal is held firmly on that side only, by the heel of the hand.

This chart gives the over-all procedure for therapy from the feet up to the body, whether it be for colon, liver, stomach, pancreas, spleen, intestines, etc. Only the exact spots change a little and must be found for each pole in order to obtain best results. THESE HAVE BEEN ILLUSTRATED AND NEED BUT TO BE SELECTED AND FELT AS TENDER SPOTS, AND POLARIZED. This application for three to five minutes on each side, accomplishes much. Change from one contact to another more frequently if the areas are too tender. Each time you come back to them they will be better.

The response will be noted in the other pole at once, when correctly done. The patient will know it also. Nothing succeeds like Truth and CORRECT APPLICATION. It is a process of floating with the Universal Currents on the Waters of Life. Our little boat cannot help but float to the other shore if TRUTH AND SERVICE are steering it to its goal.

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POLARITY BALANCING WITH PRESSURE ADJUSTMENT  
FOR POSTERIOR VERTEBRAE AND SPINAL CURVES

When the patient stands on the plumb line test board, as shown in chart No. 10, page 62 of "POLARITY THERAPY AND ITS TRI-UNE FUNCTION", the posterior bulging of spinal muscles can be seen very clearly. These are usually caused by stasis in the area of the intestines and the colon, in that location.

As the patient lies face-down on the table, with the head resting between the split cushions, these tensions and protrusions are also easily detected.

The most contracted posterior area is the place to make a steady pressure contact, with the hand or the elbow. Hold the pressure contact firmly. DO NOT SLIP NOR ROLL THE CONTACT. That hurts. The steady pressure contact, given for a minute or so at a time, releases the lower pole or acute pull from the gluteal and lumbar regions which caused this compensation posteriorly in the mid-dorsal region.

A deep perineal contact with the right middle finger works wonderfully well with the above combination. Usually a contact along the coccyx, on either side is also indicated. At this point the apex of the sacrum can be reached and balanced by contacts under the inferior side. (See "THE MYSTERIOUS SACRUM")

Find the sorest, tense muscle fibers over the great sacro sciatic notch in the gluteal region on that side which you are inhibiting above. Make a firm contact on this with the thumb in a headward direction and hold it steady, with but a slight change of direction of the thumb so as to elicit the best relaxation on both contacts. This can be sensed very easily by the response at the points of contact.

When relaxation has taken place, in about a minute or so, change the contact to the next most tense posterior area above, on the other side. Then come back to the first one if more relaxation is needed.

The apex of the sacrum, where it joins the coccyx, is also a very important contact as a negative pole for relaxation and correction.

A posteriority anywhere means that something has gone anterior either above or below that point. Along with a posterior rotation there is usually an anterior 5th lumbar vertebra as well as an anterior sacral base on that side or straight across.

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# CHART Nº. 12

# SUPERIOR-INFERIOR VITAL BALANCING

FIG. 1 illustrates a contact with the right hand in a firm grip on the heel bone, with the thumb above and the index finger below. The left hand is on the occiput and atlas area. Top and bottom are being balanced. Both are weak spots & need release often.

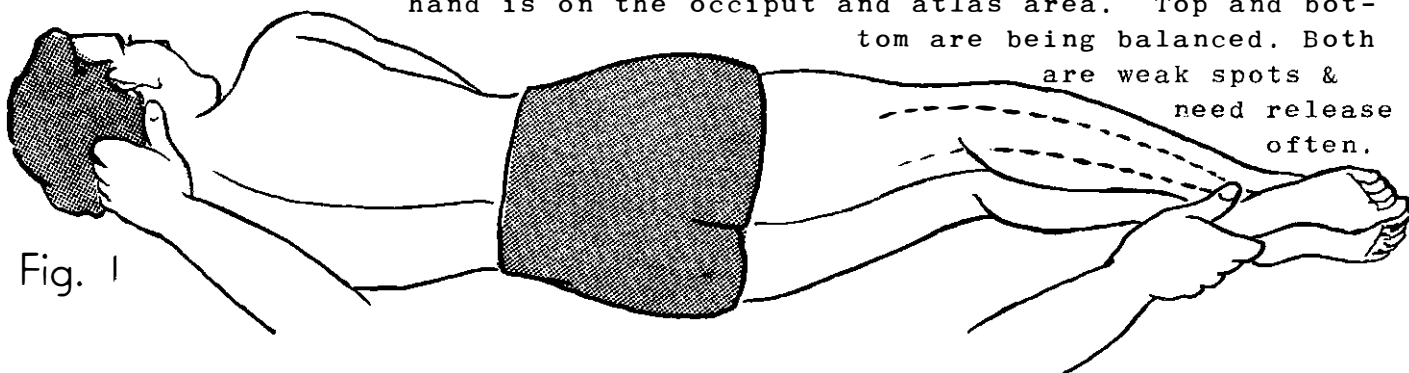


Fig. 1

FIG. 2 shows how any area on the calf of the leg, the leg, or the heel can be treated and balanced from a side position, while the doctor sits down. The thumb contact is firm in both applications. Sacral and Occipital contacts can also be made in this position.

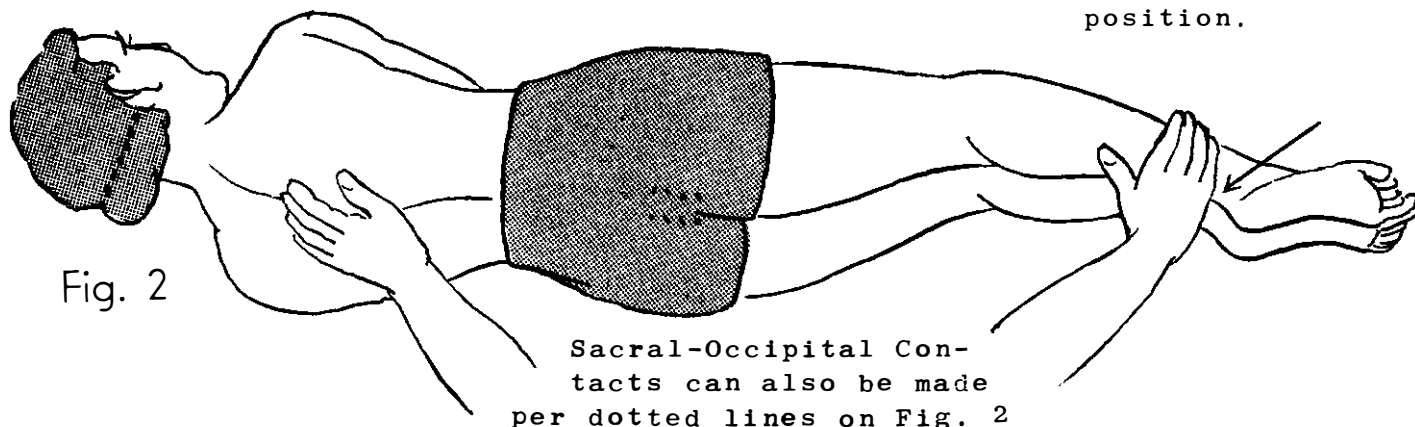


Fig. 2

Sacral-Occipital Contacts can also be made per dotted lines on Fig. 2

FIG. 3 depicts a THYROID RELEASE contact just above the ankle with one hand, and a gentle lift under the collar bone with the other. Also work the calf contact firmly for action below.

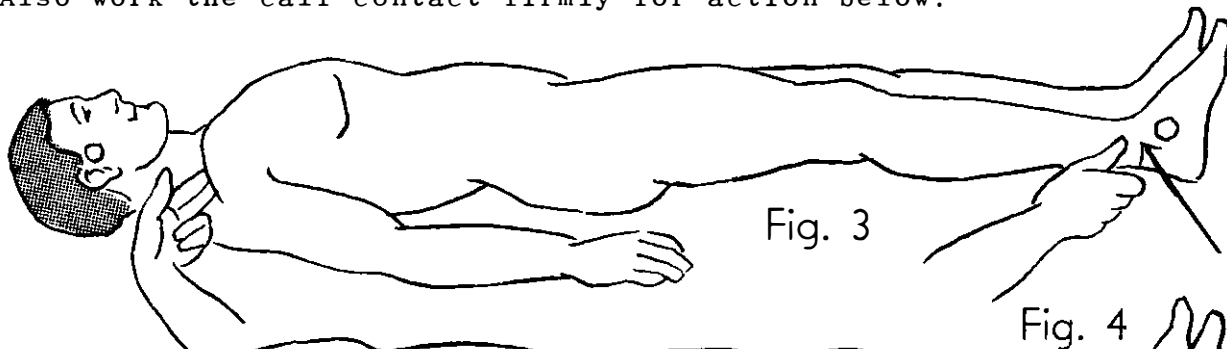


Fig. 3

Fig. 4

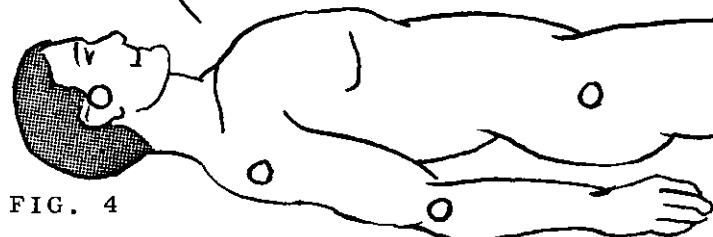


FIG. 4

A sketch of the joints as vital, interrelated contact points. The jaw, the heel and the hip contacts are most effective for MUMPS. Even without touching the tender jaw, balancing the other tender spots in joints brings instant relief.

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## A BRIEF OUTLINE OF VITALITY BALANCE

The body moves by the action of leverage through its joints. It overcomes gravity through mechanical levers and muscular action. Then what is this force in the body which acts and defies gravity? Is it not energy, from the body's own Central Sun of Energy within itself? Hence it is a reaction from within to the great without, as the Life Breath of motion which moves through all cells, like the wind through a forest.

Because of this link of unity of current flow, every joint becomes a unit or cross-over of Energy Currents so it can overcome outside currents of resistance. The same holds true for the organs of the body, as fields of sustenance and replacement.

Each joint has a relationship to every other joint in the unity of energy flow of graceful motion. The ankles, the knees, the hip joints and the shoulder joints are important factors in POLARITY ACTION as extension levers of motion, with POLARITY reactions on other centers and fields in the body. And because they are moved by a unit of energy current through them, energy circuits in the body can be reached through their corresponding area of relationship, as illustrated in my books.

Opposites correspond and express each other through reflection and the end currents of travel of the Energy Circuit. That is why the feet hold all the negative reflexes of the head, as opposite poles; and the hands reflect the umbilical neuter pole.

It is through this leverage of the principles of POLARITY that Archimedes sought to move the world. But the world has always moved through this bipolar leverage action in the finer energy fields of similars and opposites. There is nothing new in this world. It was always here. But until man discovers it and takes credit for it, he does not know it. Even though it was there all the time, it is only after man has discovered it that he is convinced of its existence. After that it becomes a classified science. Before that it was but an unknown art to a few. So the ages roll on for man's experience in this kindergarten of Life.

Man discovers himself in his own consciousness and his true relationship to the cosmos eventually, through the experience of POLARITY ACTION. By being tossed from pole to pole, he gains experience through resistance and pain, which registers as awareness which he cannot escape. And in the process of seeking an escape mechanism to avoid pain, he learns many useful things. Necessity becomes the great teacher of things material and the mother

A BRIEF OUTLINE OF VITALITY BALANCE

of inventions, for man to save himself in efforts of resistance to Nature's energy fields and the grossness of matter.

Man's body is bipolar in function and action. The organs and structures of the body are the fields through which energy flows; like the stomach and the digestive system. In order to influence this and all the other systems of the body, the bipolar energy must be used and directed on its course for HEALTH AND BALANCE.

The ideal therapy is that which gets results through this primal energy - stimulation or inhibition, resulting in dilation or contraction.

This bipolar energy is superior and prior to chemistry in its fineness and deep penetration without leaving a material residue behind after stimulating or inhibiting the energy flow anywhere in the body.

Bipolar energy is also superior to mechanical principles, because it is the very energy which flows over the muscles to make them contract and expand, and causes motion or mechanical action through moving the bones as levers.

In this manner structural correction also rests upon the bipolar energy process as well as the functional or secreting chemistry of the body. ENERGY FLOWS THROUGH ORGANS TO MAKE THEM FUNCTION AND SECRETE. That is Life's circuit and purpose. Normally, this needs no outside aid. But when the current is obstructed through interference by density of supply or mental and emotional short circuits, then someone needs to be found who understands this wonderful machine and who can put the plates in right polarized action again in this temple of ours.

POLARITY THERAPY has sketched out the fields, the currents and the direction of the flow for deep and surface, motor and sensory balance. Contracted tissue is over-stimulated in any field. It needs polarizing with its opposite field because its circuit is broken or inhibited somewhere on its way.

This can be easily detected by a sensitive touch, besides the pain factor or limitation of motion; the opposite pole is found and stimulated to withdraw current from the excess at the obstructed energy pole. At once there is a response along this line where the 'message' travels, as on a wire system. Changes

## A BRIEF OUTLINE OF VITALITY BALANCE

take place, and the communication of the energies within the body spells BALANCE AND WELL BEING to all cells and tissues involved.

In our world of radio, television, telephone and telegraph we take this for granted. But in our body's system of the circulation of ENERGIES which are wireless, we doubt its efficacy because we believed that only chemistry or mechanics could accomplish results. They all have their place and achieve a measure of results, but POLARITY Therapy has and can help many who have failed to succeed in obtaining results by other methods.

Proof does not explain the process to the confused mind, so it is passed by because of popular, set belief. New things and ideas must make a place for themselves by new pattern grooves in the mind of the public. This is done by advertising and popularizing a new idea or thing, and takes much effort, time and money. That is why many good things do not reach the minds of the people. It is a slow process.

POLARITY THERAPY is a comparatively new art which produces amazing results, especially in difficult cases, some of which had even baffled the experts in every field of therapy. Yet it is so very simply when one understands the circuits of the body the same as an electrician understands the wiring in a house. A good physician knows instantly where the energy circuits in the body are blocked or short-circuited. They can be effectively relieved by means of Polarity Therapy.

The first book along these lines was published by the author in 1948. It was called "THE NEW ENERGY CONCEPT OF THE HEALING ART". It is now improved and enlarged and is published under the title of "THE VITAL POLARITY IN THE HEALING ART". It is a companion of this book and deals mainly with the foundation and principles; while this book goes more into the details of the application of these principles.

May this work reach the seekers who are looking for a deeper perspective of a common denominator in the healing art, to push it along in keeping with all the atomic discoveries of today. The health and well-being of the people should not be neglected. It should really be the first concern of the scientists, doctors and educators. Without health and happiness, all our modern conveniences are of little comfort to us.

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## TONSILLITIS, SORE THROAT AND GOITER

The area immediately above the ankle bone is the negative pole of the neck line. The soft tissue, deep in the back of the leg, near the tibia and the fibula, holds the throat reflexes. The hip joint is the neuter pole to the ankle and the jaw articulation. Find that sore spot on the anterior side of the hip joint, in its lower half circle of articulation, and polarize it with the deep ankle contact by stimulating it. Then gently lift the clavicle and hold it while stimulating the hip pole with the other hand.

Find the sore spot in the shoulder girdle pole of the feet and hands as shown in Charts No. 4 and 5 in this book. Hold the hand sore spot with one hand and stimulate the foot pole with the other to divert from the throat pole.

In these conditions the polar areas will be similar to those found in mumps, only a little lower in each place, the same as the tonsils are lower in relation to the parotid glands.

Locate the poles in each region and balance them by finding and holding or inhibiting the sore spots there, while stimulating the opposite pole with the other hand. This treatment works wonders in acute conditions because then the areas respond quickly through their own activation.

Chronic diseases located in these areas can be traced in the same way, but the reaction may not be there as sore spots, and may have to be activated first, before the deep blocks will come to the surface. Then they can be released and balanced. All chronic conditions must become acute by increased energy and circulation before restoration of normal tissue is possible.

Proportions of inharmony can be detected by soreness and lack of elasticity or limitation of function as well as by the deformity and discoloration in the feet, the toes and their nails.

The feet, as the negative pole, reveal chronic distortions and diseases which may become active at any time.

The hands, as the neuter pole to the body, figuratively placed over the head in the same manner, will reveal the same design of relationship. However, the hands reveal acute conditions in their markings of ridges, splits, moons, etc. across the nails, and sore areas over the front and the back of the hands. Whatever is indicated in the hands is acute and active now. This condition must be understood and corrected now in order to resolve the sedimentations and to balance the energy current flow from within, outward. It is the purpose of POLARITY THERAPY to diagnose and correct by means of ENERGY CURRENTS within the patient's own body and thus restore the VITAL CIRCUIT.

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## ENERGY RESPONSE IN TREATING

A good physiological correction always moves energy blocks and gives symptoms of response, indicating which WIRELESS ENERGY 'river' has been set into motion for re-establishment of normal function.

Relaxation is the natural response to a good treatment because repair of tissue can only take place when the energy currents flow freely. The etheric energy is the first 'river' out of which the other four flow and into which they must return. Complete relaxation is the evidence of this exchange of currents. It is usually accompanied by yawning, sighing or a deep breath, the evidence of the airy principle's function in this relaxation. Stretching, with a good healthy groan, may also come to the surface, indicating the release of the airy energy in the muscular system - motor and sensory. Many a person groans himself into well-being by this energy release of sensory and emotional blocks.

When the patient states that he is hungry, suddenly, during a treatment, it means that the fiery energy in the digestive tract has been set into motion, moved things along and emptied the stomach. When the patient's skin becomes moist during the treatment, a favorable reaction has taken place locally. If the perspiration is profuse, the water principle has been set into motion with its resultant elimination of toxins.

Sneezing is a favorable symptom in severe illness because it indicates that the energy reflex from below is operating upward, in a natural way. In olden times a feather was used to tickle the nose of a seriously ill patient to see if he could sneeze. If he did, it was considered a sign that he would live. The sneeze of a patient with a head cold is also an indication of an energy current moving upward, trying to blow out the clogging lymph and mucous accumulated in the membranes of the head.

A release of wind moves the gases downward, as an airy bubble release, due to fermentation in the colon. It relieves internal pressure and the scattering of gases throughout the system. These gases can penetrate through any tissue and even into the bloodstream, and often do so when the pressure of the pent-up gas becomes too great. Many a headache is due to this cause. A good belch will relieve the pressure in the upper region. Free urination after a good treatment is also helpful as a kidney flush, where the airy and watery principles meet in elimination. The earthy element expresses itself in the movement of solid waste matter. When all the five Energy 'Rivers' of the body move naturally, there is HEALTH AND WELL-BEING.

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# CHART No. 13

# VITAL COLON BALANCE

BALANCING VITAL ENERGY CURRENTS IS THE ART OF  
STIMULATING THE LAGGING FIELD AND INHIBITING  
THE OPPOSITE POLE OF  
EXCESS ACCUMULATION OF  
ENERGY.

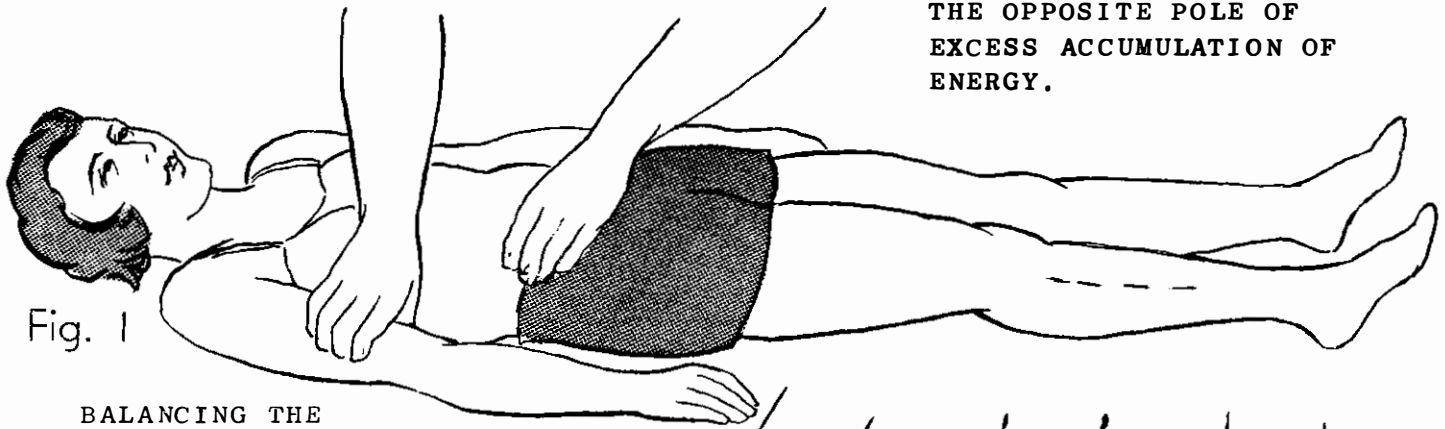


Fig. 1

BALANCING THE  
HEPATIC FLEXURE OF COLON WITH  
THE ARM POLE

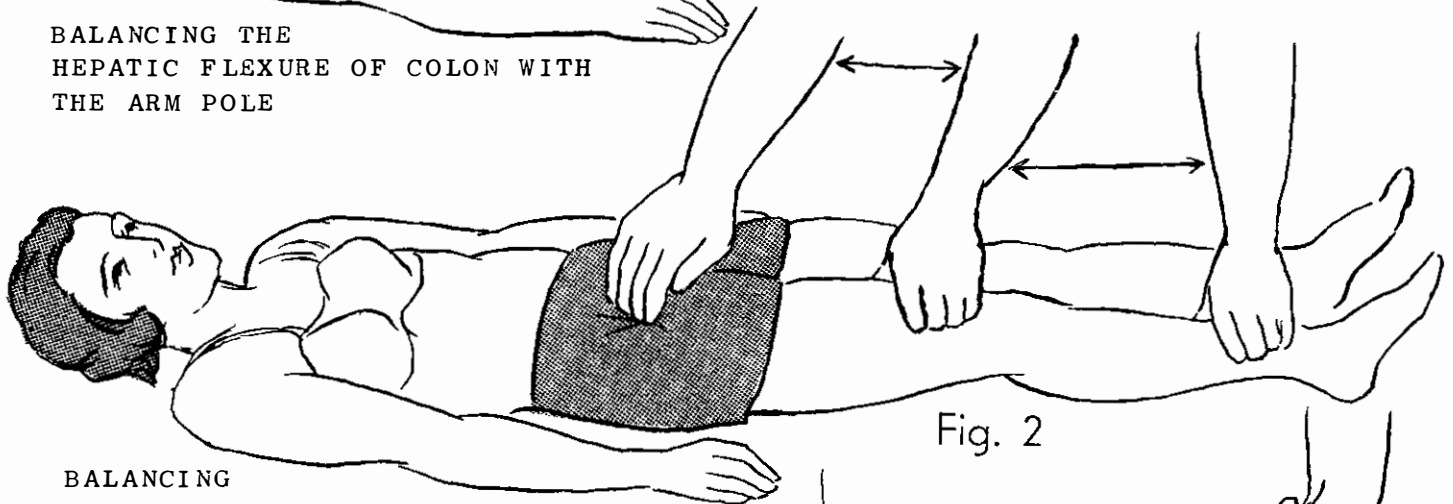


Fig. 2

BALANCING  
CECUM WITH ITS UPPER AND  
LOWER POLES IN THE LEGS, BY TWO  
DIFFERENT CONTACTS BELOW, AS SHOWN -  
ONE ABOVE THE KNEE &  
ONE ON THE LEG.

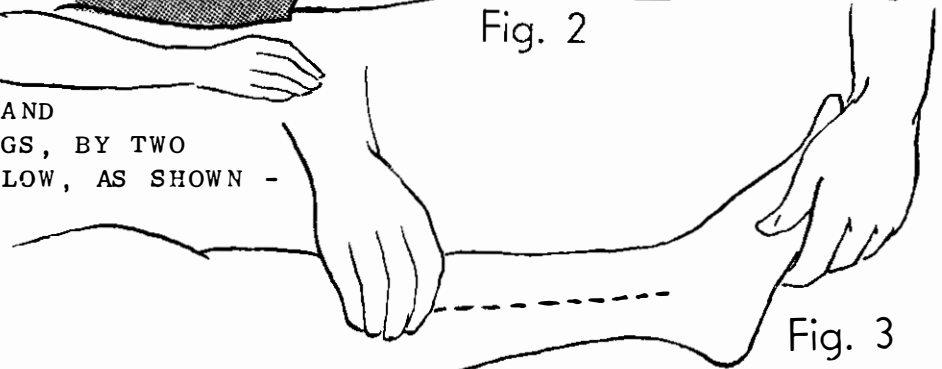


Fig. 3

TOP AND BOTTOM OF FOOT (COLON AREA)  
BALANCED WITH THE LEG POLE

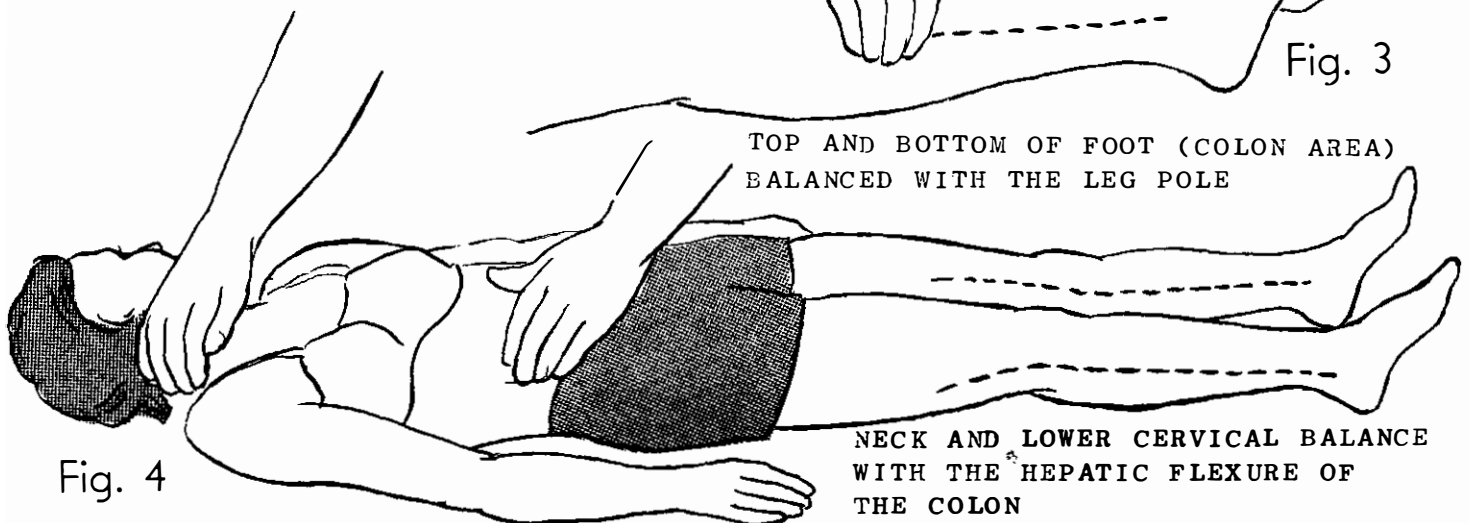


Fig. 4

NECK AND LOWER CERVICAL BALANCE  
WITH THE HEPATIC FLEXURE OF  
THE COLON

PROMOTING OR RESTORING A CURRENT FLOW IN ANY TRIUNE POLARITY CIRCUIT  
IS VITAL BALANCING. THESE FUNCTIONING ENERGIES FLOW IN RHYTHM WITH  
THE VITAL BREATH WHICH PENETRATES ALL TISSUE FOR LIVING FUNCTION.

## EXPLANATION OF CHART NO. 13

The colon belongs in the earthy triangle, as shown on Chart No. 4 in Book 1, at the point marked 'Bowels'. By tracing the triangle we find the knees and the neck as the two poles. The knee pole is found as an illustration in Chart No. 60, in the Supplement to Book 2.

Also go a little higher, above the knee, than is marked here. Balance the sore spots here with the tender colon area, high or low. The knee is the umbilical area of the colon. The transverse colon area would be found below the knee, between the fibula and the tibia. The 'up' is a downward reflex on the leg, as if it were raised to the head. So the higher up in the colon, the lower down is the reflex below the knee. (For back, see Chart 2)

The middle of the calves of the legs have their polarity reflex to about the 10th dorsal vertebra. The 3rd and 4th cervical vertebrae correspond to the 3rd and 2nd lumbar respectively, per Chart No. 2 in this book. That gives you the neck region for balancing soreness. Balance these with the leg area on the knee and a little above it.

This is the method for tracing fields according to Chart No. 4 in Book 2, and Charts No. 4 and No. 5 in Book 1, so they are not illustrated here.

Figure 1 depicts the balancing of the hepatic flexure of the colon with the sides of the right arm, by means of a firm contact. The colon often gurgles in response.

Figure 2 demonstrates balancing the cecum with a firm contact just above the knee, where it is sore on both sides.

Figure 3 shows a very important colon area on the foot. This is usually very sore, especially on the top. Firm pressure is required with the top and bottom contacts, along with flexion, in order to release this condition. The ascending colon on the region of the side of the leg, between the tibia and the fibula, is being balanced here.

Figure 4 illustrates a contact on the hepatic flexure, under the liver, and a balancing, 5th cervical neck contact.

All of these contacts work very well for better colon function.

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## BALANCING ANTERIOR AREAS

The soft tissues of the abdomen also have their polarity poles on each oval area - top and bottom, diagonally across, and from side to side. It is a simple matter to place the fingers gently under any abdominal area and lift headward, from below upward, while the other hand holds the positive pole above, or on the other side.

Bipolar contacts are essential for best results. It is VITAL ENERGY BALANCE we have in mind rather than merely lifting tissues.

- A - Make a contact with the thumb or all the fingers, under the sigmoid valve, and lift gently toward the opposite shoulder.
- B - Another contact may be taken right under the gall bladder, along that line, then lift toward that shoulder joint and hold steady. Often the gall bladder drains and gurgles with this contact when it previously failed to respond to the Perineal-Cervical contact.
- C - Hold until relaxation takes place, then release. From one to several minutes usually does the work.
- D - You can also hold this contact under the gall bladder, and with the other hand pull the arm forward in a gentle, rocking motion, which drains the gall bladder; or lift the shoulder blade and hold it a moment, for gall bladder drainage.
- E - Now take a similar contact on the right side, under the ileocecal valve, which is usually tender, and lift toward the opposite shoulder. Hold it, and
- F - Take another contact under the stomach area, or near the pylorus, and lift gently toward that shoulder. Hold until relaxation occurs; let it gurgle if it will; it may gurgle a number of times if you hold on for one minute or more.
- G - The same as under "D" can be done here by pulling gently on the arm while this contact is held under the pylorus, and the shoulder is brought forward in a gentle, rocking motion. Or, the shoulder may be lifted and held forward for stomach and spleen drainage and activation.

Please note that the diagonal contact is for releasing this type of impounded stress and strain. Contact on the same side, following the "V" lines from the center of the pelvis to the shoulder on that side, releases straight downward stress lines.

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# CHART No. 14

# VITAL PELVIC AND FOOT BALANCING

FIG. 1  
Contacts on the inside  
of the heel  
bones for  
Prostatic re-  
lease, bal-  
ancing the  
right with the  
left negative  
pole.

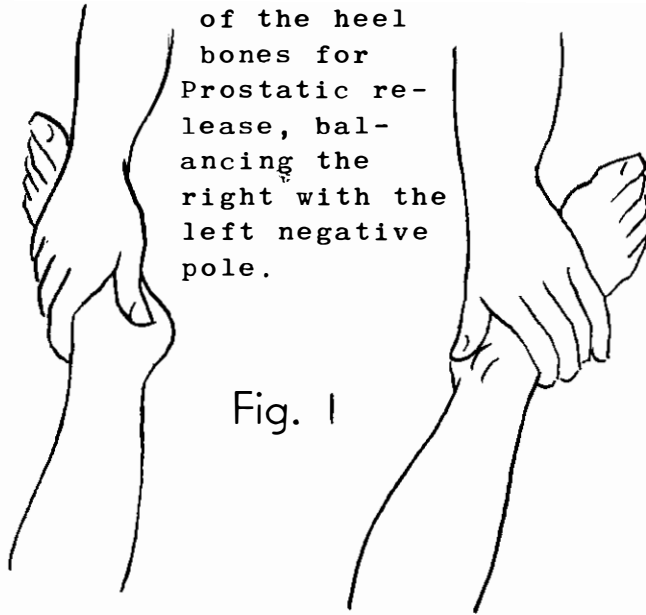


Fig. 1

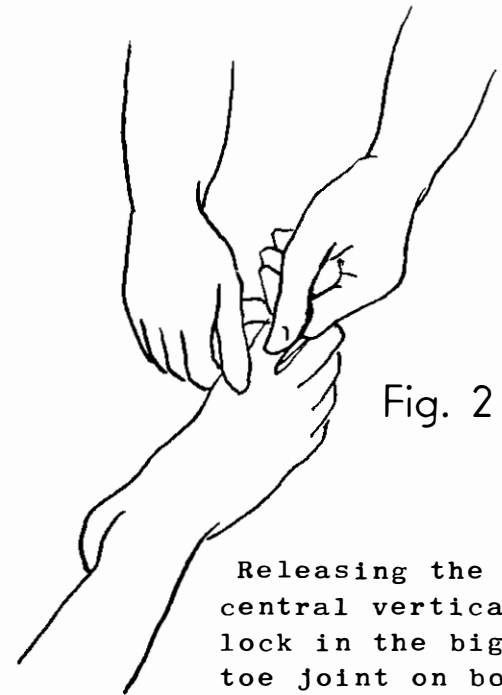


Fig. 2

Releasing the  
central vertical  
lock in the big  
toe joint on both  
sides.

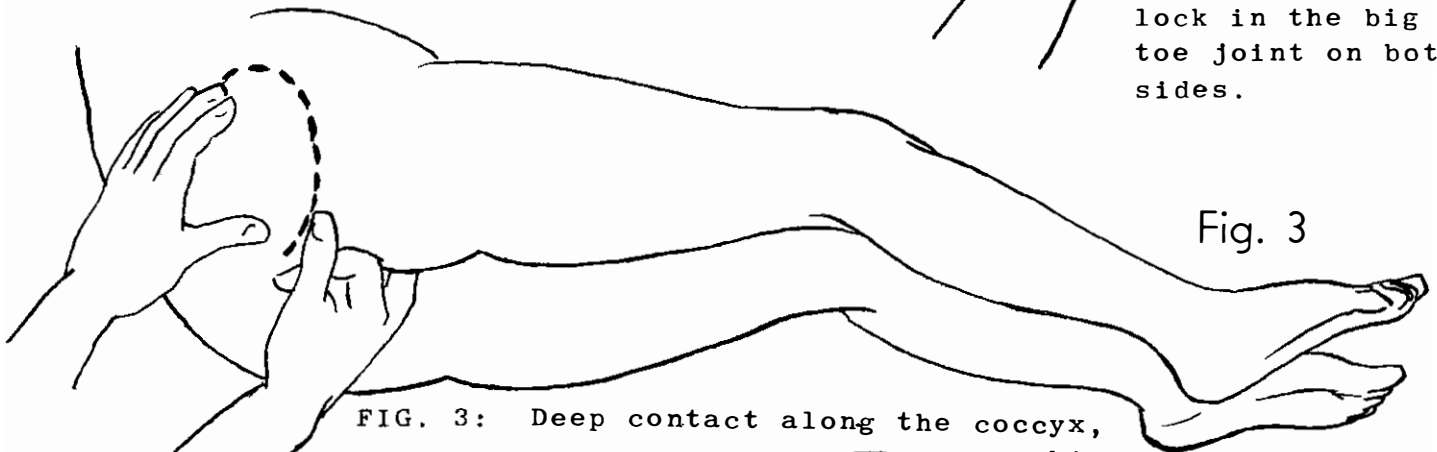


Fig. 3

FIG. 3: Deep contact along the coccyx,  
pushing  
superior and posterior  
for GANGLION OF IMPAR  
balancing with spinal  
nerves. Dotted lines  
are outer contacts.

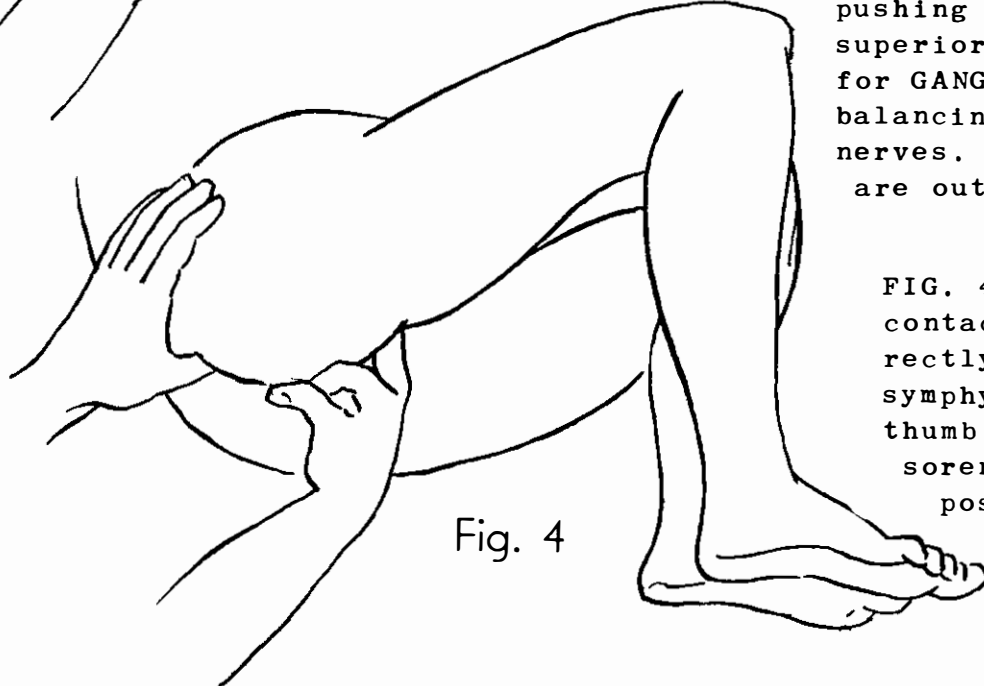


Fig. 4

FIG. 4: A Prostatic  
contact, upward, di-  
rectly behind the  
symphysis pubis. Left  
thumb works out hip  
soreness in the  
posterior pole.

## VITAL BALANCING

Vital currents flow through vital structures when the polarity action is normal in the tissues. The ganglion of impar is the end of the sympathetic nerve chain, where it should polarize with the cerebrospinal system. When this current is obstructed and does not flow, there is low back pain, or uterine, bladder, or prostatic stasis and trouble. Leg pains also have their origin here or a little further anterior, in the perineum, as an emotional block.

In all pelvic conditions, leg symptoms, and in lumbago, the ganglion of impar should be balanced with the cerebrospinal function, through contacts illustrated in Figure 3. The middle finger is used as a deep contact alongside of and under the coccyx, with an upward and posterior lifting motion. The thumb of the other hand works opposite it, in a gliding, slow motion, to distribute the waste found in this area as hard lumps and soreness in the muscle. These are the obstructions and the stagnations in this field which cause the distortion of the polarity field and its current flow. This, plus better oxidation through improved diet and a better digestion, is a SPECIFIC THERAPY FOR LUMBAGO.

Menstruation pains have often yielded like magic to this procedure of vital balancing. Bladder trouble as well as certain leg conditions are much benefited by this therapy. Bed wetting can also be found here as an imbalance of energy flow in the tissues. THE SORE SPOTS MUST BE FOUND ON EACH SIDE AND BALANCED WITH THE WITHOUT AS WELL AS ABOVE AND BELOW, IN THEIR POLES. THAT IS THE GENERAL RULE FOR THIS THERAPY.

Figure 4 illustrates a Prostatic Contact, directly behind the symphysis pubis, in an upward, gentle lift from the outside, through the perineal floor. This has a better effect for relief from too frequent urination than the internal rectal therapy by lifting the gland from side to side to help its drainage. Find the tender spots on the sacrum to co-ordinate with this, as well as the upper cervical or occipital tenderness which is reached with the other hand. Balance both, the top with the bottom and the inside with the outside.

DEEP Perineal Contacts also release the glutei tension. Place one hand on the perineum and with the other hand work out the soreness found all over the gluteal region. This polarizes the internal and external muscles, and balances the sensory and the motor systems.

Another control is through the Sacral Parasympathetics. This reacts with the Trapezius and the Spinal Accessory Para-

## VITAL BALANCING

sympathetics. The contact is made over the great sacrosciatic notch, or near the first and second sacral articulations, with a thumb contact, held steady in an upward direction, while the other hand makes firm contacts on the tense spinal areas.

However, the reflexes of the glutei and the entire group of spinal muscles HAVE THEIR POLARITY REFLEX IN THE FEET. Each vertebral section has a definite area in the foot. This particular area in the foot should be held firmly or deeply manipulated with one hand while firm pressure is made on the sore spot in the back with the other hand. This is the most effective approach to POLARIZING AND BALANCING THE BODY, as it employs the body's own finer forces as well as its subsidiary nerve tracing effects. Chart No. 4 in "Wireless Anatomy of Man" gives the exact relationship of the feet and the hands to the entire body, anteriorly and posteriorly. Also see Chart No. 19 in this book.

When the toes are stiff and sore and bent upwards, it is a bad sign, for this is the vital reflex to the glutei and the generative force. These toes must be released and trained to be bent downward to again grip the ground as they should, in order to retain their balance with and on the earth. To turn up one's toes before their time, is no idle saying. If this reflex is not broken up, so the toes can function and respond to the glutei, they in turn will stagnate and become more rigid; then the vitality will have no agents or levers through which to express itself, and the patient may succumb to an undiagnosed ailment or an unexpected, quick end in any illness. Here, again, the verdict is that the VITAL ENERGY of the Water of Life could not flow and express itself through that body any longer.

The connection between the feet and the generative system has long been known. No wise woman or girl will permit her feet to become wet or cold during her period, for it may cause uterine congestion and trouble. Again, that gives us a clue to therapy. Cold and wet feet will also cause colds in the head, through opposite reflexes, and check the lymphatic flow through the neck glands and the nose. This occurs through grounding of the vital nerve energy fluid to the earth, through the contacts of wet footwear on the cold, wet ground. Following is translated a good old German proverb: "Keep the feet warm, the head cool, the bowels open, and you can hope for a long life." This is another old recognition of the FLOW OF ENERGY IN THE BODY, and its balanced relation to the earth and to ourselves for keeping well.

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PROSTATIC TREATMENT  
AND TONING OF TISSUES

The prostate sags when the tissues lack tone and the urethra is pressed upon in that process. The prostate needs a lift and toning up. This is accomplished with a perineal contact, immediately behind the symphysis pubis. Lift the whole urogenital plate headward, with the thumb or second finger, and hold it for a minute or so. Then repeat once more. This is far more effective than internal treatment on the gland.

FOR IMPOTENCE: First of all, the use of jockstraps keeps the testicles too close to the body, hence too warm. If they were intended to be that high, Nature would have placed them there. The difference between fertility and non-fertility of the sperm rests within two or three degrees of temperature. If the sperm is kept too warm, it loses its fertility. Discard the jockstraps and tone the tissues. Many cases have responded to this simple procedure, when the wearing of jockstraps was the cause.

Cold, running water tones the tissues. Alternate with hot and cold water from a hose without a spray attached to it. This method of using the water has a force to its flow and increases the value of its therapeutic effect.

Not only is this method of using the hot and cold water good for any one condition, but can be applied daily to any tissues or organs that need toning and better circulation for specific and improved function. Father Kneipp called it the 'Blitz Guss'. The famous Dr. Kuehne also employed this method. In the Energy Field it is the positive and negative POLARITY current flow.

The principle of negative hyperemia, which can sometimes be used, is to hold the venous circulation back to dilate deadened tissues and capillaries, BUT NOT ENOUGH TO CONSTRICT THE ARTERIAL FLOW. In this way more blood is brought to any part, to do the work of healing. And, of course, with the excess amount of blood present, there is more 'Prana', which is the vital healing agent. The proper use of leeches accomplishes not only this but also releases the blood sludge that is usually present in such conditions.

Positive hyperemia is applied by heat or by suction to any part of the body which is in need of this type of therapy. Soap suds may be used on the rubber end of suction cups that are to be used on any part of the body where hair is present. Without the use of heavy suds it is not possible to hold a suction contact wherever a sufficient quantity of hair may interfere.

Heat dilates, like the sun's action, and is a positive pole in life. Cold contracts, like the moon energy, and is the negative factor in all spasms.

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## LEG CONDITIONS

Leg trouble can always be found in the perineum, and diagnosed and treated from there. Whether it is a short leg or a pain in the leg, the POLARITY reflex is in the perineum. Spastic and sore psoas muscles are relieved by means of PERINEAL TECHNIQUE. A test, before and after the treatment, will prove the point.

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.

The perineum is the lowest major point of gravity in the body, and it definitely affects parts below it and above it. The perineum is also the major negative pole of the body and, as such, holds the key to all negative and irrational impulses and perversions of the currents in the energy field. For these reasons it is of vital importance in balancing and correcting ills of the body.

Much can yet be discovered about this anti-pole of the brain. Skill in treating plus understanding of the energy fields in the body, are the essential factors.

What the doctor's mind cannot conceive,  
That, he cannot relieve!

It is the vital force in the bloodstream which warms and animates the body. Life withdraws from the extremities first. Then they harden and become rigid and cold. They are farthest removed from the center of life, and waste products in the circulation gather at the lowest point of gravity, like sediments in a barrel. To remove these sediments by means of the application of leeches on the hardened areas is of great benefit. Thus circulation is brought again through these obstructions by means of new blood which replaces the stagnant local waste in the area thus treated.

That the sludge in the blood prevents the normal flow of circulation in that area is a well-known and recognized fact. By withdrawing the impure, stagnant venous blood from the hard areas around an ulcer, the ulcer is healed by means of the supply of fresh blood to that area. As the old is withdrawn, the new blood can flow in and re-establish normal circulation. Circulation of the blood is the animating factor to the extremities because of the life force of 'Prana' in it.

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# CHART No. 15

# VITAL SPINAL BALANCING VERTICAL AND LATERAL

Fig. 3 shows a double, lateral contact for balancing one side with the other.

Fig. 1

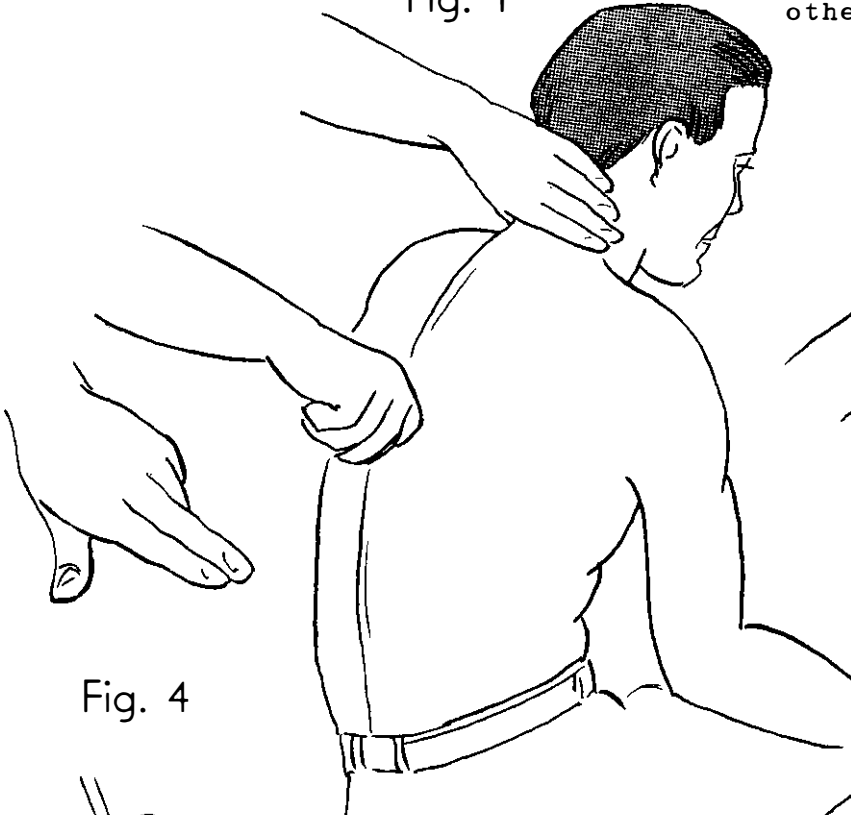


Fig. 3

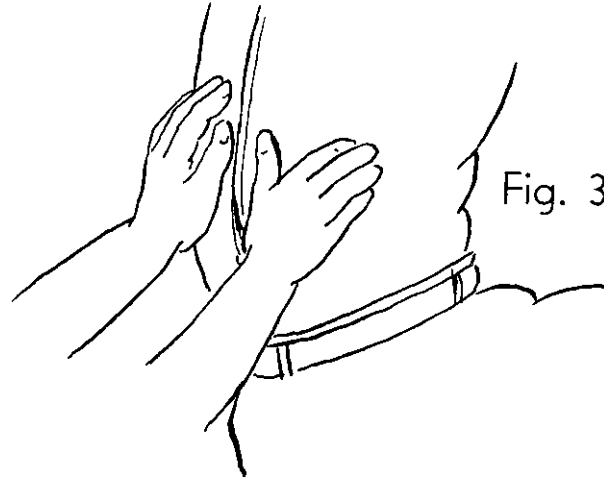


Fig. 4



Fig. 1 shows the finger position in the double contacts, 1 & 2, for a superior-inferior balance per Chart No. 2.

Fig. 2

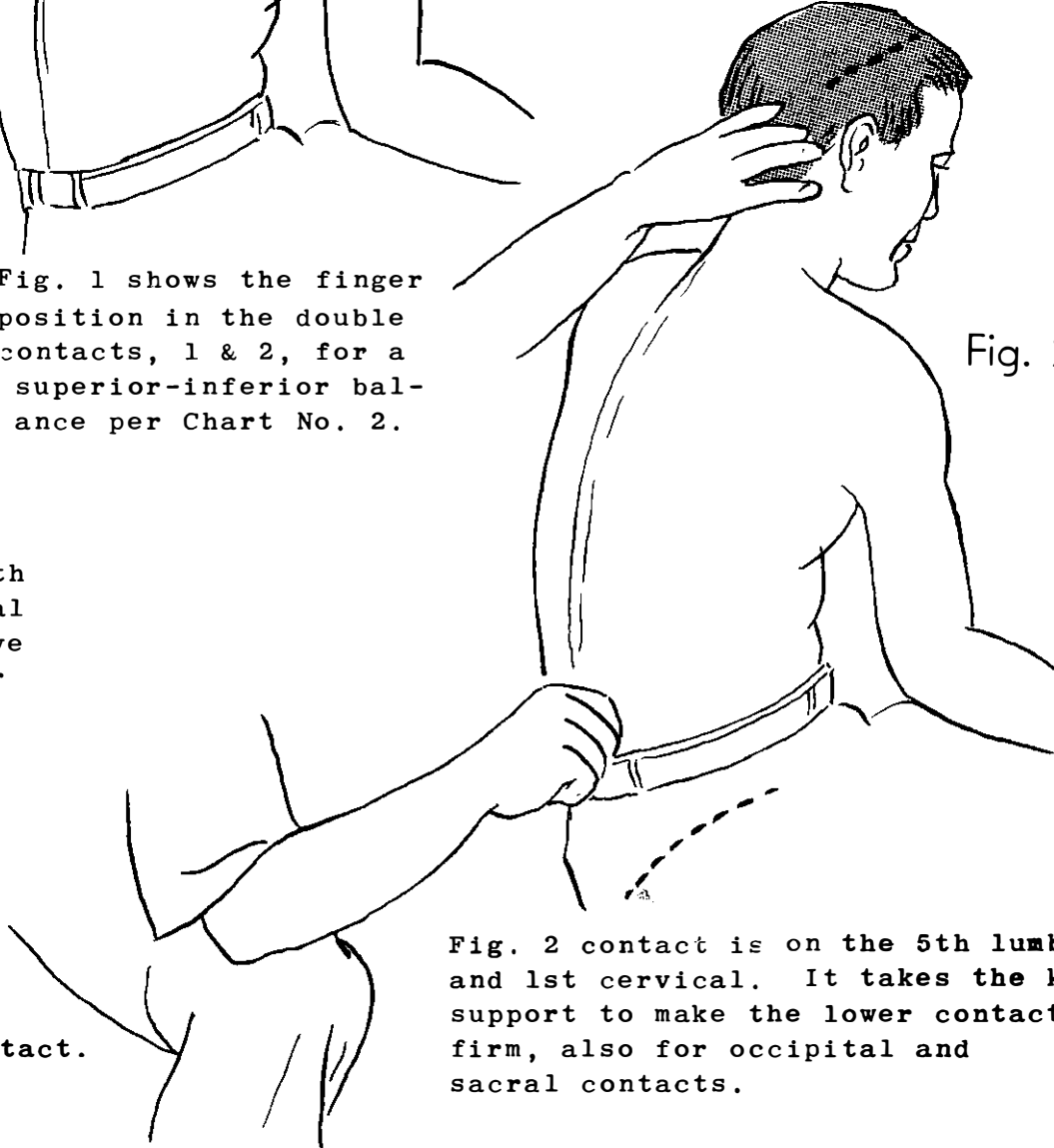


Fig. 4 shows position of both hands for spinal contacts - above and below - per figures 1 & 2

Dotted lines on head and hip in Fig. 2 are for Parietal Contact with Innominate Contact.

Fig. 2 contact is on the 5th lumbar and 1st cervical. It takes the knee-support to make the lower contact firm, also for occipital and sacral contacts.

## EXPLANATION OF CHART NO. 15

Vital spinal balancing, while the patient is in a sitting position, is a most helpful way to do good work to relieve some one, where there are no conveniences. It is a 'Countryside Technique' which can be done while the patient is sitting on any ordinary chair or stool.

This therapy is very applicable for relief of indigestion and many acute conditions. Vital balancing of energy currents is all that is intended here, and it works much easier than our previous 'Countryside Technique', illustrated in Charts 45-50 in Book 2. Gases will be released, and the belching relieves the indigestion at once.

Double contacts are used here for convenience. The top is balanced with the middle pole, or with the bottom, its negative pole.

Then a double thumb contact goes along each side of the spine, on sore areas, for lateral balance. This also helps to move the gases that are stagnant and lodged in the stomach, in the bowels and in the tissues.

For the lower contact the elbow is supported by the knee, to make the gentle lifting motion easier.

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# CHART No. 16

# BALANCING SPHENOID AND COCCYX VITAL CURRENTS

A Neuter Contact at the root of the nose, for the Superior Anterior Pole through the Sphenoid, the Ethmoid & the Nasal bones.

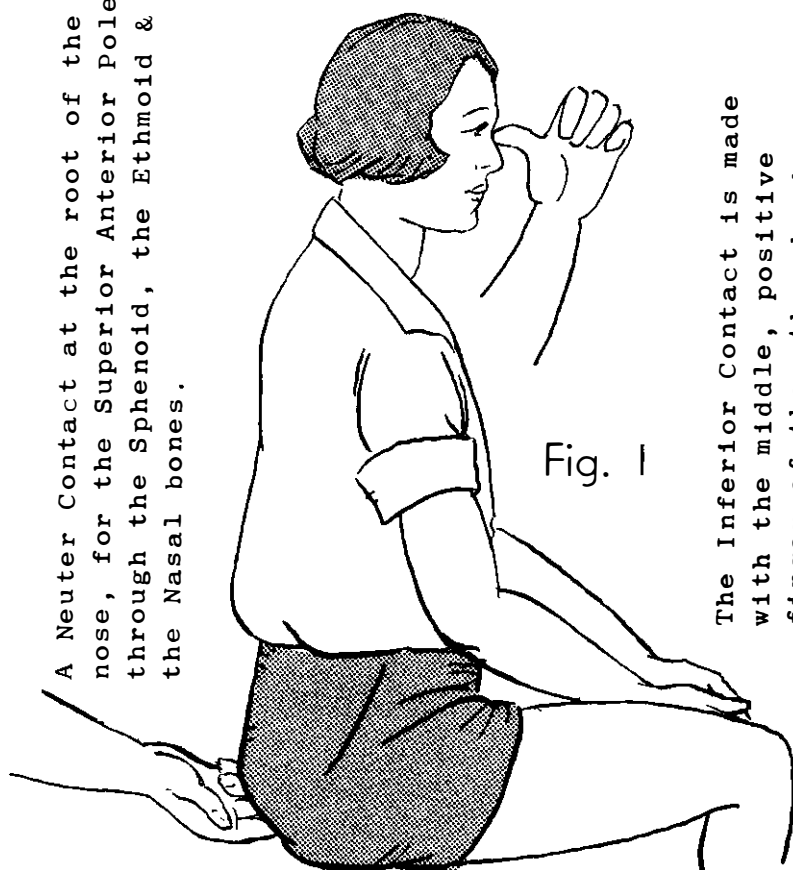


Fig. 1

The Inferior Contact is made with the middle, positive finger of the other hand on the tip of the Coccyx.

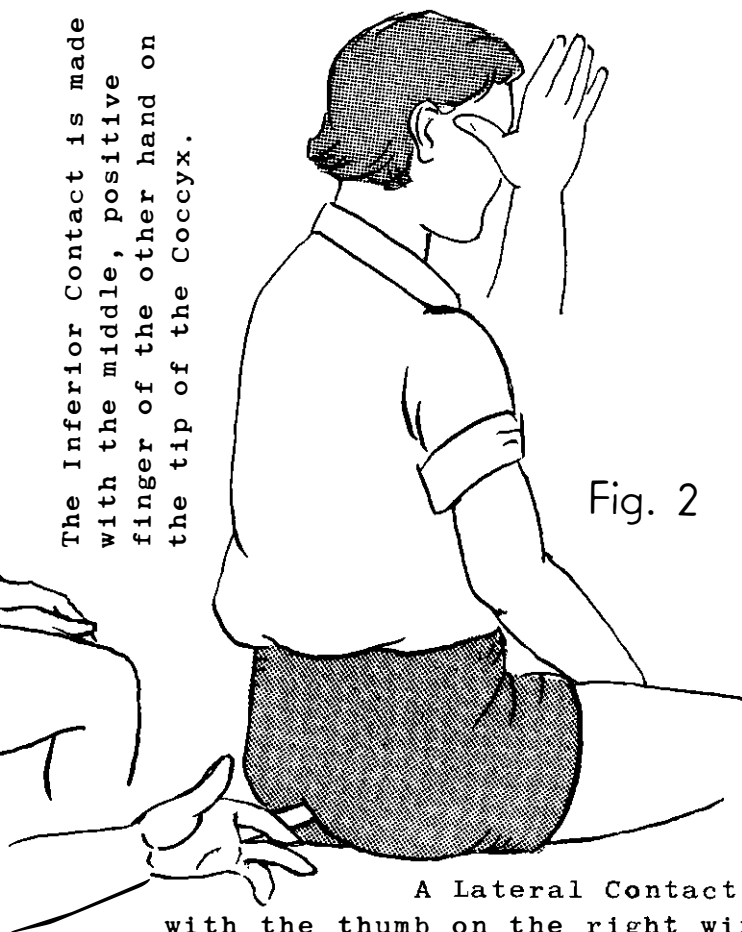


Fig. 2

See Chart No. 18 in this book for relationship of bony structures.

A Lateral Contact with the thumb on the right wing of the Sphenoid bone. The Inferior Contact is made with the middle finger of the left hand, with a gentle pressure on the left side of the Coccyx. When the Superior contact is on the left side of the head, the Inferior Contact will be made on the right side of the Coccyx. The lateral currents cross over, so these contacts are made on opposite sides of the body.

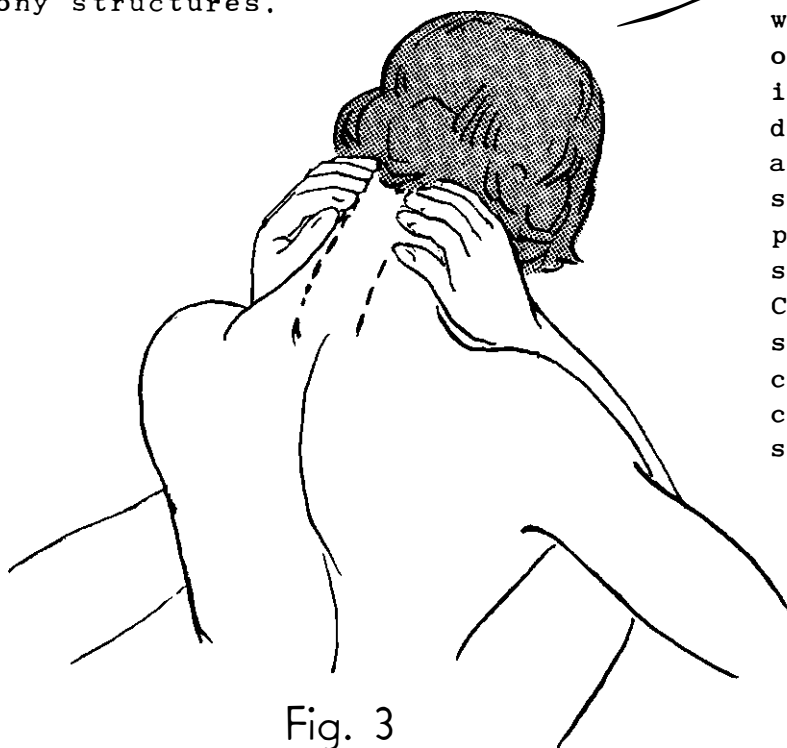


Fig. 3

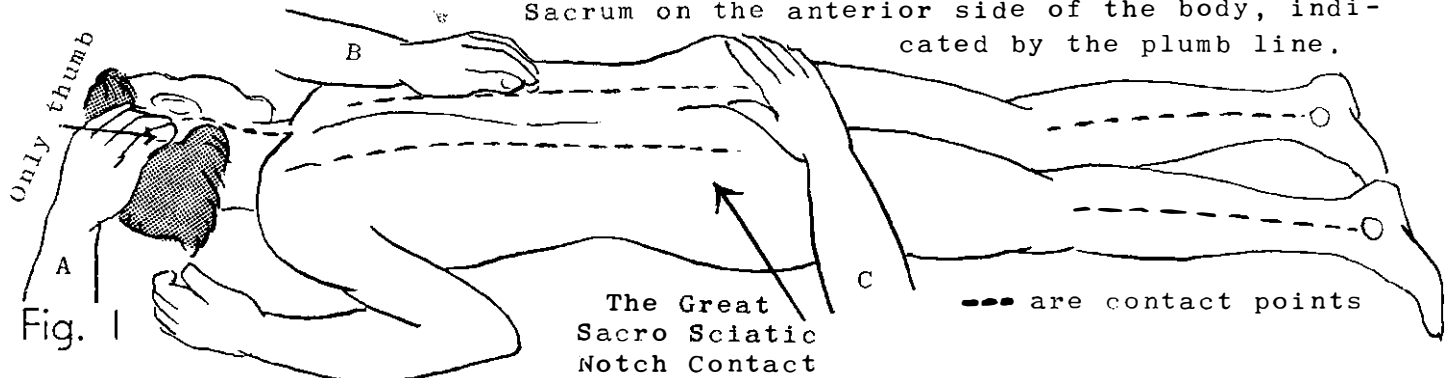
Fig. 3 shows firm finger contacts on both sides of the laminae together with a gentle stretch for tension release and current flow, WITHOUT ADJUSTMENT. For adjustments, see Book 2, Charts 45 to 50.

# CHART No. 17

# BALANCING OCCIPUT AND SACRUM

WITH THE NECK, BACK AND LEG POLARITY FIELDS

Fig. 1: A- Contact on the Occiput is made with the thumb on the sorest spot on that side. The fingers may rest on the head, or may be extended like an aerial. B- The hand on the back can be used with the upper or the lower contact. C- The right thumb contacts the Apex of the Sacrum on the anterior side of the body, indicated by the plumb line.



C- contact is deep, alongside the Coccyx, in an upward, lifting direction, with a slight outward angle toward the shoulder.

Dotted lines on head and hip in Fig. 2 are for Parietal Contact with Innominate Contact.

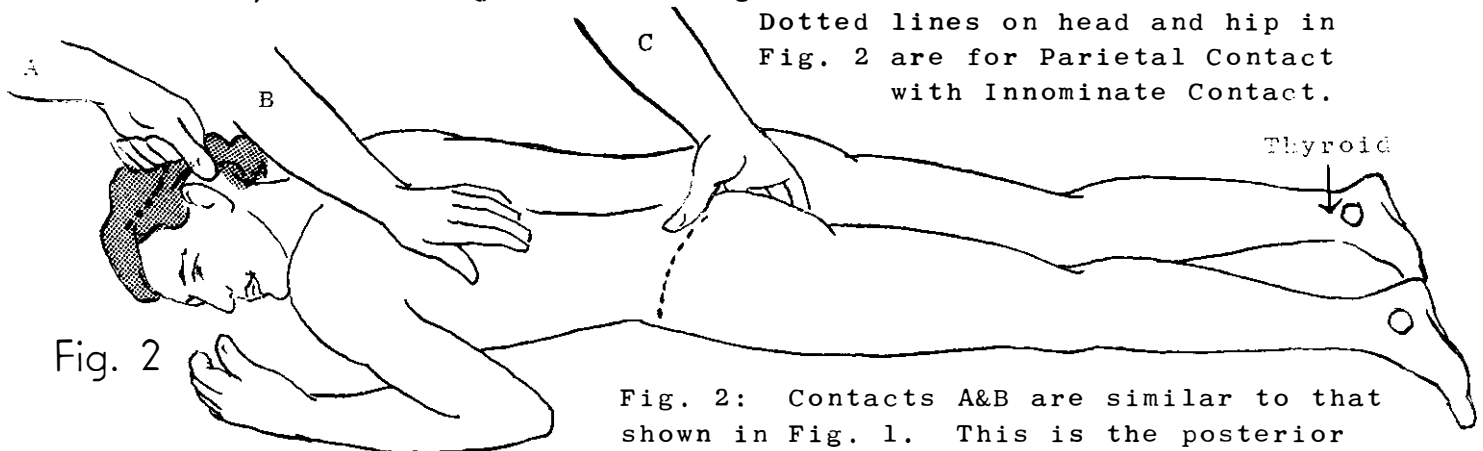


Fig. 2: Contacts A&B are similar to that shown in Fig. 1. This is the posterior side of the body. Contact C is therefore on the posterior Sacro Iliac articulation with the thumb and the fingers, in a gentle, lifting grip on the glutei, like taking a handful of muscles, pressing downward and inferiorly with the thumb, like a pull.

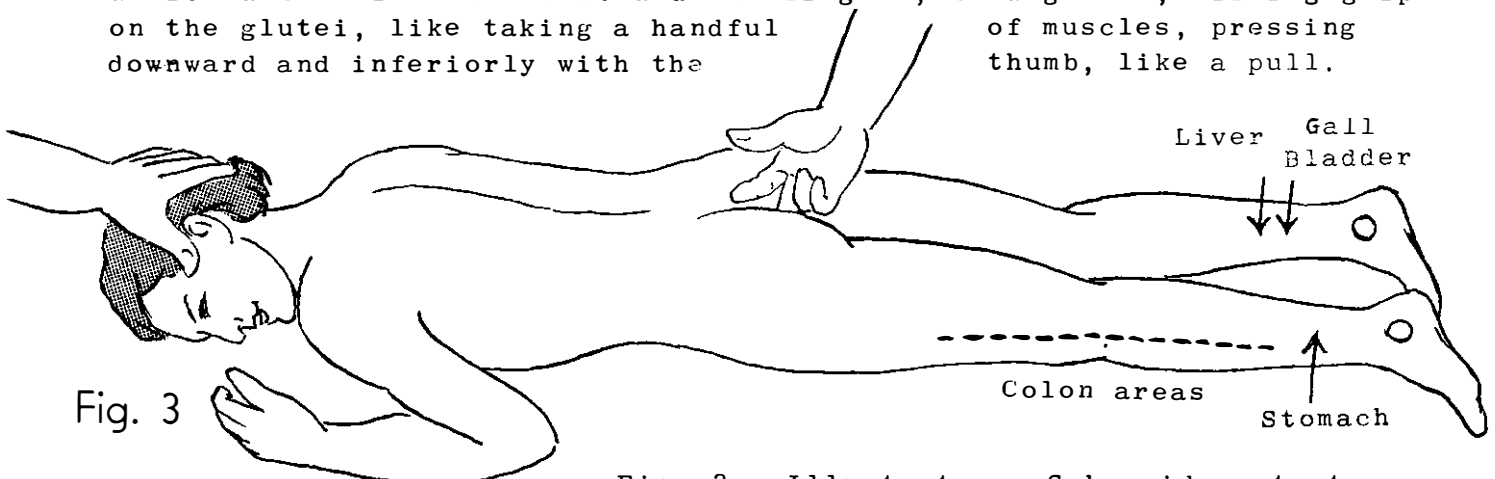


Fig. 3: Illustrates a Sphenoid contact above, the same as in the sitting-up position. The middle finger of the right hand is on right side of the Coccyx, pushing toward the middle. The dots and arrows on the legs are all contact points for any combination, with Superior or Central contacts on the body.

# CHART Nº. 18

# OCCIPUT AND SACRUM, SPHENOID AND COCCYX RELATIONSHIPS

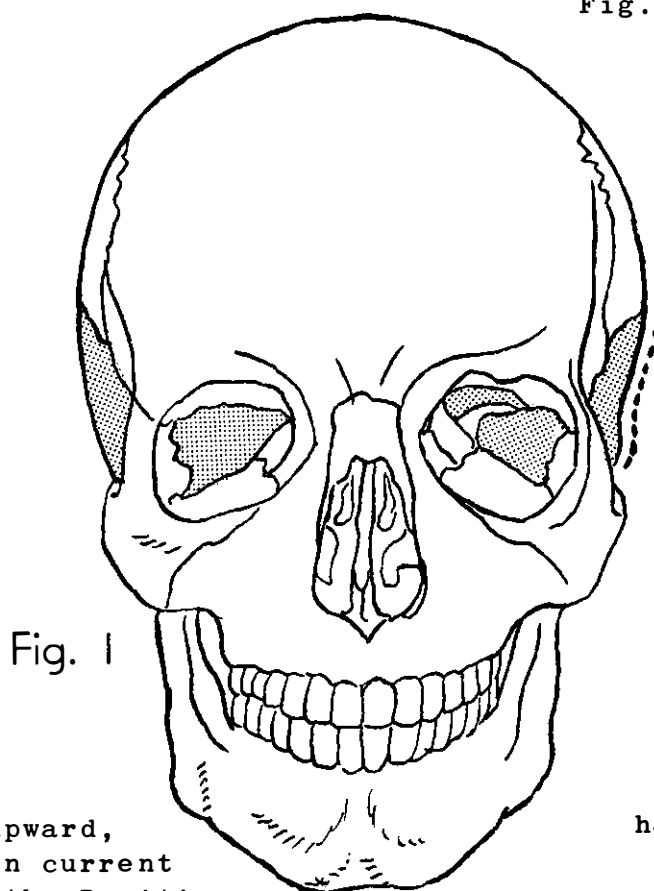


Fig. 1

Fig. 1 shows the Sphenoid bone areas on the skull, anteriorly, and the Great Wings, laterally. It is known that even a light pressure on the eyeballs changes the pulse beat. Whether the Sphenoid is a factor in this is not yet determined.

The Great Wing on each side of the head is a contact point for balancing the Spinal Current with the Coccyx on the opposite side. Being on the side of the head, the current crosses over to the other side, below.

Fig. 2: The top of the head, at the Sutures, marked 'X', is also a free thumb contact point for the Central Axis Current in the body, together with a gentle contact on the tip of the Coccyx with the middle finger of the other hand. The right hand below favors

the upward, return current from the Positive finger of the Positive hand, to the Neuter thumb of the left or Negative hand. Reversing the hands, favors the downward impulse of ENERGY WAVES.

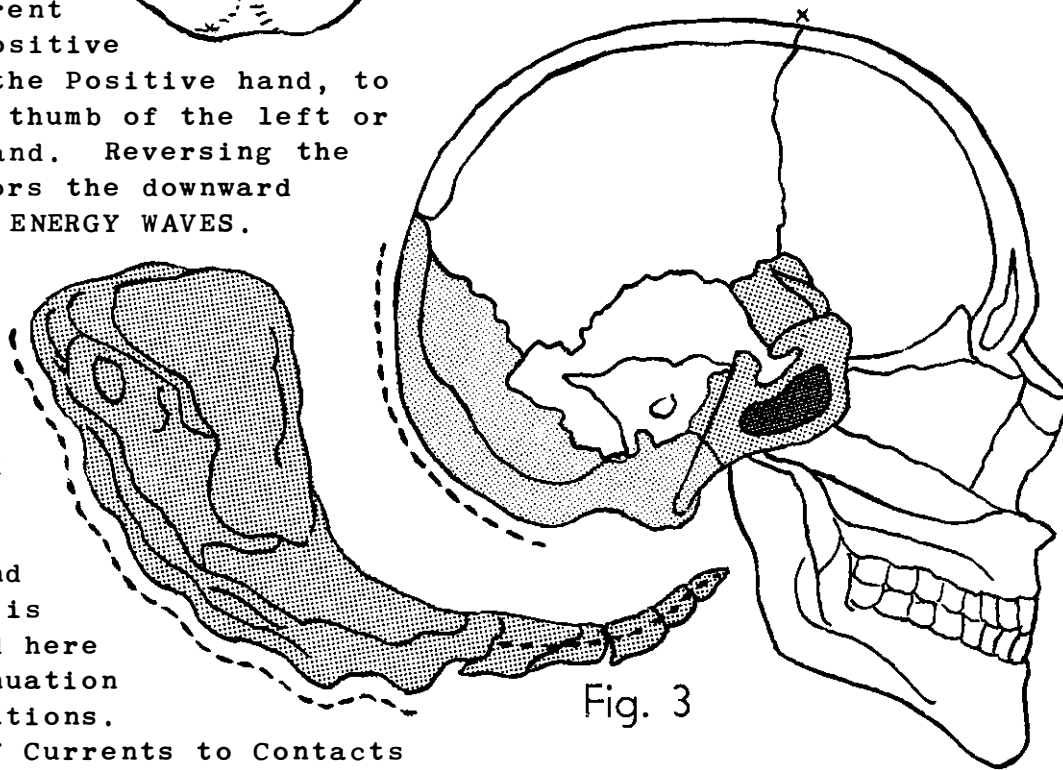


Fig. 2

Fig. 3

The relationship of the Occiput and the Sacrum, and the Sphenoid and the Coccyx is illustrated here as a continuation of articulations.

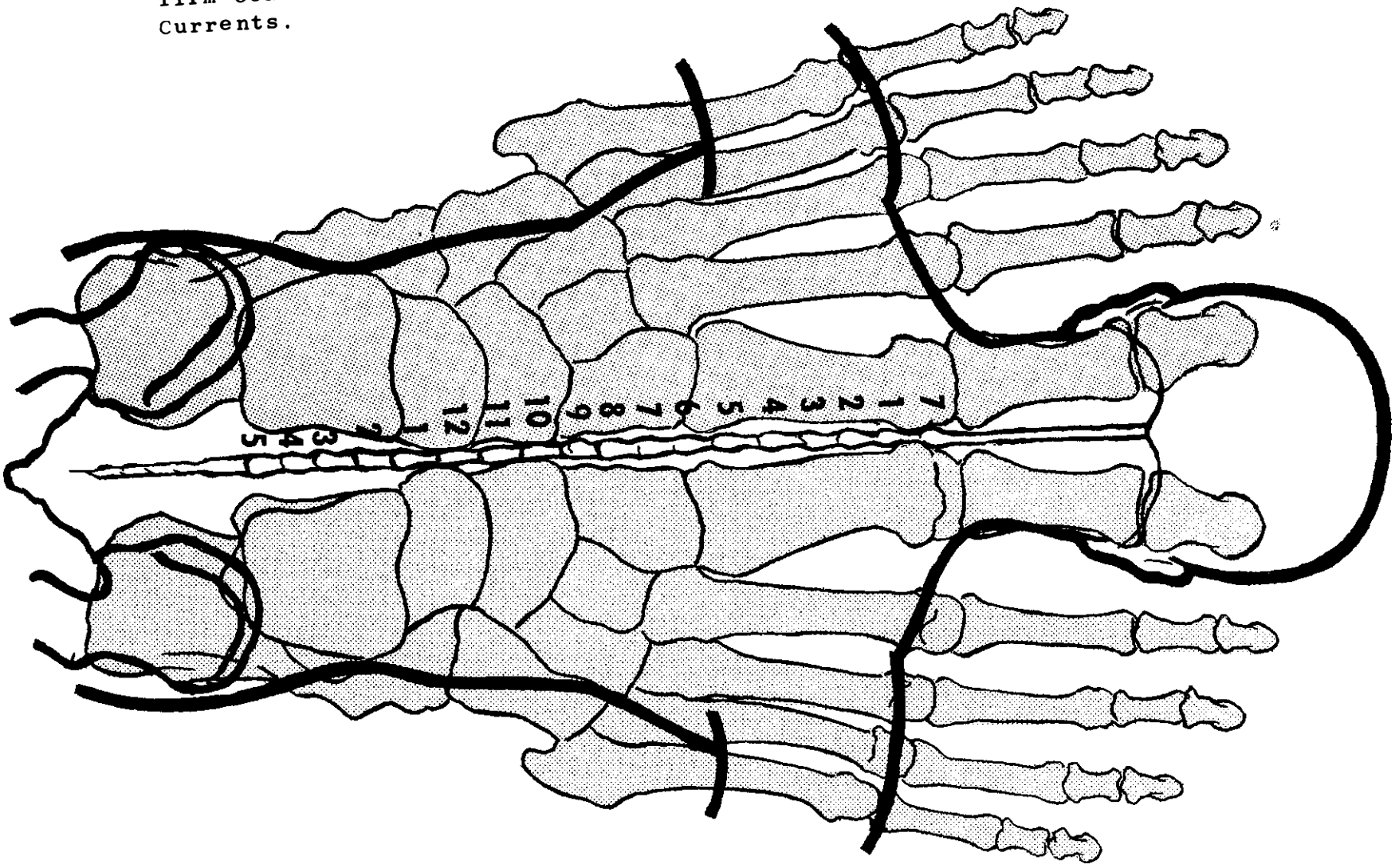
Response of Currents to Contacts

verifies this geometric arrangement, from the top of the spine to the bottom, as shown in Chart No. 2 in this book.

--- = Contact points in Center and on both sides.

Right side of Coccyx, left Sphenoid.

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



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

## EXPLANATION OF CHART NO. 19

The posterior and bony structure of each foot is compared as closely as possible in its polarity response areas to the head, the neck and the back. The total vertical relationship of the feet to each side of the body is given here.

In Chart No. 8 we place the head into the four oval spaces of the body, for relationships and corresponding poles of expressions. Here we place the feet on the back for the same reason of sum total polarity reactions from below, upwards, and from above, downwards, as motor impulse relationships.

For the Anterior relationships, see Chart No. 4 in Book 2, "The Wireless Anatomy of Man".

This chart expresses both, motor and sensory impulse relationships, from top to bottom and from the bottom of the feet to the front of the body, as sensory areas of location as well as posterior identification of motor currents. For functional impulses and relationships, see Chart No. 13 in Book 3, "Polarity Therapy".

It is literally true, and demonstrated here, that what we do not have in our head we must have in our feet. Also that the buttocks are the seat of sensory learning impulses. When visiting the famous Eaton College in London, I was amazed to discover that the old 'hickory stick' is still a fundamental factor in that great institution, to properly impress the 'seat of learning' on their students.

The foot is the finality of ENERGY FLOW EXPRESSION of each half of the brain's hemisphere. It is the end of the circuit of Vitality and of the Circulation. Motion and the spring of life are expressed here, even as the glutei express the muscle sense of balance for driving and sense proportion, through the impulses received from the object they sit on.

A good aviator or bus or truck or auto driver 'feels' his vehicle through this contact, by its slightest impulses and response to power and motion. That also is the reason for having a swivel chair or a movable seat to sit on at the desk. It accommodates brain impulses as a muscle sense expression, and saves much fidgeting and restlessness. That is also the reason why adjustable automobile seats are more restful than stationary seats.

Thinking is motion of mind substance which must be accommodated as expression of some type in body motion, to balance the

## EXPLANATION OF CHART NO.

rhythmic impulses as a natural sequence of events, of sensory and motor action. This idea also explains the benefits of the rocking chair, the swing and the rocking horse of childhood days.

These mind impulses are compared to a clock, and the spinal impulses to the pendulum which ticks them off, as shown in Chart No. 13 in Book 3. One illustration blends into and clarifies the other. It is all the same Truth, approached from a different angle.

The brain and the body are one unit in this expressive creativeness, found in Soul growth and service. With further reference to Chart No. 13 in Book 3, the brain literally has wings, through mind action, as illustrated in Figure 5 in that chart. The Wings of Hermes, Mercury or Mind fluidity are the same as expressed in the Caduceus, and the wings on the feet of the messenger of the gods.

This really brings home the message of the Saints and Mystics; namely, for worldly activities we use the mind but for Spiritual progress the mind and the body must both be stilled for meditation and listening to the VOICE OF GOD WITHIN.

PHYSICAL BALANCE SUMMARY: The sacrum and the heels have a definite relationship as middle and inferior poles, shown in this chart. When making an examination or a check-up, see the sacrum as the foundation wedge of support for posture, structure and functional energy impulse. A brief analysis along these lines will save much time in balancing the structure from the bottom up. In all chronic cases, the root of the trouble is usually hidden here.

The center line over the sacrum is the vertical crease between the buttocks. Normally it should be straight in line with the spine. If it dips to one side, away from the middle, that is THE LOW SIDE OF THE SACRAL BASE, which needs balancing and correction. See "Polarity Therapy" Charts 11, 12, 13 and 14; also detailed charts in Book 4, "The Mysterious Sacrum".

One innominate may be high or low, NO MATTER WHICH WAY THE BASE IS TILTED. The buttocks indicate the innominate levels. By holding a yardstick flat under them, both sides show up as they are.

Do not overlook this basic correction.

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## THE MYSTERY OF FEVER

In orthodox medicine fever is considered similar to a disease due to a germ or a virus infection. Even in toxic and old chronic ailments, no exception is made to that theory. Also in acute disease, there is always an effort to stop that fever. If this theory were correct, then it would be wiser than Nature itself. However, the facts do not prove this to be the case.

The Fire Principle, as the vital energy, is the natural warmth and motivator of the body. When things lag and the circulation is sluggish, it is because waste products have accumulated in the tissues and in the bloodstream. Then more energy and heat are needed to dilate the tissues and capillaries for a speeded-up circulation, to resolve and move this waste and stagnation wherever it can be eliminated. Heat produces chemical changes. Fever is the stepped-up vital force, as heat and motion, to assist the body in burning up this waste as we do the garbage and dispose of the residue of ashes.

FEVER IS NATURE'S OWN CURE for the illness. It will resolve the ailment and clear it out of the system IF THE FEVER IS REGULATED BY COOLING COMPRESSES which keep the skin moist and improve the oxidation of the tissues. A dry skin cannot function, especially in a fever. It needs moisture much like an engine needs the water circulation of a radiator which cools it by evaporation.

Practically all acute diseases with fever (but not after the fever has been suppressed) can be treated most successfully by the use of cool body compresses and the airy principle of fresh citrus fruit juices, taken internally, which aid oxidation and elimination of toxins. In high fevers, cooling enemas may also be given to keep the temperature down below 104 degrees F.

A prolonged high fever of 105 and over coagulates the albumin in sensitive nerve centers where the fever is localized. Properly controlled fever, ACCORDING TO NATURAL METHODS, will burn up any waste and disease in the body, without the least bit of damage. In fact, the patient usually feels better than ever IF THE PROCESS IS ALLOWED TO RUN ITS NATURAL COURSE, as many old conditions are usually cleared up along with the acute disease.

Food should not be given to a fever patient because it acts as a serious interference to elimination of toxins at this time of housecleaning, and it raises the fever. Milk is a food and should not be given at this time. THE FEVER WILL RESOLVE ITSELF WHEN THE WASTE IS BURNED UP AND ELIMINATED, even as all fires go out for lack of fuel; but it must be kept under control

## THE MYSTERY OF FEVER

by natural methods and not be permitted to burn the 'house' down. Very satisfactory and sometimes miraculous results were obtained by me in the many hundreds of acute and chronic cases which I have treated in this manner - and some of them were very serious conditions with complications, such as middle ear diseases, etc.

It matters not what the name of the disease may be, the fever is to be controlled in the same NATURAL way, and then the controlled fever itself will burn out the disease, usually leaving the body in better health than ever.

Medical science has also observed the curative effect of fevers, and uses diathermy and short wave therapy to create an artificial fever. Sometimes even malaria germs have been used to create an artificial fever for the cure of some obscure disease. But a natural fever is not tolerated nor properly controlled and utilized! MAN ENDURES - NATURE CURES.

**BOILS AND CARBUNCLES:** Usually there is fever and pain with this effort of Nature to eliminate some specific poison from the bloodstream. Nature's effort should be sustained by the wise physician who sees the long range good and benefit for the patient in this elimination of impurities which could not be accomplished otherwise. It should be encouraged by means of hot flaxseed poultices applied over the acute areas, to draw all this poison outward, to a head by dilation and surface expansion.

A boil or carbuncle must ripen, like a fruit on the Tree of Life, be it good or bad. Poultices of any kind, heat and patience are the main factors here. A fruit diet assists elimination by not taxing the digestive system, as rich foods do, which caused this condition in the first place.

Lancing a boil or carbuncle drives the poison and infectious enzymes back into the bloodstream and that can cause heart trouble and other severe symptoms due to the suppression of Nature's process. Where the vitality is good, there will be more crops of boils or carbuncles after each lancing or other means of suppression of Nature's process, until exhaustion produces worse after effects.

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THE WONDERFUL EFFECT OF GOLD AND SILVER ON THE HUMAN BODY

Metals are living things. The oxidation of metals is similar to the breathing process in the body, in its metabolic exchange and reaction to the airy principle in Nature. Metals also show wear, fatigue, stress and strain. They also lose their tensile strength and usefulness. Metals crystallize with age and wear, then crumble and break. All these physical qualities are living reactions similar to human qualities and other living structures and organic substances in the vegetable and animal kingdoms.

Precious stones and precious metals such as gold and silver also have a great psychological effect upon human beings, and stir them more than do the vegetable and animal fields. Gold touches a most vital spot in the depth of man's psychological nature. The power of possession and greed through the value factor is paramount. The ego itself is bound up in it. For instance, a discovery of gold in any part of the world is usually followed by a gold rush (like California in 1849 and the Klondike in 1897) which brings to light an unusual psychology of human nature, not found in ordinary, regular living. The same is true of precious stones. The psychological reaction on the masses and the specific reaction on the highly sensitive individuals is profound.

How could it be possible for gold and precious stones to have such a powerful effect on man's psychological nature without having corresponding energy fields to affect the nerves and physical structures also? A study of these reactions on human minds and emotions from their radiating action standpoint as well as the deep-stirring psychology of values indicates that this is a field of power that is overlooked in the present-day methods of healing but was well known and successfully used by the deep thinkers of olden times.

In Nature everything depends upon the life and warmth of the sun's rays. Nothing sprouts without that energy of warmth, in one form or another. Aside from the physical heat there is a life-giving energy in the sun which has a deeper field in its natural function and finer radiations. In ancient times this life-giving energy was called by various names such as: Vitality, Life-force, Prana, Vril, Magnetism, etc. All Nature and substance have their share of it in varying degrees of animated existence. A special concentration of this energy, in a very subtle form, is hidden in the rays of the precious stones and in the more precious metals such as gold, silver, etc., and those used in the field of atomic science.

This energy is naturally of a finer nature or it would not

## THE WONDERFUL EFFECT OF GOLD AND SILVER ON THE HUMAN BODY

be able to slumber for ages in the depths of the earth and still not be affected by heat or cold, nor by the ravages of time. Such a radiation should be worthy of our study. On the other hand, organic structures lose their 'prana' or vital energy through excessive heat or cold and by the ravages of time.

Gold has the finest and subtlest rays of the sun energy locked within it by its very process of formation in the depths of the earth. Precious stones, created by heat and pressure in the depths of the earth, also have their specific energy concentrated within them, like a tiny universal nerve center of earth.

In the ancient Ayurvedic practice, this energy in the gold was extracted by a secret process involving the use of the strong juices of herbs which had an affinity for it. In this manner and by various combinations were the gold remedies prepared. Improved vitality and better heart action were the main objectives for their use. After some time the secret and the understanding of the ENERGY ESSENCE was forgotten and the use of gold soon lost its medical reputation. However, this is only one minor application of the ENERGY in gold to the human body.

The blood contains so little of the essence of gold in its make-up that it is even difficult to trace it. So its application in that direction would be accordingly limited. But the body as a whole has an energy field of vital force that is so similar to the sleeping energy in the gold and in the sun that its real value points to the exchange and stimulation of that energy field direct by means of its radiating action, rather than through its digestive function.

If the users of Zone Therapy had understood the POLARITY ACTION of the rays of gold as the latent sun energy, and those of silver as the latent moon energy, their effects would have been enhanced ten-fold by the application of this mysterious POLARITY PRINCIPLE LATENT IN NATURE AND IN MAN. Of course this energy must travel as living lines of force and radiant currents, as described and illustrated in detail in my other books.

The sun and the moon are the most active energy factors in our solar system and therefore gold and silver are naturally the two most potent metallic representatives of these two energies. The sun gives heat, vitality and expansion to all things. The hidden, finer energy in gold has the same effect on the human body when applied to it at the representative areas according to the principles of "POLARITY THERAPY" and "THE WIRELESS ANATOMY OF MAN". Of course this can also be done by the use of hands, but that also

## BOOK V: VITALITY BALANCE

### THE WONDERFUL EFFECT OF GOLD AND SILVER ON THE HUMAN BODY

means more work for the doctor and the results are not so quickly obtained as they are by the use of gold and silver.

When a gold comb is lightly drawn over the body, sensitive persons can feel its warmth. When a silver comb is used in the same way, it is described as a cool wave or current. These effects are in the finer energy fields of the psychic 'prana', not in the gross physical energy of the breath alone.

When gold and silver are used as probes in definite areas in the nose and in the back of the throat, a whole new field of astonishing vital reactions with surprising benefits is possible. GOLD IS USED FOR DILATION, AND SILVER FOR CONTRACTION.

If a gold applicator is used in the rectum in the form of a dilator, it will produce vital waves of psychic 'prana', of warmth and radiation, and will stimulate and invigorate the reflexes from below upwards. This application is indicated in the cases of tension and pain in the rectal region.

The spastic rectum would be relieved by using a gold tube, inserting it and leaving it in for ten to fifteen minutes. Patients with piles would greatly benefit by the application of a silver tube, leaving it in for fifteen to twenty minutes, during the POLARITY treatment. It is the POLARITY action that does the work rather than the mechanical dilation due to the size of the applicator. Whichever one is used internally, the metal of the opposite pole should be placed on the soles of the feet or on the back of the body at the sacrum, to complete the circuit of the fine inter-action of the currents between the GOLD and the SILVER.

The rectum is the positive pole for all stagnations below it, clear down to the soles of the feet. The radiating process is enhanced considerably by placing a silver plate on the bottom of the feet, at the middle of the arch and toward the heel. This has a cooling and drawing effect, will draw the energy downward and establish a complete circuit in the lower extremities where the stagnation was most pronounced prior to treatment. This application is clearly indicated in leg troubles where other methods have not succeeded. Much specific relaxation and reaction of profound therapeutic value can be elicited thus by means of very little effort and no strain on the doctor or the patient.

The same can be said about gold clamps applied at the finger and toe joints, according to my system of living POLARITY ENERGY CURRENTS AND THEIR CIRCUITS OF FLOW. The combs and plates can be applied at opposite polarity poles or lightly pressed un-

## THE WONDERFUL EFFECT OF GOLD AND SILVER ON THE HUMAN BODY

der the nails of the fingers and toes with surprisingly good results.

This is not a system of pressure or pressure massage as it was formerly thought to be, but rather a system of finer energy flow through POLARITY ACTION AND REACTION. True, physical pressure also works through the mechanical factor by dislodging the grosser energy blocks and stimulating the current flow, BUT THE SUBTLEST AND MOST ENDURING ENERGY EFFECT lies in the ENERGY CURRENTS THEMSELVES AND IN THEIR NATURAL POLARITY ACTION. All must blend into Nature for balance and health. All artificial stimulations have their reactions and leave their residue in the system. This must also be cleared out before all is well because GOOD HEALTH IS A NATURAL CONDITION AND PROCESS.

There are other planets in our solar system which also have their keynote of energy fields represented in metals and in the human body where that energy is locked and slumbers in its own keynote:

The planet Jupiter has its counterpart in tin and zinc.

Venus has copper and brass as its earthy counterpart.

Mars sleeps in the iron of the earth as a potential energy field for war and industry.

The planet Mercury has the metal of mercury as its earthy, unstable, fluidic expression. Both, mind and mercury, are very unstable and represent each other. Mercury was also used by the ancients in their medicine of energy essences, BUT NEVER IN ITS CRUDE FORM. In later years it survived in its crude form as a chloride of mercury, used to clean out the liver and gall bladder and to act as a cathartic.

Theophrastus Bombastus Paracelsus von Hohenheim was the last adept in the secret uses of the ENERGIES IN METALS as internal remedies when extracted by alchemical skill. Highly did he praise the action of his 'Mercurius'. Of course that which he referred to and used was not the crude mercury, but was the alchemical ESSENCE of it.

Copper and zinc were used in ancient times for rheumatism. Copper bracelets are still worn by many persons, with beneficial effects. Copper and zinc insoles were also used to relieve rheumatism and similar ailments. This application promotes a certain type of energy flow. Most people know about these old-time rem-

THE WONDERFUL EFFECT OF GOLD AND SILVER ON THE HUMAN BODY

edies and still have faith in them.

The various methods of electronic therapy and such machines were based upon these finer energy currents, latent in metals, and their stimulation by means of a retarded electric current which checked the grosser energy in its path and created a static field. This also had its various reactions. Persons who can feel the electronic actions can also perceive the effect of gold and silver in any form or application.

When the foundation is understood, as it is clearly illustrated in "THE WIRELESS ANATOMY OF MAN" and is further explained in my book, "POLARITY THERAPY", then the applications of gold and silver as POLARITY FACTORS become an art and a science. Whether it is in the form of combs, probes, plates, clamps, etc., the POLARITY PRINCIPLE DOES NOT CHANGE.

The gold applicator should always be placed at the superior pole - whether that happens to be the positive or the neuter one - and the silver ones always at the inferior or negative poles. Energy travels from the crown of the head, downward.

As shown in the charts in the above mentioned books, the five fingers reflex to the energies in the body in geometric proportions, longitudinally and vertically, and represent the neuter pole; while the toes relate to the same energies in the body as the negative pole.

The thumbs are the neuter, horizontal reflex poles to the head and to the mind region, and vertically reflex to the central portion of the body. The great toe on each foot is the negative reflex center of the same region. So a gold ring on the thumb and a silver one on the great toe would stimulate the head and mind region.

The space between the thumb and the first finger represents the neck area which joins the head and the body, and is the etheric area and center of speech and sound energy.

The first finger, when placed in a horizontal position on the body, represents the chest area and the airy principle in it. It was credited to Jupiter, the Thunder god, in the Greek system. His hurling the bolt of lightning and the action of the heart have something in common in their circuits of flow, which maintain the 'heavens' above the diaphragm and the body economy. The second toe is the negative reflex to this area. Therefore, a gold ring worn on the first finger stimulates heart and respira-

## THE WONDERFUL EFFECT OF GOLD AND SILVER ON THE HUMAN BODY

tory action. By the same token a silver ring would be used here in a case of excessive activity or over-stimulation in this area.

The second finger, also called the middle finger, represents the neuter pole of the abdominal area in the human body, and its fiery energy of digestion (Saturn), while the corresponding (third) toe represents the negative pole of the same area. Life lives upon life in this world; hence it was said that Saturn devours his own children. A gold ring worn on the second finger stimulates digestion.

The third or ring finger represents the pelvic area and the generative function. This was credited to Brahma, the creator of forms, in the Hindu system. A gold ring which is usually worn on this finger as the symbol of marriage, stimulates the generative action. The fourth toe is the negative pole of this same area.

The little finger represents the last and the least important center in the body; namely, the rectal center. This is called the 'Muladhara Chakra' in its finer psychic energy action. Either a silver ring, or two or three turns of silver wire around the base of the little finger, contracts this rectal center in its subtler energy field and thus relieves piles. The little toe is the negative pole of this area.

In short, gold applied to any area or joint stimulates and dilates its corresponding reflex function in the body, and silver contracts.

Since publishing the first edition of this book the author has traveled to India with stop-overs in Switzerland, Italy, Greece and Egypt; remained in India with a GREAT SPIRITUAL TEACHER for six months, also traveled in India with Him; then returned to America with stop-overs in Ceylon, Spain, Portugal and London. Throughout, the writer looked closely for and found many clues in ancient writings, customs, carvings, paintings, pottery, etc. for further verification of the existence of the knowledge of the geometric lines of energy fields in the body in those days. It is THE ENERGY FIELDS which are the active factors behind all the other phenomena which is now generally thought to be due entirely to mechanical and chemical action.

It seems to take a long time for people nowadays to understand some of the things used in times of old and to comprehend the hidden energy behind a simple application of this principle. The secret of metals is one of these principles, locked up se-

## THE WONDERFUL EFFECT OF GOLD AND SILVER ON THE HUMAN BODY

curely in the dim past. Only a story now and then, which seems meaningless to millions, carries the clue and seems to say, "Let him who hath eyes to see, see, and prove it by application and observation". One such story was told to me in India by my dear friend, Jagmohan Lal, retired Professor of English, History and Chemistry, who is considered to be an authority on Sanskrit and ancient lore:

The Hindus worship a trinity of gods whom they call Brahma, Vishnu and Shiva, much the same as Christians worship God the Father, God the Son and God the Holy Ghost. It is said that many thousands of years ago Vishnu gave to his followers and devotees the secret of healing by means of herbs, leaves and plants and the finer energies hidden in them. The followers of Shiva came to him and complained that they had to go to the followers of Vishnu to get relief from their ailments because they had received no such means from their own god, Shiva. Shiva replied: "I will give you something much better; that is the secret of the energy latent in metals for use in healing yourselves. This is much more potent than the energy in the herbs and vegetables." This knowledge served the people for a long, long time, until the secret was forgotten and the understanding of the principle was lost.

For many years I had sensed the hidden energy in various metals, precious metals and precious stones. I have worked with and tested electronics in this same field and am thoroughly convinced, through marvelous results obtained, of the POLARITY OF METALS IN THE HUMAN ECONOMY OF HEALTH, THROUGH THE GROSSER AND FINER ENERGIES - through the nervous system as the grosser energy field and the WIRELESS SYSTEM as the finer energy field which originally served in building the body and continues to permeate it.

I had used Zone Therapy over thirty years ago and had figured out a real logical foundation for it besides just arbitrary dividing lines. 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. They are the POWERFUL CENTERS OF FINER ENERGY WHICH PRECIPITATED THE GROSS PHYSICAL BODY AND STILL INFLUENCE IT. This is an exact science of geometric proportions and POLARITY ACTIONS of relationships of Energy Current Travel. Precise illustrations are given in my books, "THE WIRELESS ANATOMY OF MAN", "POLARITY THERAPY", and "THE MYSTERIOUS SACRUM", so anyone who wishes to do so can prove this for himself or herself.

But it requires patience, thought and some skill to find the exact reflex centers in the body.

Energy must flow. Sore spots are blocks in the energy currents at either the positive, the negative or the neuter poles; or perhaps at two of them or all three of them. The science and skill come into play in FINDING OUT WHERE THE ENERGY IS BLOCKED AND IN KNOWING HOW TO RELEASE IT. When the current is re-established, the pain leaves at once and normal action takes place.

There are many ways to move the finer energies directly by POLARITY knowledge of the body's superior, middle and inferior reflex area poles. This is a precise mathematical proportion of fields, as ovals and organs, for finer wireless energy currents. Chart No. 1 in "WIRELESS ANATOMY OF MAN" illustrates these ovals and centers. It is not based upon the gross anatomy, nerve tracing or circulatory knowledge. The ancient Chinese did not have our modern science and knowledge of the circulatory system and nervous system; yet they had their mysterious and most effective Acupuncture System with gold and silver needles, for instant relief and many cures. Hence this could not have been based upon the modern system as it is practised today. A doctor and philosopher of this Acupuncture System in Marseilles, France, is considered to be an expert at it and also taught it at the French Academy of Medicine in Paris at the request of the French Government. But I notice from the charts which are used there and in Germany for tracing the reflexes, that they follow mostly the course of nerves according to the modern theory of anatomy. This, of course, is not the foundation of the original Chinese System because such theories were not in existence then. The original system was based upon the foundation of matter in its simple construction of lines of ENERGY flowing through the five fields, as is also clearly outlined in my courses. Nearly all ancient systems such as the Ayurvedic System of India, the Unani System of Greece, etc. were founded on that basis. Each used different means and methods based upon this primal fact of Nature's five fields (the five ovals of the body) and five currents of energy flow, plus three modes of motion in all action, similar to our atomic science; namely, positive, negative and neuter; or, structurally, the superior, the middle and the inferior poles.

The positive pole built the form and lies in the field. As long as energy can function over it, it can be relied upon to respond in a precise way to each type of stimuli, whether fine or gross, solid, liquid or gaseous, or a finer energy current of warmth, or pure etheric energy. The latent energy in the metals is the latter type of energy and works through the finer currents of the unobserved energy fields in metals and in gems.

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**BODY BALANCE  
THROUGH  
EVOLUTIONARY ENERGY  
CURRENTS**

**Twenty-Five Charts**

Illustrating Polarity Principles  
& Techniques

# Commentary on *The Evolutionary Energy Charts*

In these 25 Charts, many of the fundamental energy patterns discovered by Dr. Stone are diagramed in detail. He focuses on the "wireless currents which built the body in intra-uterine life, according to a mind pattern design, like a blueprint." And, as he has written, "In this tracing of Life we find deeper causes for the action of the fully developed mind and body."

In the 25 Charts, he wrote, "deeper sources of Energy have been charted and identified." Dr. Stone stated that he called the energies diagramed here "Evolutionary" because they deal with energy flow from the center outward, radiating and evolving in all directions as the developing Life Principle that sustains the body.

In addition to the abstract energy patterns included, Dr. Stone also illustrates numerous therapeutic techniques and exercises, as well as introducing some fascinating material on the relationship of the four elements to diet. A complete list of the charts follows, as described in one of Dr. Stone's brochures.

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Chart 1 - Polarity of the Water Element & how it operates in the body as finer Energy Circuits.

Chart 2 - The center of the vital radiation & its aura of warmth and circulation.

Chart 3 - Posterior motor energy center of vital force.

Chart 4 - A therapeutic application of the fiery energy principle & a wonderful relaxing position, most useful in Sciatica.

Chart 5 - Diagnostic sensory areas in the hand & foot, and contact points for release.

Chart 6 - The posterior horizontal reflexes of hand & foot.

Chart 7 - A prostatic lift, from the outside, with heel & sacral contacts.

Chart 8 - Perineal technique & spinal contacts.

Chart 9 - Lymphatic drainage technique.

Chart 10 - Finer wireless fields and energy currents of Tattwas & Pranas.

Chart 11 - A rare chart on spiritual faculties & their location in the brain.

Chart 12 - The atom & a similar energy whirl in the body.

Chart 13 - Vital exercises to integrate Life & motion.

Chart 14 - Three vital exercises for tone.

Chart 15 - Two exercises for polarizing energy currents.

Chart 16 - Primal energy, its symbol & application in therapy.

Chart 17 - Correlation of the two nervous systems & the spinal cord.

Chart 18 - Vital Polarity Therapy for stomach, liver & digestion.

Chart 19 - Polarity of the feet and head, & sympathetic areas for therapy.

Chart 20 - Sympathetic & parasympathetic contact areas.

Chart 21 - Diagnostic signs of the tongue & the voice.

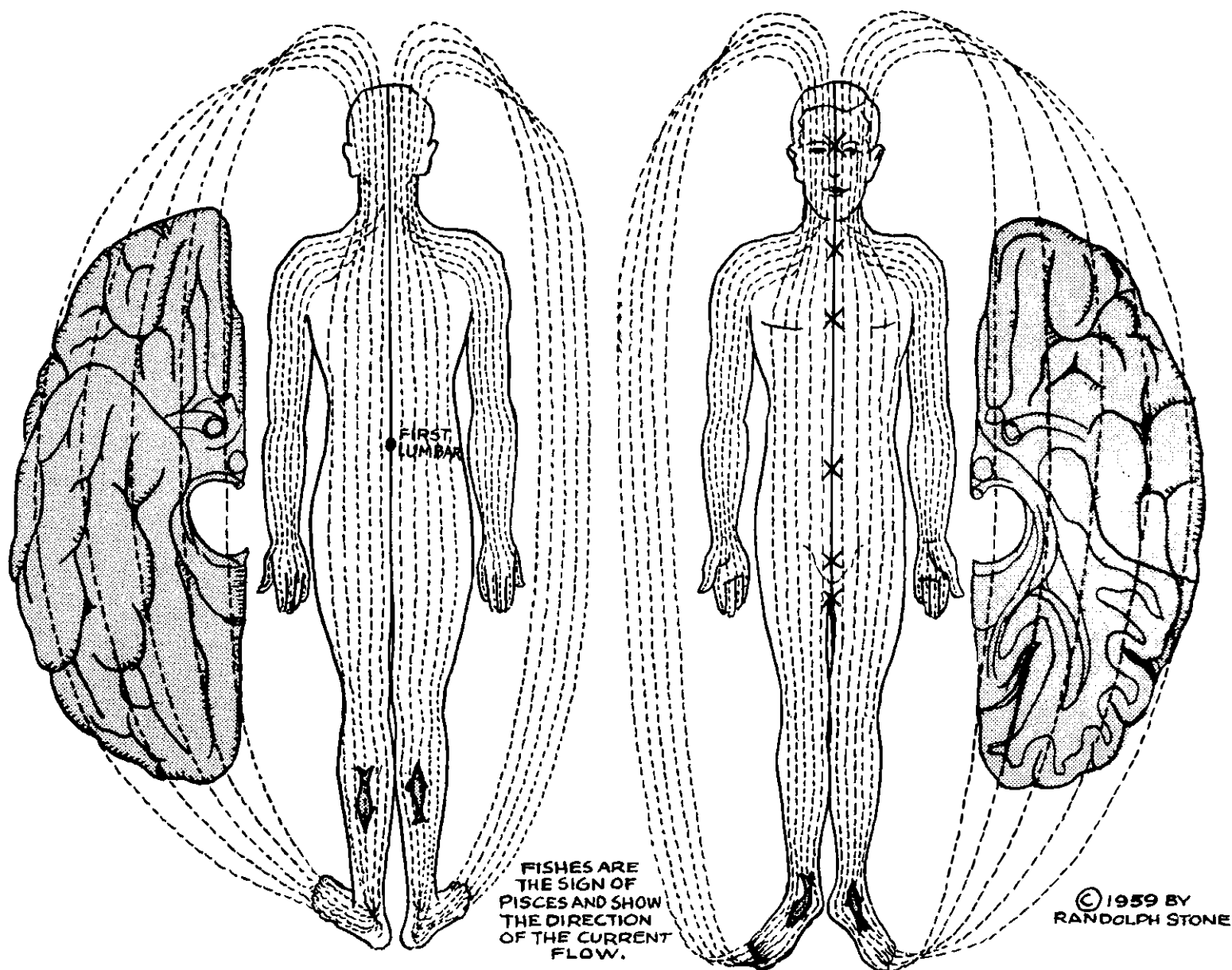
Chart 22 - A unique specific sacral correction & spinal therapy.

Chart 23 - A sitting up correction for posterior, inferior & lateral lumbar, also for Sciatica, etc.

Charts 24 & 25 - DIET - A new food classification according to the earth's magnetic strata & the four elements.

# EVOLUTIONARY ENERGY SERIES

EVOLUTIONARY MIND ENERGY FLOWS FROM THE MIND PRINCIPLE OVER THE BRAIN AND THE NERVOUS SYSTEM AS PRIMARY ENERGY WAVES. SECOND, AS CONDUCTED IMPULSES OVER INSULATED NERVES LIKE WIRES FOR ALL SPECIFIC PHYSIOLOGICAL FUNCTION. THIS SERIES OF EVOLUTIONARY ENERGY CHARTS SHOW MIND AND LIFE IMPULSES FLOWING OVER THE BODY LIKE WAVES. THEY LOOK LIKE A WHEEL WITHIN A WHEEL ALMOST AS THE PROPHET EZEKIEL SAW THEM WITH LIFE ENTHRONED IN THE CENTER. THE FIERY LIFE CENTER IN THE UMBILICUS LINKS THE ENERGIES INTO PHYSICAL LIFE THROUGH THE UMBILICAL CORD FROM THE MOTHER INTO THE EMBRYO. IT IS THIS CYCLE OF NOURISHMENT AND ENERGY WHICH BUILT THE EMBRYO IN A PERFECT NEUTRAL POSITION IN THE WOMB. WHEN THE CORD IS CUT, THE BABY IS AN INDIVIDUAL AND FUNCTIONS ON THE PERPETUATION OF THIS ENERGY CYCLE BY TAKING NOURISHMENT DIRECT. THIS PRIMARY VITAL IMPULSE IS THE MOST IMPORTANT FIERY ELEMENT IN OUR LIFE FOR DIGESTION OF FOOD, ASSIMILATION, ELIMINATION AND OXIDATION. THESE ARE THE HEALING REPAIRING AND BUILDING FACULTIES IN OUR BODIES. THEY ARE UTILIZED AS A THERAPY TO KEEP THIS VITAL ENERGY FLOWING WHEN OBSTRUCTED IN ILLNESS AND BY DISEASE. IT IS TRULY A VITAL APPROACH TO RELEASE VITAL FORCES PRIOR TO CHEMISTRY AND MECHANICS.



EVOLUTIONARY  
SERIES  
CHART NO. 1

STANDING ON THE RIGHT SIDE AND MAKING A RIGHT HAND WHIRL, THE CURRENTS TRAVEL DOWNWARD IN FRONT AND UPWARD ON THE BACK. STANDING ON THE LEFT SIDE THEY TRAVEL UPWARD IN FRONT AND DOWNWARD ON THE BACK. THERE IS A CROSSOVER IN EACH OVAL CENTER WHERE THE CURRENTS POLARIZE AS THE CADUCEUS CURRENTS OF THE SUN AND MOON ENERGY OR THE RIGHT AND LEFT BREATH THROUGH EACH NOSTRIL. SEE CHARTS NO. 1-2-3-5-6-7-8-9 AND 60 IN "WIRELESS ANATOMY."

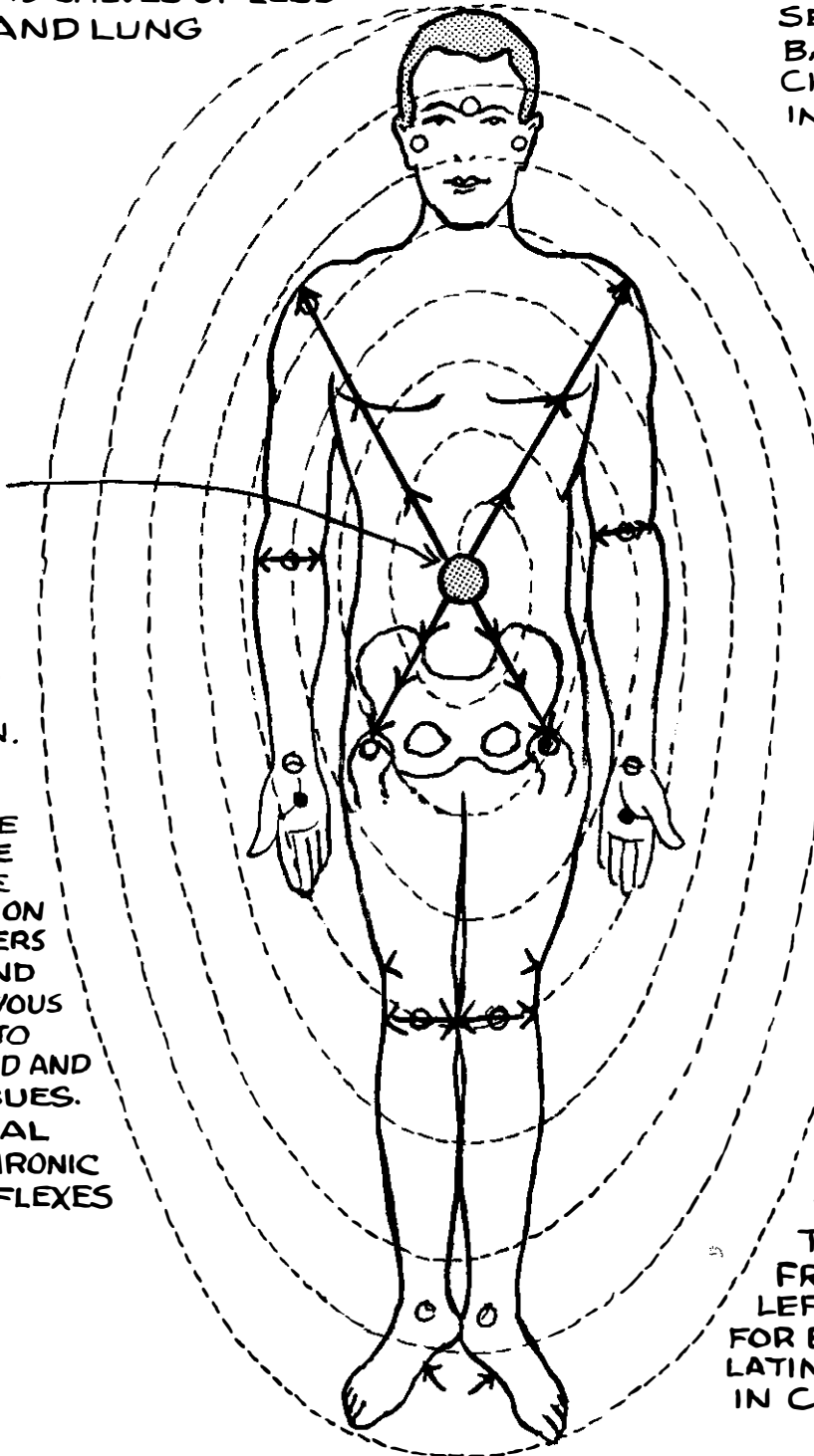
# EVOLUTIONARY RADIATING VITAL ENERGY WHICH SUSTAINS ALL BODY FUNCTIONS. ANTERIOR WAVES FROM THE CENTER OUT AND CONTACTS FROM THE UMBILICUS. OTHER SENSORY CENTERS FOR CONTACTS - THE PERINEUM, UVULA, TOP OF HEAD, PALMS OF HANDS, SOLES OF FEET.

THIGHS AND UPPER ARMS ARE DIGESTIVE REFLEXES AND FOREARMS AND CALVES OF LEGS ARE CHEST AND LUNG REFLEXES.

MOTOR JOINT AREAS CAN BE USED WITH SENSORY CONTACTS TO BALANCE BOTH. SEE CHART NO. 4 - PAGE 45 IN "POLARITY THERAPY"

RED VITAL CURRENTS OF ENERGY FLOW AS THE FIRE OF LIFE AND NOURISHMENT. THE CENTER OF DIGESTION, ASSIMILATION, ELIMINATION AND OXIDATION.

LIGHT PRESSURE WITH A GENTLE SENSORY TYPE TOUCH CONTACT ON POLARITY CENTERS IS RELAXING AND SOOTHING TO NERVOUS PATIENTS AND TO OVERSTIMULATED AND IRRITATED TISSUES. TENSE PERINEAL MUSCLES ARE CHRONIC EMOTIONAL REFLEXES



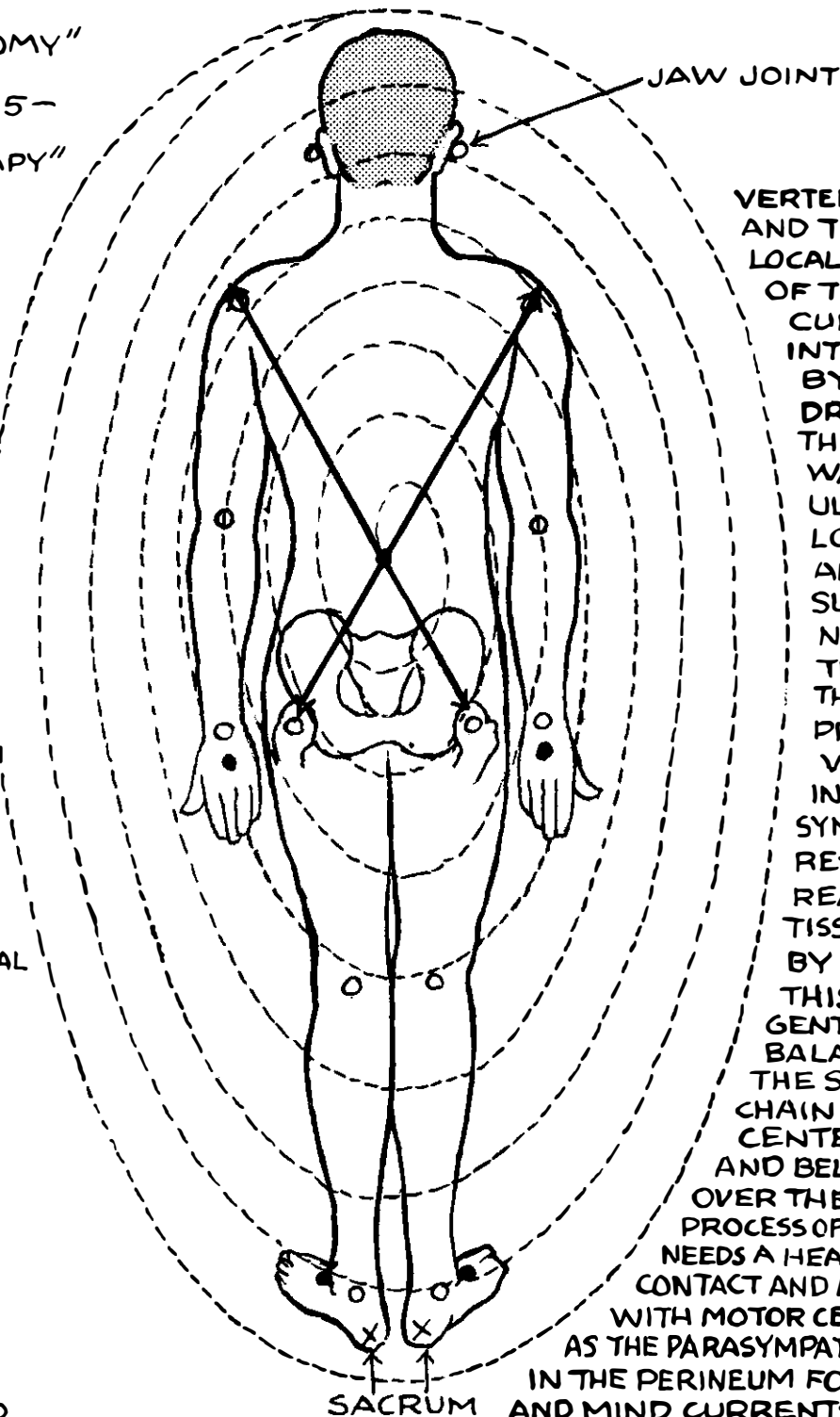
THE EMOTIONS ARE THE NEUTRAL ETHERIC LIFE PRINCIPLE AND THE INVOLUNTARY ACTIONS AND REACTIONS OF THE VEGETATIVE NERVOUS SYSTEM. THEY CONSTITUTE THE UNCONSCIOUS CELLULAR LIFE IMPULSES AND BEHAVIOR. TENDERNESS ON TIP OF SPINOUS PROCESS SHOWS A CONGESTION IN THE MENINGES AND A STAGNATION IN THE CEREBRO SPINAL FLUID AS THE CENTRAL CORE ACTION FROM THE LIFE PRINCIPLE IN THE VENTRICLES OF THE BRAIN. LACK OF OXIDATION STAGNATES THE LIFE FLUIDS BECAUSE OF INSUFFICIENT RADIATION OF THE FIERY LIFE ENERGY MIXED WITH AIR TO FAN IT. POLARIZING THE BRAIN FACULTIES FROM THE RIGHT TO THE LEFT HALF CAN BE DONE FOR BALANCING OR STIMULATING ACTION. (TAUGHT IN CLASS WORK).

**POSTERIOR MOTOR CURRENTS OF VITAL ENERGY. SECOND AND THIRD LUMBAR SPACE IS THE BODY WEIGHT CENTER. SEVEN JOINT CONTACTS FOR MOTOR CURRENT RELEASE. ALSO CONTACTS ON BACK OF HAND AND TOP OF FEET TO CORRESPOND TO THE SPINAL MOTOR AREA.**

SEE CHART NO.59—  
PAGE 80 IN  
"WIRELESS ANATOMY"

ALSO CHART NO.5—  
PAGE 48 IN  
"POLARITY THERAPY"

FIRM PRESSURE WITH MOTION OR RHYTHMIC VIBRATION IS STIMULATING TO TISSUES AND PRODUCES BETTER CIRCULATION AND LYMPHATIC DRAINAGE. THE AIRY MIND PRINCIPLE IS THE VOLUNTARY IMPULSE FOR MOTION AND EXERTION. IT EXPRESSES ITSELF THROUGH THE PARASYMPATHIC NERVOUS SYSTEM AS A BRAKING IMPULSE TO BALANCE THE MENTAL EMOTIONAL EXUBERATION.



VERTEBRAL SORENESS AND TENSION ARE LOCAL INDICATORS OF THE NERVE CURRENT INTERFERENCE BY LACK OF DRAINAGE OF THE FLUIDS AND WASTE ACCUMULATION IN THE LOCAL TISSUE AND ORGANS SUPPLIED BY THAT NERVE CENTER. TENDERNESS OVER THE TRANSVERSE PROCESS OF ANY VERTEBRAE INDICATES A SYMPATHETIC NERVE RESPONSE TO LOCAL REACTION OF THE TISSUES SUPPLIED BY THAT CENTER. THIS NEEDS A GENTLE TOUCH TO BALANCE IT WITH THE SYMPATHETIC CHAIN FROM THE CENTERS ABOVE AND BELOW. TENSION OVER THE TRANSVERSE PROCESS OF ANY VERTABRAE NEEDS A HEAVY PRESSURE CONTACT AND A BALANCING WITH MOTOR CENTERS AS WELL AS THE PARASYMPATHETIC CENTERS IN THE PERINEUM FOR EMOTIONAL AND MIND CURRENTS RELEASE.

EVOLUTIONARY  
SERIES  
CHART NO.3

# EVOLUTIONARY TREATMENT APPLIED IT DISTRIBUTES THE FIERY ENERGY OF DIGESTION, AIDS CIRCULATION AND CURRENT FLOW.

A SINGLE CONTACT ON THE SOLE OF THE FOOT CAN ALSO BE USED WITH THE UMBILICAL CONTACT

THE UMBILICAL CONTACT RELEASES THE FIRE OF OXIDATION AND CIRCULATION FROM THE CENTER TO THE CIRCUMFERENCE.

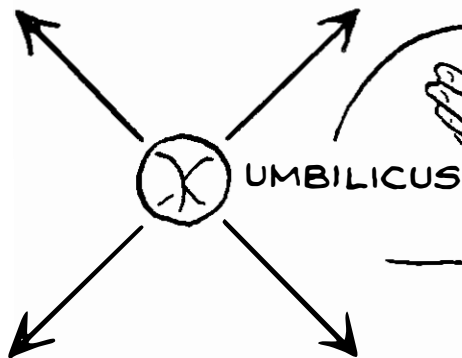
THE UMBILICUS IS THE POTENTIAL LIFE CENTER FROM BIRTH

EXCELLENT THERAPY FOR HEART, KIDNEYS AND DIGESTIVE ORGANS

DIRECTIONAL ENERGY FLOW CONTACT POINTS

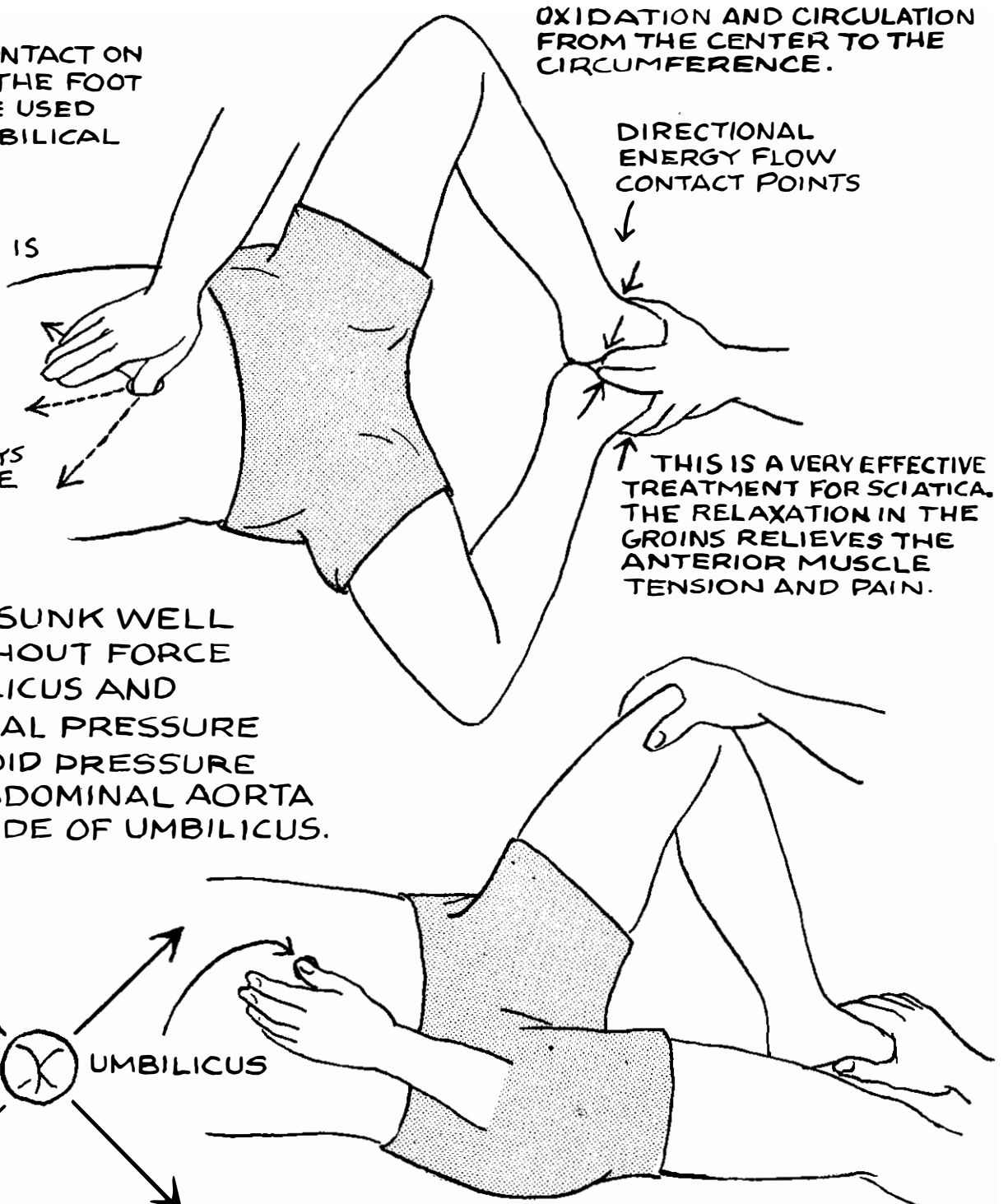
THIS IS A VERY EFFECTIVE TREATMENT FOR SCIATICA. THE RELAXATION IN THE GROINS RELIEVES THE ANTERIOR MUSCLE TENSION AND PAIN.

THUMB IS SUNK WELL DOWN WITHOUT FORCE INTO UMBILICUS AND DIRECTIONAL PRESSURE GIVEN. AVOID PRESSURE ON THE ABDOMINAL AORTA ON LEFT SIDE OF UMBILICUS.



EVOLUTIONARY SERIES  
CHART NO.4

SINGLE CONTACTS FOR EACH SIDE - KNEE AND UMBILICUS OR FOOT AND UMBILICUS. USE A FIRM CONTACT ON KNEE OR FOOT, WITH OR WITHOUT MOTION.

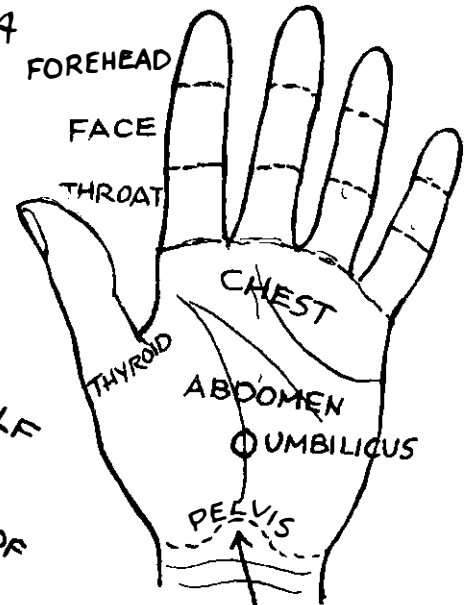
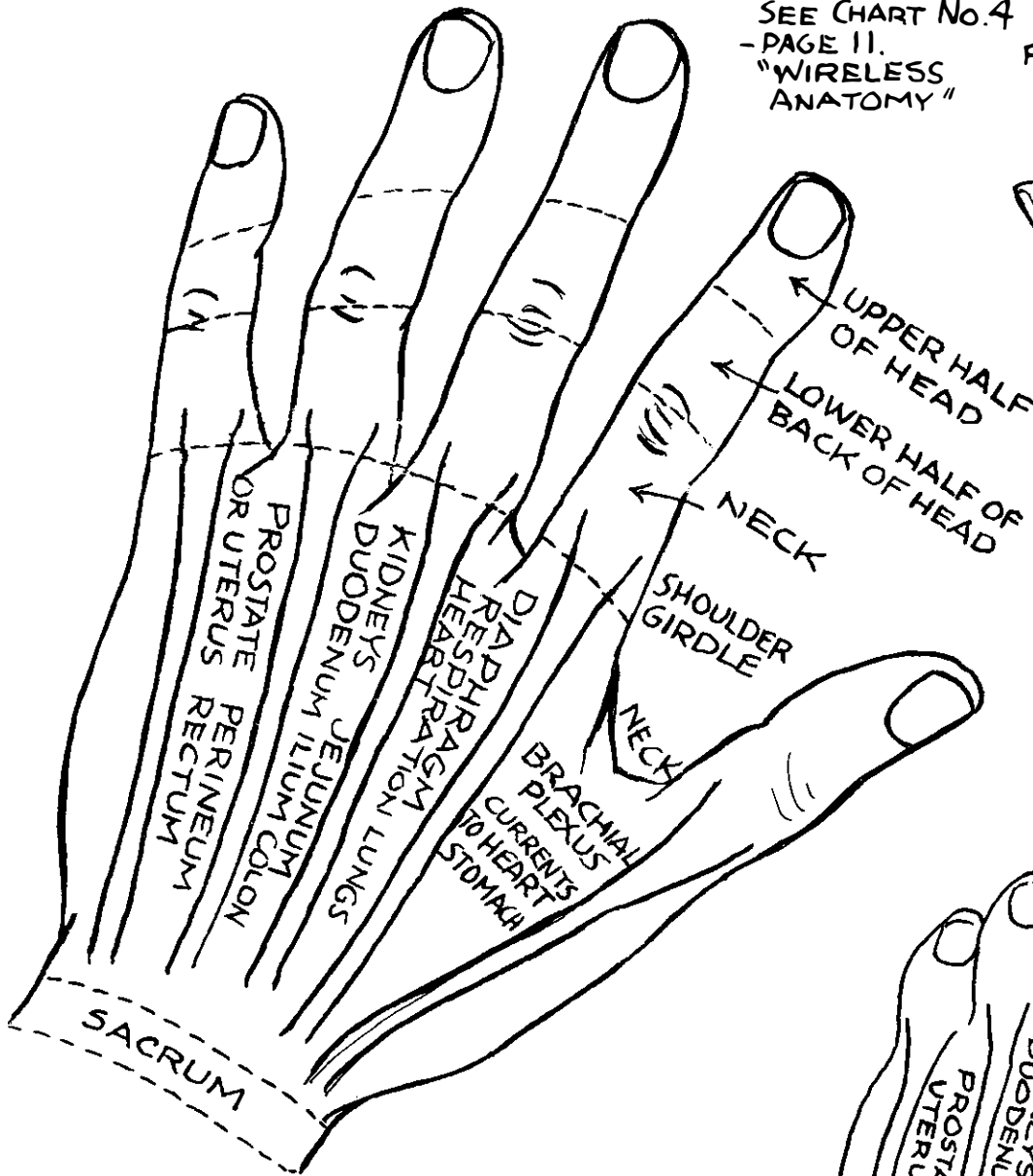


# HORIZONTAL DIAGNOSTIC AREAS

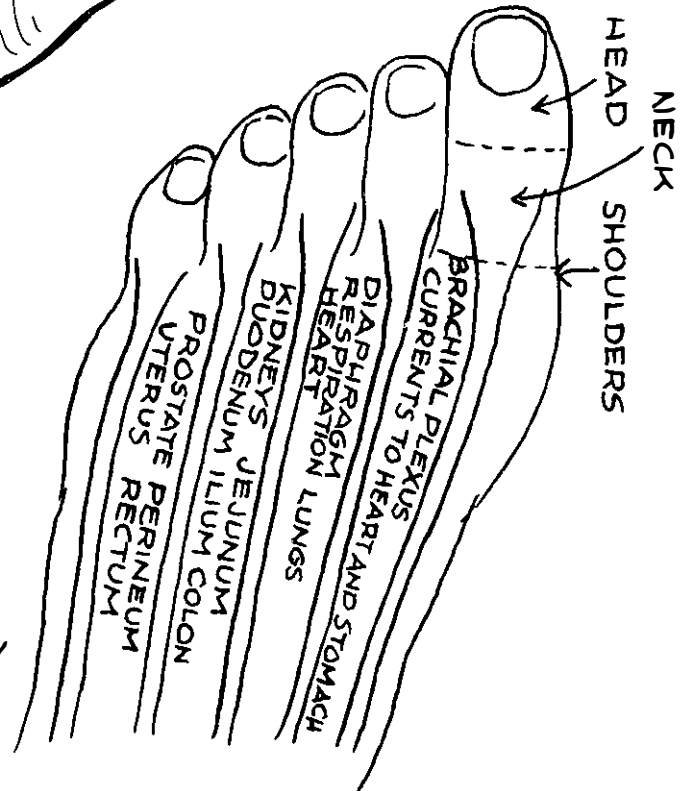
LEFT HAND DIAGNOSTIC AREAS OF TENDERNESS OF MOTOR AND SYMPATHETIC CIRCULATORY ENERGY FLOW. ACUTE SYMPTOMS ALSO INCLUDE THE NAILS, THEIR COLOR, CURVES, THICKNESS, SPOTS AND RIDGES.

FOR ANTERIOR VERTICAL DIAGNOSTIC AREAS

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



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

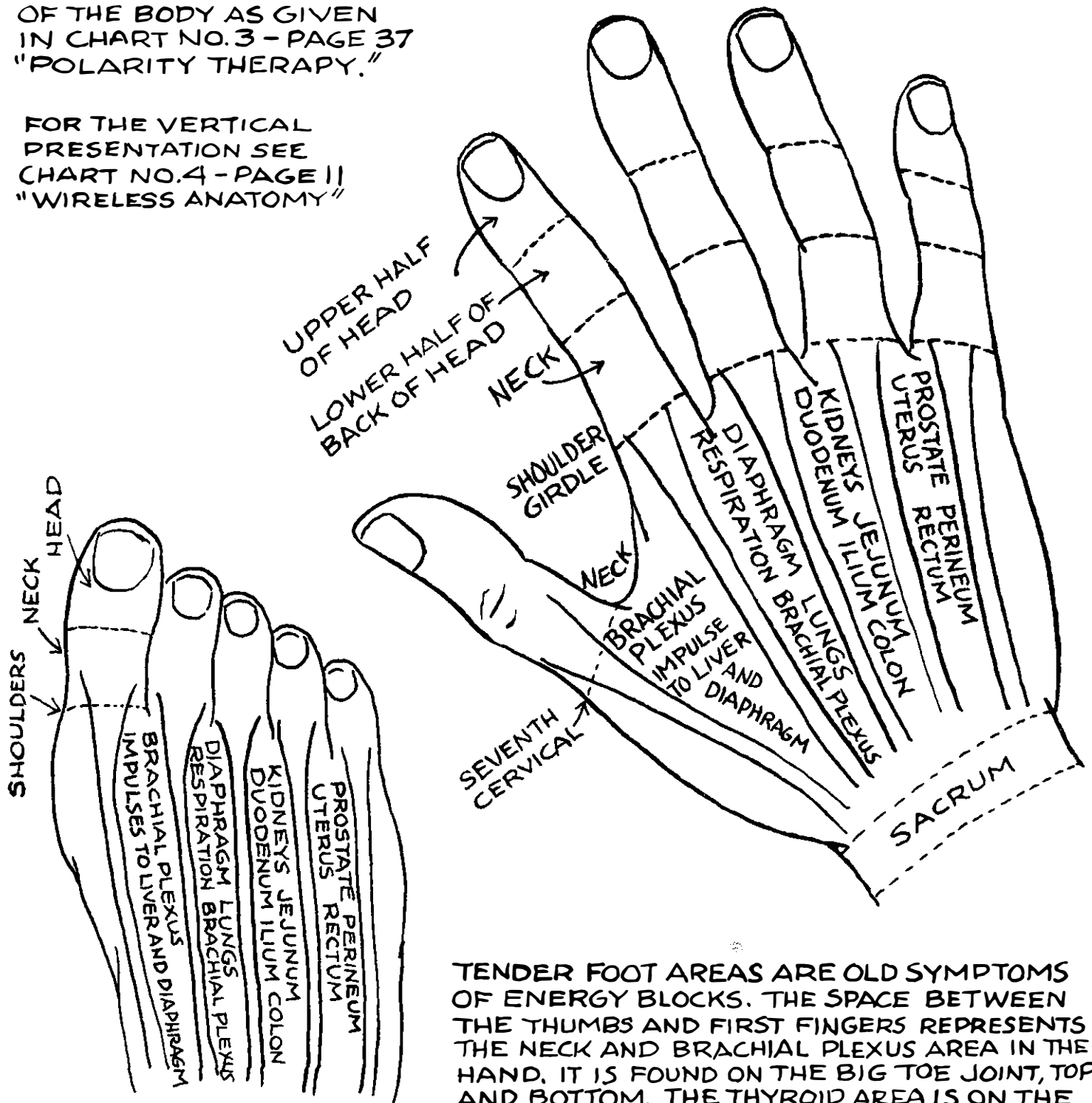


FEET SHOW CHRONIC REFLEXES. PAINFUL JOINTS ARE IMPORTANT SIGNS OF ENERGY BLOCKS. NAIL CONDITIONS ARE AS ABOVE, THEY SHOW VITAL CIRCULATION DEFICIENCY AND SYMPATHETIC ENERGY BLOCKS.

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

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

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

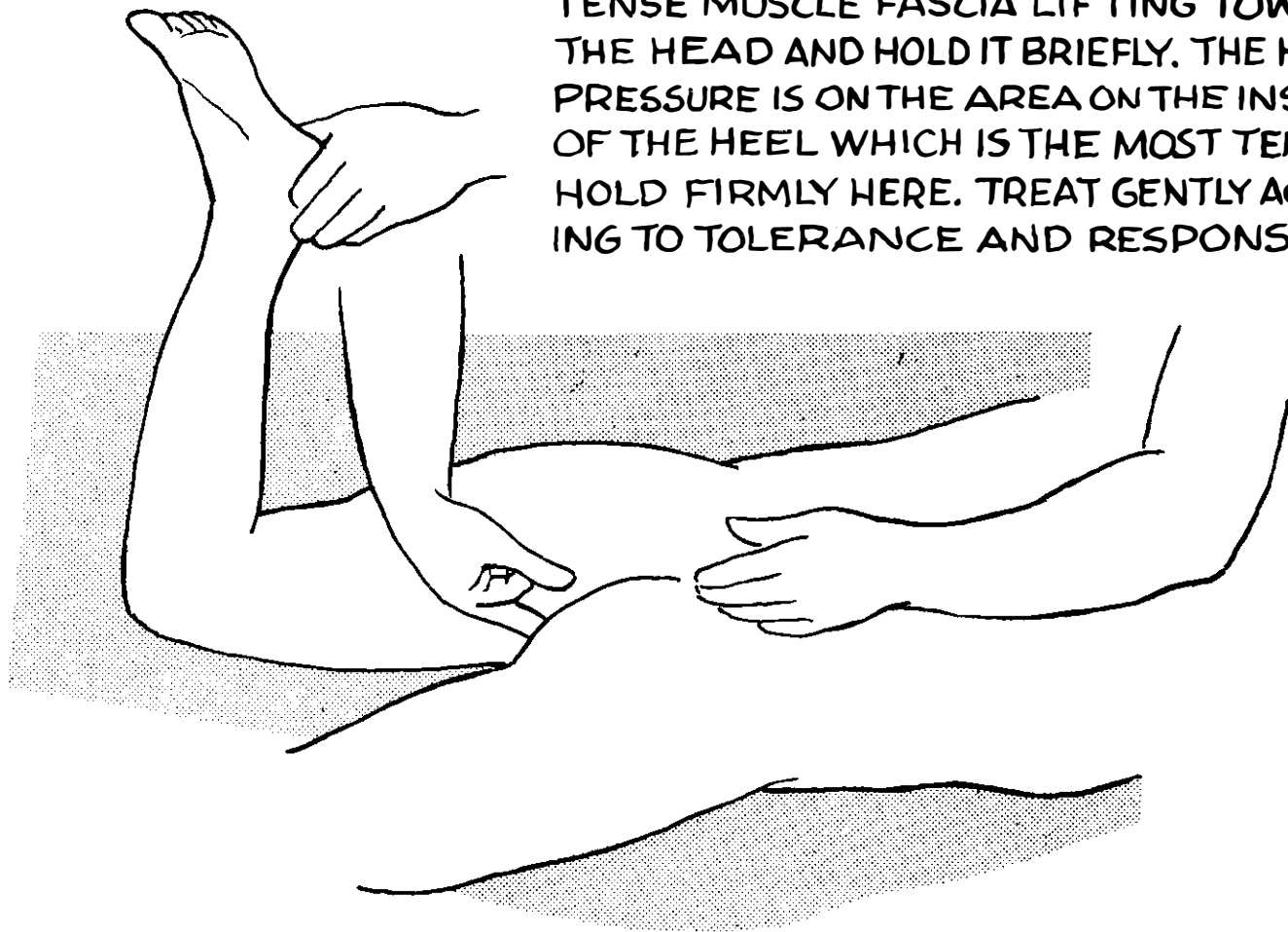


TENDER FOOT AREAS ARE OLD SYMPTOMS OF ENERGY BLOCKS. THE SPACE BETWEEN THE THUMBS AND FIRST FINGERS REPRESENTS THE NECK AND BRACHIAL PLEXUS AREA IN THE HAND. IT IS FOUND ON THE BIG TOE JOINT, TOP AND BOTTOM. THE THYROID AREA IS ON THE BOTTOM OF THE LOWER JOINT AND THE SEVENTH CERVICAL CIRCULATORY REFLEX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

# DRAINING THE PROSTATE

BY A PERINEAL LIFTING CONTACT FROM THE OUTSIDE AND ALSO A CONTACT ON THE HEELS. PRESSURE ON THE INSIDE OF THE HEELS CLEARS THE NEGATIVE POLE REFLEXES OF THE PROSTATE OR UTERUS. LIFTING UP THE PROSTATE FOR DRAINING TAKES A LITTLE MORE PRESSURE THAN HOLDING IT FOR RELEASE OF IRRITATION OR SWELLING. THE CENTER AREA OF THE PERINEUM FROM THE SYMPHYSIS PUBIS TO THE RECTUM IS THE PROSTATE AREA FOR LIFTING IT UP FOR DRAINAGE.

MAKE A GENTLE LIFTING CONTACT ON THE TENSE MUSCLE FASCIA LIFTING TOWARD THE HEAD AND HOLD IT BRIEFLY. THE HEEL PRESSURE IS ON THE AREA ON THE INSIDE OF THE HEEL WHICH IS THE MOST TENDER. HOLD FIRMLY HERE. TREAT GENTLY ACCORDING TO TOLERANCE AND RESPONSE.



THE PERINEAL CONTACT IS THE BEST TREATMENT FOR NERVOUSNESS AND HYSTERIA WHERE VERY GENTLE CONTACTS ARE GIVEN AS IN CHARTS 30 AND 31 IN "WIRELESS ANATOMY." THE ELBOW PRESSURE ON THE SPINE IS FOR A COMBINATION TREATMENT OF THE KIDNEYS OVER THE 11<sup>TH</sup> AND 12<sup>TH</sup> DORSAL IN CONNECTION WITH THE PERINEAL CONTACT FOR THE PROSTATIC CONDITION.

## PERINEAL AND SPINAL PRESSURE THERAPY

SPINAL THERAPY BY PRESSURE IN THE SPINAL GROOVE ANYWHERE ALONG THE SPINE ON EITHER SIDE, IS FOR THE RELAXATION OF THE ERECTOR SPINEA MUSCLES AND INHIBITION OVER THE TRANSVERSE PROCESSES WHICH PRODUCES A SYMPATHETIC REACTION AND RELAXATION. TOGETHER WITH A PERINEAL CONTACT ON THE SAME SIDE ON THE TENSE PERINEAL MUSCLES, GIVES MARVELOUS RESULTS IN LUMBAGO CASES, SCIATICA, LIVER, STOMACH AND DIGESTIVE TROUBLES. THE SECOND FINGER IS USED HERE FOR PERINEAL CONTACTS. THE PRESSURE IS MADE WITH THE ELBOW ON HEAVY PATIENTS AND IN SEVERE TENSIONS; OTHERWISE WITH THE THUMB.



TREAT ONE SIDE AT A TIME UNTIL IT RELAXES. A FEW MINUTES ON ONE SIDE AND THEN THE OTHER AND REPEAT. THE PERINEUM IS THE PARASYMPATHIC RESPONSE AREA. THE GANGLION OF IMPAR AND THE SYMPATHETIC FIBRES ON EACH SIDE OF THE COCCYX ARE THE CONTACT AREAS FOR THE SYMPATHETIC RELEASE AT ITS NEGATIVE POLE. THE POSITIVE POLE IS IN THE NECK BEHIND THE ANGLE OF THE JAW AND THE STYLOID PROCESS OF THE TEMPORAL BONE. MAKE A GENTLE CONTACT HERE ALSO BUT OF VERY SHORT DURATION AS THESE ARE HIGHLY SENSITIVE TISSUES.

# DRAINAGE OF UPPER LYMPHATICS

SYMPATHETIC DRAINAGE OF THE AXILLARY REGION AND NECK STIMULATES PRANIC ENERGY FLOW ALSO THE CERVICAL GANGLIONS AND BRACHIAL PLEXUS CURRENTS. IT CLEARS HEAD CONGESTIONS IN COLDS, ETC. THE DOCTOR STANDS ON ONE SIDE AND GRIPS THE AXILLARY MUSCLES AND THE NECK MUSCLES ON ONE SIDE WITH GENTLE SQUEEZING ALTERNATING RHYTHMIC MOVEMENTS. IT GIVES A GOOD RESPONSE OVER THE UPPER LEFT RIB AREA OF THE 3<sup>D</sup>, 4<sup>TH</sup> AND 5<sup>TH</sup> RIBS

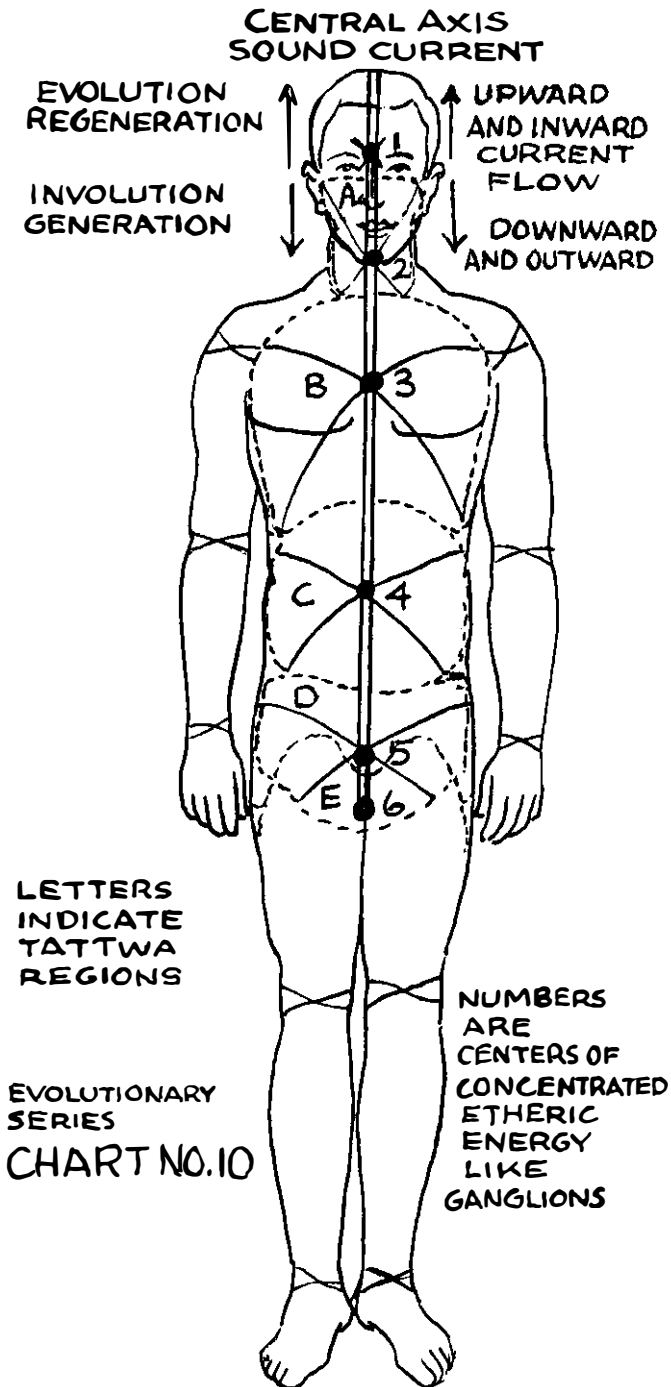
WHERE DIGESTIVE AND STOMACH REFLEXES ACCUMULATE AND ARE OFTEN MISTAKEN FOR HEART PAINS. ON THE RIGHT SIDE THESE AREAS GIVE GALL BLADDER AND LIVER REFLEXES AND SHOW CHEMICAL DISTURBANCE AND A LACK OF OXIDATION. THESE CONDITIONS ARE BENEFITTED THROUGH THE OVERALL POLARITY CIRCUITS AS WELL AS THE NERVE CENTER RESPONSE.



# MAN AND HIS FINER ATOMLIKE ENERGY POTENTIALS

CHAKRAS ARE NUCLEI OF VIBRATING SPINNING ETHERIC ENERGY SUBSTANCE OF LIGHT AND SOUND CURRENTS. NO.1 THE TISRA TILL CENTER OR THE AJANA CHAKRA IS THE MYSTERIOUS THIRD EYE. THIS CENTER IS THE MEETING PLACE OF SOUL AND MIND ENERGY IN ITS DESCENT INTO THE BODY. IT IS THE GORDIAN KNOT OF LIFE WHERE THE CONSCIOUS CURRENTS AND THE UNCONSCIOUS IMPULSES MEET. HERE IS THE ARMAGEDDON OF THE SOUL FOR CONTROL OF THE DIRECTION OF ENERGY UPWARD AS THE PATH OF VIRTUE AND LIBERATION OR DOWNWARD AND

OUTWARD FOR FURTHER INVOLUTION INTO THE SNARES OF MATTER AND SELF SATISFACTION. IT IS THE MIND CENTER OF THOUGHT CONTROL. THE SUN AND MOON ENERGY AS POSITIVE AND NEGATIVE COSMIC BREATH ENERGY CROSSES OVER IN THE CENTER OF EACH CHAKRA AS THE INDIVIDUALIZED LIFE BREATH. AS THE SUN AND MOON TRAVEL CONSTANTLY SO DOES THE BREATH SUPPLY ALL CELLS IN ITS RHYTHMIC FLOW. THE CENTRAL CORE ENERGY MOVES BY POLARIZATION FROM PLUS TO MINUS. THE SURFACE CIRCULATION IS THROUGH RADIATION LIKE ATOMIC HEAT WAVES. THIS EXHAUSTS ITSELF UNLESS IT IS SUSTAINED FROM THE CENTRAL CORE AS THE TREE OF LIFE IN EACH SECTION OR OVAL. NO.2 THE VISHUDDHA CHAKRA OR KANTH MANDEL IS IN THE THROAT (A). IT IS IN THE ETHERIC PLANE AS TATTWA ENERGY. IT IS ALSO THE POSITIVE POLE OF THE PRANA LIFE CURRENT. PSYCHOLOGICALLY IT IS THE CENTER OF PRIDE AND VANITY. NO.3 THE ANAHATA OR HRIDAYA MANDAL IS THE HEART CENTER (B). IT IS THE AIR ELEMENT OF THE CHEST AND LUNGS. IT IS ALSO THE VIAN CURRENT IN THE CIRCULATION. THE SENSE OF TOUCH AND FEELING HAVE THEIR CENTER HERE. THE CENTER OF GREED LIES HERE LIKE THE AIR ENVELOPING ALL THINGS. NO.4 THE MANIPURA OR NABHI CENTER, THE NAVEL (C). HERE IS SAMAN, THE FIRE ELEMENT WHICH WORKS THE DIGESTIVE ORGANS AS HEAT UNDER A POT. RED IN COLOR. ANGER HAS ITS SEAT HERE AND FLIES FREELY. NO.5 THE SWADISH-TANA, THE INDRIYA LINGA GENITAL CENTER (D). THE WATER ELEMENT - WHITE - ALSO THE SENSE OF TASTE LIES HERE AS THE TATTWA ELEMENT. THE ACTIVE POLE IS THE TONGUE AS THE POSITIVE CENTER. DESIRE AND LUST HAS ITS POLE HERE. NO.6 THE MULADHARA CHAKRA OR GUDHA MANDAL IS THE RECTAL CENTER (E). IT IS THE EARTH ELEMENT AND THE SEAT OF ATTACHMENT. IT IS GRAYISH RED OR YELLOW. THE TATTWAS ARE FINER ATOMIC TYPE SUBSTANCES AS OVAL AREAS IN THE BODY, LIKE PLATES IN A BATTERY WITH ELECTRIC LIKE PRANA CURRENTS FLOWING THROUGH THEM.

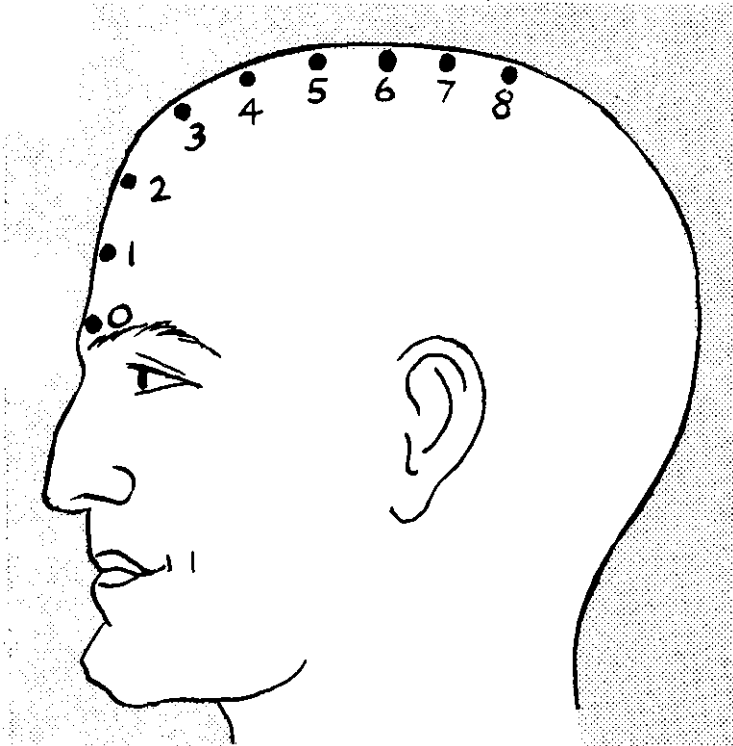


DESIRE AND LUST HAS ITS POLE HERE. NO.6 THE MULADHARA CHAKRA OR GUDHA MANDAL IS THE RECTAL CENTER (E). IT IS THE EARTH ELEMENT AND THE SEAT OF ATTACHMENT. IT IS GRAYISH RED OR YELLOW. THE TATTWAS ARE FINER ATOMIC TYPE SUBSTANCES AS OVAL AREAS IN THE BODY, LIKE PLATES IN A BATTERY WITH ELECTRIC LIKE PRANA CURRENTS FLOWING THROUGH THEM.

# MAN'S MENTAL AND SPIRITUAL ENERGY POTENTIALS

THE BRAIN WITH ITS FACULTIES OF INTELLIGENCE AND REGIONS OF SPIRITUALITY WERE CALLED KETHER, CROWN OF CREATION BY THE CABALISTS IN THE BRAIN ARE THE PROTOTYPE OF PATTERNS FROM THE SPIRITUAL REGIONS REFLECTED AS MIND PATTERNS AND BLUEPRINTS IN MINATURE TO BE EXPRESSED IN CREATION AND LIFE AS LIVING FORMS AND QUALITIES. THE CENTER AND ORIGIN OF ALL LIFE AND ENERGY ARE THE SOUND AND LIGHT CURRENTS FROM HIGHER SPIRITUAL REGIONS WHICH THE CENTRAL AXIS OF INTELLIGENCE AND LIFE AS THE REAL ESSENCE IN ALL LIVING BEINGS.

O THE FIRST CENTER BETWEEN THE EYES IS CALLED TISRATILL, THE AJANA CHAKRA OR THE THIRD EYE. IT IS THE SEAT OF THE SOUL WHEN FUNCTIONING AS CONSCIOUSNESS. WHEN THE MIND IS STILLED HERE, IT IS CALLED RUH OR THE SANCTUARY OF REST BY BEING STILL. HERE IS THE TABERNACLE OF GOD IN MAN AS HIS MOUNTAIN OF INSPIRATION AND REVELATION FROM HIGHER REGIONS. ALL SAINTS, SAVIORS AND PROPHETS HAVE USED THIS HIGHWAY TO THE SPIRITUAL REGIONS, THIS IS THE SANCTUARY AND MAGIC MIRROR WHERE HIGHER CREATIONS CAN BE SEEN AND TRAVELED IN ON THE SOUND CURRENT. THIS CENTER WAS ALSO MENTIONED IN ARABIAN NIGHTS AS THE ALADDIN'S LAMP FOUND BY GREAT EFFORT AND MANY TRIALS.



NO.1 THE SAHANS DAL KANWALL REGION OR ASTRAL PLANE. FROM IT FLOW A THOUSAND ENERGY CURRENTS WHICH SUPPLY THE COSMIC FUNCTIONS AS WELL AS MAN. NO.2 TIRKUTI REGION OR MIND ENERGY PLANES COSMIC AND INDIVIDUAL MIND. NO.3 DASWAN DWAR LOK, THE SOULFUL REGION OF BLISS AND INTELLIGENCE. NO.4 BANWAR GUPHA LOK. WHIRLING ENERGY AND SWINGING IN BLISSFUL RHYTHM. NO.5 SACH KHAND OR SAT LOK. THE ETERNAL SPHERE, THE LIFE REGION OF SPIRITUAL ESSENCE AND THE HOME OF THE SOUL. ALL REGIONS BELOW ARE EMANATED FROM HERE. THEY ARE NOT ETERNAL. THIS IS THE HOME OF THE PURE SOUND AND LIGHT CURRENTS AS SURAT AND NIRAT. THE REGION OF TRUTH. NO.6 ALAKH LOK OR UNPERCIEVABLE REGION. NO.7 AGAM LOK. THE UNKNOWABLE REGION. NO.8 RADHA SWAMI DHAM. THE ETERNAL SUN OF LIFE. LOVE, TRUTH AND ALL KNOWLEDGE. GYAN.

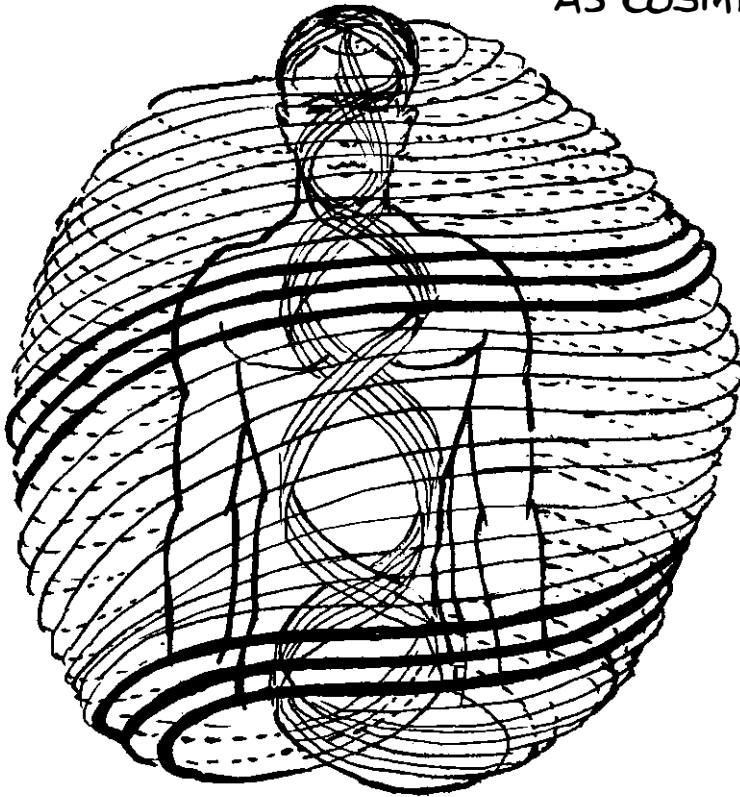
THE FACULTIES IN THE BRAIN IN THESE AREAS ARE: 1 INSPIRATION, 2 ASPIRATION, 3 COMMUNION-ONENESS, 4 FAITH, 5 LOVE, 6 HOPE, 7 TRUTH, 8 GYAN - ALL KNOWLEDGE.

EVOLUTIONARY SERIES

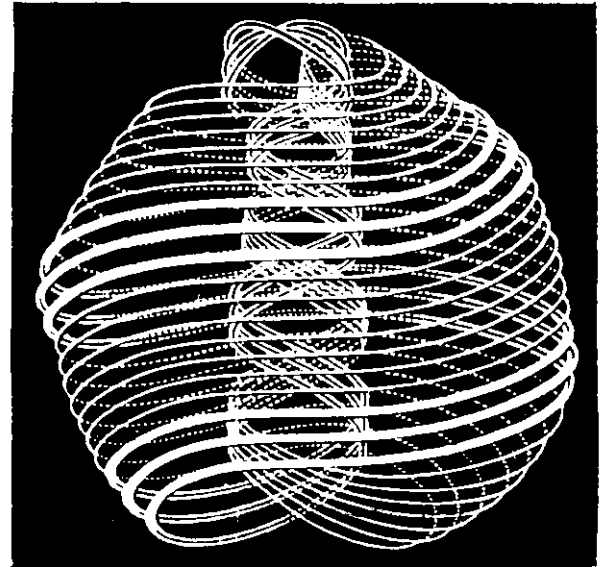
CHART NO. 11

# ETHERIC ATOMIC LINES OF FORCE IN MAN

THE ATOM IN MAN AND MAN IN THE COSMIC TYPE ATOM. THE ADAM KADMAN OF THE CABBALISTS ALSO THE SEPHIROTHIC TREE OF LIFE. IT IS SIMILAR TO THE MERCAVAH OR CHARIOT OF JEHOVAH, WHICH EZEKIEL SAW BY THE RIVER CHEBAR AND SAID IT WAS A WHEEL WITHIN A WHEEL OF ENERGY WHIRLS. THE LORD AS SPIRIT ENERGY ABOVE AND THE FOUR DIVISIONS OF AIR-FIRE-WATER AND EARTH SUBSTANCES TYPIFIED AS MAN-LION-EAGLE AND BULL AND THE CHERUBIM AS COSMIC ENERGY.



POSITIVE  
CENTRIFUGAL POLE



AN ATOM NEGATIVE VORTEX  
CENTRIPETAL POLE

THREE TYPES OF ETHERIC ENERGY WAVES .

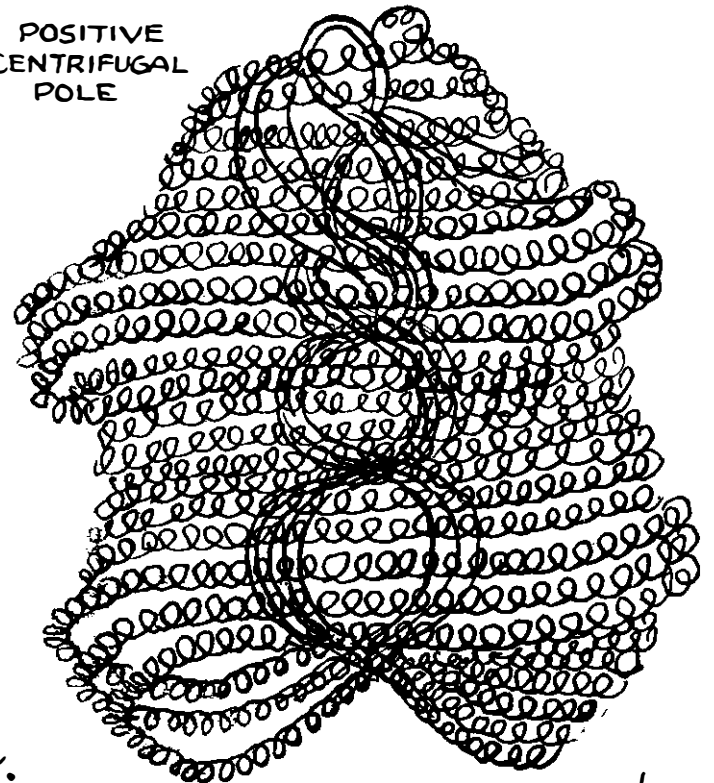
**1** VERTICAL MIND ENERGY WAVES FROM THE NORTH POLE, THE HEAD, AND SOUTH POLE, THE FEET. ANTERIOR AND POSTERIOR ON THE RIGHT AND LEFT SIDE. CHART 1. ALSO CHARTS 1 TO 9 IN WIRELESS ANATOMY.

**2** VITAL NEUTER ENERGY SPIRALS ANTERIOR FROM THE UMBILICUS - POSTERIOR FROM THE END OF THE SPINAL CORD AT THE 12TH DORSAL INTERSPACE AND AT LUMBAR VERTABRAE. SEE CHARTS NO. 2 AN 3.

**3** HORIZONTAL SUN AND MOON PATH ENERGY FROM EAST TO WEST, FRONT TO BACK. ETHERIC AND MAGNETIC ATOMIC TYPE ENERGY SPIRALS WHICH TIE INTO THE CENTRAL CORE AS THE SUSTAINING LIFE BREATH. SEE CHART 7-FIG 4 WIRELESS ANATOMY.

CHART 12 EVOLUTIONARY SERIES.

POSITIVE  
CENTRIFUGAL  
POLE



NEGATIVE VORTEX  
CENTRIPETAL POLE

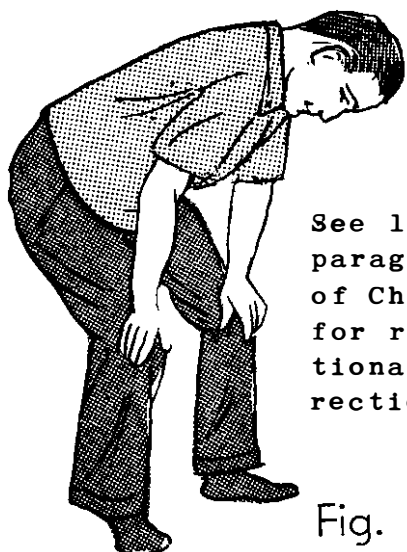
DR. BABBITT'S  
ATOM

FROM BABBITT'S "PRINCIPLES OF LIGHT AND COLOR"

# CHART No.13

VITAL EXERCISES WITH NATURAL BREATH EXPRESSION  
in the motion to integrate the Life Energy  
with the action, so the inside and the outside  
muscles benefit in the effort. Five minutes  
of it will convince anyone of its value.

These charts on Exercise are included in the "Evolutionary  
Energy Series" of charts and are also a supplement to the  
little book, "EASY STRETCHING POSTURES FOR VITALITY AND BEAUTY".



See last  
paragraph  
of Chart 15  
for rota-  
tional di-  
rections.

Fig. 1



Fig. 2

RELAX THE SHOULDERS AND FEEL IT BETWEEN THE BLADES AS A MOVEMENT.  
A fine exercise for the muscles of the shoulders, the abdomen,  
the thighs and the back. Useful in digestive disturbance,  
constipation, kidney inactivity and general sluggishness.  
Breathe out completely on going down - and breathe in on rising.  
It is helpful to the brachial plexus by releasing the shoulders  
and neck tension. Let the head relax naturally forward.



Fig. 1

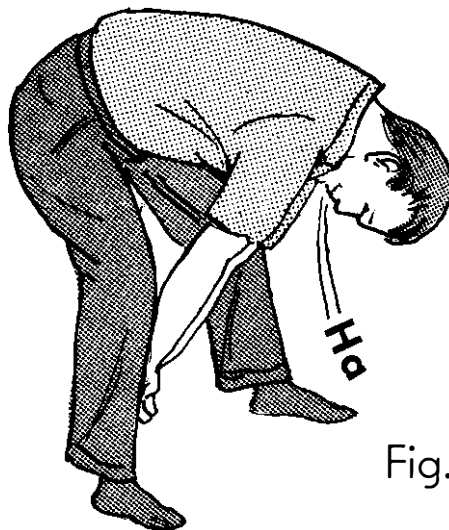


Fig. 2

The above exercise is as natural as chopping wood and putting  
some effort at the end of the stroke, which produces the  
natural sound of "Ha" at the end of the exhalation as well as  
the elimination of the carbon dioxide, thereby completing the  
chemical action of the exercise - and all by natural means.

**CHART No.14** VITAL EXERCISES FOR TONING THE BODY.

Two powerful exercises with natural breath in the effort which engages the inner Life Energy and most of the body muscles in one balanced expression of exhilaration of natural energy flow.

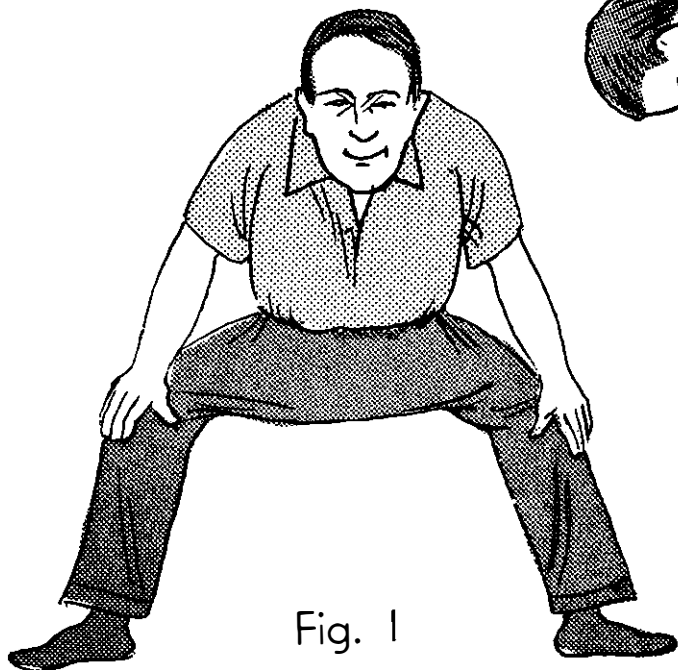


Fig. 1

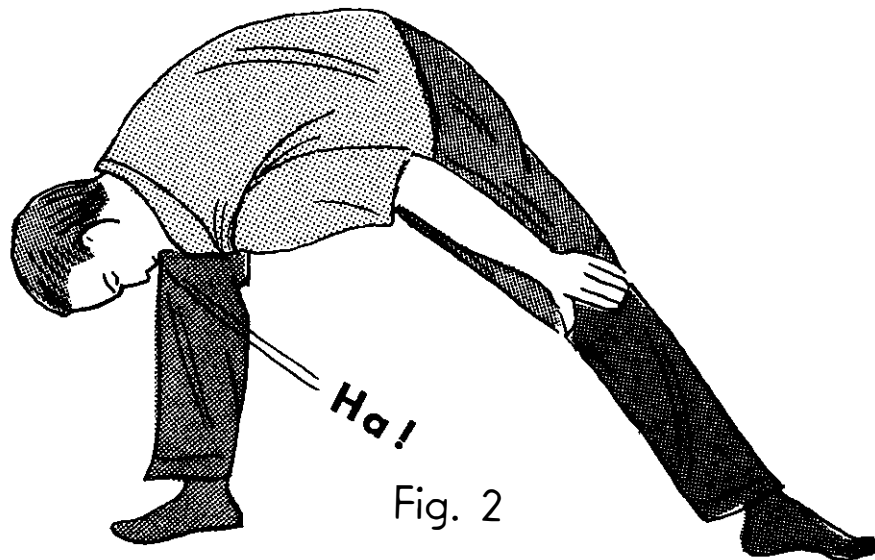


Fig. 2

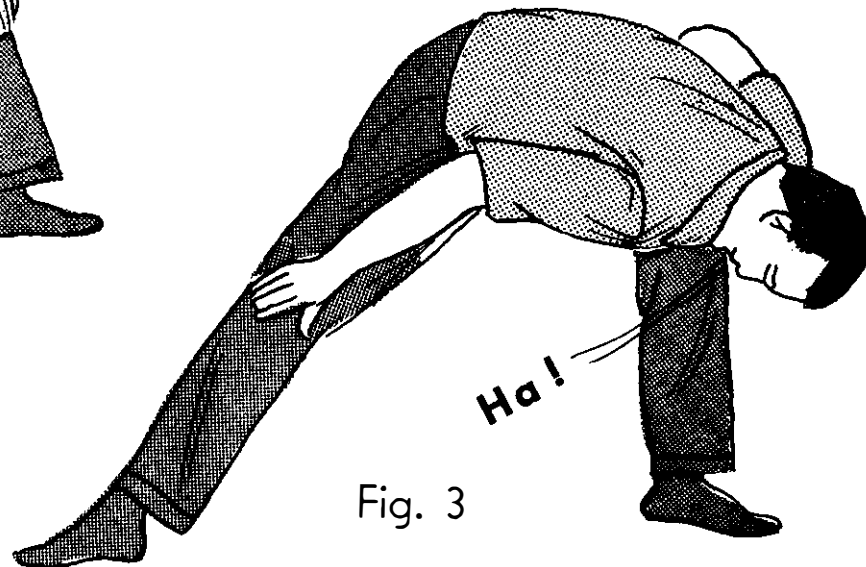


Fig. 3

Move from one side to the other alternately. Each time, exhale all the breath completely, with a loud "Ha" at the end of the movement, as the chest rests on the thigh.

Inhale naturally as you rise and change positions from left to right or right to left, as the case may be.

This exercise gives meaning and depth expression to our finer Energy Fields in the body, which need the exercise and resultant energizing of the otherwise stagnant currents even more than the muscular structure. But that usually gets all the attention while these finer Energy Fields are neglected.

**CHART No.15****EXERCISE FOR POLARIZING THE ENERGY CURRENTS**

THE PERFECT NEUTRAL POSITION OF THE BODY. The embryo in the mother's womb is the beginning of the perfect posture, where all the energies can flow freely, to build a perfect body. (For further explanation, see Chart No. 5 in "ENERGY", page 49; Chart No. 10 in "THE MYSTERIOUS SACRUM", page 42; and page No. 9 in "THE NEW ENERGY CONCEPT".

To assist the body in repairs and building or rebuilding, some relationship to this primal position is used in many exercises for the particular purpose of encouraging more Energy Flow, especially when used together with the Life Breath.

This posture is wonderful for the relief of nervousness and excess gas.

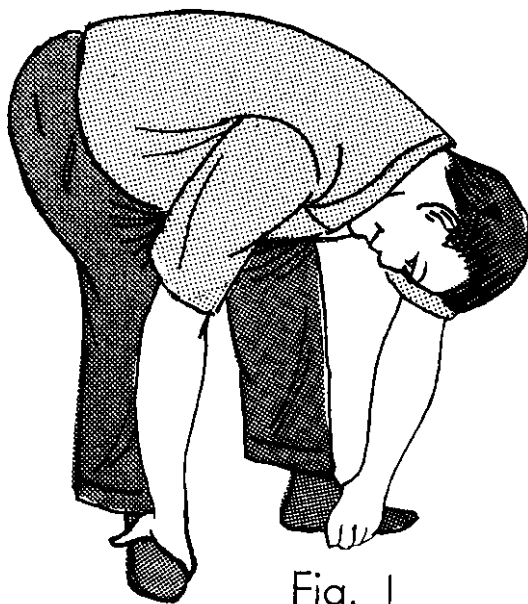


Fig. 1



Fig. 2

In doing these exercises, choose a free space on a soft rug so that if you topple over in your first attempts you will roll like a ball without hurting yourself.

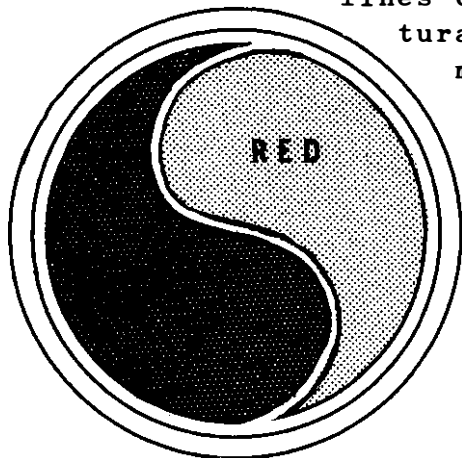
This neutral position of the body is completed with the hands under the arches of the feet, so the Polarity Currents can flow. The elbow joints are over the knees and the head is bent forward in a relaxed position in order to stretch the muscles of the neck and back.

Then a rocking motion is used - forwards and backwards - while the hands are pulling on the soles of the feet. Breathe out when the abdomen is squeezed by this motion, and breathe in when it is thus released. Next, rock from side to side and continue the same natural way of breathing as with the forward and backward motion. After that, rotate the body in a circular motion - clockwise and counter-clockwise - in as wide a circle as possible. This strengthens the pelvic muscles and is very helpful for lower back conditions. (For further explanation, see the charts in "EASY STRETCHING POSTURES FOR VITALITY AND BEAUTY".

## EVOLUTIONARY ENERGY CHARTS

### CHART No.16 THE PRIMAL ENERGY CURRENTS OF LIFE AS THE THREE DOSHAS OF AYURVED: 1. WARMTH, FIRE, MALE, POSITIVE; 2. MOISTURE, WATER, FEMALE, NEGATIVE; 3. OXYGEN, AIR, NEUTER.

THE EMBRYONIC PATTERN OF LIFE ENERGY can be traced in the body by geometric lines of force radiation like the atom, and by structural correspondence of proportions of superior, middle and inferior fields as well as polarity reaction in these fields. See Charts 1,2, 3,4,5,6,7,8 in WIRELESS ANATOMY.



The Yang and the Yin as the microscopic eternal male and female in endless embrace of motion and attraction.

See Chart No. 1 in VITALITY BALANCE, as the Eternal Flame of Life, creating upward and downward motion and light in the spheres above and below.

See Chart No. 11, page 18 in WIRELESS ANATOMY as the two triangles of energy in action in the human body, going down and up, like a window shade in motion; also Chart No. 14, page 21 of the same book, as energy weavings of fibers. See also Chart No. 7, page 54 in POLARITY THERAPY for the path of the fiery principle in the body.

like a telephone system. Body cells reproduce themselves by this bipolar energy activity.

Male and female everywhere are the active factors with a neuter field for gestation. Father, mother and child are the human family completed. In the Chinese system this was illustrated as the Yang - red, positive - and the Yin - dark, negative - energy as its reflection entwined in endless motion.

The prime energy can be traced in the body by its function and geometric lines of force, as action and reaction to stimuli, different from nerve tracing and response. The design is the WIRELESS ANATOMY and the function is the POLARITY PRINCIPLE in action. Upon this basis finer tracings of energy blocks can be achieved and proved in practice with better results than mere mechanical or chemical therapies.

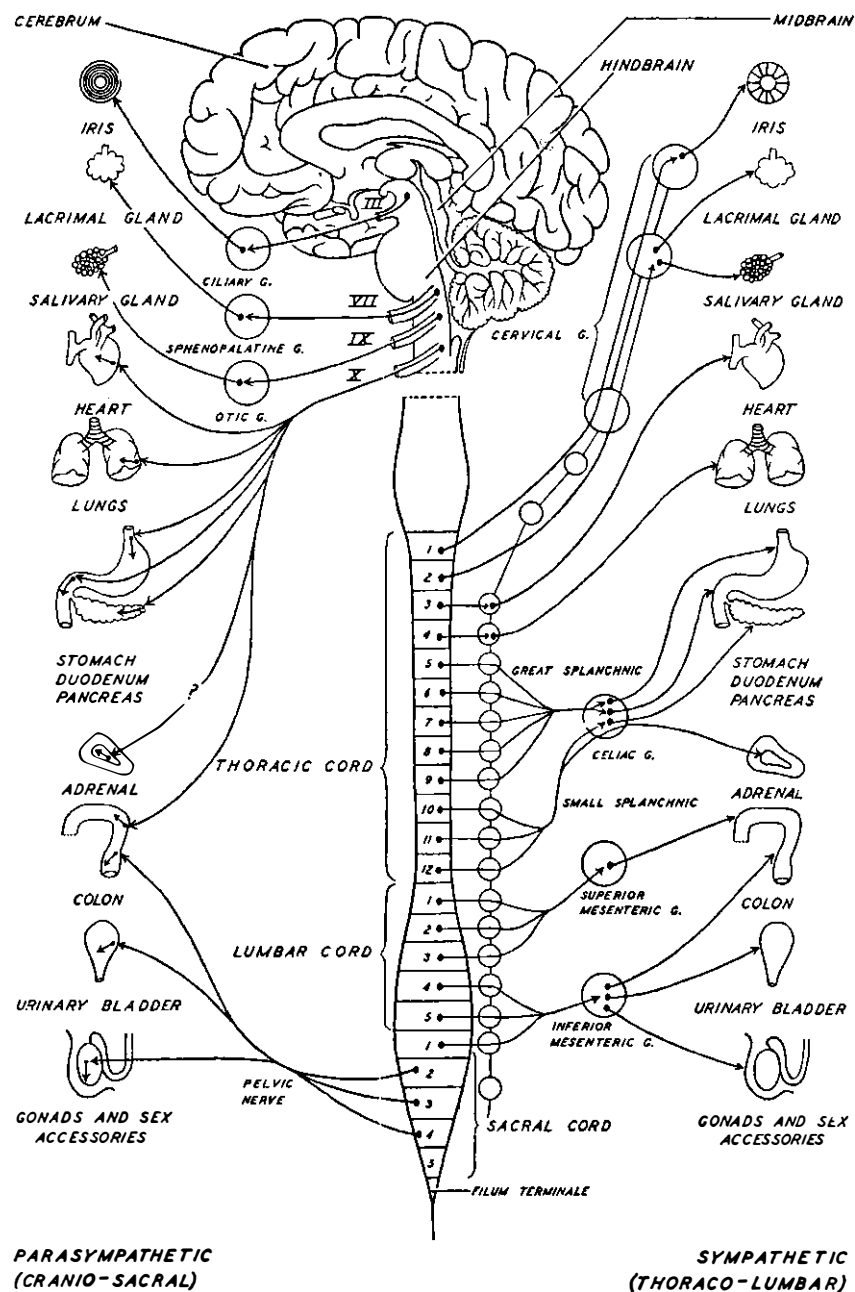
Three currents - positive, negative and neuter - called Gunas or Doshas in the Ayurvedic System, operate in the three dimensions of space and build all forms and bodies, Nature's way. This is the energy play in finer substance, like the atomic charge of positive and negative around a neuter center or nucleus.

This is a new approach to the healing art, explaining the fields and the wireless energy which built the body and sustains it. Specific functions and motions are evolved from this simple beginning into a complex whole. In space it is superior, middle and inferior or height, breadth and thickness in which energy plays and brings forth forms.

Mind pattern energy and mind substance (or Chit) built the three-fold nervous system thru the Tri-Guna Polarity, to be actively reflected therein thru stepped-down energy waves along conductors for specific local function and action,

**CHART No.17**

**THE THREE NERVOUS SYSTEMS AND THE THREE WIRELESS ENERGIES WHICH BUILT THEM AND SUSTAINS THEM**



PARASYMPATHETIC  
(CRANIO-SACRAL)

SYMPATHETIC  
(THORACO-LUMBAR)

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

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

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

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

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

**CHART No.18**

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.

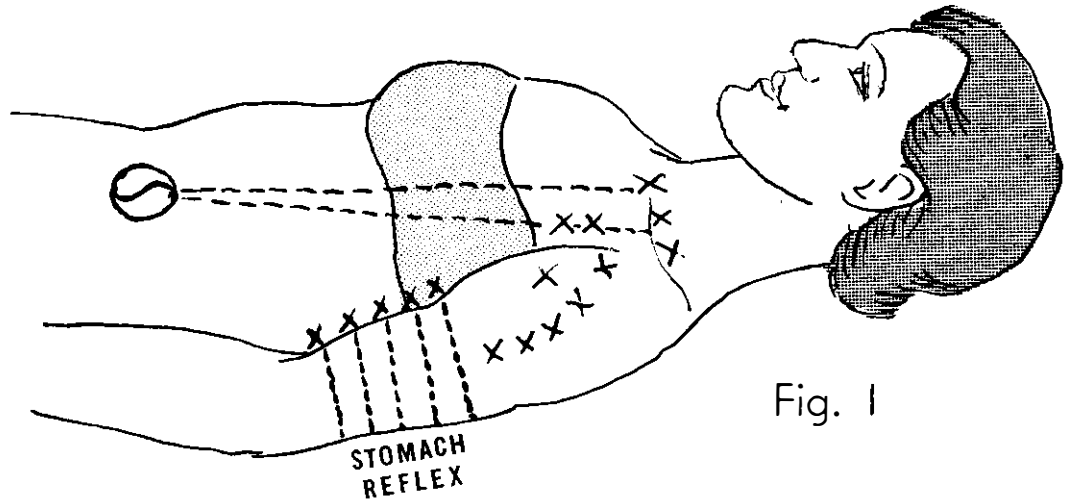


Fig. 1

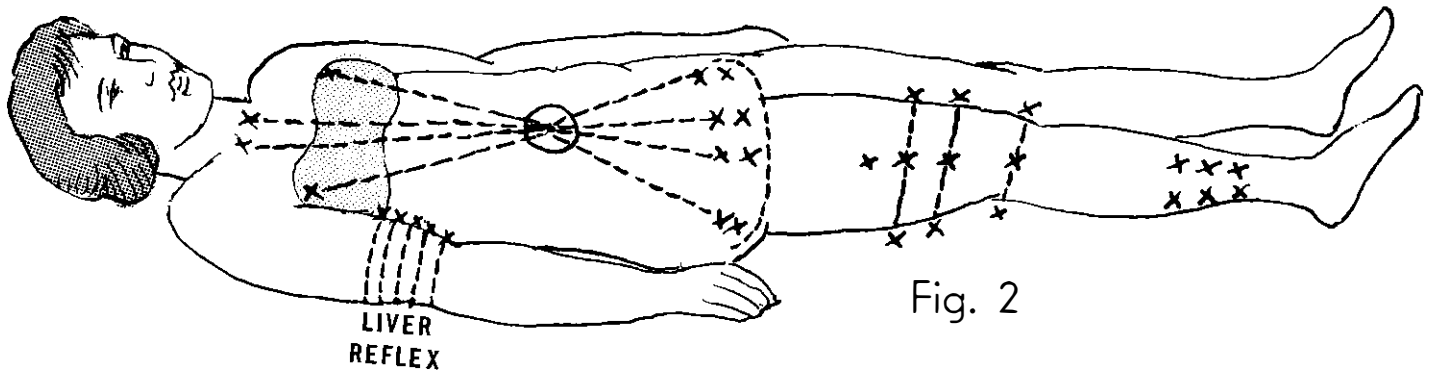


Fig. 2

The fiery Sun Energy radiates from the center of the umbilicus, outward, in its warmth of circulation. In this middle region it is the fire of digestion, above it is the light in the eyes, and below it is the power in the thighs. See Chart No. 7, page 54 in POLARITY THERAPY.

**TREATMENT:** (BLOODLESS SURGERY WITHOUT BREAKING ADHESIONS) Find the tension in the umbilical ring and place a deep but gentle thumb contact in it. By directing it upward toward the eyes or the thyroid, with a simultaneous lift under the clavicle with the other hand, the areas will respond. Directing this thumb contact upward to the 3rd, 4th and 5th ribs on the left together with corresponding Polarity contact with the other hand over these ribs, will release stomach spasms. Symptoms of Angina Pectoris are relieved by this same contact when alternated with the arm contacts together with the directional umbilical contact. The umbilical contact along with the Polarity contact on the 3rd and 4th ribs on the right side elicits gall bladder and liver response. Downward direction of the thumb in the umbilicus, with specific abdominal Polarity contacts with the other hand, will open the energy circuit to any of the pelvic organs, including the prostate. Polarity contacts on the thigh elicit digestive, intestinal and kidney response; also affect the circulation in the head. Useful in Epilepsy, High Blood Pressure, etc., where the Polarity circuits are blocked.

# CHART No.19

Figure 1 - HEAD AND FEET POLARITY RELATIONSHIPS

Figure 2 - LUMBO SACRAL DIAGNOSIS AND TREATMENT

The functions in the head and brain areas can be influenced thru the negative pole of the feet by stimulation or heavy pressure on specific spots in the feet.

The reason is that the feet are the end of the circuit or the negative pole of the embryonic energy currents which built the body. The heels correspond to the occiput - the inside to the center areas and the outside to the sides of the occiput.

That soft portion of the arch, underneath, has its reflex not only to the abdominal areas and organs but also to the brain areas which govern them. This is the path of the Primal Energy Pattern, from above downward.

The toes have an influence on the frontal portion of the head and brain. Stubbing our toes has also a mental implication. See Chart No. 6, page 43 in VITALITY BALANCE.



Fig. 1

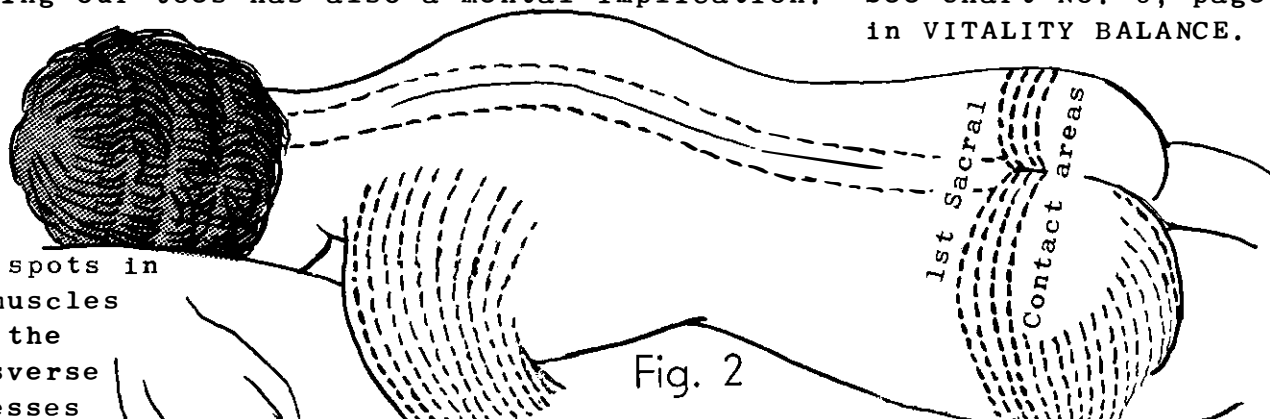
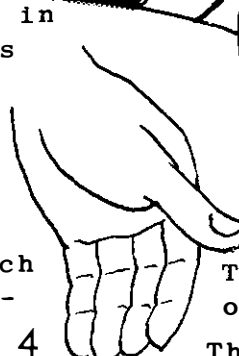


Fig. 2

Sore spots in the muscles over the transverse processes are sympathetic reflexes which can be bal-

Fig. 4



anced by Polarity Technique without adjustments

The 5th lumbar position in relation to the sacrum can be detected by sensitive fingers, bent to make an even line, as illustrated by the hand in this chart. Compare the 5th lumbar spinous process position to the 1st sacral spine. The patient lies on a roll or cushion to bring this area upward for better observation and touch. Next, note the tenderness on the spinous process on each side. The sorest side is the one in distress. It is usually rotated laterally, anterior and inferior on that side. Check the 5th lumbar on each side.

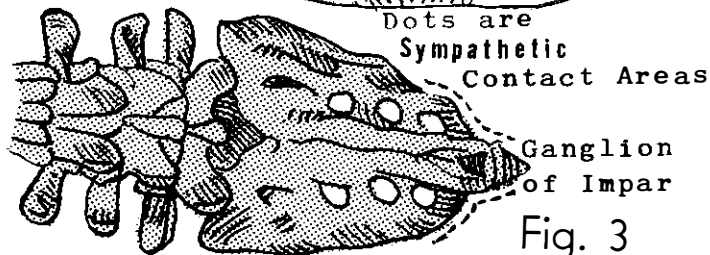


Fig. 3

**TREATMENT:** First release the parasympathetic spasm as shown in Chart 20 as well as 18 of this series for sympathetic release. Use a perineal contact on the densest spot in that area on that side. See Chart 8, page 81 in "ENERGY" for the perineal area, also Chart 30, page 37 in "WIRELESS ANATOMY" for details. Then make gentle contacts, posteriorly, on the sympathetic areas shown here for relaxation around the innominate rim. Also inhibit tension spots along the spine, over the transverse processes, together with polarity contacts below. Then a correction can be made with only ounces of pressure while the patient lies on the sore and inferior side. This is done with one finger on the lateral spinous process and the thumb over the gluteal muscles. See Chart 34, page 41 in "WIRELESS ANATOMY"

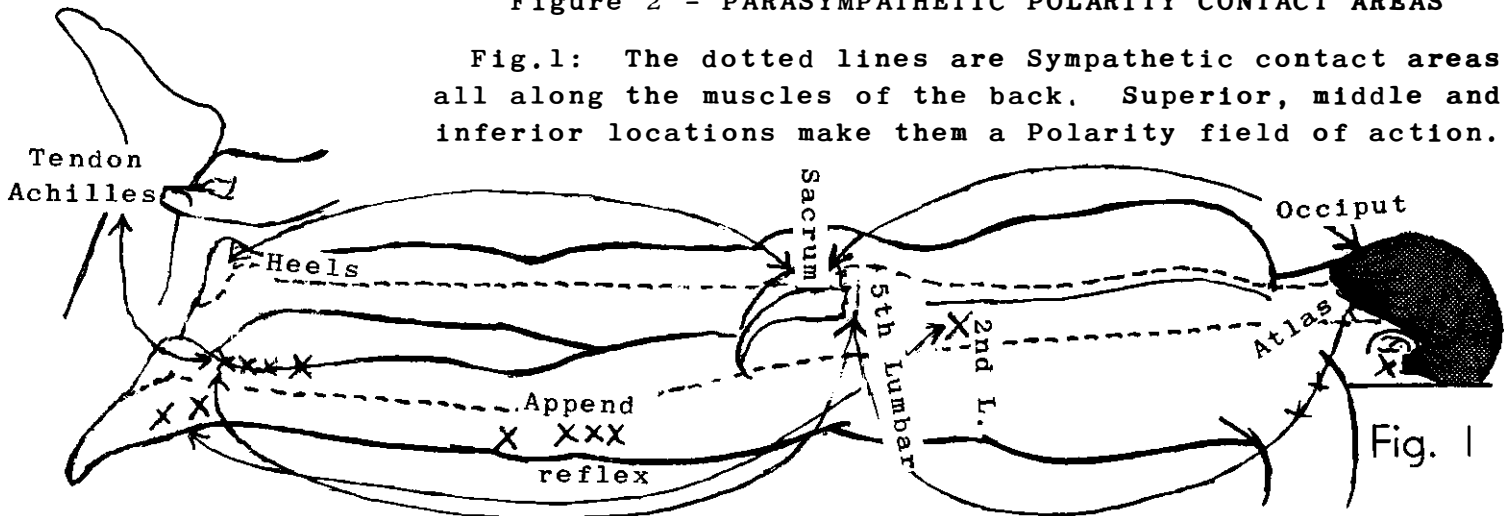
EVOLUTIONARY ENERGY CHARTS

CHART No.20

Figure 1 - SYMPATHETIC POLARITY CONTACT AREAS

Figure 2 - PARASYMPATHETIC POLARITY CONTACT AREAS

Fig.1: The dotted lines are Sympathetic contact areas all along the muscles of the back. Superior, middle and inferior locations make them a Polarity field of action.



The left side of Fig. 1 shows the POLARITY of the occiput as the superior positive pole, the sacrum as the middle or neuter pole and the heels as the negative inferior pole. In Polarity Therapy all three are used on both sides, to balance the structure below with the impulse above.



STRUCTURE IS FROM BELOW UPWARD. IMPULSE IS FROM ABOVE DOWNWARD.

On the right side we show the corresponding polarity of the atlas as the positive pole above, the 5th L. as the neuter pole in the middle, and the tendon of Achilles as the negative inferior reflex area pole. See chart 2, page 15 in "VITALITY BALANCE" for cervical and lumbar relationship.

An excessive impulse from above produces a lesion below. And a subluxation below, due to trauma, causes a lesion above in the cervicals. The soreness found by palpation is the guide to diagnosis.

Impulse from above supplies the structure. And structure imbalance from below perverts natural impulse by blocking its flow.

On the right of Fig. 1 we also show an appendix reflex area, near the knee, with a 2nd L. lesion on the right transverse. This would show a sore 4th C. on the right, with a shoulder reflex. High on the arch of the foot we also have a reflex from the 2nd L. See chart 19, page 93 of "VITALITY BALANCE". Always find your negative pole resistance in the feet, which goes with every spinal lesion as a chronic reflex lock.

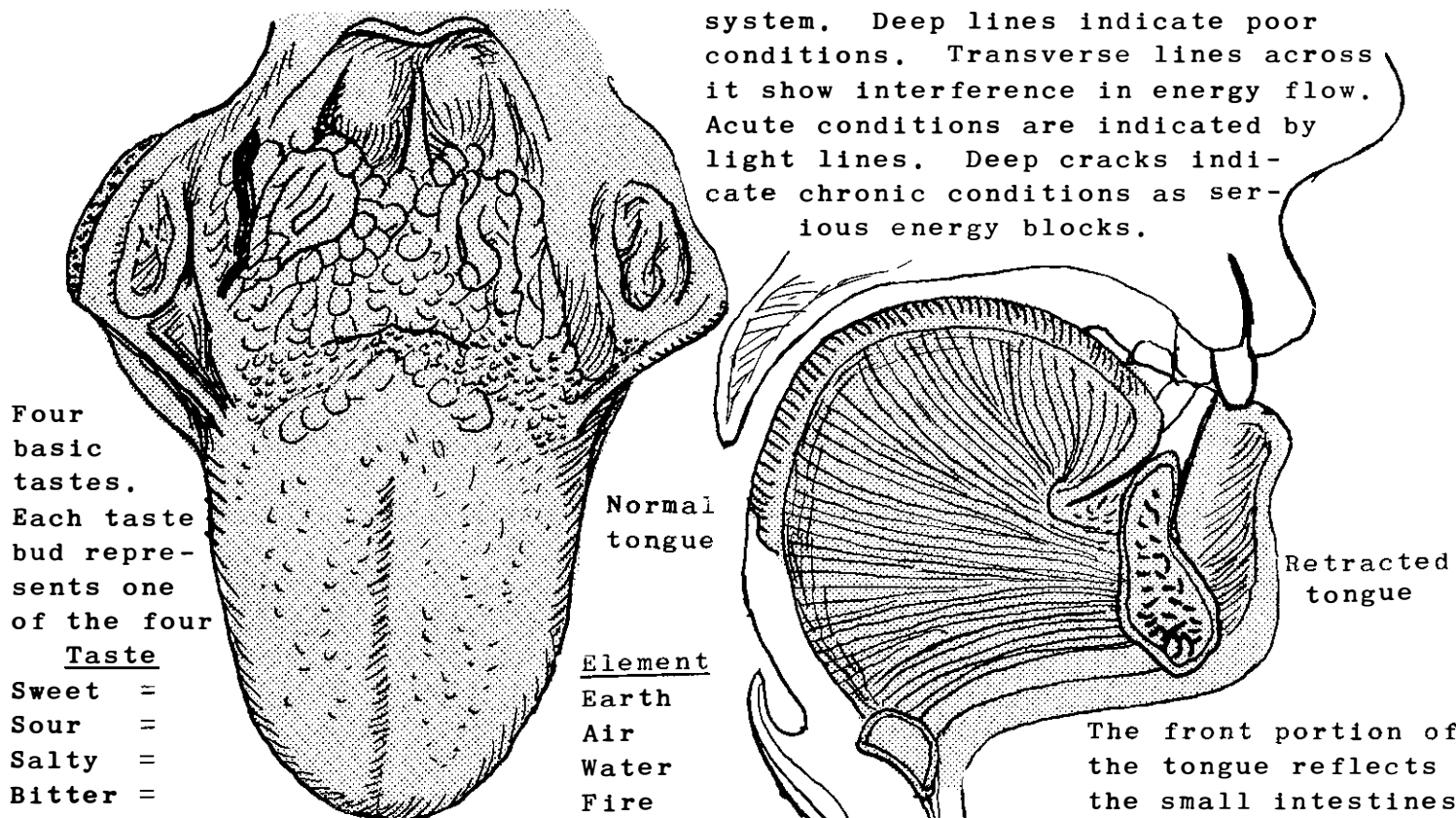
Fig. 2 gives the Parasympathetic areas below as the negative pole in the perineum, and the neuter in the sacrum, and over the shoulders as a contact near the pneumogastric nerve, the positive contact pole for release.

The top of the head reflects to the perineum. The lower occiput reflects to the sacral parasympathetic nerves.

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

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

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



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

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

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

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

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

**CHART No. 22**

Figure 1 - SACRAL CORRECTION BY LEG LEVERAGE TECHNIQUE

Figure 2 - THUMB AND HEEL OF HAND CONTACTS

With a good, soft bolster or wedge-shaped pillow under the patient to release the sacral lock and lumbar tension, a sacral correction is possible by both methods - Fig.1 & Fig.2.

Using the legs for leverage is of great help to relax them and the pelvic muscles. It is unique for good results and saving the doctor's energy. Many combinations of contacts can be used with this leverage from the sacrum to the occiput, for sympathetic and parasympathetic tension release along both sides of the spine and over the sacrum.

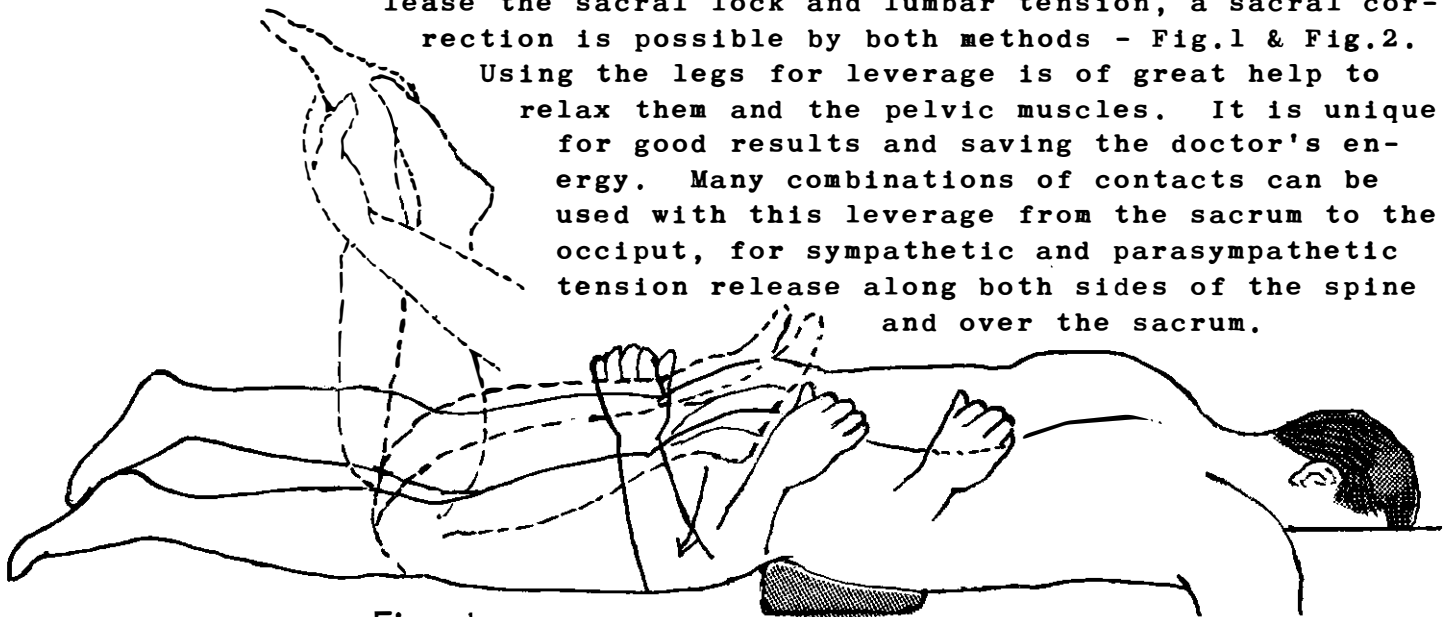


Fig. 1

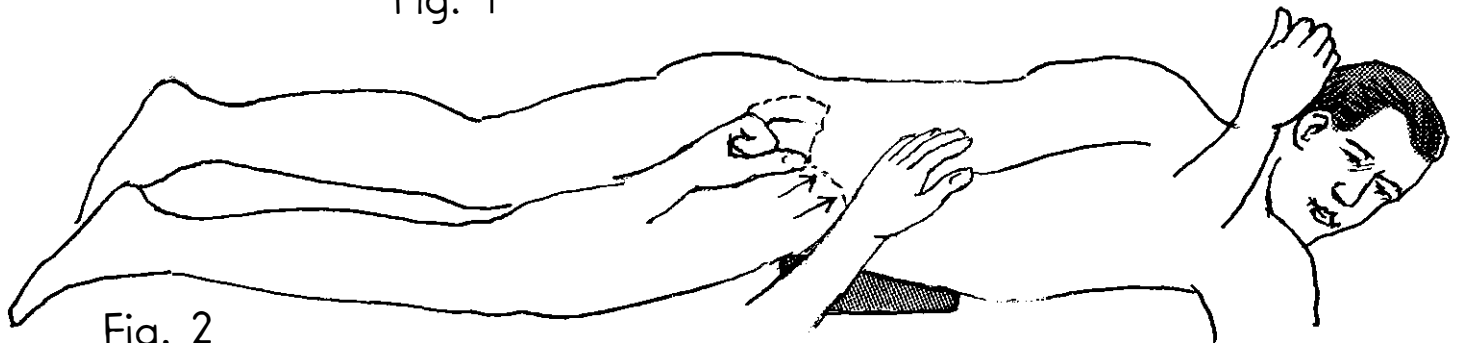


Fig. 2

The doctor stands at the side of the inferior sacral base and at the side of the curve in the spine, grasps both legs together, with one hand on the outer leg, and swings them slowly towards him. With the heel or the thumb of the other hand he supports the inferior sacrum in an upward lift and toward the opposite side, while rocking the legs toward himself and toward the patient's thigh. This is a powerful correction for the base and pelvic anteriority on the far side. The heel of the other hand can move up on that side, over all the spinal muscles, while the legs are used as a lever for release in a corrective direction.

In Fig. 2 the thumb or the heel contact of the hand is directed on the inferior sacral base, as a lifting fulcrum.

Contacts on the muscles of the inferior ilium are also used in an upward direction for SYMPATHETIC RELEASE over sore spots there. The other hand is simultaneously placed on the occiput with the sacral contact as its opposite polarity pole. Occipital stimulation releases the locked up energy impulses.

When the lower contact shifts to the lumbar region, then the cervicals are stimulated simultaneously.

These moves can be used on either side, with skill and a little pressure, for remarkable corrections along the spine, from the base upward.

## CHART No.23 Figure 1 - POLARITY LEVERAGE FOR SPECIFIC SPINAL ADJUSTMENTS.

### Figure 2 - FOOT TECHNIQUE FOR SCIATICA, COLON AND HIPS



Fig. 1

The neck contact requires the pressure of one finger specifically on one cervical lamina, to release the impulse there by repeated stretching movements and rotations.

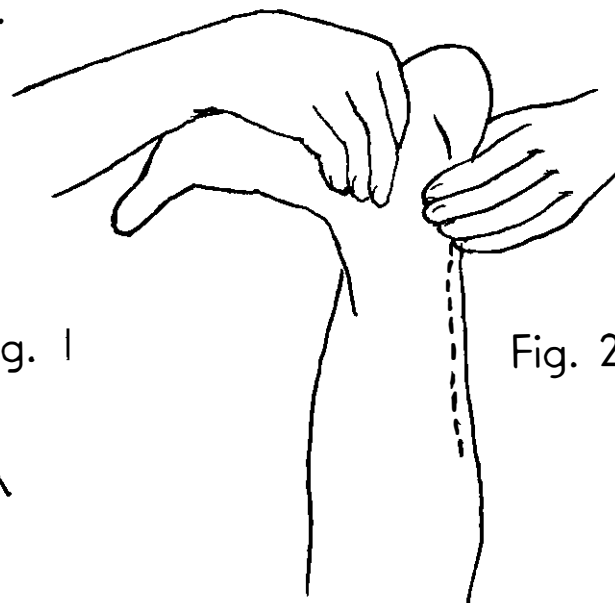


Fig. 2

The neck is the positive pole to the negative lumbar region. This Polarity relationship is illustrated in VITALITY BALANCE page 15, chart 2. Stimulation above and adjustments below are carried on simultaneously. The direction of the thumb fulcrum determines the specific adjustment to be made. See "Country-side Technique" in WIRELESS ANATOMY, pages 54-59. This specific contact with leverage is the quickest correction for all lumbar inferior and posterior subluxations; also for lateral side slips. It is unique for Sciatica and leg conditions.

Cervicals and lumbar are opposites on the double 'S' curve of the spine, and in direct line of leverage by the spinal

muscles and gravity pull. By careful palpation on the cervical laminae, the most tender area can be found on one side and traced to the corresponding lumbar lesion, and corrected.

Have the patient sit well back on a stool. Place your arm under the shoulder, on the side where you found the sorest cervical, and swing the posterior side anteriorly. The arm should fit snugly under the shoulder and the hand below the occiput, over the atlas, for a 5th L. posterior; on the axis for a 4th, etc.

If the sympathetic and parasympathetic have been released first, the adjustment will happen naturally by correct position and the leverage used.

Fig. 2 - The foot is leveraged on the leg and released repeatedly with one hand while the other hand works out the energy blocks in the Achilles tendon area, up to the middle of the calf of the leg. The patient lies face-down for this correction.

The tendon Achilles is the negative pole to the 4th lumbar and upward. The release of these energy blocks is essential in Sciatica, to free the sciatic nerve impulses.

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

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

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

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

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

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

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

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

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

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

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

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

**CHART No. 25**

## EARTH'S MAGNETIC STRATA

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

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

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

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

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

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

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

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

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

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

# EVOLUTIONARY ENERGY CHARTS

## TREATMENT FOR SHOCK PRODUCED BY PHYSICAL, MENTAL OR EMOTIONAL TRAUMA

Parasympathetic stress and emotional energy block must be corrected before free energy flow can take place. In trauma, all three nervous systems are involved and must be balanced before all symptoms can disappear.

Even in a simple case of varicose ulcer, there is a Sympathetic and Parasympathetic block - immediately above and about Poupart's ligament - that registers more deep tension and real soreness than the ulcer itself. When this hypersensitiveness, as well as the deep soreness, is released, the pressure is then removed from the ulcer. This is accomplished not only by relieving the arterial or venous pressure above the lesion, but also by "emoting" the pent-up, blocked energy and strain - first, in the supply area or positive pole. Later, a spinal or sacro-iliac lesion may be found, and is then easy to correct.

All mental, emotional tension, and physical stress and strain have a Parasympathetic reflex on the body, as this nervous system is the conveyor of such impulses from the emotional field of mind energy to the periphery. It also conveys such impulses back to the mental energy field.

When this factor is released and balanced, the symptom picture becomes clear and easy to balance by other physical methods, such as: Holding the leg up, and assisting drainage by deep, steady manipulation - upwards - toward the trunk of the body; cold water for tone; a support for the dilated area, etc.

In shock, the spasm of the diaphragm must be released by whatever means possible, to free the respiration from its choking impulses. Steady lifting contacts with the fingers under the floating ribs, and rhythmic pressure on the chest with the other hand on the same side of the body is very good. Lift the shoulder against the contact under the ribs, release, and repeat several times on both sides.

Release the brachial plexus by sliding the fingers up under the shoulder blades and gently lifting them. (See charts 36 and 46 on pages 43 and 55 in "THE WIRELESS ANATOMY OF MAN".)

A contact on the soft portion of the hand between the thumb and the first finger is made with the thumb and the first finger of the operator's hand, while the other hand is used in finding the sore spot right on the head of the humerus, on the shoulder. This is a stimulating heart contact for a better pulse on that weak side.

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\*The material on this page was originally published as page 13 of Dr. Stone's "Appendix to the New Energy Concept" which was comprised mainly of key excerpts from his major books.

# SUPPLEMENTARY PUBLICATIONS

Polarity Therapy Principles & Practice

Energy Tracing

Private Notes for Polarity Therapy Students

A Brief Explanation of the Emerald Tablet of Hermes

NOTE: All of Dr. Stone's writings not included in this 2-volume set are available in the new edition of *HEALTH BUILDING: The Conscious Art of Living Well*, which includes most of his writings on diet and exercise.

## **Commentary on Dr. Stone's Supplementary Publications**

Throughout his career, Dr. Stone periodically published various booklets, pamphlets, and supplements to previous publications. Only in this new two-volume set of his Collected Works are they brought together and, as much as possible, integrated into the other works with which they belong. His smaller, supplementary publications often contain some of the most practical, clinically valuable insights as he discovered them in his practice. On the other hand, some of the supplementary material is the most esoteric and difficult to understand of all his written work.

After integrating many of his smaller works into the major publications with which they belong (most of which are now found in the new edition of **HEALTH BUILDING**), the following four publications remain and stand alone as significant, independent publications.

**Polarity Therapy Principles & Practice** elucidates many energy principles and fundamentals of energy movement. Dr. Stone then goes on to show why various treatments of difficult cases fail and how they might be treated more effectively. A great many insightful tips on specific problems and techniques are included, with particular attention to the often neglected hypotension-vasodilation cases. He also explains new findings on the treatment of asthma, rheumatism, lumbago, arthritis, and sciatica.

**Energy Tracing** is a sophisticated statement of the art of Polarity Therapy, in which Dr. Stone states a number of refinements that he learned over the years of applying Polarity principles to his patients. The process of tracing energy is central to the art of Polarity Therapy, and here Dr. Stone applies these principles to such problems as migraine, eye troubles, sciatica, etc.

**Private Notes for Polarity Therapy Students** was originally available only to those attending Dr. Stone's personally conducted seminars, in which he could make even very abstruse theories come alive by his presence and level of consciousness. The summary of the Ayurvedic theory of the five elements was used as a basis upon which he could elaborate in his lectures.

**A Brief Explanation of the Emerald Tablet of Hermes** is Dr. Stone's detailed esoteric explication of an ancient doctrine that has intrigued, inspired, and perplexed students of occult and spiritual sciences for centuries.

# Polarity Therapy Principles & Practice

1. Energy is the real substance behind the appearance of matter and forms.
2. Energy precipitates all forms according to a mental blueprint pattern set forth by the Creator in His decree or Will.
3. Energy enlivens all forms and sustains them by linking them with all Nature, as the unit of substance and matter.
4. Energy in the sunlight can be broken up by the spectrum into colors which are gases and determine the presence of metals in planets far away. The secretion of chemistry in the body is a similar process. Carbons loaded with a metal iron core will produce short ultra violet light waves. Here the chemistry from energy to liquids and solids has its beginning.
5. Energy is a living breath of life, called "Prana", from a higher sphere of the space world. The breath of life is also called "Qi" in Acupuncture. One of the concepts of Acupuncture is that of Polarity. Life exists as the result of tension between two extremes - male and female - positive and negative - yang and yin - pingala and ida - right and left breath - qualitative and quantitative.
6. The nucleus or neutron energy is the central core energy as a neuter principle in Nature, called "Prana, Qi, Od, Akash" or Ether. Its position in the body is the center core of fine energy substance from the top of the head to the end of the spine, like the staff of Hermes, the Messenger of God's Energy, called the Caduceus, the Tree of Life in the human form. From it radiates the energy which flows over the three nervous systems as the airy neuter principle, and flows in the cerebrospinal fluid as its river and conductor of the Sea of Life Essence. This is the green or neuter spectrum band.
 

This neutron energy also flows over the circulation as the positive principle of Fire and Warmth, the river of the sustaining life substance. This is the three-fold red spectrum in the light sphere.

This same energy also radiates and flows in the lymphatic system and all secreting glands as the negative Water Principle, which is cooling, soothing and healing. This is the blue, indigo and violet in the spectrum waves.
7. Between the eyes lies the center of Consciousness, which connects the Soul as Awareness with the outside world, through the right and left breath and the ten senses - the five sensory and five motor senses - through which we

## POLARITY THERAPY PRINCIPLES & PRACTICE

7. function in this physical world.
8. All energy flows either from the center outward, called centrifugal - positive, or from the surface inward, called centripetal or negative. The right hand gives and is considered the positive hand. The left hand receives and is considered the negative hand.
9. Our Consciousness or Soul perceives life on this plane as sensory or motor impulses - incoming or outgoing energy flow.
10. Life is maintained by energy flowing over the three conductors in the body.
  - (a) The nervous system as the airy, neuter conductor for mind sensation, feeling, perception and expression.
  - (b) The circulation is the sustaining river of life for the body as arterial, venous and vasomotor and dilator mechanisms.
  - (c) The lymph as the secretion mechanism and the urine as the lubricating, chemical and eliminating current flow in these fluids.
11. Accordingly, the old Ayurvedic Medicine and Acupuncture ascribed three modes of motion to energy in the three dimensions of space, and called them the three "Gunas" - "Satwa" the neuter, "Rajas" the positive, and "Tamas" the negative mode of motion. The Chinese called them the "Qi" (neuter), the "Yang" (positive) and the "Yin" (negative) poles of action. These became the Air, Fire and Water elements of the Hermetic Philosophers, who obtained this information from the Orient.
12. This is the foundation of the mystery of the link of Consciousness with Matter and functioning therein through step-down energies and electromagnetic currents which motivate the three conductors of Energy and transmit them to organs and tissues for function and sensation, as expression and feeling of awareness in life.
13. Acupuncture classifies all organs as either positive or negative, with many qualifications and points of contact for inserting the gold (positive) needle for disbursing and distributing excess energy; or the negative pole, the silver needle, for toning areas as specific spots. The balancing of the two extremes made a blend in which the neuter "Qi" energy could flow again and link these poles to the Life Current of the Universal Essence, by tuning in; even as male and female are united in the child, the ever-becoming neuter Youth of Life.

14. Acupuncture balances the two currents in their function and polarity with each other by means of needles, so they will flow in and out of the form freely in normal action and expression, called Health or Well-being. When there is no obstruction to the energy current flow, there is no pain or stagnation in the circulation.
15. WHAT THE NEEDLES CAN DO, THE HANDS CAN DO BETTER, with a battery of consciousness behind them plus intelligence for direction of currents. The right hand is the positive sun action, radiating, disbursing, outgoing golden energy. The left hand is the negative cooling moon energy, toning, soothing and inhibiting or concentrating the current for sedimentation and use. The negative current is the mother principle of the nest builder in Nature, for perpetuation and repair.
16. Isometric or Isometros (equality of measure, balance) is the trend of action and exercise today. In the Hermetic art they did this by magnetic passes, and the laying on of hands on the positive and negative areas, instead of using the gold and silver needles.
17. In the body, the pulse beat is the measure of life waves going out and flowing in, carrying air and nourishment to all cells. Circulation follows the energy current in its movement. When there is an energy block, the heart, as a regulator, is helpless.
18. All tissues, even the brain and nerve tissues function in proportion to their blood supply. Physically, it is most important then, that all therapy should balance and improve the blood supply to the tissues.
19. Symptom relief and blood supply are positive checks and proof.
20. Even in the down-to-earth physical realm, we have the functioning of the law of Polarity, of expansion and contraction, upon which all function and motion depends.
21. The vasomotor dilators and constrictors are the real regulators of the circulation. If the brain cells and the cord cells do not get their needed blood supply, they can not function.
22. Hypertension, caused by arterial vaso-constriction in excess of the dilators, causes an excess flow of blood to the brain and the spinal cord, producing a hyperemia there and an anemia on the outside surface of the spinal muscles.

## POLARITY THERAPY PRINCIPLES & PRACTICE

23. Any therapy or treatment of manipulation that will stimulate the spinal muscles will draw the excess blood from the stagnant central area and balance these two functions. Improvement will be seen at once and can be felt in the right pulse as more compressible and less tension.
24. All manifestation of excess energy and drive is due to hypertension. In symptomatology, it will be fevers, redness, swelling, heat beyond the normal in any area or organ. Active and acute diseases come under this category of too much blood and energy in the vital centers.
25. HYPOTENSION is the excess of vasodilation in the control centers of the brain (due to emotions), the spinal cord and the sympathetic centers. The centrifugal fiery energy is in excess, without the centripetal balance of resistance necessary for stability and balance of function. It is this over-expansion which causes exhaustion.
26. A weak right pulse and a stronger left pulse wave are the physical signs of polarity energy expenditure. It is like the male energy going to war, without the feminine checks, causing devastation and famine. The brain and the spinal cord and sympathetic centers are in a state of hunger or anemia for lack of oxygen and food supply of the normal circulation.
27. Any therapy which can turn the tide of this outgoing wave of energy by reversing the polarity current flow of the cerebrospinal fluid and the circulation back to its central area, will relieve the symptoms of exhaustion and anemia in the control centers, which govern the vasodilation and constriction mechanism of blood supply to the areas.
28. By placing the left hand on the pole of the agitated center, it acts like the silver needle of Acupuncture, for stability and toning. The right hand is placed on the opposite side anterior, lateral or inferior to it. This draws the current to the area of excess dilation and congestion, which needs discharging and distributing so the centers are again supplied with energy, circulation and normal secretion.
29. In these HYPO CONDITIONS the blood lies in pools of stagnation in the abdomen, due to excessive capillary dilation. This needs discharging and distributing by the right hand current of opposite radiation and stimulation to start action locally again. Manipulation of the abdomen with the patient sitting up will release the inhibiting gas pressure and relieve the headaches due to it.

30. Also, hot fomentations to the abdomen are the physical means for thermal action. Cold to the spine by a direct stream of water or rubbing an ice cube up the spine a few times, will drive the excess blood on the surface inward to the cord and relieve the spinal anemia.
31. These are physical means, while the hands work through the electromagnetic currents and fields for balance there.
32. You may say, why not give a chemical tonic or stimulant to accomplish either action? This is true, but in general over-all reaction alone. While by manual means it can be made very selective, to apply to any one specific area or spot only, where the cerebrospinal fluid is stuck. Thus one can "put the finger on the spot" exactly where it is needed, which is the real science and art of healing. In this manner one can find the sore vertebra and the specific spot on that lesion which controls the symptom and the pain. Place the thumb of the left hand on the most painful point on that side of the vertebra, and the whole right hand above it, or opposite to it, to balance and move the cerebrospinal fluid current.

?? To illustrate: This morning I had a case with a severe frontal headache, indicating gas pressure from the intestines, which must be released first before any checks are reliable. Bending the head forward increased the pain, indicating a stagnant hyperemia in the brain, which needs draining.

Treatment: The patient sat on a chair sideways for easier access to the neck and shoulders. I placed my left hand on the back of the neck, under the occiput, with the hand resting on the shoulder area for support. My right hand was placed on the forehead, and the head tilted back into the left hand for a lifting drainage motion, and held that way for a moment.

Next I checked the pulse and pushed my right hand fingers under the sternal area with a lifting motion, for gas release.

Then I looked for the major block in the neck, as the sorest spot where the cerebrospinal fluid pressure recorded itself. I found it on the left side of the axis and over the laminae and muscles. I placed my left thumb against the sore spot firmly, and my right hand on the forehead, then relaxed to let the electromagnetic energy current (of the molecular motor in the body) work and polarize the excess front of the head with the anemia in the axis center for one minute or so.

This balanced the current and relieved the pain, and

## POLARITY THERAPY PRINCIPLES & PRACTICE

34. and brought up gases and a gurgle in the small intestines as a sign of release of the stagnation there. The currents were rolling and so were the gases. I further released them by working over the trapezius and on some kernels in this digestive center, then polarized it with the fifth dorsal for stomach release. The relief was complete and balance was established, all in about fifteen minutes. Truly an ISOMETRIC TREATMENT!
35. Such is the tracing and balancing of the cerebrospinal fluid energy and the circulation which depends upon it. We start out with physiological tracing and end up with the electromagnetic balancing of currents. Thus the patient is pleased and the doctor is occupied physically and mentally every moment, which takes the work completely out of the routine class and makes it creative and interesting.
36. RULE: In all hypotension cases, with an anemia of the spinal centers and brain and sympathetics, do not work on the spine by any manipulation, vibration or heat, and do not let them take hot baths, because that will draw more blood to the surface and make the condition worse.
37. In such cases manipulate the abdomen to disperse the stagnation there, and vibrate or work from the feet up, to increase the central energy and blood supply. Use cold on the specific spinal centers and hot on the abdomen.
38. Use your left hand where you would use the cold, and the right hand for the hot application area to balance the energy currents.
39. This type of treatment is used in all atonic conditions, exhaustion, mental instability, hypersensitiveness and talkativeness. Hypotension is the energy aspect of the symptoms. Arterial vasodilation is the physical aspect, which is called by various names like valvular collapse, an irritable heart with fast and jumpy pulse and skipping beat, etcetera.

These are the types of problem cases that will not respond to the best physiological manipulation, because the polarity is opposite to the usual hypertension cases and their therapy, which has become a routine procedure. Even the alternate hot and cold applications to the spine does not work in hypotension. That therapy defeats itself as it helps the end circulation process in hypertension and balanced arterial type circulation cases, but not in hypotension.

40. Summary: The hypotension type cases are on the wave of an excess centrifugal output with exhaustion and confusion. Passes with relaxed hands from the feet to the head are helpful to reverse the flow of electromagnetic currents. Tonifying the vasomotor and spinal centers by applying the left hand on them and the right hand opposite, is useful.
41. The umbilical region is the seat of the fiery principle of digestion, which is the light of the eyes and the power in the thighs. The abdomen is the sensory region, which corresponds to the spine, which is the opposite to the motor region. Find the sore spots and balance these to opposite currents, with patient lying on his back.
42. For electromagnetic balancing, place the right hand over the abdomen and the left over the forehead, to stabilize the head and the feeling center of the solar plexus in the abdomen, to balance the fire and airy elements in their flow.
43. To balance the Pranic or life breath currents, find the sorest vertebra in the neck and hold that spot with one hand and place the other on the top of the head. When you are on the right side of the patient, the right hand fits onto the neck and the left hand on the top of the head. This is reversed when on the left side of the patient lying on the table.
44. When the patient is in a sitting-up position, you can choose either contact, which depends on the hyperemia or anemia of the brain circulation.
45. In anemia of the brain, bending the head forward feels better. Then you use the left hand to tonify it and the right hand on the sore spot on the neck. In hyperemia of the brain circulation, bending the head forward is painful or uncomfortable. In such cases, the contacts are just the reverse of those for anemia of the brain.

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## POLARITY THERAPY PRINCIPLES & PRACTICE

46. ASTHMA is a good illustration of anemia in the spinal centers, because even a light stimulation in the upper dorsal region over the vasodilator centers can bring on an attack. The best therapy indicated is the release of the Pranic or life breath currents in the cervical region, as described in 43., 44. and 45. on page 213.

47. You can place the left hand lightly over the upper dorsal region, and the right hand on the upper chest or on the forehead or back of the head for general polarization of currents. Find the sorest spot on the vertebra of the second, third or fourth dorsal and place the left thumb on it for specific needle-point control with the same sore spot in the neck region and with the right thumb on the first, second or even the third cervical vertebra, and hold for specific polarization from above downward.

The right hand can be placed on the forehead or on the back of the head, alternately, whichever gives the most release in an attack or frees the breathing.

All this can be given with the patient sitting on a chair, as it is difficult for asthmatics to lie down.

For home treatment, the thermal cold principle can be used by applying a folded cold wet cloth, not more than four inches wide, over the upper dorsal region for about five minutes, and repeat it several times at intervals.

The squatting posture is a wonderful release to the tense psoas muscles and their pull on their lumbar attachments, where the muscles of the diaphragm also have their origin. This can be used any time for relief and postural correction. Repeat often. This posture is described in detail under the SCIATICA caption, which begins with 50. on page 215.

48. Rheumatism and arthritis are usually due to excess vasodilation in the spinal centers, causing anemia of the cord, with spastic deterioration of the outer muscles. Cold running water, applied under pressure over the spinal centers briefly, and over the joints affected, regularly and persistently for about twenty minutes twice a day, will send enough blood inward to the locked-up tissue cells to release their spastic grip. It requires courage and persistence in bad cases.

The temperature of the water should be 60 degrees F. or lower, and alternated from joint to joint during the shower, which is taken straight from the pipe or hose, without a spray head. The full stream is played on the affected joint, and the hands apply strong friction at the same time, to release the electromagnetic locks. This, together with the proper diet, has done wonders for many so-called incurable cases who had been all over the world

## 48. without obtaining relief.

Releasing the involved specific brain and spinal centers with Polarity Treatment is most beneficial.

## 49. CHRONIC LUMBAGO is due to too rich a diet in proteins, particularly that of animal origin. Such a patient is in need of a strict vegetarian diet, stressing the use of green, leafy vegetables and fruits that are compatible. Hot and cold showers, alternately, under pressure, will favor the end circulation where the arteries and veins meet.

The pulse will determine the nature of the treatment to the spinal centers, as previously mentioned.

## 50. SCIATICA: Acute sciatica is a very painful condition due to irritation in the spinal centers, causing the sciatic artery to swell in the sciatic sheath and press upon the nerve. Heat over it or capsoline rubbed in over the nerve often relieves the congestion by drawing the excess blood to the surface.

In the acute stages, adjustment is not indicated as it may cause a spasm. In this painful condition, the best position that the patient can take on the treatment table is to lie face-down across the width of the table and allow the hips and sacrum to hang from the table support, with a soft cushion under the lower portion of the abdomen, to gently stretch the articulations, which in turn allows the blood to circulate and gives some relief. Even lying across a bed in this manner is comfortable.

You can polarize the spine from one side to the other by stimulating the unaffected side with manipulation or gentle vibration; also around the shoulder blades, which often relieves the spasm.

With the patient lying face-down over a pillow placed under the lower abdomen, make a gentle contact into the perineal muscles on the affected side; find the tight fiber and hold it steady to relax it. At the same time raise the foot by bending the knee and make a contact on both sides, on the sorest spots under the ankle. Hold both contacts until relaxed.

The squatting postures, shown in "EASY STRETCHING POSTURES FOR VITALITY AND BEAUTY"\*, with rotation, give the best release for sciatic pain and structural correction for home use, as illustrated in that book. This position releases the spasm of the psoas and other inter-related muscles in the pelvis. By means of the rotation or side motion from one side to the other, the tense muscles are stretched and a better circulation is established, which is a great help. It relieves spasms and pains. As a home treatment, it has no equal for all lower

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\*EASY STRETCHING POSTURES now forms Part II of the new edition of HEALTH BUILDING.

## POLARITY THERAPY PRINCIPLES & PRACTICE

50. back pain and even for asthma caused by the psoas tension pull on the crura of the diaphragm attachments. It should be used many times a day, whenever there is pain. This speeds the recovery.

This exercise is superior to any traction or stretching devices.

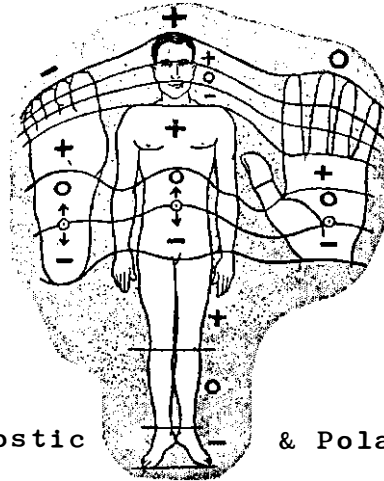
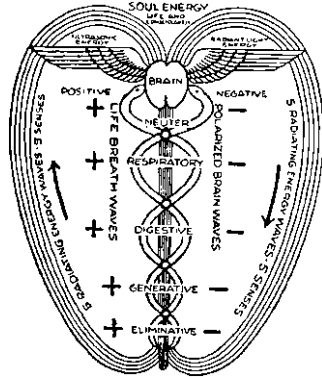
The old Zulu trick of riding on the back of a big turtle to cure back aches was successful due to the stretching of the inter pelvic muscles, which this simple squatting posture with natural stretching and rotation does even better.

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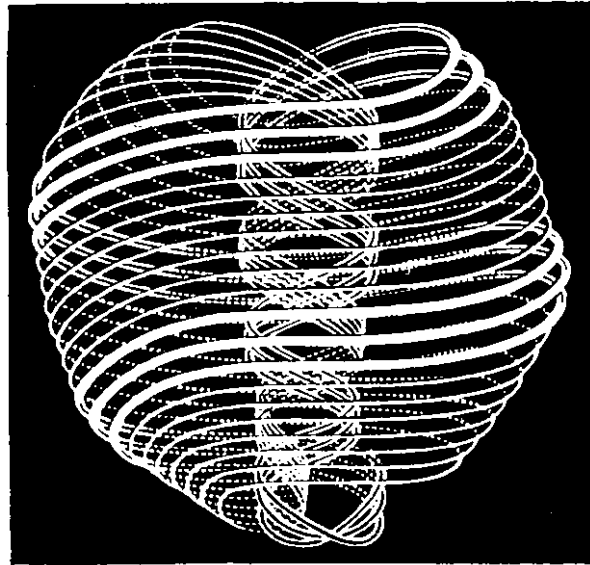
# Energy Tracing

(Original charts reproduced here in miniature)

Book III  
PSYCHO-PHYSIOLOGICAL KEY CHART  
ANCIENT AND MODERN FOR  
**POLARITY THERAPY**



Diagnostic & Polarity  
Relationship Chart #4, Book II



## THE ATOM

Chart #12 in the set of 25 Charts

Tracing energy in POLARITY research goes deep into the Sound Current Energy in the causal field, the blueprint stage of mind pattern energy and the subtle formative stage of the five elements in the creative process. The five elements are akash or ether, air or gases, heat as fire, water as liquids and earth as solids. These stages of formation have energy lines of stress which produce electromagnetic tension fields in the body as lines of stress. (See Charts 5, 6 & 7 in Book I)

## ENERGY TRACING

This process is similar to atomic lines of stress and potential energy, which can be calculated in atomic research and engineering designs.

There is a constant similarity of patterns of the subtle process being reflected in the grosser formative stages below. In the body, it is the unwinding of the spool of fate of energy lines of forces, by the stepped down concentration of vibratory intensity. This crystallizing process is the nature of tamas, the vegetative sprouting energy process of the five elements of matter, forming the material root system in darkness.

The subtle, central life energy is the motivating radiation of warmth of feeling and understanding of the biological creative process. That is the sun energy, the centrifugal impulses from the center outward. These fine potential causes can be traced in the life of patients, as the origin of ill health, long before chemistry and mechanical involvement.

This type of energy stress research concerns itself more with subtle causes of disease, rather than their symptoms of effects. Its aim is to balance the lines of stress between the primary elements involved. That can be established only by wide research and observation in cases where the solution of the problem of the disease origin was not possible by other methods of technical details. It has to be found closer to the River of Energy and Life itself.

Tracing the energy currents is like trying to re-establish the ancient "Rainbow Bridge" of the gods in the Norse mythology, which linked the subtle powers of the heavens above in the cosmos with the gross earth below. This arch of Nature's subtle tension fields in the body is the established link between causes and effects, from the causal fields of mind patterns through the vital seed power pattern of forces to expression of sound, as speech, or the full-grown, mature fruit in Nature's realm.

In the Bible we find an authentic statement of the life breath (Prana) the vibratory shining energy (Hyranyagarbha) being placed by a special process into the body of man, made out of the fine dust of the five subtle elements in creation, which is continuous. Genesis 2:7 - "And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul." (Prana is described on pages 57 to 63 in Book I)

That was a special stage in the involution of souls into physical bodies of subtle earth elements, as a garden to take care of and to keep it fit, as a temple of the living God. God

dwells and walks therein, as in Paradise. The latter is a vital sphere in creation, called the Astral Plane, the Thousand-petalled Lotus or Sahasra dal Kamal in the sacred writings of the East. The conscious awareness of this 'garden' lies hidden in the 'tisra til', the center between the two eyes, where the two planes meet.

Energy becomes nuclear by condensation of sound vibration (dhvani) and thus gives rise to shapes and forms. Atomic or nuclear energy is nothing but sound corpuscles or congealed sound. Refraction of the vibrating crystals of sound energy is the basis for our atomic research and the many applications of it in industry.

Dr. Einstein proved that every atom gives off cosmic rays or vibrations, even in a state of rest. The atom is really a microscopic solar system in itself. Prana is the shining energy principle in the sun. It is this type of glow in the human body and in Nature. It has its source in the anahata sound energy of creation, which is sustained by the unconditioned, unlimited, true Sound Current (Shabd), called Bhani in spiritual literature of the Radha Swami Teachings. This Soul Melody or Dhun is one, but has various degrees of intensity on the spiritual planes, beyond the material level and beyond the astral and causal levels as well.

The Anahata Nada, the spiritual sound, even in the lower spiritual regions, is vibrationless and can create and destroy universes.

Dhvani, on the other hand, is vibratory sound, caused by the movement of the five elements among each other, and is dependent upon them for conduction of these sound waves of various lengths and frequencies. In a vacuum, these sounds cease to transmit the impulses of vibration. A bell enclosed in a vacuum may continue to ring, but cannot be heard outside of the enclosure. The classification of ultrasonic, supersonic or infrasonic waves does not change their nature of limitation of conduction.

In music we have wind instruments producing vibratory sound by air pressure. In string instruments, also the gong or the drum, we have the primitive type of communication by means of vibratory dhvani wave impulses. All these are absorbed in the akash or ether of space, the neuter element, also called vyoman in the metaphysics of Sound Research. It is the space record of all created sounds, recorded automatically, on this writing sheet of the universe.

SOUND is the logical exponent for all energy and its

## ENERGY TRACING

law of progression applied to therapy, whatever the approach may be. The True Sound of the Anahat Shabd is for the soul, the dweller in the body. Dhvani, the vibratory sound, is for the five elements which compose the house or body we live in.

The five subtle elements make up the body, which is formed out of the fine dust or essence of the earth. (See Genesis 2:7) The subtle airy principle and the gross earth of clay are opposed to each other. The fire and the water elements are also opposed to each other. While ether or akash is the neuter element which they can blend into and flow out of, through the vibratory sound energy called prana, the breath of life. (See chart No. 2 in Book II)

That is the step-down of soul energy - the spiritual Sound Current, flowing not only through the nostrils, but through every cell in the body to keep it alive and functioning. This is linked to its center of radiation from the solar plexus, the autonomic center called "The Great Abdominal Brain" by Dr. Byron Robinson, the eminent research surgeon of the 19th century. This is the circuit that is the key to the unconscious functions in the body and is the balance wheel of energy flow for health. (See chart No. 7 in Book III and charts No. 2 and 3 in the set of 25 charts)

The dual POLARITY principle in Hatha (Ha and Tha) YOGA can prove very helpful by the use of fulcrum and leverage technique, applied in POLARITY treatments and principle when used wisely in stretching the connective tissue tension stress fields by flexion and extension of articulations and joints. The joints are the energy cross-over points (X).

The life and breath, or airy substances, are interlocked with emotions as gases of carbon dioxide, which must be liberated where it is compressed as airy pressure, as in a motor, which causes all kinds of headaches, shoulder pains, numbness in arms from indigestion and many other symptoms.

When the air does not move as gases and vital emotional tension release, nothing can move. Lesions or locks occur all along the spine and in the body tension fields of the connective tissue that is supplied by lymph and liver chemistry. Then pressure pains are built up in tissues and in joints all over the body, or locally, and are called lesions.

But when this is understood as a circuit of current flow, as in electricity, it can be released in the deep tissues by POLARITY balancing treatment of opposing tension fields. (See chart No. 3 in Book II, also charts 6 and 7 in Book I) Then the compressed gases roll and the patient

either belches, yawns or begins to breathe deeply as evidence of relaxation. Sometimes the desired reaction obtained is gentle perspiration, which is also evidence of function of all physiology. And the patient feels lighter and better, as if a huge burden had been lifted from him.

MIGRAINE HEADACHES - HICCUGHS - are nothing but gas pockets under pressure, trying to get out. The sound energy currents are the over-all moving factors that set things right again, by making the prana, the central life energy, flow by release of the gaseous block. (See chart No. 28 in Book II)

The shoulders are the subtle airy leverage centers of 'Yang' and 'Yin' or positive and negative currents on each side, right under each blade, about one inch down from its tip, which links it with the subtle vital force of respiration, oxidation and digestion. This must be shown, explained personally and felt or experienced in order to comprehend it. Typical emotional cases are the best to prove its merit, where even psychiatry and other methods have failed. (See charts No. 4, 9, 10 and 11 in Book II)

SHOULDER SOCKETS have a definite relation to the EYE SOCKETS, as shown in chart No. 8 in Book No. 5, by placing the head (the crown pattern) in the chest region. Eye and head trouble can be reached from here by tracing and feeling for the lock or energy block. Even glaucoma pressure in the eye has its root in the built-up stagnation of the prana, the radiant current of light that is blocked by gas pressure built up behind the eye and in the fluids of the eye.

This is no ordinary technique of manipulation, but a POLARITY CONTACT OF DRAINAGE RELEASE, above, on the occiput and the upper dorsal vertebrae for fulcrum point. Use the center line of 'tchi', and on each side of the spinous process as the 'yin' and 'yang' leverage. That can only be proven in actual cases of eye trouble of this type, even after optometrists' tests, diagnosis and treatments. The condition is also due to a lack of oxidation of tissues in the eye as a result of indigestion and gas build-up, which can be relieved by getting the life currents to flow again as a result of POLARITY BALANCE in the tattwas or elements in the body.

A similar situation exists in SCIATICA, where the sciatic sheet limits the expansion of the sciatic artery due to gaseous blocks and inflammation. The built-up pressure causes excruciating pain. It can be released by the same principle of POLARITY treatment, by moving the energy block in the connective tissue sheet for relaxation, and drawing the accumulated heat of the inflamed sciatic artery to the surface, to

## ENERGY TRACING

relieve the deep internal expansion pressure on the nerve itself. I had several such severe chronic sciatica cases in my clinic in India as well as in the U. S. A. Some had expert medical diagnosis and attention at home and in hospitals, and after a year or more of it were advised to have surgery. That is when they came to me and I could prove my POLARITY PRINCIPLE of ENERGY. They were relieved in one or two treatments. The recurring gas pressure was eliminated by releasing the digestive energy blocks. (See chart No. 4 in the set of 25 charts)

The above is mentioned to show the practical application of this new basic approach to the over-all picture of therapy in treating bad chronic cases, even after prolonged hospitalization and all modern therapy had failed. Experience is the best teacher, and the proof lies in accomplishment.

The shoulder level is the horizontal line of subtle stress and the base and fulcrum for the airy and vital pranic energy circulation to the neck and head. This subtle energy is the active mover in the blood stream also, beyond the physical gravity principle! It is the upper triangle of the Tree of Life of circulation, digestion, oxidation and carbon dioxide pressure release.

But this takes far more than mere pressure on a spot, or a needle in the blockade pressure point, as in Acupuncture. It is an art and a science, rather than a mere process of movements applied by any other type of therapy or chemistry. It deals with subtle ENERGY and not the gross forces that are obvious. Even a lifetime of research work and midnight oil can solve only a measure of such problems of health and living. This has to be seen and demonstrated personally, after which the books and charts really mean something and can be used as reference books.

The soul, as the center of conscious being in the body, must be reached through these life energies by mending the short circuits of mental and emotional resistance through understanding the subtle life process in ourself and in Nature, which are the tattwa or elemental tension fields. This law of Life and Motion operates in the cosmos and in man, and cannot be ignored. Life itself is a paradox, which comforts while it mocks!

Opposite to the shoulder level is the hip level base, the water tattwa or element and the earth tattwa support fulcrum of motion. These two major levels must be coordinated in therapy as horizontal lines of forces in action. It is like the Ark of Noah, floating on the psychic energy ocean of Life. (See chart No. 10 in Book II)

POLARITY CURRENT RESEARCH IN CEREBROSPINAL FLUID AND IN CRANIOPATHY: The life-breath or prana current moves in the cerebrospinal fluid conductor to all tissue cells and communicates with other internal secretions and body fluids, like a living cosmic breath. This may be called the primary respiratory cycle of energy flow, with its own cranial rhythmic impulses as a physiological wireless energy response, like atomic current circuits. It is prior to and distinct from the regular respiration of the lungs' cycle of oxidation and pulse beat.

In the structural field of anatomy, it is the connective tissue which is the tension factor for postural relationship and balance response, or the structural lesions in articulations and joints. Posture depends on this relationship of electromagnetic tension fields in the body structure and functional response through the life-breath, the prana currents.

The cranial rhythmic impulse may, at times of rest, synchronize with the pulmonary circulation. It is more subtle and may persist even when the pulse beat has stopped. Therein lies the mystery of cases that were unknowingly buried alive in olden times, and of those who have been re-animated after all signs of life were absent. I mention these findings here only to show how subtle and deep this sound energy goes.

The duramater has its fulcrum leverage point in the tentorium cerebelli tension membrane in the skull, which also moves the cranial bones in rhythmic sequence, by brain impulses. (This has been electrically recorded by other research scholars.) The duramater covers the spinal cord and is attached in its inferior pole only at the prominence of the second sacral vertebra, which moves the sacral base.

In the inhalation phase of the cranio-sacral mechanism of flexion cycle, the sacral base rotates postero-superiorly, while its apex and coccyx move anteriorly toward the symphysis pubis.

The point of vital importance in recording these physiological observations of Craniopathy is the fact of the similarity established by Hermes as the primal mind pattern in Creation and in the body relationship. This is mentioned in his 'Emerald Tablet' as "the above with the below" and refers to the reciprocal relationship of the life process, and to the design pattern of Creation in bodies and form structures.

In my Polarity research and therapy I also found this relationship and response in the bones and joints of the feet and the hands to the cranial tension fields and prana impulses.

## ENERGY TRACING

I classified them as acute symptoms in the hands, and as chronic ills or crystallized sedimentations in the feet, which obstruct the pranic current circuits and waves in the body from the head to the feet, and their return currents, called a reflex response. This is illustrated to some extent in charts No. 4 and 5 in Book 5. This type of response and reflexes can be found and established by means of POLARITY THERAPY, all over the body. The Therapy itself has been described and charted by artistic hand-drawn illustrations in my books for doctors and students. Chart No. 4 in Book II gives a brief synopsis of it for diagnosis and tracing the superior and inferior corresponding tension fields.

Hermes refers to the vibratory prana life principle as the universal agent, Chiram. This astonishing correlation of the secrets of life-observations in the past, can now be verified by anatomical and physiological scientific research and tests, some of which are given in detail in the two books of Dr. Harold Ives Magoun, Sr. of Denver, Colorado. Linking the labors of the thinkers of the past, to the present, is indeed a helpful encouragement and will benefit all humanity in time of acceptance.

The terms, 'primary respiration mechanism' and 'Craniopathy' were discovered and coined by William Garner Sutherland, D.O. in his lifetime research on the cerebrospinal fluid movement and its vital energy pulsation in relation to Osteopathy and health. Its basis was sought in the hydrostatic pressure fields of the body fluids. (But prana was not mentioned or identified as a vital force.)

To that research was added years of effort in scientific study of correlation and superb artistic illustrations of anatomy and physiology by the able Doctor of Osteopathy, Harold Ives Magoun, mentioned above, in his first and second (1966) editions of the remarkable book, "Osteopathy in the Cranial Field".

Such art and research is a rare accomplishment and deserves our thanks, and acceptance by science.

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EDITOR'S NOTE: All the rest of the material originally published in "Energy Tracing" (all of which concerns Dr. Stone's "Polarity Yoga") is now found in the expanded new edition of **HEALTH BUILDING: The Conscious Art of Living Well.**

## Private Notes for Polarity Therapy Students

The energy current flow in the atom explains the POLARITY mystery of the five elements or matter in their gross and in their finer etheric fluidic central and surface end lines of force and grades of atoms. POLARITY principles pinpoint the fixed 'switches' or cross-over lines of force for the exact points of contact. This is the basis of the scale of balance of well-being through atomic energy function in cellular tissue fluids. Being aware of this, makes it easy to do.

Dr. Randolph Stone's TRIUNE POLARITY STRETCH of flexion and extension is the practical basis of the Hatha Yoga of India. This POLARITY YOGA can be done in about two minutes, daily. It is a special, subtle fulcrum and leverage technique, which moves the central core current upward and beyond the grosser form of mere muscle exercise or that which is accomplished through static postures only.

This Triune Polarity Stretch of POLARITY YOGA can well be called ATOMIC POLARITY STRETCHING, applied to connective tissue and the duramater, also to the finer constitution of man. This is the same as the atom in the universe and in nature. It is also illustrated in Chart No. 12 of the Evolutionary Energy Series, showing "THE ATOM IN MAN AND MAN IN THE ATOM".

The five 'Pranas' are the vital airy and primal plasma or so-called gas currents penetrating the five 'Tattwas' or elements in their static constitutional function in the body.

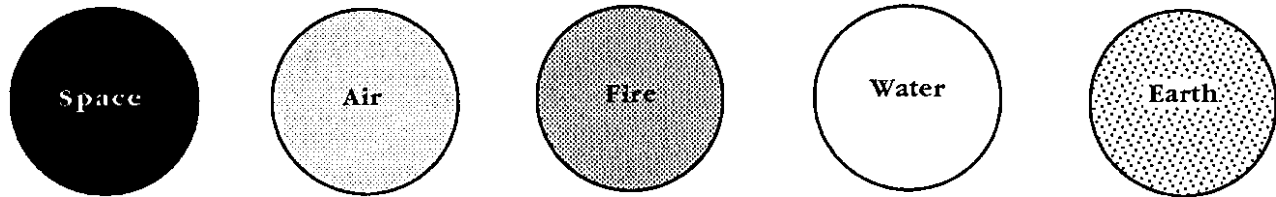
Philosophic theories can only deal with the formal routine, but cannot change the actual energy current flow to almost instant response, as can be done by this technique. Only by practical demonstration and by doing it yourself can this be proven in daily life.

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

**ENQUIRY INTO THE GROSS BODY**

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

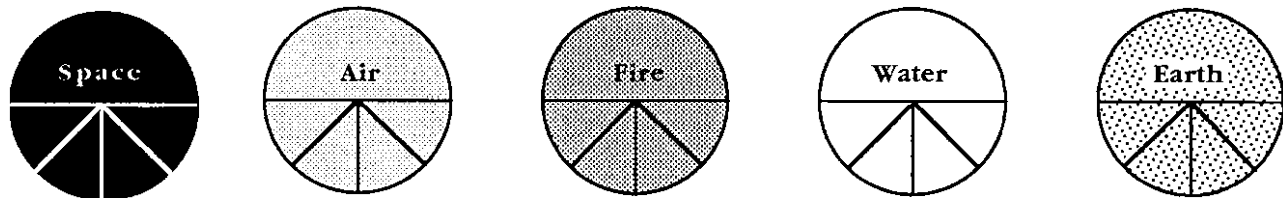
The Five Great Elements



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

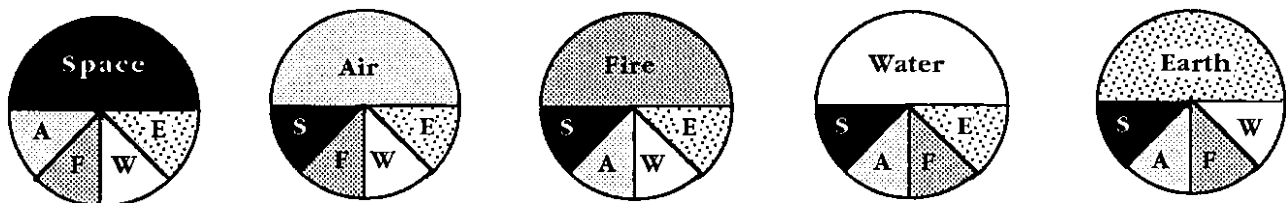
Every Element is divided into two halves. One half remains unchanged. The other half is further divided into four equal parts making each equal to 1/8 of the original. Thus each is now found as five parts.

Pentamirus Division



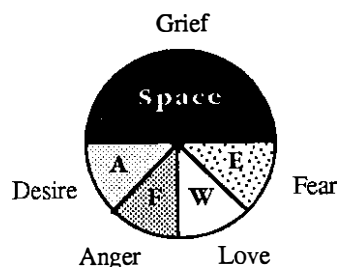
With the unchanged half of each Element, 1/8 part of each of the other four Elements are combined, thus making a size as whole as the original Element. But each now contains all the Elements but one only predominates. Thus in this Pentamirus Combination, twenty-five factors are manifested. How?

Five Fold Combination



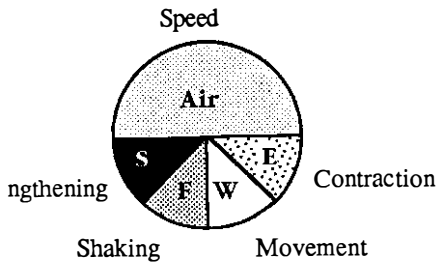
Thus in this five fold combination twenty-five factors are manifested. How?

The Products of the Five Fold Combination of Sky



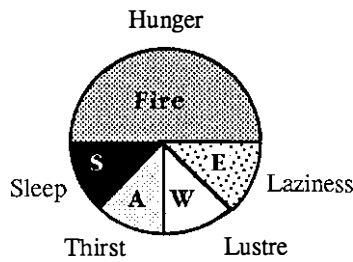
Grief, Desire, Anger, (Love or) attachment, Fear.  
 Grief is the principal quality of Space, a feeling of nothingness.  
 Desire is produced by the combination of Wind with Space.  
 Anger is produced by the combination of Fire with Space.  
 Attachment or love is produced by the combination of Water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

**The Products of the Five Fold Combination of Wind**



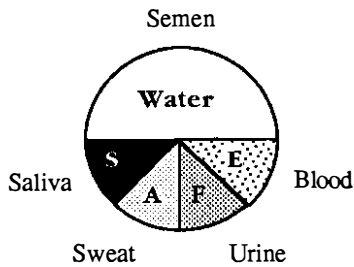
Speed, Lengthening, Shaking, moving, contracting.  
 Speed is the main quality of Wind.  
 Lengthening is produced by the combination of Space with Wind.  
 Shaking is produced by the combination of Fire with Wind.  
 Movement is produced by the combination of Water with Wind.  
 Contraction is produced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

**The Products of the Five Fold Combination of Fire**



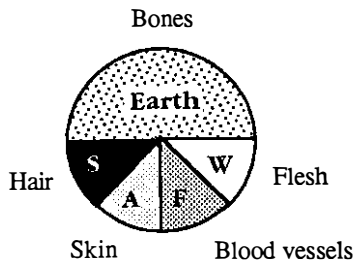
Hunger, Sleep, Thirst, Lustre, Laziness.  
 Hunger is the main quality of Fire.  
 Sleep is produced by the combination of Space with Fire.  
 Thirst is produced by the combination of Wind with Fire.  
 Lustre is produced by the combination of Water with Fire.  
 Laziness is produced by the combination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

**The Products of the Five Fold Combination of Water**



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

**The Products of the Five Fold Combination of Earth**



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

## PRIVATE NOTES FOR POLARITY THERAPY STUDENTS

### EXTRACTS FROM A VIEWPOINT ON METAPHYSICS by Dr. Joseph P. Green (St. Louis, Mo., 1919)

Meteors fall out of the interstellar spaces upon our planet. Some weigh two to twenty tons and more. They are chiefly composed of nickel and iron. How did nickel and iron get into space? Did it overcome the gravitation of the Earth and fly away? We think not. Did it break away from some other planet or sun? We think not. Nothing could be powerful enough in an orb, or sphere, to force it beyond its own power of gravitation.

Is it possible that all material substance once existed in space as invisible or metaphysical substance, and then crystallized and took form? We prefer to believe that such is the truth. Matter is constantly being turned back into the ocean of invisibility. So then the rule must work both ways. We mean that if the visible substance can be turned back into the invisible, then the invisible can be turned into the visible form, and this is done.

All the elements of a kernel of wheat have been extracted from the atmosphere by scientists. Gold, diamond, iron with sufficient heat can be floated out into the atmosphere as invisible substance and we breathe it, move in it, unaware of its presence. When man knows enough he will take food, clothing, material, heat, metals, oils, etc. out of the atmosphere and we will not need to wait on the slow process of vegetation and nature to do it for us.

This planet was one day invisible substance. Then, by some POWER, will, or mind this substance became nebulae, or star dust. Then this same power produced motion or whirl in this star dust. A vortex resulted, and star dust rushed into this vortex, forming a nucleus, which continued to whirl, and star dust added and added until our world (the word comes from whorl) was formed.

The word metaphysics comes this way: "Meta" means beyond, above or over. "Physics" means the law, action or movements of matter. Therefore, metaphysics means the law, action or movements which are beyond, above or over matter. Metaphysical substance is the mother and father of matter. Every building, painting, etc. first existed metaphysically in the realms of mind. Then it was put onto paper or canvas. Then, in the case of a building, it was externalized with brick, stone, timber, etc.

An electromagnetic core is a harness for the metaphysical force known as electricity. A water wheel is a harness for gravitation, an automobile is a harness for gasoline, a locomotive for steam, an aeroplane a harness for the atmosphere.

Physical man is of the earth, earthy. Metaphysical man is invisible, yet possessing and manifesting through the physical as his harness. He is greater than the physical harness as magnetism is greater than the magnet. Organs are laboratories in which the metaphysical man performs his wonders of creation.

Turn a horse, a cow, a sheep, or a goose loose in a clover field. The horse makes flesh and strength; the cow, flesh and milk; the sheep, mutton and wool; the goose, goose flesh, eggs and feathers out of the same food. Why this difference? It is all due to the chemistry of the metaphysical power and intelligence in each animal. Metaphysical man can create any chemical needed, in the laboratory of his physical body.

Where are the fruits, vegetables and foods that we will eat ten years from now? How will they get here? By the slow process of mind in plants, trees, etc. unless the metaphysical man uncovers enough knowledge, so that man shall know how to produce them quickly as did Jesus the wine at Cana, and the loaves and fishes on the shores of Lake Gallilee.

## A Brief Explanation of the Emerald Tablet of Hermes

"THE SECRET WORKS OF CHIRAM, ONE IN ESSENCE,  
BUT THREE IN ASPECT — 'CHIRAM TELAT MACHASOT'  
i. e. CHIRAM THE UNIVERSAL AGENT, ONE IN  
ESSENCE, BUT THREE IN ASPECT.

"IT IS TRUE, NO LIE, CERTAIN, AND TO BE DEPENDED  
UPON, THE SUPERIOR AGREES WITH THE INFERIOR,  
AND THE INFERIOR WITH THE SUPERIOR, TO EFFECT  
THAT ONE TRULY WONDERFUL WORK. AS ALL THINGS  
OWE THEIR EXISTENCE TO THE WILL OF THE ONLY ONE,  
SO ALL THINGS OWE THEIR ORIGIN TO THE ONE ONLY  
THING, THAT MOST HIDDEN, BY THE ARRANGEMENT OF  
THE ONLY GOD. THE FATHER OF THAT ONLY ONE  
THING IS THE SUN, ITS MOTHER IS THE MOON, THE WIND  
CARRIES IT IN ITS BELLY; BUT ITS NURSE IS A SPIRITOUS  
EARTH. THAT ONE ONLY THING (after God) IS THE  
FATHER OF ALL THINGS IN THE UNIVERSE. ITS POWER  
IS PERFECT, AFTER IT HAS BEEN UNITED TO A  
SPIRITOUS EARTH."

The oldest and most revered of all alchemical formulae is the sacred EMERALD TABLET OF HERMES of Egypt. The secret art of transmutation of base metals into gold (with the stone of the Philosophers) was referred to as the Magnum Opus, or the Great Work.

The characters were recorded in the "Tabula Smaragdina" in base relief in a block of pure emerald (not engraved), and hardened by this art. A very ancient author, who lived several centuries before Christ, mentions having seen this tablet in the court. It was said to have been over two thousand years old then.

"THE SECRET WORKS OF CHIRAM" = the Architect of the universe, the potential primal vision, idea and energy in all creation.

"ONE IN ESSENCE" = Shabd, the Eternal Sound Current, omnipresent, omniscient, omnipotent, unifying support of all creation.

"THREE IN ASPECT" = the three gunas or qualities of: sattva, the true (0), neuter quality, the center, the nucleus; rajas, the positive (+), radiant pole; and tamas, the negative (-), crystalizing precipitation and gravity attraction pole, downward.

## THE EMERALD TABLET OF HERMES

"THE SUPERIOR AGREES WITH THE INFERIOR" = the 'superior' is the true Shabd or Sound of the Eternal Sound Current and its pattern of the five Holy Sounds and five regions of spiritual intensity or planes of the Sound reflected in the five elements of creation of forms. The moon principle or vak sound originates in the causal plane of Trikuti as mind patterns in the blueprint stage of the great architecture of the universe. It is the spiritual Anahat Shabd or Sound Current.

"AND THE INFERIOR WITH THE SUPERIOR" = the 'Inferior' is a reflection of the above, like an imprint or picture on a film of the great macrocosmic process of the Creation-pattern, impressed upon the space substance, the mirror of akash or ether, below; and the four emerging elements as four rivers or four faces of Prajapati in his emergence.

A microfilm of this is implanted in the pattern of each unit or variety of form or body in the creative reflection process of patterns in its three stages of emanation as (1) mind energy, the form pattern design, the blueprint stage; (2) as vital energy, prana, the central radiation of warmth or heat as the fire element latent in the sun and in the atom, like an embodied sun radiation sealed in a miniature, material shell; (3) the shell of crystallized form of matter, which cannot hold the subtle cosmic radiations in bound, so they become sealed in 'giants' or 'Titans' in the formation of the universe.

This is the story of old of the giants, the Titans or cosmic forces and forms that were later dismembered or dispersed by the gods, dividing them into endless units of vibratory energy forms in the process of Creation. All of this is an interesting picture of the mind and its process of dividing to rule; to emphasize formal details, boundaries, customs and limitations, to become lost and confused therein and thereby, like Prometheus bound to the rock of matter. The story of Gulliver, bound by the Lilliputians, is a modernized version of how our own thoughts and impulses bind us to the material world.

"THE WILL OF THE ONLY ONE" = the Shabd or Sound is the spoken word of the Creator, the VOICE OF GOD, which is sent forth as the fiat energy, producing the creation as the Logos or eternal Word. John 1:1 — "In the beginning was the Word, and the Word was with God, and the Word was God." All things were created by the WORD and all things owe their existence to it.

"SO ALL THINGS OWE THEIR ORIGIN TO THE ONE ONLY THING, THAT MOST HIDDEN, BY THE ARRANGEMENT OF THE ONLY GOD." = That most hidden thing is the love, the beauty and the Truth of Being of the only God, hidden in all His creation as the Life Energy and the designer of

forms and artistic patterns concealed by this veil of Isis, the Great Mother principle of Nature, and in Nature itself everywhere. Such is the grace of the unknown beneficent Giver, to remain unknown to the beneficiary of all His gifts of Love, Life, Truth and Beauty, and abundance everywhere in Essence and Bounty, in its subtle aspect, or in revealed grace, through His Vision and gift of intuition and devotion to Him. It is like the precious incense and the container. The Anahat Shabd is the magic power of the real transformation into the 'gold' of the spiritual self.

"ITS MOTHER IS THE MOON" = the Sound principle of yak in the Sound Energy study of the ancients.

"THE WIND CARRIES IT IN ITS BELLY" = the subtle airy principle and gas as the distributor through all the body tissues and elemental functions.

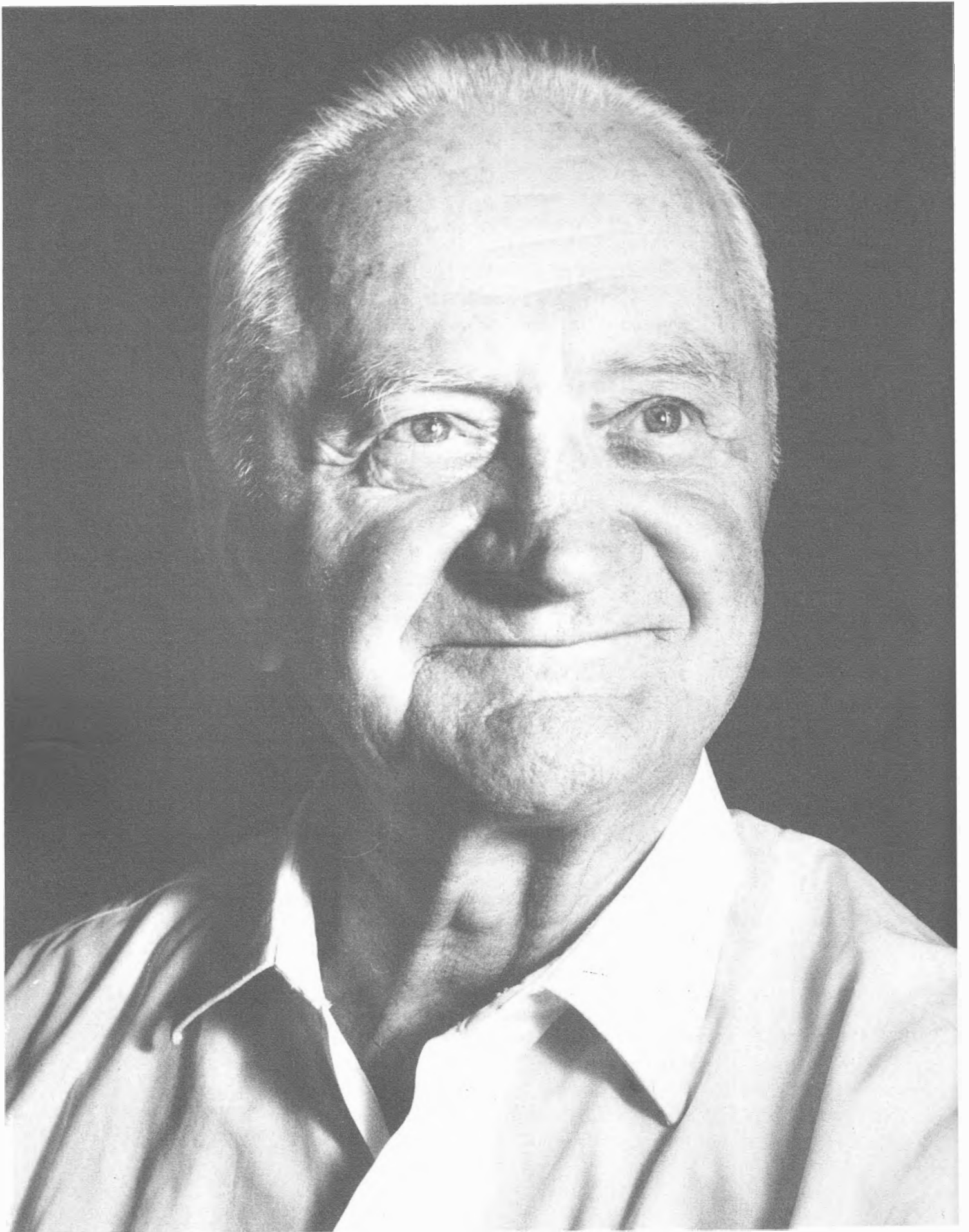
"BUT ITS NURSE IS A SPIRITOUS EARTH" = The five earthy subtle elements and all their animal natures in the 'ark' of the body are protected, directed and carried by airy currents, nursed and nurtured while floating in the psychic sea of the flood of energy in the subtle creative process of consciousness in a body form. Here all five elements of the five tattwas or subtle elements were represented and permeated by the essence of the five spiritual regions, balanced and held by the spiritual Sound Current, "THE FATHER OF ALL THINGS IN THE UNIVERSE."

"ITS POWER IS PERFECT, AFTER IT HAS BEEN UNITED TO A SPIRITOUS EARTH" = the Great Work of transformation, the "Magnum Opus," the day of the soul's liberation, its transcendence over all elements of creation, forms and conditions. It is the soul's salvation and resurrection of the consciousness out of bondage, ready to return out of the 'Egypt' of the sensuous life to the Father's House, like the Prodigal Son in the parable given by Jesus.

All this transforming power was accomplished by the 'Philosopher's Stone,' the most hidden gift of Love, Beauty and Truth of the Shabd Life Current, embodied in a true Teacher or Saint, the Sat Guru in human form.

The Saviors of souls come into this world in each and every age and take only those who are weary of the toys of sensory enjoyments and ego, and are ready to come Home to the Essence of God's Love.

Dr. Randolph Stone  
September 2, 1970



**A formal portrait of Dr. Stone taken in India when he was in his eighties.**

## Brief Biography of Dr. Randolph Stone

"Service without love is work."  
---Dr. Randolph Stone

The above quotation from Dr. Stone, which he stated emphatically in one of his seminars, epitomizes the spirit and essence of all his work in the healing arts. He was a great spirit and a pioneer physician who made a memorable impact on those with whom he came in contact. In fact, Dr. Robert K. Hall, M.D. has called him "the father of a new field of energetic studies." Dr. Stone was a person who was born with a grateful heart, and he seemed to love sharing his high spirits and knowledge. His vitality and stamina were legendary among his students, as was his sense of humor. Even in his eighties, he taught four-day seminars (six to seven hours per day), and afterwards he did a number of treatments in the evening with patients who were brought to him-- all the while eating only a fruit diet during those four days.

In addition to the love, high spiritedness, and enthusiasm that he radiated, his childlike freshness and openness to life and his capacity for acceptance and broad-mindedness impressed people tremendously. In spite of his knowledge and accomplishments, he seemed to lack any pretense. Although Dr. Stone was demonstrably brilliant in his understanding of the body and in his perceptions into the healing arts, human psychology and spiritual truths, he never flaunted it. In fact, he seemed to regard the teachings that he transmitted as having a life of their own, as being objective living truths that he was privileged to hear about, along with his students. At one seminar, after quoting from one of his own books, he exclaimed, "I'd like to meet the man who wrote this!"

In fact, although broadly educated in diverse schools of thought in the healing arts, he always emphasized to students that they had to catch the living truths of life to do good work with patients. He admonished students that "We get so much education today that we don't know what's real anymore." And at one seminar he stated, "I've got a stack of certificates this high (gesturing two feet higher than the table) and they don't mean a thing!"

Dr. Stone was more an inspired teacher than a learned scholar. Much of his most impressive knowledge was learned from experience and was eminently practical. His writings just flowed out of him, issuing forth from his stream of inspiration and enthusiasm, and he didn't polish those writings to show off to the learned. In fact, he refused to let himself be caged in by the limits of conventional thinking and contemporary modes of "logic". A quote from **The Book of Mirdad** could be applied to Dr. Stone's winged flights of inspired perception:

"Logic is a crutch for the cripple, but a burden for the swift of foot; and a greater burden still for the winged."

### CHILDHOOD & YOUTH

He was the youngest of six children-- two boys and four girls-- born in a Catholic family in Engelsberg, Austria on February 26th, 1890. His mother died when he was only two years of age. He emigrated to the U.S.A. with his father and a sister in 1903, two other sisters following later after the father had established a home in Elgin, Illinois. The young boy, his father, and his sister arrived by train in Chicago on July 4th, 1903. They stayed temporarily in Wisconsin with friends from Austria, until they settled in Illinois.

## BIOGRAPHY OF DR. RANDOLPH STONE

At the tender age of thirteen, the young boy began to earn his own living as a farm-hand in Turtle Lake, Wisconsin. The family for whom he worked and their Lutheran Congregation were so impressed with his diligence and sincerity, as well as his devotional tendencies and his eagerness for knowledge, that they granted him a scholarship to the Concordia Lutheran College in Saint Paul, Minnesota, where he studied to be a Lutheran minister. Previously, since he was well versed in the German language and knew practically no English, he had studied the English language by means of comparing the German Bible with the English Bible. That is how well he knew his Bible at that young age. He was even able to help the senior students with their German, and they in turn helped him with his English.

While at Concordia College, he became seriously ill with typhoid fever and brain fever. On recovering, when he was still quite weak although able to move about, he went home to Elgin and learned part of the machinist trade. Then he worked his way out West (to Montana, Wyoming, Oregon, Washington, California, Arizona and Nevada) to regain his health and earn his living. All this time he continued seeking and studying, while working on ranches, in mines, in machine and railroad shops—whatever honest employment he could get—and came in contact with many types of people. He always helped others out of his meagre income.

### MEDICAL TRAINING & SPIRITUAL SEARCH

Dr. Stone began at an early age to seek a deep understanding of life and a sense of union with the Creator. He studied various occult and esoteric teachings practically all his life. He was a student of philosophy and of the underlying secrets and backgrounds of many religions, past and present, Eastern and Western, including the Hermetic and Cabalistic doctrines. This dedication to a spiritual ideal guided his life and his work. When only nineteen years of age, he realized that what he was looking for was not confined to orthodox religions. He then took the Nazarene Vow, went on a strict diet and intermittent strict fasts, and spent most of his time in seclusion and meditation. He later realized that this was not the way for him to attain the enlightenment of a true spiritual nature for which he was yearning.

Since he wanted to help humanity as well as himself, he decided to take up the healing profession, to which he was naturally inclined. He was always a great lover of Nature and so preferred natural methods and drugless therapy. Therefore, he studied Osteopathy, Chiropractic, Naturopathy, Naprapathy and Neuropathy, and received his degrees in all of them. He passed the State Board Examinations in 1914 in the Colosseum on 14th Street & Wabash Avenue in Chicago. He answered the same questions side by side with the Medical graduates at that time and was granted an O.P. (Other Practitioners) license, which broadly covers all the methods of drugless healing without surgery.

After this he continued with post-graduate studies and doing his own research, because in the healing arts field too, he felt that each branch had something to offer but was not complete since it did not cover the entire constitution of man. In other words, the subtle bodies or energies which animate the gross body were not represented in the healing art. That is how he eventually developed Polarity Therapy and specialized in difficult cases in later years, sharing his knowledge with other doctors through his personally conducted classes and the books he wrote. Most of his studies were in Chicago, and that is where he settled in 1912 and bought a home in 1918.

He was such a great lover of Nature that whenever he could he would go out into a forest or woods, somewhere near a stream or lake, away from all human habitation, lost in contemplation of God in Nature. Wild animals never bothered him nor did he ever harm or fear them. After passing his State Board Exam and obtaining his License in 1914, but before setting up in practice, he decided to go up north into the Canadian wilderness for some rest and relaxation, away from the noisy city life. He took the train as far as it went in those days, and from the end of the line he travelled on foot. He carried with him only the barest necessities-- a small pup tent, books, a Hudson Bay blanket and a short-handled axe to chop his way through some of the underbrush and thickets whenever necessary. Food did not interest him. He utilized this time to try out the fasting theory, and after a two-week fast he lived on wild berries and whatever vegetation he could find in the wilderness. Many times he had to ford and sometimes swim across a stream or a lake and then dry out on the opposite shore before proceeding further. His mattress consisted of pine boughs which he had gathered before retiring at night, and often he slept with only the trees or the sky for his roof. The latter happened at Loon Lake and at Lake Nippigon, his target. Both places were without human habitation at that time, though now they are popular resorts and there is good transportation all the way to them and beyond.

### MARRIAGE AND PROFESSIONAL LIFE

In August 1916, after being in practice for two years and teaching in the then newly founded Eclectic School for Doctors, at that time located in the Wendel Bank Building at the corner of Ashland and Madison Avenues in Chicago, he married Mrs. Anna L. Stone, a divorced lady from Denmark, who then lived in Chicago. She was a practical nurse, trained in the famous Lindhlar Nature Cure Sanitorium on Ashland Avenue in Chicago, where she had been head nurse in 1912. The Doctor met her in the Esoteric Study Center in Dr. Washburn's Sanitarium in Elgin, Illinois several years before they were married, while she was head nurse there. Their interest and spiritual aspirations were mutual at that time, although she was twenty years older than he.

However, after their marriage, Mrs. Stone developed great social ambitions. This led to many dinner parties, lavish entertainment, and large expenditures on antiques, paintings, and home furnishings, which became a strain on domestic harmony. It kept Dr. Stone busy for many years just to keep up with that way of life, which was contrary to his simple requirements and preferences. After Mrs. Stone's death in June, 1935, Dr. Stone managed to pay off the mortgage on his home within a few years and devoted all his time and resources to his professional, philosophical and spiritual pursuits.

It may be mentioned here that at his wife's insistence, he legally changed his name from Rudolf Bautsch to Randolph Stone. He had become an American citizen through his father's naturalization when he was still in his youth. However, during and even after World War I, there was so much hatred toward anything German-- even a name that sounded German-- and his wife also objected to the name Bautsch, that he made application to have his name changed by order of the Court. This was granted in the Superior Court of Chicago, Cook County, Illinois in 1919 by the Doctor's good friend and patient, the Honorable Judge Hurley. Ever since that time he has been known as Dr. Randolph Stone.

## BIOGRAPHY OF DR. RANDOLPH STONE

### A TRUE SEEKER

All the while he was devoting his energies to his research and his profession, Dr. Stone never stopped seeking the spiritual depths, trying to understand the Mysteries of Life, as he termed them at that time. He was an avid reader of all the occult, esoteric and hermetic books that he could find, sometimes even depriving himself of the necessities of life in order to obtain a book which he thought would contain the answer. As a result, he accumulated a library of books from the attic to the basement of his home. Not only did he read books, but whenever any yogi or spiritual leader or teacher came to Chicago, who he thought might have the answer, he attended their lectures, took their courses, and housed and fed many of them-- only to find that some of them were fakes and others, though sincere, knew no more than he did about the Mysteries of Life.

He joined the Masonic Lodge which, although it has high ideals, he concluded was mainly a social and charitable organization, having forgotten the spiritual meaning of their rituals. He was a student of Vivekananda's teachings as well as of Swami Rama Tirtha, Yogananda, Krishnamurti, Swedenborg, Madame Blavatsky, and many others. He was a member of the Philosophical Research Society, having attended Dr. Manly P. Hall's lectures and purchased and read all of his books. He was also a student of Rosicrucianism and Sufism, and was offered the leadership of the Sufis in Chicago at that time. This he declined since he still felt that it was all well and good, but not the answer he was seeking. Many of the teachings hinted at self-realization and God-realization; some even kept promising that for an additional fee they would tell more. But no one ever mentioned how or exactly what to do to attain spiritual enlightenment. Each time he met with the same disappointment, but was never discouraged from continuing his search.

During these years, his favorite books, which he actually kept under his pillow and not only read frequently but also memorized, were the Bhagavad Gita, Light on the Path, and The Voice of Silence. In later years, he would conclude that a living spiritual Master was required to illuminate the truths in such books and to put their teachings into actual practice. After years of searching, in 1945 he came upon the teachings of "Sant Mat" (also called Surat Shabd Yoga or the Radha Soami Teachings) through the book The Path of the Masters by Dr. Julian Johnson and through other books on this particular spiritual science. He stayed up all night to read one of the books and the next morning exclaimed, "This is exactly what I have been looking for all my life!"

He immediately adopted the strict vegetarian diet required for that spiritual practice and applied to be initiated by the living Master of those teachings, who was residing in Northern India, Maharaj Sawan Singh, a shining personality known to his followers simply as "The Great Master". Within only a few months, he heard from the Master in India and was initiated in California by the only representative of the Master in the USA at that time. Dr. Stone was initiated into "The Path of the Masters" or Sant Mat on November 17, 1945, the culmination of his long search and his yearning for communion with the Lord. In this path, he felt that all his questions were completely answered and that now it was merely a matter of applying himself by walking the Path under the guidance of a living Master. He dedicated the remainder of his life to this task and was always grateful for the privilege.

### THE POLARITY PRINCIPLE

After further research in the healing art, and influenced by his spiritual direction and meditation, Dr. Stone discovered and was able to apply the Polarity Principle of the finer energies of life. He felt that this "lost art of the Ancients", covering the entire constitution of man and his finer energies and circuits,

would be rediscovered as the science of the future. In his view, Man is the microcosm or microfilm which contains the whole play of life's energies in expression, the same as the macrocosm. Dr. Stone says that man's physical body is the epitome of the universe, his mind is a spark of the universal mind, and his soul is a spark of the Supreme Being. Therefore, the causes of physical ailments are in the energy fields, and the symptoms and pains are merely the effects in the physical body. By applying these natural principles and the understanding of energies at play, which need balancing through skill and keen observation and much research, he has been able to trace these energy patterns and "energy blocks" and prove his theory in practice. Thus he has been able to help many difficult cases and some that were considered hopeless by other practitioners, not only in America but many places in the world, including a free clinic in India that he ran for many months each year for over a decade, where he met with serious cases rarely seen by most Western physicians. In fact, his broad experience and the wide variety of experimental methods that he tested eventually led to his specializing in difficult cases with a high degree of confidence. Few cases were considered by Dr. Stone to be too "hopeless" to treat by Polarity Therapy.

### LATER YEARS

In the early 1970's Dr. Stone terminated his practice in Chicago and taught numerous multi-day seminars in the United States. After many years of not being accepted by the health establishment and having only a few people show interest in his books and lectures, Dr. Stone was extremely pleased at the rapid growth of interest in his unorthodox but effective methods. Whereas one seminar in Los Angeles in Spring of 1971 was attended by less than a dozen people, within only a year his following and reputation grew tremendously. Dr. Robert K. Hall, M.D. remembers Dr. Stone's happy reaction to this development:

"He was delighted. He was suddenly being taken seriously by a large group of people disaffected with orthodox, allopathic methods.... He would say to me, 'Just think of it... eighty students in my workshop! Why it was a large room, too, and the hall was full of people. They want to know! They need some practical answers. And by the grace of Master I can give them answers. This work gets to the causes of disease, not just the symptoms, but the causes! I'm so grateful that I've been given this opportunity.'"

Suddenly there were hundreds of new students of Polarity Therapy, and all were welcome to his seminars, regardless of their level of knowledge or qualification. In fact, many new careers in the healing arts began this way, inspired by Dr. Stone's work. When asked about allowing anyone to learn such powerful techniques, he advised that worry was not necessary: "They'll weed themselves out. Those who have the gift will use it; those who don't will fall by the wayside."\*

After a series of increasingly well-attended workshops on the West Coast, Dr. Stone surprised many people by retiring completely from practice and teaching at the height of his popularity. In 1973, at the age of 83, he suddenly announced that he was returning to India to end his days in meditation. He promptly gave away all his personal possessions, made arrangements for the continued sale of his books and the teaching of Polarity Therapy, taught one last farewell seminar in Hawaii, and departed for India. He lived there, spending increasing time in meditation, until his peaceful passing on December 9, 1981. He was almost 92 years of age.

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\*These quotations are excerpted from the fascinating and moving article by Dr. Robert K. Hall, M.D., **Profile: Dr. Randolph Stone**, printed in The Lomi Papers, published by The Lomi School, Tomales, California. For another description of Dr. Stone and his work, see **The Anatomy of Change** by Richard Heckler, published by Shambhala Pubs. Much of the biographical detail above is excerpted from an article by Dr. Stone's niece, Louise Hilger, and used with her permission.

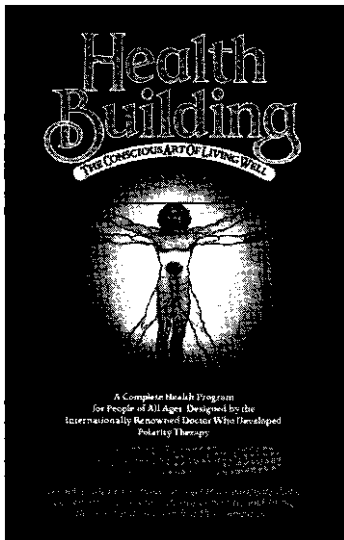
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