The astonishing story of Dr Randolph Stone’s
POLARITY THERAPY

On 26th February 1890, a boy was born in Engelsberg, Austria, the youngest of six Roman Catholic children. His name was Rudolf Bautsch, (later to become Randolph Stone). He didn’t cry. He didn’t breathe. He didn’t move. So everyone thought he’d been born dead. They tried to get baby Rudolf to breathe, but in vain. Funeral candles were lit and placed on each side of him. However, just before the infant body was about to be taken away for burial, it slowly came to life. Rudolf’s mother died when he was only two and, at the age of thirteen, he emigrated to the USA with his father and one of his four sisters. He immediately began earning his own living as a farm hand in Turtle Lake, Wisconsin. Due to his diligence and devotional tendencies, he was given a scholarship to Concordia College in Saint Paul, Minnesota, where he studied to be a Lutheran minister and learned English by comparing the German Bible with an American translation.

Drugless healing

In 1909, at the age of nineteen, Rudolf realised that orthodox religion could not satisfy his spiritual craving. He studied the works of Vivekananda, Ram Tirtha, Yogananda, Krishnamurti, Swedenborg and Blavatsky; and others, as well as practising solitary meditation. But all this failed to satisfy him, because he wanted to help relieve human suffering, as well as his own. So he decided to become a doctor. He studied osteopathy, chiropractic, naturopathy, naprapathy and neuropathy, and won degrees in all of them. He passed his State Board Examinations in 1914; was granted an Other Practitioners Licence, which permitted him to perform all methods of drugless healing without surgery; set up practice in Chicago; and started teaching at the newly formed Eclectic School for Doctors.

Unique system

For sixty years, Dr Randolph Stone ran a successful practice in Chicago. Throughout this period he studied many ancient traditions of natural healing - Ayurvedic, yogic, cabalistic, hermetic and alchemical - and developed his unique system of polarity therapy. He says: "I have stumbled onto a science which blends the old concept of energies in the constitution of man and have linked it with the scientific research in space.”

Hand in hand with his health research, Dr Stone pursued his spiritual quest. For him the two were inextricably intertwined. "As above, so below; as within, so without", he often told his students.

Breakthrough

His big breakthrough came in August 1945 when he stayed up all one night reading Mysticism, the Spiritual Path, Vol. II by Lekh Raj Puri. The next morning he exclaimed: “This is exactly what I’ve been looking for all my life!”

Dr Stone was excited because this book explained explicitly where all energy comes from and how it can be harnessed for spiritual development. It also gave him insights into how the blockage of this energy results in illness and unhappiness.

Three years later, Dr Stone published his first book on polarity therapy, The New Energy Concept of the Healing Art. In 1955, ten years after he was initiated in surat shabd yoga (the Spiritual Sound Current, the Word) he visited his teacher’s ashram in the Punjab for the first time. Some years later he divided his professional life between here and Chicago, spending six months of the year treating Americans for a fee and lecturing to other doctors and students, and six months in India, treating patients free of charge. He says, “To help others by means of these new principles of polarity, I have travelled around the world three times and treated many patients, mostly in India. I held large free clinics to help the helpless and hopeless cases. As a result, I am known from Bombay to Calcutta, and wherever I go, patients are waiting for me as their last hope. I only take cases that have failed to respond to other methods of treatment. This I consider a fair test of polarity therapy.”

He never used his spiritual power for medical or material ends, and strictly forbade any of his students from doing so. “Miracles and psychic healing are not dealt with on this course,” he declared. “It describes a rational therapy.”

Pioneered techniques

By 1957, Dr Stone had published five major works on polarity therapy, plus a book about surat shabd yoga entitled The Mystic Bible, and had pioneered the techniques of craniosacral therapy thirty years before John Upledger’s seminal textbook on the subject.

Dr Stone’s headquarters remained in Chicago until May 1972, when he gave up his practice and moved to California continuing his teaching there for the summer months and visiting India annually.

Before leaving for India in September 1973, at the age of 83, Dr Stone announced that he had finished his work and appointed his oldest student, Pierre Pannetier, as his successor. He then gave away all his personal possessions and retired to the ashram of his spiritual master at Dera Baba Jaimal Singh, near Amritsar in the Punjab. There he devoted most of his time to spiritual practice, thus fulfilling a life-long desire.

On 9th December 1981, Rudolf Bautsch, known for sixty-five years as Dr Randolph Stone, passed away peacefully and joyfully at the age of ninety-one years and ten months.
Slow to embrace

It took Dr Stone fifty years to develop polarity therapy; and it will probably be another fifty years before it is widely recognised as an effective therapeutic system. Medical practice has always been slow to embrace new ideas; and always will be. It took two hundred years for lemon juice to catch on as a preventative for scurvy in Britain; and it has taken two thousand years for yoga and acupuncture to be accepted here.

Flowing energy

Polarity therapy is a natural way to balance your inner energy and to be healthy - physically, mentally and emotionally. Dr Stone says: “The Creator gave each person energy, which flows from the centre to the circumference and returns by polarity action. It also flows from within outward, and from the top downward, and returns by reaction or attraction from the surface to the centre and from below to above. By these paths of energy or light waves and rays, we can reach cause and effects in the body, and balance them within ourselves by mind and emotional polarity or balance; and with the hand, as energy polarity of the pranas or the five life breaths which animate the five senses, as sensory and motor functions.”

Perhaps the most amazing feature of the inner energy is that, while everybody has it, only a few people know they have it. Your inner energy is nearer to you than your hands and feet, closer to you than your own nose.

Special genius

Dr Stone’s polarity therapy is by no means the sole healing system which balances our inner energy. Dr Stone was the first to concede this, having constructed his system from diverse sources. Ayurvedic medicine, acupuncture, acupressure, ki, shiatsu, t’ai chi, and some types of yoga and meditation can all help to restore the free flow of your inner energy. However, the special genius of Dr Stone was that he could explain how this inner energy operates, at both a human level and a cosmic level, and that he could demonstrate - to even his most critical colleagues in the medical profession - how this energy can be balanced by manipulation, nutrition, counselling and a few simple stretching exercises.

Law of polarity

Dr Stone called his therapy ‘polarity’ because it balances the electromagnetic currents of energy which flow backwards and forwards between the positive and negative poles of the human body, which is like a living magnet. Without polarity we can have no life on this material plane, no energy flow, no breathing in and breathing out, no feelings of hot or cold, pleasure or pain, love or hate. For life to flow there must be poles for it to flow between, just as planet Earth needs its North Pole and South Pole. Dr Stone explains:

“Polarity is the law of opposites in their finer attraction from centre to centre. Unity is the merging of these currents into one Essence. Creation brings forth opposites by its centrifugal force, like a fountain spray of manifestation flowing out to the limits of the cosmos and of each pattern unit. Centres of energy are essential for creation of life forms and their generation. It is essential that energy be concentrated, and work according to definite patterns and designs, or exhaustion would take place.”

Dr Stone’s law of polarity is a cosmic law, which is expressed in the microcosm (the human body) in the same way that it is impressed on the macrocosm (the creation above and beyond the human body).

The energy centres of your body are but pale reflections - smaller, less dynamic dynamos - of the energy centres of the astral, causal and spiritual planes above it. They have the same design and share the same primal source of energy - God, Tao, Love, Life, call it what you will. Which means, says Dr Stone, that you and every other human being have the possibility of access to these higher energy centres.
The Three Gunas

The general movement of energy in both man and the cosmos is governed by the three gunas. They are much like the Chinese concept of yin and yang. The gunas are principles of energy movement through its poles: satvic, the neutral phase; rajasic, the positive phase; and tamasic, the negative phase. All energy must move through these phases. The gunas, as principles of energy movement, outline its flow. The five elements, as expressions of the quality of this movement, define its progression.

Five chakras

The first energy centre created in your body is at your eye centre or 'third eye', which is positioned in your brain, behind and between your two eyes. From here, via three energy currents, a series of step down phases occur, which form five more energy centres which Dr Stone, in common with ayurvedic doctors, calls chakras (in Sanskrit, a chakra means a whirl or spin).

As the energy fountains out of your eye centre or 'third eye', it forms a double helix or two interlocking spirals. These two snake-like, spiralling currents of energy are polarised with opposite charges - one positive, the other negative. Together they interweave down the central canal of your spinal cord. The caduceus or wand of Hermes, the traditional symbol of physicians, reflects this pattern. As they descend from the ceiling of your consciousness to the floor of your pelvis, the two polarised currents cross over each other at five places.

The positive and negative charges of the two serpentine streams (ida and pingala) cancel each other out where the two currents meet, so that each crossover point becomes neutral. Thus five neutral energy centres are generated in your body.

These energy centres or chakras are like Catherine wheel fireworks, constantly spinning and whirling, continuously replenishing your body and all its organs with fresh energy. The main difference between one energy centre and another is in the density of the energy which it directs. The energy of the first chakra in your spine is the finest, and the energy of the fifth and final chakra is the coarsest. This results in five different qualities of energy.

Physicians of old called these five qualities of energy 'elements'. We've used inverted commas here to stress to you that these 'elements' are not physical or chemical states, but subtle qualities of inner energy. The five elements in descending order are akasa or ether, air, fire, water and earth. Franklyn Sills, author of The Polarity Process, describes the elements as follows, 'The five elements are names given to the qualities of energy which arise from the different chakra centres. These energetic states are also manifestations of qualities of consciousness, and thus have vast implications in the understanding of health and disease. One's quality of consciousness and one's patterns of behaviour are at the root of these processes'.

All five qualities of energy are found everywhere in the body, but each is in predominance in its own sphere of psychological and physiological activity. The lower the chakra centre, the more restricted the quality of consciousness and the coarser the quality of vibration. We can become blocked and imbalanced in any phase of energy and any quality of consciousness. This blocking will prevent a completed circuit or cycle of energy to occur, and imbalance and disease processes will ensue. Health is the unblocking of these energy relationships and this process is the foundation of polarity therapy.

Only one disease

Dr Stone says: “Health is the neutral position in life by which the cellular activity of the body is in a neutral polarity state called balance. In this state the energies in the body are in tune and in communication with all life in the cosmos and exchange freely in etheric and airy essences, and elements so vital to health, through a balanced flow of electromagnetic light waves, like rivers from a universal ocean of supply.”

Medical science has discovered thousands of different diseases and ailments. In over fifty years of diligent research, Dr Stone could find only one disease: blocked energy. He says: “Disease is not an entity, nor a fixed thing. It is nothing but a blockage of the currents of life in their flow and pattern circuits. All pain is but an obstruction to this energy flow. A cure constitutes reaching the life current within and re-establishing a free flow of its energy currents. Anything short of this is but a relief measure.”

Polarity therapy balances your inner energy in four natural ways: balanced touching, balanced eating, balanced stretching, balanced thinking. It is only in the first of these - bodily manipulation - that the polarity therapist does any work; at least three-quarters of the balancing work is done by you, the client.

Therapist comes from a Greek word, therape, an attendant. This accurately describes what a polarity therapist does: she gives attention to your inner energy, that's all. She doesn't balance it, you do. Dr Stone says: “If you wish to gain health and happiness, you must work for it and labour in its vineyard all hours, day and night, in thoughts and in deeds. Be an artist and an architect in your own house, your temple, your body and your mind. Build and struggle, and don’t expect anybody else to do it for you.”

In polarity therapy you won’t find any doctor and patient relationship - no teacher and pupil, no adult and child. There are just two ordinary people, both on the same level, both attending to the same thing: balancing your energy.

We refer to you as a client (Latin, cliens, listening), not as a patient (Latin, patient, suffering), because you are in therapy to listen to your body talking, not to suffer the misery of drugs and surgery. We’d rather concentrate on the positive quality of health through self-awareness, rather than the negative states of disease and pain.
**Therapeutic touch**

The balanced touch of polarity therapy works on various levels of related energy patterns in your body: nervous system, cranial, spinal, musculoskeletal. The therapeutic touch of the polarity therapist is generally gentle, non-invasive and sensitive to the client’s process.

The therapist uses both hands, one each on specific polarity points, as may be needed to balance the energy currents in the client’s body. This has nothing to do with faith healing or the ‘laying on of hands’. The principles of polarity therapy as taught by Dr Stone are applicable to any system of healing and are thoroughly explained and illustrated in his books, published during his lifetime.

**Diet**

In 1709, Thomas Dykes, an English clergyman, wrote: “How many people daily dig their own graves, either with their teeth, their tongues, or their tails.” Eating the wrong food, or eating too much or too little of the right food, can unbalance your energy and shorten your life.

The polarity therapist offers a variety of cleansing diets and procedures to help the client rid his/her body of its toxicity, to enable your vital organs to function in a healthier environment. The client’s awareness of which foods feed an imbalance in their system also helps them to take responsibility for their own health. Together, client and therapist explore health building diets and nutrition using the Ayurvedic system of nutrition and the four elements as keys to dietary imbalance.

*Polarity Therapy is the science of balancing opposite energies.*

**Stretching postures**

Dr Stone developed a system of easy postures which anyone of any age can do anywhere at any time. They consist of gentle stretching and rocking exercises, plus more vigorous exercises using movement and sound to stimulate the release of blocked energy. The exercises are geared to work with the interrelated energies of the five elements and are intended to support the progress being made in your therapy sessions. They enable you to be active in maintaining an open and balanced flow of vital energy.

**Awareness of thoughts**

At the foundation of our imbalances are negative processes of thought and emotional patterning. Dr Stone says: "We become that which we contemplate. Negative thoughts and fears make grooves in the mind, as negative energy waves of despondency and hopelessness. We cannot think negative thoughts and reap positive results, and therefore we must assert the positive and maintain a positive pattern of thinking and acting as our ideal."

Through greater self-awareness, we can redirect our lives in more constructive directions. Your polarity therapist will help you achieve this goal by means of caring counselling, as well as sensitive bodywork. Clients are encouraged to make a commitment to positive change and to take responsibility for their own health.

**Interested in therapy?**

If you want to know where your nearest polarity therapist is, the United Kingdom Polarity Therapy Association (UKPTA) can give you a national list of registered practitioners. The Association is a professional organisation which represents the interests of both client and therapist. Therapists within the Association have had a minimum of two years’ professional training and are involved in on-going post graduate studies.

The Association monitors and maintains standards of professionalism. Only qualified polarity therapists are members of the UKPTA and can use the initials RPP after their name. For a free list of qualified and registered practitioners, contact:

**The UKPTA is a member (MO12) of the British Complementary Medicine Association.**

**Interested in training?**

The United Kingdom Polarity Therapy Association maintains and monitors a list of approved schools offering a professional training in all aspects of polarity therapy. It also offers introductory seminars for the general public.

For details of training please contact the UKPTA (above).

**For further advice and information your local registered polarity therapist is:**

**Deirdre Youngs**

www.innercentre.org

info@innercentre.org

+44 (0)1263 761125

*The embryo in the mother’s womb is influenced by the energy lines of four of the five elements: earth, water, fire and air. The position of the embryo reflects the natural squatting posture of man – a position in which all energy currents can flow freely to build a perfect human body.*