

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 alchemic - 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



Dr Stone in the ashram of his spiritual teacher in the Punjab, at the age of 85

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.



United Kingdom
Polarity Therapy
Association

Based on an article by Chris Rudd

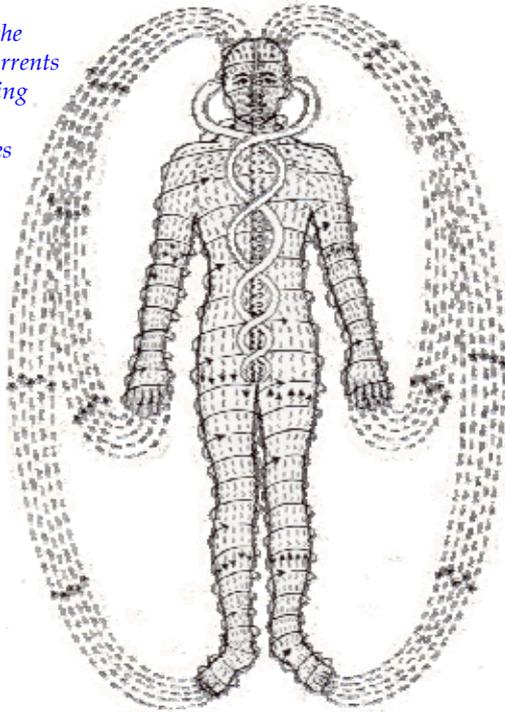
Slow to embrace

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."*

Simplistic view of the electromagnetic currents looping and spiralling in and around the body, which vibrates with pulsating waves of energy.

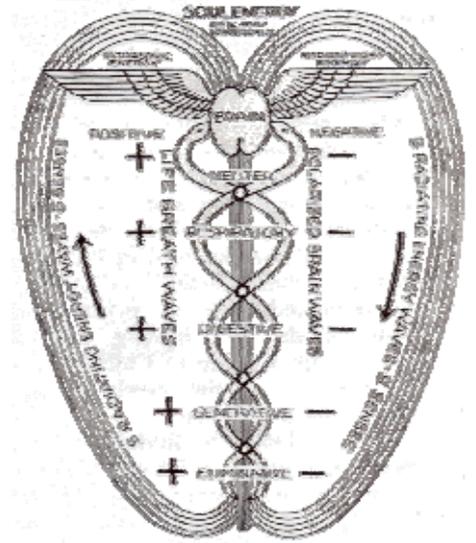


Sound and light

Inner energy wasn't the invention of Dr Stone. He merely discovered for himself what thousands of mystics and subtle physicians had known and practised for thousands of years before him. These ancient sages found that the life force in man is the same as the life force in every living thing in the universe. They realised that it whirls round and round in the smallest microscopic cell in the same manner that it spins in the largest galaxy. Through developing their awareness, they were able to experience this inner energy as sound and light.

The inner, energy manifests at many levels - spiritual, mental and physical - and has been known by many names by many practitioners down the ages. The Chinese called it *tao* or *chi*. Indians called the higher energy *shabd* or *nam*, and the lower energy *prana*. The Greeks called it *logos* of the music of the spheres. Hippocrates called it nature's life force. The early Christians called it *the Word* or *Holy Ghost*. Paracelsus called it *munia*. Reichenbach called it *Od*. Wilhelm Reich called it *orgone* energy. And Dr Stone called it electromagnetic energy.

As the two serpentine currents descend, they cross over each other and form five neutral energy centres.



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, *kum nye*, *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.

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.

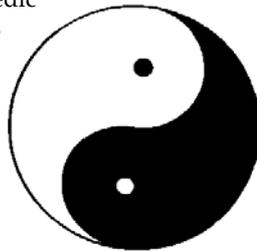
The therapist uses both hands, one each on specific polarity points, as may be needed to balance the energy currents in the client's body. This has nothing to do with faith healing or the 'laying on of hands'. The principles of polarity therapy as taught by Dr Stone are applicable to any system of healing 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.

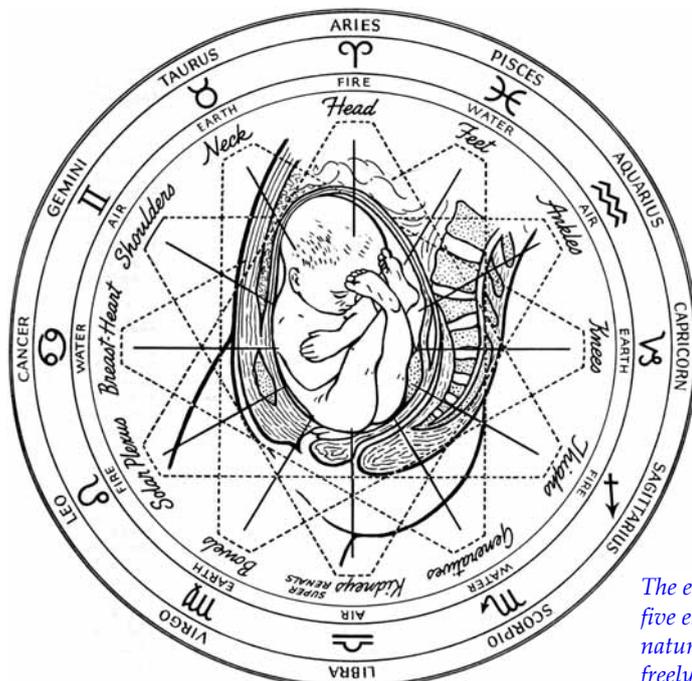
The polarity therapist offers a variety of cleansing diets and procedures to help the client rid his/her body of its toxicity, to enable your vital organs to function in a healthier environment. The client's awareness of which foods feed an imbalance in their system also helps them to take responsibility 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 Administrator,
United Kingdom Polarity Therapy Association,
Monomark House,
27 Old Gloucester Street,
London WC1N 3XX
Telephone: 0700 7052748
Email: info@ukpta.org.uk**



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:

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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.