

Polarity Therapy Open Source Standards

Student and Teacher Working Copy



dedicated to the
Universal Vision of Dr. Randolph Stone, DO, DC, ND,
the Founder of Polarity Therapy

“For forty years I searched for a principle in the healing arts which would include all forms of therapy and act as a common denominator, an intelligent answer, to all the numerous contradictory theories and claims existing today.” —Dr. Randolph Stone

The Polarity Therapy Open Source Standards are guidelines for learning the energy principles of Polarity Therapy. Working with the standards does not give legal permission to diagnose, prescribe, treat or engage in a healing practice for any human illness or condition without qualifying in one’s local jurisdiction, obtaining a license or certification, if necessary. Each jurisdiction has widely varying laws concerning health care practices. One should consult one’s local association or attorney before providing health care services.

Foundations

- I. The Polarity Therapy Open Source Standards are intended to support the application of Dr. Randolph Stone’s “Energy” principles into all fields of study, including health care, science, education, arts, martial arts, and sports. In addition, Polarity Therapy Open Source Standards are intended to support clarity and unity in the designing of Polarity Therapy educational curricula.
- II. In Polarity Open Source Standards the primary focus is on understanding “Polarity Energy Principles,” and how these principles focus apply in a health care practice of any modality, and/or in the development of personal wellness outside of a professional practice environment. This prioritization supports students, teachers, and practitioners in developing their own particular applications in addition to those already established in the field.
- III. The fundamental premises of Polarity Therapy Open Source Standards about students, to guide educators:
 1. All students are curious by nature
 2. The most efficient, long-lasting, and profound learning takes place when started and pursued by the learner.
 3. All students are creative if they are allowed to develop their unique talents.

Introduction

Polarity Therapy, as defined by this document, is the specific application of Polarity Energy Principles to wellness and health care practices. The Energy concept provides a common language for understanding the subtle factors underlying health, wellness, as well as many other phenomena in human experience.

Polarity Therapy has three main components:

1. The first and primary component of Polarity Therapy is Universal Energy. The goal of Polarity Therapy is to increase congruence with natural energy flow patterns through an understanding of Universal Energy as the substrate of all phenomena.
2. The capacity to interact with Universal Energy and its effects through perceptual skills, recognition capacities, therapeutic strategies and wellness practices. The study of Polarity Therapy is a lifelong deepening of these skills, not a fixed destination.

3. The use of specific applications such as touch, nutrition, exercise, counseling, sound, dance, color and other wellness / health care systems, based on energy principles. In keeping with Dr. Stone's approach, the application of energy principles is considered to be open-ended, not limited to a particular modality or style, and receptive to additional innovations and interpretations. Students and practitioners are encouraged to apply energy principles to diverse fields arising from Dr. Stone's own material, from subsequent practitioners, from related areas of study and from their own life experiences.

Learning to work with universal energy principles is transformative, extending to all fields of action in life. The possibilities are endless, from supporting one's own personal philosophy and sense of purpose, to how relationships are conducted, to sports performance, to behavior in vocational environments, to artistic expressions, and to understanding macro-level effects such as economics, politics and history. Students are encouraged to explore how energy principles inform whatever fields of action are of greatest interest to them. Dr. Stone described this universality of study with the phrase, "Old moves with a new emphasis." In this sense, students can design their own education and apply the energy principles in their own chosen topics, customized for their particular area of excitement.

The Polarity student is encouraged to work with the Polarity Therapy Open Source Standards to discover the Polarity Energy Principles in any skill set they are excited about learning. Open Source means that the standards are interactive and support the ongoing understanding of Polarity Energy Principles through the diversity of sharing experiences, insights, and skills. Students are free to design their own education by their own excitement, and in the process, may choose to study with a teacher, read, research, compare, write, and do whatever motivates them to learn. They can then apply the Polarity Energy Principles to their chosen topic

The International Polarity Educational Alliance empowers Open Source sharing in order that the members can make finer and finer distinctions of the Polarity Energy Principles in all aspects of their lives. By choosing to be a part of the International Polarity Educational Alliance and work with the Polarity Therapy Open Source Standards, teachers and students are making a commitment to enter a process that requires constant attention. The Polarity Energy Principles are always being learned through application. They are composed of ideals that are used as guiding lights for increased wellness, healing, growth, and personal development.

The International Polarity Educational Alliance is intended to support open development of Polarity Energy Principles and their applications. By choosing to participate in IPEA, students and teachers enter into this common intention to explore, discover and create increased wellness, growth, and personal development through the expansion and advancement of Dr. Stone's Energy understanding.

Overview

The Polarity Therapy Open Source Standards are a “working” document. They are designed to assist teachers in course design and students in their research, discussions, and understandings of Polarity Therapy. Students are encouraged to keep a master copy of the standards and use it to make connections, insights, write commentaries, document references, and share quotes with other students and teachers in the alliance. Space is left after each standard for commentary, adding additional key words, Dr. Stone quotes, footnotes, annotations, pictures, and additional references. In time, the standards document should evolve through sharing and the application of the Polarity Energy Principles to new fields of knowledge, creative training programs, and new articles and books on Polarity Therapy.

Suggestions for How to Use Polarity Therapy Open Source Standards

Students: During or after a class make notes on how the topic you are learning is congruent with the standards. Think about each standard and how it relates to your topic. If you do not understand ask your teacher, refer to Master Open Source Standards document at www.polarityeducation.org, and/or ask questions via the International Polarity Education Alliance.

For Teachers: Design your course so that each standard is clearly congruent with the topic or skill set you are teaching. Make a blank copy of the Polarity Therapy Open Sources Standards and use it to help plan your course and/or pass it out to your students with Dr. Stone Quotes, Congruent Modality Concepts, Polarity Key Words, References, and Commentaries for your specific topic.

Standards Presentation Format

1. The Standard Statement
2. Dr. Stone Quotes: Feel free to add a Dr. Stone Quote which is congruent with the standards. Please include the book and page number of your reference.
3. Polarity Key Words: Feel free to add terms that Dr. Stone has used to describe the standard.
4. Congruent Modality Concepts: Feel free to use terms and words from other modalities, that are congruent with the standards. If possible include the modality, and/or give a reference for the term.
5. Recommend Readings: Feel free to recommend readings that are congruent with the standard and/or a review of a book, DVD, or other source that is congruent with the standard.
6. Commentary: Feel free to write a sentence, paragraph, or article about the standard.

Polarity Therapy Open Source Learning Standards

- I. The student of Polarity understands the Unity of Life within the life practice and/or healing modality they are learning.

Dr. Stone Quotes:

Polarity Key Words:

Congruent Modality Concepts:

Recommended Readings:

Commentary:

- II. The student of Polarity Understands the concept of Ultra Sonic Core within the life practice and/or healing modality they are learning.

Dr. Stone Quotes:

Polarity Key Words:

Congruent Modality Concepts:

Recommended Readings:

Commentaries:

- III. The student of Polarity understands the concept of mind within life practice and/or healing modality they are learning.

Dr. Stone Quotes:

“Right thinking is the highest aspect of Polarity Therapy”

- A. The student understands the dynamics of the Super Consciousness

Dr. Stone Quotes:

Polarity Key Words:

Congruent Modality Concepts:

Recommended Readings:

Commentaries:

- B. The student understands the dynamics of the Normal conscious mind

Dr. Stone Quotes:

Polarity Key Words:

Congruent Modality Concepts:

Recommended Readings:

Commentaries:

C. The student understands the dynamics of the Somatic Consciousness Mind

Dr. Stone Quotes:

Polarity Key Words:

Congruent Modality Concepts:

Recommended Readings:

Commentaries:

IV. The Student Understands the dynamic of the three universal principles of motion within the life practice and/or healing modality they are learning.

Dr. Stone Quotes:

Polarity Key Words:

Congruent Modality Concepts:

Recommended Readings:

Commentaries:

A. The student understands that energy arises from a neutral source.

Dr. Stone Quotes:

Polarity Key Words:

Congruent Modality Concepts:

Recommended Readings:

Commentaries:

B. The Student understands that energy expands in a positive outgoing current.

Dr. Stone Quotes:

Polarity Key Words: Raja, motor current, positive pole, Centrifugal force, Fire Principle, Out going breath,

Congruent Modality Concepts:

Recommended Readings:

Commentaries:

C. The Student understands that energy contracts in an ingoing negative current.

Dr. Stone Quotes:

Polarity Key Words: Tamas, Water Principle, negative pole, in-going breath

Congruent Modality Concepts:

Recommended Readings:

Commentaries:

V. The student understands the concept of energy fields within the life practice and/or healing modality they are learning.

Dr. Stone Quotes:

Polarity Key Words: Oval Fields

Congruent Modality Concepts: Cymatics

Recommended Readings

Commentaries

VI. The Student Understands the dynamics of the Five Elements and their interactions within the life practice and/or healing modality they are learning.

Dr. Stone Quotes:

Polarity Key Words:

Congruent Modality Concepts:

Recommended Readings:

Commentaries:

A. Ether

Dr. Stone Quotes:

Congruent Modality Concepts:

Recommended Readings:

Commentaries:

B. Air

Dr. Stone Quotes:

Polarity Key Words:

Congruent Modality Concepts:

Recommended Readings:

Commentaries:

C. Fire

Dr. Stone Quotes:

Key Polarity Words:

Congruent Modality Concepts:

Recommended Readings:

Commentaries:

D. Water

Dr. Stone Quotes:

Key Polarity Words:

Congruent Modality Concepts:

Key Polarity Words:

Congruent Modality Concepts:

Recommended Readings:

Commentaries:

E. Earth

Dr. Stone Quotes:

Key Polarity Words:

Congruent Modality Concepts:

Recommended Readings:

Commentaries:

VII. The Student understands the relationship of geometry to the three principles and five elements as it applies to the life practice and/or healing art they are learning.

Dr. Stone Quotes:

Polarity Key Words:

Congruent Modality Concepts:

Recommended Readings:

Commentaries:

A. The Students Understands the Geometry of Balance and Harmonious Relationship.

Dr. Stone Quotes:

Polarity Key Words:

Congruent Modality Concepts:

Recommended Readings:

Commentaries:

B. The Student Understands Reflexive Geometry.

Dr. Stone Quotes:

Polarity Key Words:

Congruent Modality Concepts:

Recommended Readings:

Commentaries:

C. The Student understands the Geometry of Evolution and Involution

Dr. Stone Quotes:

Polarity Key Words:

Congruent Modality Concepts:

Recommended Readings:

Commentaries:

VII. The student understands the concept energy attraction and repulsion within the life practice and/or healing art they are learning.

Dr. Stone Quotes:

Polarity Key Words:

Congruent Modality Concepts:

Recommended Readings:

Commentaries: