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 ONE

DR. RANDOLPH STONE'S

Polarity Therapy

The Complete Collected Works

VOLUME ONE

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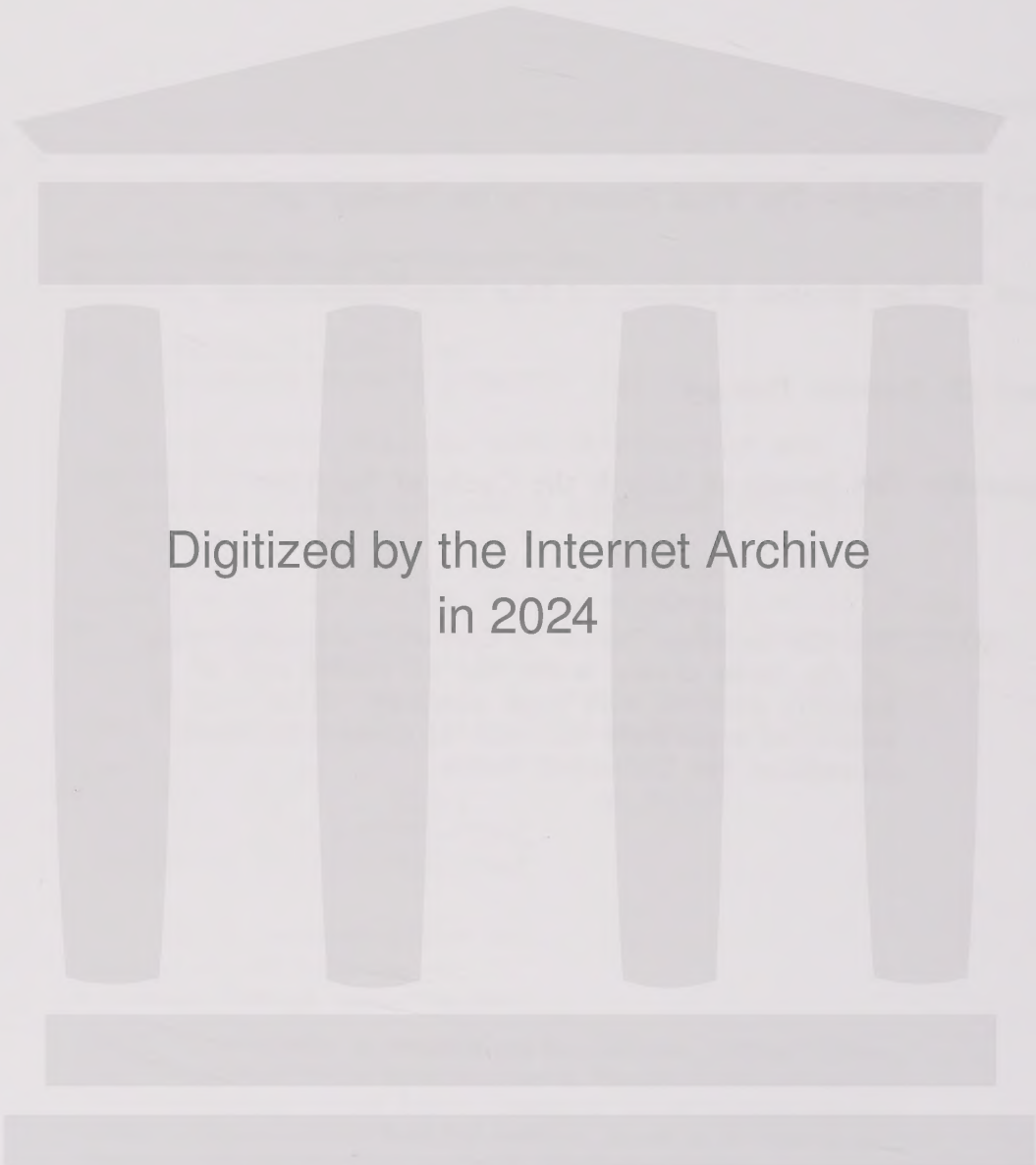
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NOTE: See the detailed Tables of Contents preceding each of the three Books, which list all charts and all subjects covered with page numbers. Each Book is paginated separately for ease of cross-referencing throughout the Collected Works.



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Publisher's Note

CRCS Publications is pleased to be publishing the first combined edition (in two volumes) of Dr. Randolph Stone's Complete Collected Works on Polarity Therapy. This is also the first edition to be generally available to the public through the book trade around the world, and hence Dr. Stone's pioneering works will finally be easily accessible to students and practitioners of all the healing arts.

The reader should be aware that most of Dr. Stone's writings on diet and exercise are intended for the broadest possible audience and therefore are included in the new expanded edition of **HEALTH BUILDING,** an inexpensive paperback book also published by us. However, some extremely important material on both diet and exercise is found only in this two-volume set, including Dr. Stone's explanation of the relationship of the four elements to various foods.

All of the text in this two-volume set is an exact reprint of the original first editions self-published by Dr. Stone. The original page numbers have been retained for ease of cross-referencing between the various writings. In addition, Dr. Stone often refers to "Book I" or "Book III", and these designations are therefore also retained. There are **five** primary books in this two-volume set, in addition to a number of important shorter writings and the profoundly important collection of "25 Evolutionary Energy Charts". The only things added to the original texts are: the Introduction, short Commentaries on the various books, a few photographs, and a few explanatory footnotes.

The publisher wishes to acknowledge the help of Cindy Rawlinson and Jim Feil in the composition and final form of the Introduction and Commentaries. We also wish to thank Ray Castellino for contributing the photographs from Dr. Stone's Seminars and many other Polarity Therapists too numerous to mention for ideas, advice, and encouragement.

Finally, it must be pointed out that these books do not attempt to diagnose or treat specific illness. They were written for students and professionals in the healing arts. It is advisable to seek professional advice in every case where you are in doubt about your health, particularly when you have a persistent pain or any other continuous symptom. The publisher of this book takes no responsibility for the reader's health or use or misuse of the information contained herein.

Introduction
to the Collected Works

Polarity Therapy is far more than simply a series of "techniques" or physical manipulations, as is sometimes assumed. The view of health and wholeness implicit in Polarity Therapy encompasses continual self-development and growing self-knowledge as absolutely crucial requirements both for the patient and for the practitioner. The **science** of Polarity Therapy is a healing **art** that is comprised of two parts:

a) Life principles, energy principles, and laws of nature with universal application, and
b) Specific therapeutic techniques, methods, and guidelines, many of which are hands-on procedures.

The universal principles explained by Dr. Stone have been found to be illuminating and clarifying not only by students and practitioners of the healing arts, but also by many truth seekers from every type of background who are seeking to explore the mysteries and meaning of human life.

Polarity Therapy may in fact be considered an elaboration of the laws of nature, so long as "nature" is taken to encompass more than just the material world. Those who experience Polarity Therapy over a period of time discover that there is what may be called a "Polarity Process", a transformation that the individual goes through that makes one's life change for the better and encourages healthier living on every level.

The fundamental principles of Polarity Therapy are explained at length in these **Collected Works**, but for those unacquainted with Polarity Therapy it may be useful to mention briefly a few assumptions on which it is based:

1) There is a source of energy within every system (whether it be an atom, a solar system, a human being, or the universe), and Dr. Stone refers to that source in a person as "soul".
2) Energy has its own patterns and direction of flow through positive and negative poles. For balance and health, the energy must flow freely through its fields, to and from its source.
3) Energy is "stepped down" through different levels: spiritual, mental, emotional, physical. Dr. Stone shows how these levels interact, one reflecting another as the energy flows through the individual.

WHAT IS POLARITY THERAPY?

Polarity Therapy is a wholistic health care program designed by Dr. Randolph Stone, D.O.,D.C.,D.N. over a sixty-year career. It incorporates a set of principles of energy flow, and the Polarity Therapist evaluates the ways in which the individual's energy is imbalanced, using a variety of procedures (whatever is indicated) to aid the individual in establishing balance and harmony physically, emotionally, and mentally. Diet and nutrition, stretching postures, exercise, manipulation, and the role of lifestyle and individual thought patterns are all included. In addition to orthodox anatomy and physiology, Dr. Stone directs his attention to the "energy anatomy" of the human body and seeks to release and balance the energy that is blocked and causing pain and disease. Dr. Stone seemed to have "x-ray" hands, which immediately located where the energy was blocked, and he knew what to do to give relief.

The human energy circuitry is mapped out explicitly in a series of texts by Dr. Stone, all of which are included in this two-volume **Collected Works.** They are here reprinted exactly from the original first editions. Blending Eastern and Western approaches, and borrowing extensively from various Oriental healing systems such as Ayurvedic medicine, Dr. Stone was able over a period of years to synthesize ancient truths of the healing arts with modern energy theory, resulting in a profoundly integrated system that is at once comprehensive and yet open-ended. For that reason, Polarity Therapy principles can explain much about the underlying dynamics of many other healing systems.

Exactly how Dr. Stone could achieve such a remarkable synthesis will always remain something of a mystery, as do all breakthroughs of especially creative people. But it is accurate to say that Dr. Stone developed Polarity Therapy over a period of many decades, and after an extensive background in a regular practice of Chiropractic, Osteopathy, and related manipulative arts. Combining inspiration, deep insight, a sensitive touch, a powerful dedication to discovering the truths of life, and personal instruction from various doctors and teachers worldwide, he slowly formulated the fundamental theory of a therapeutic system that was (and is) far ahead of its time. (The reader is referred to the condensed biography of Dr. Stone at the end of Volume Two of these **Collected Works** for further information on his life and background.)

In short, Polarity Therapy is a way of working with the fundamental energies of life, a way of bringing these energy currents to a state of balance and removing obstructions to their free flow throughout the human energy field. Establishing this state of flowing balance enables the life energies to bring about whatever healing needs to be done, if the patient cooperates! This balanced condition is experienced as one of deep concentration and relaxation, as radiant health and improved peace of mind. A heightened awareness of one's fundamental nature--and one's personal needs and potentials--often results from Polarity Therapy.

UNIVERSALITY OF THE CONCEPTS

As the reader will discover throughout the following pages, Dr. Stone was familiar with a tremendous variety of spiritual, philosophical, healing, and metaphysical traditions. He drew freely from any of them that seemed fruitful, and he tried to incorporate in Polarity Therapy the essence of truth that many traditions and teachings share. Therefore, Polarity Therapy can be said to have its roots in many traditions of energy language, Eastern and Western, ancient and modern, including: astrology, khaballa, hermetic philosophy, and the subtlest, most elevated spiritual teachings of India. In addition, he was not only thoroughly educated in all the drugless therapies of his time (Chiropractic, Osteopathy, Naprapathy, Naturopathy, etc.), but he also studied Zone Therapy, Reflexology, Yoga, Acupuncture, and--perhaps most deeply--Ayurvedic Medicine.

Given this background, it is not surprising that Polarity Therapy clarifies and elaborates upon the working principles of so many healing arts. Neither is it surprising that students and practitioners from many diverse fields have come to regard Dr. Stone's teachings as tremendously important for their work. For example, Polarity Therapy principles are currently being used by practitioners in the following fields: postural alignment, psychotherapy, chiropractic, osteopathy, many types of massage, physical therapy, sports injuries, dance, yoga, fitness exercise, athletic training, and many other forms of therapy and bodywork.

DR. STONE'S INTENTIONS FOR POLARITY THERAPY'S USE

The wide variety of applications of the principles that Dr. Stone delineated would not have surprised him. In fact, Polarity Therapy was consciously an attempt to formulate a unified and unifying system. As Dr. Stone wrote, he was attempting to "reveal the underlying principles of all therapies, whether mechanical, structural, chemical, electrical, thermal, bacteriological or psychological." It is not an exaggeration to say that Dr. Stone's effectiveness as a teacher and the illuminating inspiration which many students derived from his seminars came in part from his unpretentious openness to the truth, no matter where it came from. His perception of life itself was so wholistic and his mind so broad and unbiased that virtually any effective therapeutic method that contained a grain of truth could be not only accepted by him as valid but also further explained by using essential energy principles. This openness to the living truths of life naturally transferred into an openness to a comprehensive view of the healing arts.

Dr. Stone did not wish to tie up "disciples" with strong ropes of rigid dogma; rather he sought to free them from unnecessary restrictions so that they could begin to see for themselves more acutely and achieve a higher level of understanding. He encouraged students, patients, and practitioners to experiment for themselves to determine the value of his ideas. His attitude was always positive, and that encouragement had a remarkable effect on both students and patients. As Dr. Robert K. Hall, M.D. has written about Dr. Stone,

> "He was a living model of the effectiveness of his own methods. He taught them and demonstrated their truth. He used his own discoveries in his daily life, and his energetic appearance and numinous vitality were as much proof of what he taught as were the many people whose lives were immediately enriched by the touch of his hands." (From the Foreword to Dr. Stone's **HEALTH BUILDING: The Conscious Art of Living Well**)

It was Dr. Stone's original intention and hope that Polarity Therapy would be used by doctors of all sorts, as well as truth seekers exploring the great mysteries of life. His seminars were always called "post graduate" since it was assumed (at least in the early days) that most people attending would be practicing doctors of one school or another. But more broadly, Dr. Stone hoped to contribute to the improvement of all the healing arts and helping professions, including psychology and psychiatry.

Indeed, a great variety of people attended his seminars, especially during the last years he was giving them, when his programs in California in the early 1970s coincided with the expansive "growth movement" in America. At that time, his seminars attracted both lay people and professionals who, in rapidly increasing numbers, were intrigued by Dr. Stone's unique and profound understanding of health and disease. The numbers and diversity of his students grew continually until he retired. As an example of the scope of people who were attracted to his work, one series of seminars included medical doctors, chiropracters, osteopaths, a researcher and author in the new "bodywork" field, an aikido teacher, a massage teacher, an astrologer, a masseur at a country club, a school psychologist, a State Health Department Administrator, a psychology professor, and a variety of students from many branches of the healing arts.

For all sorts of practitioners in the helping professions and healing arts, the value of learning Polarity Therapy (or at least the basic Polarity principles) is immense. It enables them to work immediately with the vital energies, to help clients work through stressful periods more quickly, to encourage more rapid recuperation from serious illness, accident, surgery, or psychological shock, and to provide their clients with an immediate experience of how life forces operate within them.

HOW TO READ DR. STONE

The first thing the reader must accept is that very subtle realities of life are being communicated. This cannot always be done in linear terms, with full explanation of cause and effect relationships. Much must be experienced to learn Polarity Therapy, and in fact it is recommended that those serious about learning Polarity Therapy in depth seek out an experienced teacher early in their studies. It might be said that, as is true with so many subtle teachings of profound truths, Polarity Therapy is **caught** as well as **taught** intellectually.

Dr. Stone was an explorer of life who had an integrative, wholistic vision, and Polarity Therapy incorporates such a broad vision. It is not a linear theory based on materialistic assumptions. It must be taken on its own terms, experimented with, and then practiced or rejected. In addition, Dr. Stone was a hard-working practicing doctor, not a literary man. His language and flights of poetic imagery are the result of his inspired genius, not an attempt to impress highly educated critics. Conveying a subtle truth, communicating an ineffable essence is often his purpose, not creating language or theory that will gain him a reputation among academics.

Some of Dr. Stone's oldest students advise the new reader of these profound works to approach them in the following way. First, realize that the underlying spirit and living truth in the writing is ultimately what one wants to understand. Second, to do so, one must allow time for the writings to sink in; one cannot demand that all mysteries immediately make themselves accessible! And third, the reader is advised to use both a slow, close, concentrated reading and occasionally a more rapid browsing, skimming reading which helps one to gain an overview of the entire work. If the reader is successful in penetrating to the deeper levels of these writings, he or she may then begin to experience something similar to what Dr. Robert K. Hall described in his Foreword to Dr. Stone's book, HEALTH BUILDING:

> "Those of us who were fortunate enough to have stood with him and received his transmission were imprinted indelibly by his enthusiastic wisdom.... Often in these inspired texts, the very spirit of our old teacher speaks. He looks out at us again from behind a sentence stuffed with meaning, and points to the truth of God's love, found in the human body, the temple more real than all the world's cathedrals."

DIET, NUTRITION & EXERCISE

Although this two-volume **Collected Works** includes material on various exercises and stretching postures, as well as important sections on diet and nutrition, it should be pointed out that far more material on these topics is found in Dr. Stone's book HEALTH BUILDING: **The Conscious Art of Living Well.** Dr. Stone's series of stretching exercises and his various purifying and health-building diets

that are included in that book are an integral part of the Polarity Therapy System. In fact, in no way can the Polarity Therapy manipulations described in this two-volume set be considered or used as the full scope of Polarity Therapy practice, isolated from the dietary principles and the energizing exercises. Dr. Stone discussed diet with the vast majority of his patients and demonstrated specific exercises to many of them. Furthermore, the exercises, stretching postures, and dietary procedures constitute the primary aspects of Polarity Therapy that patients can do for themselves, to complement and maintain the health-building momentum that the treatments initiate. For this reason, Dr. Stone originally published his writings on diet and "easy stretching postures" in inexpensive pamphlet form to make that material easily accessible to patients. The patient's self-help role is an important feature of Polarity Therapy, and many Polarity Therapists refer patients to Dr. Stone's **HEALTH BUILDING** so they can learn and follow the dietary and exercise program in detail.

FINDING A PRACTITIONER & PRACTITIONER TRAINING

Many centers and organizations have developed around the world that use Polarity Therapy (or an outgrowth of it) in a primary way. As in any other field, there are different approaches with different types of emphasis from one organization to another, and the particular tone and emphasis found is of course strongly colored by the personalities involved and the other types of training and background that those people have had. As more and more people practice some type of Polarity Therapy, naturally the percentage of practitioners who actually studied with Dr. Stone becomes smaller and smaller. This is not to criticize any particular approach but simply to acknowledge an important fact that does have an influence on the field as it develops over time. Therefore, two organizations which are recognized by the Dr. Randolph Stone Trust have been established to provide some standards and guidelines for Polarity Therapy practice and education, one in the USA and one in England. The reader is advised to contact one of these organizations for referrals to practitioners and training programs. The addresses are in the back of this book.

Commentary on Book I
Energy: The Vital Polarity in the Healing Art

Energy: The Vital Polarity in the Healing Art is Dr. Stone's improved and enlarged edition of his first pioneering work, **The New Energy Concept of the Healing Art,** in which he explains the function of energy in health and disease, how it flows, and how it can be influenced. He presents his primary concepts of energy in a most comprehensive manner. He describes its movement and principles, as well as the fundamental relationship between man and the universe (the microcosm/macrocosm relationship of ancient philosophy and religion).

This broad survey draws from many different sources, from all times and cultures, and clearly states the inclusive universal principles that are repeatedly discovered by truth-seekers everywhere. A brief glance at the Contents will quickly reveal the breadth of his studies and the wide-ranging subjects that he discusses. In short, Dr. Stone draws a large perspective on the essential factors that promote healing and well-being of body, mind, and soul.

As Dr. Stone's description of the book states, "Energy activates and enlivens the body. How it flows and how it can be influenced was always a secret. In this book on Energy, every effort is made to tell the story and to illustrate the pattern fields in the body, as well as the flow of the energy currents in their orbits or circuits."

Book I is devoted primarily to the theoretical principles upon which all of Polarity Therapy is based. The tremendous number of specific therapeutic techniques discussed and illustrated in the later books are in large part based upon the foundation of the energy principles outlined in Book I. Of special importance to the student are the explanations of the nature and function of the five elements: air, fire, water, earth, and ether, which concepts are absolutely fundamental to Polarity Therapy theory.



Dr. Stone making a point at a
California seminar in the early 1970's.

ENERGY

The Vital Polarity in the Healing Art

[An Improved & Enlarged Edition of
The New Energy Concept of the Healing Art]

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

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DEDICATED TO SEEKERS AFTER TRUTH

EMBODIED IN THE HUMAN FORM AS A

TEMPLE OF GOD ON EARTH

PREFACE

In this age of over specialization, with emphasis on chemistry, bacteriology, and mechanical and surgical research, we have lost sight of the over-all picture of man as a living being with lines of force working in fields of finer energies. These lines of force constitute his real being, and operate in and through the body in a continual exchange of new energy, replacing depleted energy fields and used materials as well as worn out tissues.

Research in atomic energy and the corresponding new viewpoint on matter prompts a re-orientation of the healing arts, in conformity with these modern discoveries. In this WIRELESS ENERGY FIELD, ancient and modern science can meet. The present can be enriched by the experiences and understanding of the past, even as civilizations are built upon previous civilizations.

Miracles and psychic healing are not dealt with in this course. It describes a rational therapy, with a wider range and a finer perspective of the actual energies operating in the body, as its keynote. The attention is directed to the "dweller" in the body, as the Soul or Nucleus, in relation to the form; and to both of them in their relation to Nature or the Universe as a whole. All this brings out a new concept of Health and Disease, according to individual lines of force of attraction, repulsion and relationship of patterns and lines of stress and strain in the field of energies, before crystallization in the body as material obstructions, distortions or disease is evident.

The finer energies in the body constitute its breath of life, by which the soul functions in and through the body. Normally the rhythmic flow of the life breath controls all functions of the body, as the Inner Center of ceaseless attractions and expulsions.

In illness and disease the energy relationship in this River of Life and its fields is disrupted and needs to be re-established. When the body is in good health there is a natural balance and relationship between the breath of life and its conveyor, the blood stream as a fluid, and its rhythmic beat through the central pump called the heart. There are really four polarized energy currents at work here, flowing through the four chambers of the heart, like the four rivers out of the One River of Life in Paradise, the center or home of the finer and higher energies of the life breath.

There are three animating principles activating the blood stream as the chemical river of life in the human body. They are energies of the cosmos, by which man breathes and lives as a soul in human form. These same energies also operate in all vegetation and in animal life on this earth:

1. The fire energy of the sun is the warmth and expanding principle of motion in all living things.

2. The second one is the hidden energy in the air as breath of life in the cosmic manifestation. This is the sustaining energy and activator to the fire of life, for expansion, combustion and penetration. Without air, fire is sluggish in combustion and complete oxidation is impossible. When there is insufficient life breath in the body the result is unresolved residues called blood sludge, which are deposited in the body tissues.

3. The fluidic nature of the blood stream is a further step-down into the density of matter. This is the chemical river of life which carries liquids and semi-solid particles of matter from Nature's storehouse. It renews the finer energies for construction and maintenance of the body, according to its inner attraction and continuous needs. The body fluids contain the chemistry of life and convey the vital energies as well as the emotional impulses in man.

Oxidation is the finished cycle of combustion in the body. Digestion and assimilation make this turnover possible, from Nature's cosmic supply house of solids, liquids, gases and energy into the keynote of the individual needs. Even the humble weed has that power of attraction from Nature in order to sustain itself and grow. This is the keynote of the sustaining energy called life's phenomenon, which we see everywhere but fail to use that key in therapy.

Briefly, the river of life's finer energy, called 'Prana', is the vital force in the body. It is the activator which flows through the five ovals of the body - the head, the neck, the chest, the abdomen and the pelvis - as five fields of matter for specific functions of sensory and motor expression. The WIRELESS ENERGIES OPERATING IN THE ATOM AND IN THE SOLAR SYSTEM ARE THE SAME AS IN THE HUMAN BODY, OR THEY COULD NOT BE RECIPROCAL AND INTER-DEPENDENT. The nervous and the circulatory systems are stepped-down, material conveyors of these finer energy currents.

The object of treating is the removal of Energy Blocks which are the cause of real pain in the over-all sweep of wireless currents in the vital energy fields of the body. Energy waves build the human body by radiation in intra-uterine life, as a pattern of energy currents, and continue to maintain it by this energy flow as wireless currents. Currents flow over the nerves like wires, and through the tubes and arteries for liquid and chemical conduction of energy distribution in the form of gases and liquids which in turn govern the precipitates of solids in the body, as health or disease.

The fields or ovals are the circumscribed areas of space wherein the life currents, the five 'Pranas' as vital breath and

PREFACE

the five stepped-down sensory currents, act and build their armatures of finer matter called centers, through which specific sensation and messages can flow freely. That is why the centers, such as the brain, are protected by a hard shell, like the skull. In the chest, the heart and lungs are protected by the framework of ribs, sternum and spinal column.

These oval fields, carved out by lines of force in the space substance of 'Maya', were called 'Tattwas' in ancient writings because they are made up of the five grades of matter, each differing in density and vibratory rates.

The solid carbons, sweets, fats and starches came under the classification of the earth element and physical weight. The sense of smell expresses the sensory function in and through matter as odor. Mechanics and leverage are its field.

Salt, liquids and hydrogen, as the basis of chemistry, were called the water element, with which the sense of taste is associated. Appreciation and interest are its emotional field of expression. The generative principle, as a water wheel, is the chemistry of emotion and life's renewing function.

Gaseous, nitrogenous and sour substances, as oxygen, were called the air element. This pertains to feeling, selectiveness and sense of touch. Beauty, gentleness and quality are its measure. Attention is the mental expression as its pattern energy of accomplishment.

Sulphur and bitterness, as stimulating substances, were termed the fire element. This is the power of sight in the eyes, above; and the fire of digestion and fevers, in the middle region of the body; and the impulse of motion, especially for running, in the extremities. In the arms and hands it is the expression of skill. It is the vital energy of function and action in the body. Vitality and drive are its nature.

The high sensory essence of 'Akash' was called the ether. This is the sense of hearing, because it is the energy of the Sound Current in the ether realm, as the origin and transmission of sound waves from there on down. Inner attraction and the aesthetic sense are its natural expression. The Sound Current internally, and music externally constitute the charm of life.

Sensory membranes in each organism act as the media for these finer current communications, as stepped-down receivers. There are five rivers of life and mind energy flowing out from the etheric centers. They express themselves through five fields of matter as sense currents called the five senses, also the five distinct motor currents to express the five sense impulses. By these currents we live and move and have our being in this physical world.

PREFACE

The physiological and psychological balance of well-being in the body is maintained by the harmonious and well-balanced flow of the five rivers within the body. In other words, no one river should be allowed to flood its banks nor should there be an obstruction in any one of them. All the energies should be properly balanced and directed for the good of each individual as a soul in a body, which is literally a temple of God in this world of matter. It is essential for man to know himself before he can progress intelligently and constructively. All functions must be in balance and rhythmic relationship with its own center of energy and consciousness, as the balance of the inner gravity and axis of being. External gravity is merely an indicator of the inner distortions of relationship of vital forces. If we are out of balance with our own center, we are out of balance with the center of gravity outside.

Many doctors wonder why I insist on explaining this therapy from the standpoint of finer energy, which is a little difficult for the average mind to follow. They say, "Why not accept the theory of intervertebral lesions, as taught up to this time?" The difference between the "NEW ENERGY CONCEPT OF THE HEALING ART" and the others is similar to that between the application of atomic energy and mechanical leverage. The beauty of it is that this new concept is a boon to any practitioner, regardless what method he may be using, once the principles have been comprehended.

The ENERGY PRINCIPLE is atomic in its concept and is a science of the future. If we do not try to understand it now, we may have to learn to do so out of sheer necessity later on. The mechanical approach is totally obsolete in comparison with it. If we want to be up to date we must follow the trend of the time and go beyond mechanics and chemistry for effectiveness in our therapeutic research.

Lasting results can only follow the path of Life, but they are not complete nor all-inclusive along the line of any one branch of Life's expression. Life is a unit. To reach it we must go deep. ALL the energy fields of the FIVE sensory and the FIVE motor expressions, which are rivers of Life, must be used constructively in order to enter the ONE LIFE CENTER or Sun principle, out of which they flow and manifest as mind streams in order to relate consciousness to the world of matter. Life is an approach THROUGH ALL AVENUES OF UNDERSTANDING.

The object of this course is to establish an understanding of these underlying factors in the treatment of disease, from a finer, WIRELESS ENERGY standpoint, which embraces ALL BRANCHES OF THE HEALING ART. This energy started with the body at the time of conception as a positive current from the spermatozoon, and a negative current from the ovum.

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BOOK I : ENERGY -- THE VITAL POLARITY IN THE HEALING ART

INTRODUCTION

It is obvious that most doctors are eager for new techniques in order to obtain better results with treatments. But, as you all know, many tools do not make a good mechanic. A true artist does wonders with a brush. The skilled workman understands his problem, and everything flows smoothly for him. He seems to make but little effort and gets excellent results. The person who does not know the "how" or "why" of his problem, labors hard, perspires freely and still does not succeed - even though his tools are many and the preparations are elaborate. The expert violinist produces tone qualities that no mere routine motion of the bow on strings can accomplish.

Skill rests in understanding. Man's internal gravity lines are his energy patterns. These are as definite as external gravity. We are either aware of this and succeed, or it passes us by - no matter how hard we try. Therefore, it is essential that man be understood before we attempt to treat him. Humanity is at the top of creation, and the most mysterious problem in the universe. For this reason it is essential that we learn all about the constituents and forces that go into the make-up of this living being and form. It is for this very reason that we are delving into the very depths of the foundation of the creation of the human race, in the first part of this course.

Originally, I started out to give a course on Perineal Technique, worked out from practical experiences. Why it worked so effectively at times and upon what principles, was still a question. In making further research and burning midnight oil, I finally found the answer, but its roots went as deep as life itself. These principles were arrived at by searching for a common denominator that could explain the practical results which were obtained.

In order to properly understand PERINEAL TECHNIQUE, it is necessary to first understand the mysterious workings of the Sympathetic Nervous System. This is also called the vegetative nervous system because it is based on Man's relation to Nature. This mystery was symbolized by the Caduceus, the emblem of the ancient physicians, and is even used today; but its meaning has been forgotten. THE PSYCHE OR SOUL, the one active principle in the wings of the Caduceus, functioning through the upright shaft as Mind Energy, is an important factor. Mind and 'Prana' constitute the life force as the ONE RIVER. There are four rivers of energy flowing out of it, supplying the four body cavities and their organs.

The psychological functions and their inter-relation to lines of force and patterns working in the body and in Nature, are through the mind and senses. From this foundation of the actual energy fields in operation, we deduce the principles operating in the human body and used in this PERINEAL TECHNIQUE and other techniques. It becomes the basis for determining a definite

THERAPY TO CORRECT POLARITY FUNCTION AND LINES OF FORCE IN THE BODY. Attraction and repulsion are the two opposite poles of action. These must blend into a Neuter pole as purpose and usefulness in the economy of function. The end of this circuit is BALANCE, as the completion of the objective of motion and expression of Life. THIS IS POLARITY IN ITS TRIUNE ACTION.

Part two pertains to Mind, 'Prana', the Three Nervous Systems, the Four Elements and their Mutations. This deals with the practical application of the principles of Mind, Energy and 'Prana' in their flow over the Cerebrospinal, the Parasympathetic and the Sympathetic Nervous Systems; how the same energy changes its function in each cavity of the body as a differentiated energy field, and operates as a different element; where contacts may be made on the body in order to influence this flow and balance the energy fields and their polarity; how the ancients used the principle of 'Prana' and Mind Energy as their foundation for determining a course of natural therapy that proved effective; and how the art of healing will be made easier by the understanding of these natural principles.

Part three consists of "Application of Techniques". This describes actual, practical techniques based upon the above mentioned findings regarding lines of force in the body, relating to structures and functions, their origin, maintenance, balance and POLARITY.

The entire course is based on a NEW ENERGY CONCEPT, rather than a gross material basis. Finer energies, lines of force and patterns rule this Universe as a whole, and Humanity as individuals - the Macrocosm and the Microcosm. These are primary causes which precipitate into crystallization of matter and forms. It is a concept based on living, whirling, atomic energy fields as the basis of Life - a nucleus (Soul) or center, and spinning electrons or mind energy as the foundation of all material existence.

I fully realize that this vital subject is very difficult to teach as technical and practical knowledge, because we have not thought along these lines and have little or no background to base it on or to compare it with. Due to our hard and fast rules of classifying and departmentizing our facts, findings, and our thinking, this is like opening a door to a new room in our thinking capacity, which links it to the inner sanctuary of our Soul. We have been accustomed to think of ourselves as a body only, especially in the art of healing and treating. Nearly all of our modern therapies are based upon chemistry and mechanics in their application of endless variety. Even the electromagnetic action of the body has been given little attention. The atomic discovery of pure energy fields and their finer action in the human body have not yet dawned on the horizon of therapeutics.

INTRODUCTION

Energy, as the one basic factor of the process of life, applied to therapy, was a new idea in the practice of manipulation and correction of lesions and distortions. To consider 'WIRELESS ENERGY' the foundation of equalized current flow for health, and its unbalanced distribution as the cause of disease is a startling revelation because purely mechanical and chemical concepts are the popular theories at present.

To delve deeper into the process of life's functions, to reach the Source of consciousness and feeling, and link it with the body's own functions was also a new procedure in the manipulative art. It brings the radiant ENERGY PRINCIPLE to the foreground and links mental and emotional energy currents to physiological functions, which can be reached by polarizing the fields through skilled applications of therapy or by Nature's own forces when directed to the stagnant area or current blocks.

Giving a physical foundation for psychiatry, and its application of balancing energy currents localized as lesions of energy flow, was also a new concept. To bring the WHOLE NATURE OF MAN'S BEING into the focus of therapy and well being was quite a departure from merely adjusting bones, muscles and connective tissue by a bloodless, mechanical procedure.

To blend man and nature into one process of exchange of ENERGY CURRENTS, through the supply of solids, liquids, gases and warmth, was almost like resurrecting the doctrine of the Ancients, of man's relation to the cosmos, and the soul's relation to God, its Creator.

Of course, minds trained to material concepts only, do not function at such altitudes of penetration and comparison. But we grow into it naturally, by external pressure and bewildering circumstances plus the proof of research and actual experience. All this is laid before the students of God-like Wisdom and the followers of Aesculapius, the famous physician of olden times.

Because I feel convinced of this crying need of an INNER COMPENSATORY UNDERSTANDING to balance the strain in this hour of external stress and tension, of new energies and forces discovered and used mostly for destructive purposes, I have persisted in writing and re-writing this course, enlarging it to its present form. If this proves an inspiration and a solace to only a few thinking physicians who can again make this healing art a CREATIVE WORK OF SERVICE TO HUMANITY, I shall be well repaid.

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A PERSPECTIVE VIEWPOINT OF THE NEW ENERGY CONCEPT OF THE HEALING ART

The physical anatomy of man is the accepted foundation and starting point of nearly all the healing arts today. Such a concept rests upon matter, the gross product, rather than on the fine energy currents which wove the pattern of the body and which continue to animate it throughout life. The general practice today is grossly physical rather than atomic in its principle and application. The idea of energy fields in action through physiological functions, according to the finer lines of force and mind energy patterns, is not yet generally accepted. But we all know that there was a psychological, WIRELESS ENERGY prior to existence of the physiological and material one, otherwise it could not function through it.

This is precisely the way life starts in this world and it is so stated in the Holy Scriptures. Out of the finer Essence of no thing, all was created. Every seed is a unit of life in itself, locked up as a mental pattern in each seed according to its kind. A chicken egg becomes a chick, a turtle egg hatches out as a turtle, etc. The actual life cycle of any living being starts out as a psychological process of ENERGY LINES OF FORCE which are liberated as positive energy from the male seed and as negative energy from the female seed. These are the vitelline substances or centers in the egg.

In human life this cycle also starts at conception as a polarizing energy principle by the union of the male and female prior to the birth of the child. Hence birth into this world is not the beginning of this unit of life called an embryo in the mother's womb. But birth is the finished pattern of this unit, when it is ushered into the world where it should act and express itself as an intelligent being.

This life pattern began by the energy current flow in the male spermatozoon and in the female ovum center of vitelline jelly substance, like a thread in a shuttle which travels forward and backward to weave the most wonderful fabric of life, called the human body! The pattern of the body was supplied by the mental and vital energy of the parents, according to their kind and stature. Of course, heritage goes back much farther than that, and much more is involved, but this is the general rule.

However, the soul which inhabits this body is a unit of consciousness from another sphere, of much finer Essences. If it were not so, it could not maintain itself as a unit later, when fully matured. And children are different from their parents and from each other, in every family, even though the physical pattern may be the same. Each incarnating soul or entity brings with it a design of life, of its own, by which it differs from others.

The polar essence of the biological energy current upon

which our very life is founded has received little attention. The vital sun energy which animates all things in Nature and upon which life depends, is the father principle of life as the reservoir of all male activity. It flows in the vital air of Nature as oxygen and as breath in the individual life which links it to Nature's own storehouse. This is the energy locked up in all seeds in Nature. That is why they are roused from their slumber by father sun's warm rays, or warmth generally, as its breath of life.

The air and the warmth are two of the rivers out of the One River of Energy Essence in Paradise, described in Genesis. They are the father and son principle in the human family. These hidden, psychic energy essences were called 'Fire' and 'Air' by the ancient philosophers. The sun is the center in our solar system, as the outgoing, radiating, positive energizer or 'Fire' principle in Nature and in Humanity.

The moon and the earth energy essences are the fructifying, feminine principles in Nature. These two rivers are described as the mother and daughter principle in the human family. In the ancient lore of the Egyptians this was described as 'Isis', the mother of all living, similar to 'Eve' in the Bible. She is the substance of all things, the river of refreshing water of Love and Care of the crystallized earthy substance which was brought forth as the child of Mother Moon. So it is said that our earth and the moon were once like mother and daughter.

It is stated in Genesis that the earth produced vegetation when moisture was applied like a mist of finer essence. This interaction or play is the game of life of two dual forces - the air and fire above, and the earth and water principles below - which constantly flow out of each other and into each other to sustain the function called Life. It is the dance of Life as the inter-play of two cosmic essences functioning as four rivers of attraction and repulsion. This constitutes the struggle of life. Whether we are aware of it or not, it goes on just the same or there would be no phenomenon called Life.

Man struggles from the cradle to the grave for just these things which constitute his make-up and Nature. The babe starts its cycle in the external world with a cry which is a gasp for breath, and continues to breathe thereafter, as long as it lives. It needs warmth also as long as it is a being on earth. These are the first two rivers of action in every human being, and each individual - either consciously or unconsciously - must continue to make the effort to attract this energy from the cosmic storehouse throughout life on this earth, or it does not live. Breath is life.

A human being also needs food and drink, the earthy or mother substance of Nature. These are the other two rivers in

their cyclic play, from which we all draw in order to live in this world. Clothing and shelter are included in these material needs of life.

All our external struggle is encompassed in these original components, and at the end of the individual life they return to the cosmic substance. The earth goes back to earth, dust (as air) goes back to dust, and the fire burned down to ashes, goes back as "ashes to ashes". This is the cycle of our travel and our striving while on earth. All vegetation and animal life also go through the same process, and they need the same four rivers of energy in order to exist in this world.

Now we come to the Essence of these currents within us, by which our body operates, moves and has its being as a living human entity, in health or in dis-ease. When these four polarized energy currents flow freely, we call it health because it is unperceived and natural. But when there are obstructions as cross-currents or short circuits and blocks in its energy lines, then these register as pain or limitation of motion and function in that particular area. This is the real picture of dis-ease in our WIRELESS ENERGY FIELD, before it becomes physical energy and gross phenomenon where it can be seen externally and by means of X-ray.

In our economic life we call the smooth flow of energy "Success", and the cross-currents of obstruction as "Failures". Whether within or without, the same energy prevails only we perceive it not. It all proceeds out of ourselves as ideas and pattern impulses, then ends in ourselves as the recipients of our own actions and reactions, called "Results" or "Fate".

Life is ONE even though it appears as many factors and actors. But always the same energy acts and reacts, and compounds itself and multiplies results as reactions of pleasure and pain. We draw from Nature what we need, like children of a great father and mother. The same energy which is in Nature is also in us. So we attract it, eat it, digest and assimilate it. Like the vegetation, we need sunshine or its principle of warmth, air plus moisture, and the earthy principle as food.

Fruits are of an airy nature, high above the earth. They supply us with the airy food elements and the 'Prana' or vital energy locked up within their shells or peelings. The grasses have more of the vital sustaining elements in them. They supply the refreshing, green element of water in us. The grains supply the heavier, warming and sustaining elements of the fiery and airy essence of energy. The tubers below the ground supply us with the heavier minerals in their natural state, to give us the earthy element which we need from the vital earth life of earth 'Prana', as the finer essence in the grosser substance.

The herbs and spices have within them what we need and

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crave as stimulants: The bitter ones come under the fire element, and stimulate the appetite. The sour ones are classified under the air element, and increase and stimulate oxidation. The salty ones come in the category of the water element which flushes the system due to the craving for and resultant intake of water. The carbon-containing foods - sweets, fats and starches - belong to the earthy element because partaking of them causes accumulation of material substance of weight in the form of tissue and fat. This is explained in detail in the chapter on "Polarity Diet" on pages 105 to 112 in my book, "POLARITY THERAPY".

The same energy which flows in the above also flows in us. That is why the leaves of these trees of life "are for the healing of the nations", as mentioned in the Bible. Whatever we lack, they may have. By an intelligent selection of them, according to their energy constituents, we can supply our needs. This is beyond the gross chemistry of the ninety nine elements. It is the ENERGY ESSENCE in them which supplies the finer energy needs in the body through proper nutrition.

Even precious stones and metals have ENERGY fields which can be used for attracting their substance from Nature's storehouse, as described in detail in the chapter on "The Wonderful Effect of Gold and Silver on the Human Body" in my Book No. 5.

Finally, man has all these currents of Energy within himself, so he can help himself when ill or can maintain good health if he KNOWS HOW to utilize and move the energy currents in his body. If he would take the posture of the fetus - in which all currents flow freely to make a perfect body - for a few minutes every day, it would help much toward the maintenance of good health. (These exercises are fully explained and illustrated in my booklet, "EASY STRETCHING POSTURES FOR VITALITY AND BEAUTY".) Nature also has these energies in the oval fields of her planets as astrological currents. Man can do nothing about those currents, but he can move his own currents in his energy fields, as outlined above. Man has his own central sun and inner positive pole of motion and attraction.

There is also a polarity response of energy by which healing can be done most effectively within that body by means of manipulation, inhibition or stimulation of specific fields or areas on the body. All of this is illustrated in principle and in practice in my books for doctors.

Many methods are possible, but the finest and the deepest penetration is the NATURAL FIELD OF ENERGY out of which all substance in this world is precipitated. This "NEW ENERGY CONCEPT OF THE HEALING ART" is similar to our modern atomic concept of energy lines of force, BUT IN A CONSTRUCTIVE WAY. All is energy in essence and was so in the beginning.

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It is the ENERGY in matter that makes matter seem alive. When this energy escapes, only the shell is left. Residue or toxin must be expelled if life is to continue to animate the form. It is but logical to deal with the active factor in all things and in ourselves. Thus we may understand ourselves AND NATURE, and perhaps touch the hem of the Robe of the Almighty Creator Who is all RADIANT ENERGY, LOVE AND LIGHT.

HOW TO UTILIZE EARTH 'PRANA' IN TUBERS FOR RELIEVING INFLAMMATION OF THE SKIN AND VEINS: The energy currents in the earth have the power to draw moisture, heat and air through the media of the earth solids. This same 'Prana' of the earth is embodied in tubers which grow in it, such as potatoes and red beets, or even cucumbers which lie on the ground and have much moisture in them.

Raw potatoes are highly alkaline and draw out acid irritations by means of external application. Cut, grated or liquidized and applied as a compress to the jugular veins, relieves the congestion in the head which is usually experienced in the common cold, sinus trouble, hay fever and asthma. This simply relieves the swelling in the veins so they can drain and function.

Raw red beets have a powerful drawing effect when grated and applied as a compress to the affected part. They even draw out pus, infections and splinters that may be deeply imbedded in external areas. Common clay has been used for centuries for this purpose, but it is not quite so effective as the raw red beet. The 'Prana' in the clay is of a lower vibration and acts much slower than the organized form of life 'Prana' in the red beet.

Raw cucumbers, grated or liquidized, are good for the skin by simply applying them as compresses.

OPPOSITES VERSUS UNITY: Opposites have their origin in a common center of unity. They stimulate each other in resistance, and balance each other in exhaustion or in the creation of a new unit. Opposition brings forth strength and a new light of understanding through experience and tests of energy endurance.

Unity or balance is the ultimate aim of all opposites. They oppose each other on the surface and unite in the center. Internal attraction of the fine centers of invisible Unity and external repulsion of extremes keep the surface active as a field of manifestation. This may be likened to the planets in their whirling orbits around the sun.

A PERSPECTIVE VIEWPOINT OF THE NEW ENERGY CONCEPT OF THE HEALING ART

Polarity is the law of opposites in their finer attraction from center to center. 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. The surface limits the central activity. It protects the sensitive center of action and intensifies it in its own sphere or limits by means of concentration.

Peace and freedom are possible only in Unity and in an Essence of the same quality. Energy expresses itself continuously in a free state. Within limits, its currents are also constantly active in order to keep that unit or body alive.

Life pertains to the Central Energy. Death belongs to the body or form. As life moves and changes constantly, so must the forms which life builds. We see only the obvious structures or bodies. THE ESSENCE WHICH BUILDS THESE FORMS OUT OF ITS OWN SUBSTANCE, WE DO NOT PERCEIVE.

The structure of the body, we call 'anatomy'. The stepped-down energy currents and fluidic circulations which we perceive as functions, we call 'physiology' because we can trace them over conductors and through conveyors.

However, the PURE STATE OF ENERGY, the mind patterns which build the body and the nervous system, the circulation, the secretions, etc. etc., we do not perceive in their atomic attractions and repulsions. As a result, we hardly have a picture of man's total and partial relationship to the Universe, and even less about our relationship to the Maker Himself, in any of our modern scientific writings.

We have lost the central theme of Life in our search for countless external details in matter only. These neglected aspects of man's hidden Life Currents and definite dependence and correlation with Nature are set forth in this book and in my other books along this line.

The relationship of the unit to the Whole is based upon the great law of demand and supply. Like attracts like. Each individual pattern is sustained by the Whole through its latent power of attraction in its seed pattern keynote. This is the central core of its creative energy field as an individual, separate being, endowed with conscious awareness and growth potential.

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ENERGY

Life is a mystery. It is a spiritual essence of energy. The outflowing breath of the Infinite One, the Unknown Creator of all, is the centrifugal energy in Life in general. All was created by this process of HIS WORD of Spiritual Sound Essence, reverberating throughout endless space. "God spoke". The Superior supports the inferior.

All life below that High Spiritual Realm is maintained and supported from that Central Energy, the supply house of all living, moving and breathing things. That ray of Spiritual Energy is the very life of our sun which in its turn radiates energy of warmth, expansion and growth to all creatures and things on earth. That Central Unknown Energy from on high is the vital energy and consciousness in man, animals and all vegetation. In man it whirls as 'chakras' or centers in the etheric substance of the cerebrospinal axis, as the pivot of all bodily functions. The life energy flows from within, over each sub-station and energy center for conscious and subconscious function in man and in the cosmos, to supply the small and the great Universes.

Whirling energy forms centers of concentration and flows from them outward as a positive or a negative charge, in relation to the other centers of action. This is 'polarity' or attraction and repulsion. The inner centers are the dynamic, attractive energies which draw from the storehouse of Nature and adapt that substance of energy to their own use and functions of the body. IT IS IN THIS MANNER THAT WE KEEP POLARIZED WITH THE COSMIC FORCES OF MATTER.

Every blade of grass has the power to attract what it needs from the earth, the water, the air and the warm sun rays, to make its own vibratory pattern in life. All life - vegetable, animal and human - shares alike in this provision of these four polarized energies in their flow. It is the Unseen Energy of the Wheel of Life as the 'cross' or 'Swastika', whirling in action in space substance, which gives the phenominal appearance of a single unit in action. It was known to the Kabbalists as 'Tau', the Sacred Cross of Life.

Forms: Centers of energy are essential for creation of forms and their operation. It is essential that energy be concentrated and work according to definite patterns and designs, or exhaustion would take place. If a stone is dropped in a pond of still water, waves radiate outward from the agitated area until that impulse of concentrated energy is exhausted.

Concentration of Mind and Energy are essential for the preservation of function in form. Even Nature, with its vast store of energy, cannot endure constant expansion or expenditure. A good thunderstorm seldom lasts throughout the day. If Nature cannot endure without seasons, rest and change, how can man accomplish anything without concentration and restoring his depleted energy fields? Whether this be soul energy, mind, emotional or physical

energy, this principle of function and rest holds true everywhere. It is the law of periodicity or cycles in Nature, or waves in motion.

Mind Energy works in definite patterns. The centers of pattern fields are alive, elastic, expansive, radiating energy in definite orbits. As they progress toward the outer rim, particles lose energy exactly in proportion to the square of their distance from the center.

Energy Wheels, spinning as molecules and atoms and individual units, create a reality for themselves in the vast expanse of space, like bubbles in an ocean. On the surface of these energy fields, whether large or small, they meet the resistance of space which contracts upon them and slows them down further to crystallication. This is called surface tension in the molecule. It is by this process that hard shells and exteriors are formed, like the earth's crust, skulls, the shells of nuts, eggs, etc., to confine and protect the soft and ever-expanding interior energy fields. Shakespeare cleverly stated this process of Nature in a few lines, in his "Romeo and Juliet", discourse by Friar Lawrence:

"The earth that's nature's mother, is its tomb.
What's nature's burying grave, that is its womb."

The Greeks understood Nature and utilized this fruitful field for their inspired myths and dramas.

Yang was the term used by the Ancient Chinese for this ever expanding male principle. Yin was the female principle of contraction, concentration and resistance. These twin forces operate in all created forms, for without these two factors, neither function nor perpetuation of forms would be possible.

Currents of energy are constantly at work or play, flowing out of themselves and into each other in their fields and patterns. This process maintains the functions and forms of life.

Small units of energy fields draw their supply of energy from larger units or orbits to which they are attuned, because these are their home, source or parent fields. Dissolving units are again absorbed as free energy particles by the source or larger units. This is the sequence of cause and effect, involution and evolution, birth and death of forms, health and disease.

Our sun and other planets and their orbits have an oval design or spherical shape in space. This similarity is shared by the humble cell, the dew drop, the molecules, atoms and whirling electrons. Our physical body is also built on this plan: It has five oval shaped cavities which are created by whirls of energies that also maintain the function in this space, linking it to Nature, the greater world outside, for its supply of energy - embodied and solidified mediums of various density and called air, liquids and solid food substances.

Small energy fields must be constantly supplied with energy drawn from larger universal fields, or they perish. It is a bond of attraction that keeps them bound in mutual relationship and orbits of travel or well being, in relation to their source of supply or universal energy field inside or outside.

The physical body of man is not as independent as he may imagine himself to be. Man is dependent for every breath of air, on the larger volume of the atmosphere; he is dependent on water or liquids from Nature; also food for nourishment; light and heat; and human love and understanding. Like Manna from heaven, none of this can be stored in the body or it would choke it up. It must be gathered fresh every morning and throughout the day, with every breath. Liquids and foods replenish the body, while ideas renew the mind in its sphere of individual action, and keep it in rhythm with the universe. While love and devotion link man's conscious being inside, back to its eternal Source of all Being.

These are some of the stories Ancient Wisdom has recorded for us in the language of mysticism, if we can read them and interpret them to our everyday life and use.

The story of the creation of man is also written in a secret symbolism, to preserve it for those who can read with understanding. The practice of symbolism was used even in the New Testament, for it is recorded of Jesus, "He taught them not except in parables". St. Paul said, "He that hath an ear to hear, let him hear," etc.

Sacred and secret writings of the past were founded on an inner awareness of energy flow within the body, which we call man. They tried to share this wisdom with posterity in the form of symbolism, parables, and myths. Some of this knowledge dates back to an age when man was a superior being and had not yet fallen into the finality of involution in matter.

What comes down, must go up, and vice versa. If there is an evolution, there must be an involution before it, even if the ages are too far apart to be recorded by history. Time is not an important factor in the endless process of Nature's working. It is the process that is important, for that endures and goes on everywhere within us and around us if we can but see and perceive it, or hear its inner rhythm of transcendental sound as supersonic waves. It is the "Music of the Spheres" and the "Song of Life" itself, in the heart essence of all humanity.

All human beings have this capacity, if they will wake up out of the dream of sense life and indulgences and, by attention and interest in the finer energy fields, come into their natural heritage as children of God.

In order to understand man, let us trace some of these energy fields in their everyday process of creating individual

forms and maintaining them. The original creation, written of in Sacred Scriptures, started the process, set the pace and patterns which - like the planets - have been revolving in those orbits ever since. Time is measured in 'yugas' or solar cycles, or revolutions of creations around their source, their center of gravity or orbits of travel. In science, we speak freely of light years, but in reading mystic writings, like the Bible, we assume a day of creation to be our present twenty-four hour day! We have not oriented ourselves to read the facts of Soul Life and to interpret them as energy cycles of various speeds. Our daily thinking does not even measure up to our standard scientific conception of energy fields, their speed of travel and the flow of lines of force in units of energy forms.

Patterns are mind energy fields. Life is built on the pattern of the cell, the unit, which in aggregate makes up the individual unit or being. Each type of energy has a vibratory speed and wave length which determines its function and affinity to other similar units of energy functioning in the body, or outside in the cosmos.

The center of any energy field (the neutron or nucleus, etc.) is the life and light of the sphere of action around which the energy particles revolve and give it a solidified appearance. In each field are locked up mysteries of beauty as supersonic sound waves and transcendental displays of light waves, as chromosomes and rays of color that mortal eye has not yet seen. Only mystics speak about these things, and we think them mad; but we speak glibly about light years, as though that were nearer to us and a fact in our lifetime.

Thought Wave Review: Mind energy is the finest form of matter. Thought energy flows in waves and is far from being individualized. We merely tune into a good, accepted, popular, safe wave, and take a free ride and call that knowledge. Our choice and selection is limited to surface volume; we are as afraid of depths as the Ancient Mariner was of falling off of the earth at the end of the sea.

We assume that those in the past could not possibly have had an idea of the cleverness of the present age, but we cannot understand them when they tell us in their writings about energy fields which we are just beginning to become aware of. The importance of our life is all external; theirs was a deeper perception of the energy fields within, that make up this phenomenon of solid matter. In their contemplative life, the ancients had time to concentrate their energies, to penetrate the shell of things and find the kernel in finer energy fields. While we, in our haste to go far and fast, travel on the surface waves, in circles, and find no rest for our souls, no solace for our heartaches and the many problems that beset us, nor even the answer to our physical sufferings.

Our newly found speed is no comfort in itself, for it has its many fatalities, and our progress is no solace to our minds nor does it bring security. On the contrary, like wealth, it brings with it more worry and insecurity. Caught in the wheels of Nature's relentless grind, we must go on - faster and faster. Why? Can man go from the rim of this wheel of speed to the center and find rest? The choice rests within each person, whether he likes the surface and the show, or the depths and the simplicity of things. Do we really want to understand things as they are, or merely as our personal interests and attachments want them to be? Can we learn and perceive totally unbiased, or only as we wish, will and choose?

Creation: Even the finest type of energy field that we call Spirit Essence, in its immensity, slows down in vibration and velocity of intense speed on its surface, where the speed is less and the concentration of energy is less in proportion to the square of the distance from the center.

1 - These slowed down energy fields, because of their different rhythm and speed, are eventually separated from the Parent Unit and become units or orbs, revolving around the Parient field or Source.

2 - This separating process goes on in each definite intensity of vibration or plane of energy fields. The Superior or Source supplies and rules the plane or energy field that emanated from it and is one step further down in density and materialization. Our sun and planets went through the same process.

3 - Mind energy creates patterns of infinite variety on the highest mind field, called the Superconscious or Causal Plane. That pattern is stored within every little energy field of matter that we call a seed; and only because of this fact can it be evolved out of it.

Soul is the inner energy field, the Doer, and Witness in the field of Consciousness; it is also the Perceiver. All creation takes place in space; so there is the other factor of form and form life, which we call Nature. The Mind Principle is the mold and pattern (the cookie cutter) that stamps forms out of space, or rather in space (the dough).

'Prana' of the Hindus, as well as the mysterious Manna of the Hebrews, is the mystic link or neutral common denominator between these two opposite poles of Mind energy as the Molder, and Space energy as the resisting Material, Matter, or Earth element in its finality. 'Prana' is the life breath. It is the vital energy in man.

Mind action is too swift to act directly on matter. Even in intelligent beings, if all thoughts took shape at once as they flowed, it would spell ruin and disaster. Also, the re-

sistant pole, matter, is not directly affected by mind. Jesus mentioned this fact when He stated: "If a man taketh thought, can he add a cubit to his height?"

So the one Neutral River of Energy, Prana or Manna, flows out of Paradise, the Mind Essence or Energy space plane of 'A-kash' and divides into four states of Energy or qualities of matter which the ancients called 'Elements'. These are not in any way to be confused with the ninety-nine elements of matter in material science. The ninety-nine elements of science are but branches and twigs on the Great Tree of Life, which is the interaction of Mind Energy on space substance or matter in its finality.

In the human body, Mind Energy flows over the brain and the nervous systems and becomes animated Intelligence, Feeling, Perception, Consciousness; the root of all the senses and the Awareness of all sensations in and through the form of Matter.

The human body is a part of space, as a form of Matter, and must be constantly kept in touch with the greater element of space which is Nature as a whole, or it perishes. The energy rhythm of Life must be kept moving through every part of it or it suffers, as well as its four polarized varieties of this element, embodied in four states or kinds of matter, as elements of:

1. Heat, warmth - Energy
2. Air, oxygen - Gas
3. Earth, solids - Food
4. Water, liquids - Beverage

There are four large cavities in the body over which these four polarized energies flow, and organs which act as transformers of these currents, and step down the intensity of the field. These organs also act as converters of energy, extracting from solids, liquids, gases and heat energy what the body needs for its own fuel and sustenance in order to keep fit as a unit of expression of Mind Energy and Space Substance; but mainly to keep in tune and rhythm with the Universal Field of Nature through the finer and coarser mediums of exchange.

The river that carries the Life Principle and the other modalities of currents and substances as food and nourishment in the body, is the blood stream. That is why the ARTERY RULES SUPREME IN NATURE, with or without the action of Consciousness, or Cerebral Function.

SOUL IS CONSCIOUSNESS; 'PRANA' IS LIFE; MIND ENERGY IS A NEUTER meeting ground between Soul and Matter. These forces must be understood and balanced in all rational therapy, so they can operate freely.

It is stated in the Holy Bible: "The life of the flesh is

in the blood" (Lev.17:11). Three principal essences converge to make up the river of life called the BLOOD STREAM. The first is warmth, the fiery principle of the sun with its finer hidden 'Pranic' rays of Energy. Without this active principle in the blood stream it would be cold like it is in fish, frogs and some of the lower, cold-blooded animals. Man loves sunshine because it is part of his very blood. However, there are some individuals who cannot tolerate sunshine. That is because they have more of the 'moon essence' in their make-up.

The next river is the airy principle and essence in the blood stream. This makes oxidation and exchange possible between the store of the earth's oxygen outside and its own used up supply. Life is not possible on this planet without this universal essence in action. "Breath is life" with its hidden, vital energy. Oxidation also causes the inter-action between the fiery essence and the water principle, which is the liquid quality of the blood stream as THE RIVER OF LIFE.

The Moon Energy, as the third principle, is the source of the watery essence in the blood stream. Oxidation has a cooling and evaporating effect on bodies in Nature. It fructifies the earthy nature of man and all vegetation by the flow of the three vital rivers through the earth.

The first river is the source out of which all four rivers flow and to which they must return. The last one is the earth, the result of the action of the other three rivers or essences of energy. The first becomes the last by expressing itself through it. The last becomes the first by returning to it constantly through disintegration and, in the end, it vanishes and becomes re-absorbed into its first essence of finer Reality in the energy field.

The three types of Consciousness or functions of the Mind, and the four grades of Matter or substances, and their relationship in their formation, are dealt with in the next chapter.

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THE PSYCHOSOMATIC RELATIONSHIP OF MAN WITH THE UNIVERSE
(The Microcosm and the Macrocosm)

ORIGIN: Space is the great deep or void, the omnipresent '0' or "No-thing" out of which all things are made. In order to create anything in this immensity of "All-ness", an "Otherness" or limitation must be imposed, to outline and circumscribe any creation; whether this be a universe, a sun, an earth or a human being, or a cell or an atom.

It is said that God geometrizes. This becomes full of meaning when we realize the whirling forces of energy necessary to carve out a space or an outline in this all-space, in order to establish units of form, units of intelligence and mind. In other words, to differentiate the many from the ONE, and the unit in the Whole. So all our created objects are really whirls in space, like bubbles in an ocean. Thus all life on this earth is related to the WHOLE, the Macrocosm, the Akash or Etheric Principle, the same as the bubble, the ripple, the wave or the drop in the ocean.

The operating Energy Field has a definite pattern in a higher sphere of Energy called the Causal Plane, or the Pattern World, the Heavens, the Cause and Origin of things. In Genesis, Moses on Mount Horeb was elevated in consciousness that he might see some of these patterns whirling in the Energy Fields of Causes in order that he be able to duplicate same in miniature on this earth (the Tabernacle in the Wilderness). Jehovah's admonition to Moses was that he should build this Tabernacle according to the pattern shown him on the mount. The 'mount' represents the raised consciousness in the higher sphere of Energy Fields of Causes.

The story of Creation in the Bible and in most Sacred Scriptures bears out these facts. It is a Universal Concept of all ancient peoples, expressed in symbolic language, and hidden throughout the ages from the eyes of the unworthy. Truth is a two-edged sword. In quoting from the Wisdom of the Ancients, their sacred lore, and from the Bible, it is my aim to interpret these mystic writings, explain the MYSTERY OF MAN, identify the principles and, if possible, make clear their meaning to at least some thinking minds.

Sound, as supersonic and ultrasonic energy, is the first principle in Nature. "God spoke". Sound, not light, is the first principle of whirling, fiery action, as wheels of energy in space, creating rivers of whirls, entities, bubbles and individualizations from the All-ness or the One, in Its centrifugal, primal outpouring.

These rivers of energy, as principles of existence, are spoken of in the Bible as the four rivers of Life, flowing out of Paradise, out of a One River or state of energy called "Akash" or "Prana" by the Hindus, or "ether" by our scientists. It is a superfine essence of life force, which splits into four streams

or elements of energy and of substance that are interacting and compensatory to each other. It is upon this action that our physical universe and individual life depend.

Sound, as ultrasonic energy, is the creative principle that proceeds through kinetic agitation, under higher static polarized regions of finer energies (or heavens) and is the cause of all creations. This Sound Energy or THE WORD spoken by the Deity, "was in the beginning with God, and was God, and by it all things were made that were made."

Curvilinear motion or vibration operated in space, and created sphere after sphere until all was manifested. AND THE SAME ENERGY MAINTAINS THIS CREATION EVERYWHERE. Motion is always in the form of a curve, from the path of the planets in the sky to the very atoms of matter, and the spinning electrons.

In most of the ancient writings, man was the key to the universe and the grand symbol of all the mysteries. Every effort was made to explain man to himself and to make him aware of all the forces and energies locked up in this being that he calls himself. The building of the pyramids and temples everywhere expressed this urge in man.

The "being" in the body is the most interesting, individual problem to every person. It is our world, our life, our own Soul in manifestation. We are most fascinated by ourselves; everything else is secondary. We, as souls, are the object of our search and interest. As the earth revolves around the sun, so our life revolves around our inner Sun or Soul. We are forever seeking its relation to the Whole, which we have lost. This is symbolized by the "Lost Key" or "Lost Chord" in music, and the "Lost Word" in Mysticism, Occultism and Masonry. Spiritually, we are seeking GOD REALIZATION.

Physically, we are seeking to establish our relation to our body, and to Nature, which means health or well-being - a soul expressing itself as an individual unit, through mind, in matter and form. This is the problem in the life of every being.

Man stands on the top of the ladder of all Creation. He alone is endowed with <u>all</u> the faculties necessary to understand his Source, his Being, and his relationship to Nature. Writings of the Ancients became sacred because they endeavored to reveal to man some hints about his Source, his marvelous pent up energies and soul powers, how to use them wisely in Nature, how to transcend the ego and thereby find his way to his REAL HOME. Until we have become aware of our Source, our True Home, we are as "Prodigal Sons" in this creation.

Our Bible starts to explain this as a creation in an exalted field of pure energy, called a Garden of Eden (delight), where all

THE PSYCHOSOMATIC RELATIONSHIP OF MAN WITH THE UNIVERSE
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creation was complete and present as perfect patterns and energy forms in the realms of causation, or the Causal Plane of the Ancients. From this Universal Source of physical being, one river of energy flows constantly out into manifestation, splitting into four heads, and watering this Garden. Such a place has not been found on earth, in spite of much search and conjecture. Causes are always in the Energy Field, never in matter. Soul Energy, through the life-breath and mind, builds and crystallizes matter out of itself, and resolves it again into its own Being, as dissolution or 'Pralaya', similar to the burning of wood or fuel of any kind, when its pent up energy is liberated. The physical body is the house that "Jack" (the unknown) built and lives in.

The very energy rivers that precipitate and form matter, sustain that form and maintain its function, as a part of the Great World or Nature. (Like the earth sustains plant and animal life.) The forms and bodies are part of Nature; the life is the animating principle and energy within the form. This expresses itself through Intelligence, Mind and Senses.

In order to understand the mystic language of the Bible, and unify our minds on this energy concept, let us follow this one river of Energy ('Prana' or Ether) into its four heads, and see where and how it fits into our Creation: (Ether is space substance or a field. 'Prana' is the Life Energy flowing through it and all the other four polarized elements.)

> "And a river went out of Eden to water the garden, and from thence it was parted, and became four heads. The name of the first is Pishon: that is it which compasseth the whole land of Havilah, where there is gold; and the gold of that land is good: there is bdellium and the onyx stone." (Gen. 2:10,11,12)

The River Pishon means 'Current' or 'Energy'. Havilah, the land over which it flows, means 'sand land'. The gold and onyx stone complete the definite identification in the mystical language, of the actual current and where it flows in the little world, the microcosm, which is our body.

Pishon is the energy or element of 'fire' of the Ancients, which creates the first sphere or oval, the head, the brain and the nervous system, like a tree that is upside-down. The latter is mentioned in the Bible as the symbolic Tree of Life. This is illustrated in chart No. 12 on page No. 19 in "THE WIRELESS ANATOMY OF MAN".

Havilah (sand land) identifies the pituitary and pineal glands, because of their sandy-like constituents. This is illustrated in chart No. 11, figure No. 2, in "THE WIRELESS ANATOMY OF MAN."

The gold spoken of is the energy current of a yellow color, flowing upward, over the pituitary and pineal bodies and the optic thalamus. It creates a golden light current which is pictured as a halo around the head of saintly persons. The Hindus call this current 'Udana'.

The onyx stone is the stone spoken of in the Revelation of St. John as being in the center of the forehead. It is the third eye, also known as 'Tisra Til', the door of the Soul, the narrow gateway to the lost Word and higher realms. The 'Ureus' of the Egyptians is a symbol of this same center. (For the illustration, please refer to figure No. 2 on chart No. 11 in the book called "THE WIRELESS ANATOMY OF MAN".) Physiologically, we think we cover all this ground by merely calling this the cerebrospinal nervous system.

The name of the second river is Gihon, which means gusher, or intermittent spring, or virgin fountain. This applies well to the fountain of life, the heart and its beats. This energy element was called 'air' by the ancients, because it creates and sustains the second oval cavity, the chest with the heart and lungs. Science calls it the respiratory and circulatory system. The diaphragm is the dividing line. This is illustrated in chart No. 10 in "THE WIRELESS ANATOMY OF MAN". It is also mentioned in the Bible:

> "And God said, let there be a firmament in the midst of the waters, and let it divide the waters from the waters." (Gen. 1:6)

The diaphragm is the elastic, functioning firmament which divides the waters or energies, above from below. It divides the two rivers above (one the 'fire' element and the other the 'air' element) from the two rivers (the 'earth' element and the 'water' element) below. It is upon this important inter-action that life depends. Without diaphragmatic function, there can be no respiration nor heart beat, no proper assimilation nor elimination, nor motion. It is a fixed stabilizer of bodily functions.

Here, also, we find the mystic chalice spoken of as a cup, the mixing bowl of the life principle ('Prana') and the air and water elements. This particular chalice or cup is the heart. 'Prana' or universal life force, which is the same energy as is in the sun, uses oxygen as a conveyor, and we breathe it in as 'air'. The Bible clearly states that the life is in the blood. If the chemical oxygen was the life principle itself, we could prolong life indefinitely under an oxygen tent. But this is not the case. 'Prana' is the universal breath of life. It was called 'Ruach Elohim' by the Hebrews. And when Elohim (God) breathed this breath of life into the nostrils of the form called 'man', this form became connected or united with the function of the Soul power within, and man became a living, existing Soul in human form. This 'Prana, 'Ruach' or 'Energy' flows over each nostril alternately,

enlivens the sympathetic nervous system, and links the body to Nature in this Energy field in matter.

The third river out of Eden's one river is Hiddekel (Tigris or black). This is the 'earth' element of the ancients. It built and operates the third cavity or oval -- the abdomen -- with its digestive, assimilative and eliminative activity. The Hindus call it 'Saman'. We call it the gastro-intestinal tract. It is a fiery energy which digests our food in the earthy elements of the bowels as the earthy field.

The fourth river is the Euphrates, the great river, or water wheel. The ancients called this the 'water' element. It is situated in the fourth cavity of the body, the pelvic cavity. As earth and water landmarks are irregular, so is this space, with the earth element above it. Science calls this the genito-urinary system, including the kidneys, which are post periteneal structures.

The earth is said to have been created out of water; and is surrounded by it, like the embryo is surrounded and floates in amniotic fluid. The 'Great Wheel' refers to constant births in this river of life, as incarnations into the 'Wheel' of eight million, four hundred thousand varieties of species of life forms. It contains the seed power which is the one evidence of the eternal power of perpetuation in all life -- human, animal and vegetable. The billionth descendant of any life form or pattern has the power to reproduce, the same as the original pair had. This is the only perpetual motion power we know of; namely, the seed power in all creation.

This is the story of the four elements of the ancients, and the four systems of the body of modern science. AS LONG AS THESE FOUR ELEMENTS OR ENERGIES FLOW INTO AND THROUGH EACH OTHER, AND SUPPORT EACH OTHER IN **FUNCTION**, ALL IS WELL. WHEN ONE OR MORE RIVER OF ENERGY IS **STOPPED** UP OR CANNOT FLOW, LIFE DEPARTS FROM IT AND GOES BACK TO WHENCE IT CAME.

The good minister, at the funeral service, revives our memory of this mystic lore not now understood, when he picks up a handful of earth and says, as he throws it on the casket, "earth to earth, dust to dust, and ashes to ashes". A doctor wrote out a death certificate which probably stated 'heart failure' or 'endocarditis' as the cause of death. But the minister tells us the true reason why this person died. The earth element in this body could no longer function nor draw energy from the great earth element outside, which is the cosmos, and co-operate with the other elements, so now this earth element of the individual body goes back to mother earth.

"Dust to dust". The element of air has dust as its symbol of precipitation, and when the air principle can no longer breathe or flow in rhythm with the universal air principle outside, the

individual air or life breath of 'Prana', the life in the body, returns to its universal reservoir.

"Ashes to ashes". This person died because the fire principle of energy could not flow in this body, and be renewed by the universal fire of energy. That is why it must return to its source.

And the spirit (Soul) returns to God who gave it, in the Soul Realm or the fifth river, which is also the first one. So the first is last and the last is first.

> "And Jehovah God planted a garden eastward in Eden." (Gen. 2:8)

This garden is the form of man in Eden, the higher sphere.

> "And Jehovah God took the man and put him into the garden of Eden to dress it and keep it." (Gen. 2:15)

Man then became the dweller in a form, house or garden, a beautiful abode. Before this the soul was yet in a higher sphere where there was no need for sex, food or clothing.

In the Koran it is stated that when the forms were built, God played beautiful music upon them and souls entered those forms. In the Bible it is stated that the sons of God beheld the daughters of men and they were fair; they came down and took them unto wives and bred giants. That was millions of years before the flood, when incarnation and descent of souls took place. Those souls not yet ensnared by matter and grosser forms, are still spoken of as the sons of God, descending. Time intervals of millions of years are often covered in one sentence in the Bible.

It is important to know of and understand this process of the involution of the soul into matter, because all the finer principles and vehicles, and lines of force are still with us, buried within this form. That is the reason we have so much conflict within ourselves and are constantly searching for our lost estate, seeking our higher essences and trying to discover ourselves.

Every principle or energy field within us, our little world, has a universal plane of being or field of operation. And as our four elements must blend with that greater world outside and draw from its universal supply in order to be well and nourished, even so, all the higher energy principles must be supplied from their own plane. THE SOUL ITSELF MUST CONSTANTLY BE SUPPLIED BY THE SOUND CURRENT, THE WORD ISSUING FORTH FROM THE SUPREME BEING WHO CREATED IT. NO PART IS COMPLETE IN ITSELF "EXCEPT IT ABIDE IN THE WHOLE" AND IS UNITED WITH IT.

Why should the spirit of man be so proud, when everything is

but a gift and a loan to him, by a gracious, loving Energy Source of all things and essences?

This communication, contemplation, meditation or concentration by the individual energy field within man upon and with its universal Source, is man's real function, path of travel and well-being. This can be a communication of soul with its Source, as love with the Ocean of Love and Bliss; or of intelligence with the Universal Intelligence and Pattern World of things, creativeness and inventions.

Mind also communicates with the Universal Mind in its constant activity, motion, illusions and theories, thoughts and wishing. This gives us the psychology of man in its true scope and path of travel. Like any one of the four elements, when one stops flowing, having lost its rhythm with the Whole and its Source of supply, it has a tendency to lock itself in, turn upon itself and disintegrate. Then there is pain, sorrow, etc. If this balance can be restored, there is well being and free flow of energy. The Universal Energy, like air, is all around us and we can benefit thereby if we do not choke ourselves with too much at once nor try to retain used material. In fact, we, like a bubble in an Infinite Ocean, live, move and have our being in this Source of all, at all times. IT IS MERELY A MATTER OF WHAT WE ARE SEEKING AND AT WHAT LEVEL WE TUNE IN. This is what actually takes place and needs no other psychology, for it is the breath and movement of the soul itself.

All Greek dramas are based upon the story of the tragedy of the soul being bound by matter, as with chains. "Prometheus Bound" is one of these dramas, telling much of the ancient Greek's understanding of psychology.

Every life is but the relationship of the unit to its source. And the only possible path of travel is the flow between the two (the microcosm which is man, and the macrocosm which is the universe), in its various degrees of fineness and density of energy and matter as crystallized, fixed, static fields.

A centrifugal force, out from the center of all being and essence, causes creation, as myriads of sparks from a central hearth fire. And the return flow of this energy, as the centripetal or attractive force, links it and makes it seek its Source, in an effort to become unified again in its rhythm and essence. That explains the hunger of the soul and the constant will and desire within the soul, as unrealized longings and yearnings. The whole mystery of destiny and predestination lies here.

The soul, in turn, steps down its energy and becomes a slave of the mind, and expresses itself through the senses. The senses relate to the mind as units to the whole -- a positive pole above, as the source, and the negative pole or units below, seeking ex-

perience in multiplicity and outward expenditure of energy. Mind is the negative pole of the soul, its source. All things are suspended from a universal Source or Center, and travel in that orbit, like the planets around our sun, the electrons around the neutron, etc. It is one grand story, in endless variety.

The unit has a relationship of energies within itself, like the mind and the senses. If the outgoing current of mind energy is frustrated too often in one of its senses, it wishes to shut off that hurt or leak and seeks subterfuge or other devious ways to satisfy that craving or desire. In psychology, this is well recognized as an escape mechanism and wishful thinking, not based on facts or direct experiences with matter. A clear understanding of these processes of the mind usually unties the self-imposed lock of mental energies that cause the perversion. Again, this is why it is so important to really understand the WHOLE PATH OF THE SOUL, its involution and its evolution out of the bonds of matter and suffering.

Our energies are constantly going outward, seeking in things the thrills and satisfaction which are not there. It is but a mirage. Only the very highest Universal Source really has what we seek and crave. So, after maturity of years, after aeons of wanderings and sufferings, the soul finally is convinced of this fact and, like the 'Prodigal Son', remembers his Father's house and all its abundance. He then rises up within himself, turns his energy and longings of the soul inwards and comes back Home to his Universal Source, his Father. The 'house' referred to is that particular universal plane for each soul. "In my Father's house are many mansions", said Jesus.

Most of our psychology and psychiatry is derived from the Greeks, who understood the travel of the soul and mind, the various patterns and fields of expressions and perversions of searching externally in order to find satisfactions. The story of Psyche and her Pandora Box; the many myths and stories of the gods, as internal powers of energies and their universal supply and reactions; the story of Narcissus, self-seeking; the Oedepus complex, and many others which explain the cross currents of energies in the mind and its external travel of experiences.

Our modern psychiatrists are using all these stories for want of better ones; for nowhere have we a complete picture of the travel of the soul. We know the path of the planets outside much better than we know the orbit of our own soul, mind, or senses in their functions. That is too close to home, so we go on seeking and suffering in strange lands and fields of energy, ever outward, expending our precious heritage, as all prodigals do.

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TREES, SYMBOLIZING PATTERNS OF ENERGY AND MIND

> "And out of the ground made Jehovah God to grow every tree that is pleasant to the sight, and good for food; the tree of life also in the midst of the garden, and the tree of knowledge of good and evil." (Gen. 2:9)
>
> "And Jehovah God took the man, and put him into the garden of Eden to dress it and to keep it. And Jehovah God commanded the man, saying, Of every tree of the garden thou mayest freely eat: but of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die." (Gen. 2:15,16,17)

What is this transcendental mystery of the tree of life, trees for food, and a tree of knowledge of good and evil?

These are the three conditions of mind energy, the forces operating throughout all creation. The Hindus call them the three gunas; namely, 'Satva' (truth), 'Rajas' (action), 'Tamas' (darkness or crystallization). These are found even in the exalted plane of causation which is known as the Causal Plane.

All things have a neutral or causative center, as 'Satva'; a positive or active pole, as 'Rajas'; and a negative or crystallizing pole, as 'Tamas'. This is the triad of energy flow in all matter and form. There is no exception. Were it not so, this energy and all creation would be eternal. All kinetic energy below the eternal spheres is ever active and seeking to polarize itself. It crystallizes into matter, which is the cause of our creation as we know it.

Now this hidden meaning becomes much clearer regarding the three types of trees as three planes and three types of energy in every plane.

The first is the tree of life, as 'Satva', which is the Source and Center of things, the superconscious state of mind as patterns. It is the inner whirl, like the energy in the atom. Who abides in that state, will not go forth, but will remain in the Source or the House of the Lord.

The second type of trees, good for food and nourishment, is in the field of general action and service, known as 'Rajas'. It is the activity of the conscious mind. It was in this field that man was in the ether sphere of Akash, or he could not have been given the fruits of these trees as his nourishment. Forms and bodies, whether fine or gross, are bound to action, whether we wish it or not.

The third type of tree is the mysterious tree of the knowledge of good and evil, as a principle or energy current. It is

the crystallizing effect of the subconscious mind, as rigidity and fixation. Energy, when expended, becomes exhausted, tired, spent and depolarized. This concerns the vital forces in the body, in the pelvic region. The further energy gets away from its source, the more dense or crystallized it becomes. This is clearly illustrated by light beams or heat rays.

Knowing the nature of the currents of energies as the three types of trees, we can better understand what happened and the curse that followed. This is all a vital part of the constitution of man and his essential relation to Cause (his Source) and Effect (Nature and form). The Bible states it so clearly, and you all know about the Bible. That is why I am using it as a text to explain the thoughts, recordings and secrets of the ancients.

In the nature of things, verse 17 is quite plain; namely, why man must die as a form if he enters into the field of crystallization or 'Tamas'. And later, when man fell from the higher sphere into this current, and the subsequent curse on all active parties, can now be easily understood as a statement of fact, in keeping with the nature of things, materially.

Why must man fall? In the Causal Plane, things are only mental concepts, whirlpools of mind, ideas, patterns. On the emotional plane of action, 'Akash', it is action for the sake of action or expression. In matter, the physical plane of 'Pind', it is action for the sake of the fruit of action; namely, the sensations, the enjoyment of the senses, the reactions, the accumulation of things, and personal honor, pride and self aggrandizement through possessions and power.

Now we see why this is called eating of the fruits of this tree, and why it is considered as a fall and the cause of all subsequent sin and misery. Every pleasure in this world, <u>indulged in as such</u>, has its resulting sorrow -- if not immediately, then some time in the future. The same principle is still active when a child insists on touching a hot stove; it must experience the sensation and the resulting pain.

In the Bhagavad Gita, Krishna brings out the point regarding how to escape this trap of matter, since we are forced to act whether we wish it or not: "ACT WITHOUT BEING ATTACHED TO THE FRUITS OF ACTION." In other words, we do our duty to the best of our ability and leave the results (whether we succeed or fail) in the hands of the Lord. We try to render service, but should not be bound down by the sensation, the accumulating of things, nor the thoughts of possession or egotism about accomplishment; but remain active in the principle of action. Thus we do not become bound like Gulliver. Much real psychology is involved here; in fact, it is the basis of it. The whole principle of psychiatry of Freud and others rests on this fact of <u>attachment</u> to desire and sense satisfaction.

TREES, SYMBOLIZING PATTERNS OF ENERGY AND MIND

From the cradle to the grave, man craves for rewards, for enjoyment, for sensations, for possessions, for praise, and feels frustrated when he thinks he has missed one iota of it, even as a child. The Freudian philosophy brings out clearly each successive stage of the child's mental development and how he must be compensated for outgrowing or letting go of any state of previous comfort or satisfaction. When these things are so deeply rooted in our very nature, is it not time that we, as doctors, parents and teachers, understood the entire picture of cause and effect as the path of the soul? Did our venerable ancients write these things down for us, merely to be believed and practised without understanding? Are theories without understanding profitable? Do we not suffer more when we do not understand the forces which we are subjected to? Is there one instance where Nature excuses ignorance? Solomon truly said, "With all thy getting, get understanding."

As we study Genesis, we are somewhat confused by what seem to be inconsistencies or repetition. Things were created (Gen. 1:11,12) and yet were not:

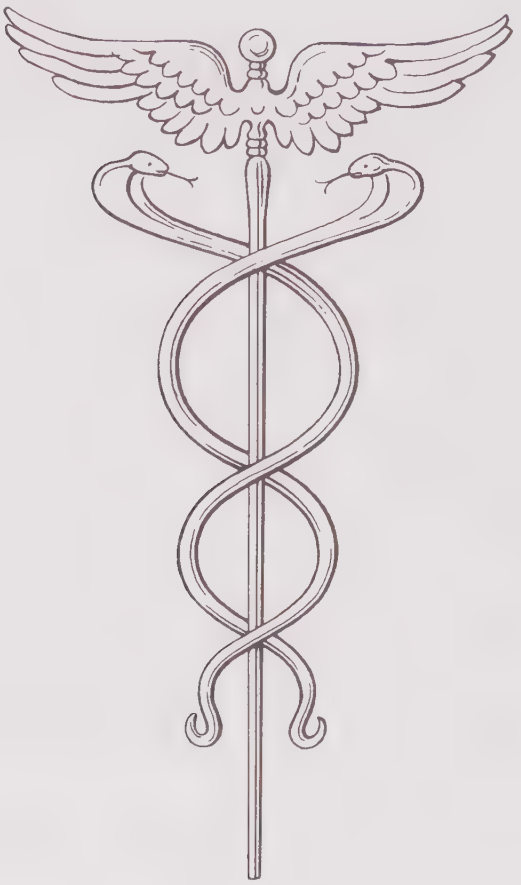
> "And no plant of the field was yet in the earth, and no herb of the field had yet sprung up; for Jehovah God had not caused it to rain upon the earth: and there was not a man to till the ground;" (Gen. 2:5)

For clarity, it must be understood that there are creations on three planes; each one below is an exact duplicate of the one above it; but only in appearance. Each plane below is made of grosser and slower vibrating energy particles, like gases, liquids and solids. This is not strange, for man does exactly the same in connection with his work in this world. First comes the planning and blueprint stage ('Satva'), the causative energy and its patterns, the ideal state or superconsciousness. Second, the action stage ('Rajas'), the gathering and buying of material and forms, the conscious state of mind. Third, the combining, crystallizing, construction stage ('Tamas'), the completion of the pattern in gross materials, compounds, and the fruits or the realization of our efforts, the subconscious state of mind, building and repairing the body, completes the picture.

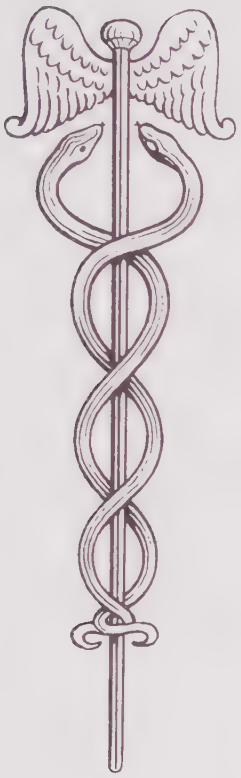
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CHART No. 1

The Egyptian Caduceus
or the Staff of Hermes
The Insignia of the Ancient Physicians



The Caduceus



Two types of Caduceus are given here. Different countries had their own design of this same mystery of Energy Current flow in the human body and in Nature. The description of the "TREE OF LIFE" and of the "TREE OF KNOWLEDGE OF GOOD AND EVIL" in our Bible had a similar meaning hidden in its symbolism, where Life and Knowledge were closely interwoven for good and bad or positive and negative effects in the life of every being.

All these cryptic designs bear a hidden message to thinkers, of ENERGY PATTERNS in man's make-up so he can better understand himself and his dual and complex pattern design and thinking process. By knowing them, man can work from the center out and regulate the currents of thoughts and feelings through intelligent direction and knowledge rather than being tossed around by every temporary impulse and reaction. "MAN KNOW THYSELF" is the admonition contained in the symbolism of the Sphinx and of the Staff of Hermes.

CHART NO. 1: THE CADUCEUS

The wings of the Caduceus represent the two hemispheres of the brain. The knob in the center is the pineal body. The upright staff is the path of the finer energy which produced the center portion of the brain, noted by the rings and the spinal cord below it. This is the Tree of Life of the ancients.

The two serpents represent the Mind Principle in its dual aspect. The fiery breath of the Sun is the positive pole as the vital energy on the right side of the body. It was called 'Yang' by the Chinese, and 'Pingala' by the Hindus. On the left side of the body flows the cooling energy of the Moon essence of Nature. This was called 'Yin' by the Chinese, and the 'Ida' current in India.

These two currents cross over in each oval cavity of the body and change their polarity. Thus they flow in and out of each other constantly and produce alternating currents in their action. Positive and negative is their nature -- the 'yea' and the 'nay'.

The last open loop and that lower part of the staff is the Cauda Equina, the 'Tree of Knowledge of Good and Evil'. It is situated at the end of the spinal cord proper, below the second lumbar vertebra.

The staff in the center portrays the hearth fire and the chimney, down which 'Santa Claus' descends and through which he returns to the Fountain of Energy above, after having distributed or deposited the gifts from the Source. Those who can understand this will realize that it is the secret of the stepped-down Sound Current of Spiritual Energy also known as "THE WORD" from higher regions, lost in matter and physical generation.

The serpent was chosen as the symbol of Mind Energy and Wisdom through experience in the Center of Consciousness where the downward and upward currents meet in the center between the eyes. This center is called 'Tisra Til' in India. It is the point from which man can direct his energies upward for his spiritual benefit, or downward for physical and material expenditure. It illustrates the exchange of energy flow between man's brain center and the Universal Energy; between man's mind and the Universal Mind and emotional energy waves manifesting as sun spots, as storms and upheavals in Nature.

Mind Energy is described in Genesis as the ONE RIVER which splits into four rivers. These are rivers of LIVING ENERGY CURRENTS which are stepped down into four primary POLARIZED pattern substances of an atomic fineness, which are the essentials of life to everything that breathes, moves and lives on earth. Vegetation, insects, animals and human beings need this substance and energy in order to survive and live. That is why man is

utterly dependent on the Universal supply and exchange of WARMTH, AIR, WATER and FOOD. These are the four rivers of stepped-down Mind Energy Currents by which mankind and vegetation live, move and have their being.

Energy resides as a hidden factor in the substance of earthy solid foods, in the moisture of liquids, in the oxygen of the air and in the warmth of heat waves from any source. The breathing process is the fan of life which activates the energy currents and wafts them through the entire being of each unit, in regular rhythmic waves of expansion and contraction. This is the River of Life in us, as seen and described by the ancient wise men who took time for deeper thinking and contemplation on the Mystery of Life.

The knowledge of these currents of primary relationship of man to the energy flow in his body, and the relationship of his ovals or plates (5 spaces) for the functioning organs in his body to Nature, was the object of understanding of the physicians of old. It is concealed and revealed in this symbol of the Caduceus. The Biblical account of Creation tells the same story in a much more cryptic and mystical language. All Sacred Scripture was written for the enlightenment of seekers in future generations, concerning the Mystery of Life.

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

The Universal Pattern Currents were fixed by the Creator as the one established fact of the Eternal Energy within the heart and essence of all creation. Creation would not survive, were it not constantly sustained by the outgoing breath of the ONE ETERNAL SOURCE of Energy, the Creator of all, in every realm of being.

The evidence of this concealed primal energy is locked up in all seeds, by the power of which each and every little seed - whether human, animal or vegetable - has the power to reproduce itself and its pattern of life throughout generations.

It is through the mystery of the individual's own mind energy that patterns are fixed as types - <u>by each individual for himself</u> -

CHART NO. 1: THE CADUCEUS

which can be directed and molded according to each individual's own efforts. This can be accomplished by devotion to and implicit faith in the Supreme Being and earnestly endeavoring to control the currents of the mind and emotions with patience and perseverance. "Closer is He than breathing, nearer than hands and feet." No wonder Jesus said:

> "If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you." (Mat. 17:20)
>
> "Howbeit this kind goeth not out but by prayer and fasting." (Mat. 17:21)

No obstacle in our mind can be greater than the one illustrated here. This law, laid down by Jesus, cannot fail if understood and used wisely for overcoming all obstacles IN OUR OWN BEING.

Science has listed over 1,500 diseases which are facts, like the leaves on the Tree of Human Life. They are as real as effects can be. Yet every leaf depends on the total life of the tree. And that life depends on the free flow of the Energy Current which sustains it in its exchange with Nature's store of supply: The energy or fiery exchange of heat or warmth; the life breath and energy in the air we breathe; the moisture and rain which refreshes us and all vegetation; and the solid foods which supply the worn out cells and tissues with new material from the Cosmos.

The atomic exchange of energy particles works in a similar way. The atom is a minute unit of spinning energy, seen as matter and substance. It attracts electrons and changes them into ions; it also repels electrons and other energy particles constantly. Yet matter looks so solid when we do not know or see these chromatic energy radiations going on continually in every particle of it.

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CADUCEUS

Now let us look at another tree of life, the Caduceus, also known as the Staff of Hermes, the sign and symbol of the ancient physician. It is even used by physicians today. Do we know its meaning and use? What does it represent? What graphic secrets does this design conceal and at the same time reveal? Could its story be the same as that of the tree of life in the Bible, or related to it? Could the symbol of the two serpents have the same meaning as the one serpent of the outgoing current of mind energy (as desire) that led man into the fall or involution?

The second creation of man (Gen. 2:7) was the unfolding of the pattern and type form of man previously created, and molding it by the finest material energy on the plane of 'Akash' as an actual body made out of the essence of matter or clay. Into this form or abode, the Universal Life Breath of 'Prana' was breathed into its nostrils, to link the universe or fine essence of matter outside, with the Soul in the body, which is the seat of consciousness, mind intelligence. So the body and soul were blended into one unit of being, a living Soul in a fine, material body.

The three types of trees:

1 - The tree of life
2 - The trees for nourishment
3 - The tree of knowledge of good and evil

are situated in the form of man, and function as the three qualities of mind and fine material energy in the body, and flowing over the brain and nervous systems. The tree of life is the positive pole in the brain. The tree of knowledge of good and evil is the un-intelligent pole of impulse on the other end of the nervous system and spinal column. It is the emotional, generative impulse which keeps man bound to earth. The Perineal floor is the finality of this impulse as a sympathetic nerve reflex, which must be coordinated with the Parasympathetic and Cerebrospinal Systems.

These three types of nervous systems are typical of the three types of trees; the Cerebrospinal as the Intelligent or 'Satva' impulse; the Parasympathetic as the emotional, restless, active, preservative impulse, 'Rajas'; and the final, blind expression of the force of crystallization, the generative, driving power, 'Tamas'.

Following are the three types of mind corresponding to the three varieties of trees and nervous systems and their functions:

1. The superconscious as 'Satva', the ideal and pattern mind, created as the first creation
2. The conscious or active mind, 'Rajas', created in the second creation
3. 'Tamas' or earthbound mind, going into sense life entirely and bound thereby. The stage or cycle of life after the fall or loss of the conscious life in Para-

3. dise, on the finer plane of matter, 'Akash'. This last stage of final involution into matter is our earth life as we know it, including the cycles of history.

The Sympathetic Nervous System consists of a double chain of ganglion, originating in the ganglion of Rebes in the brain, descending on each side of the spinal column and ending in the ganglion of Impar, in front of the coccyx. In the Caduceus, each chain is symbolized by a serpent. The crossing over of the serpents at the central column (the spine) denotes the various sympathetic plexuses and the rami communicans which link the cerebrospinal system with the sympathetic nervous system. The sympathetic or vegetative nervous system is a part of Nature which repairs the body and keeps it in tune with the natural forces. It also uses the four elements and their materials (solids, liquids, gases and warmth) to replenish and nourish the body.

The Cerebellum, or the lesser part of the wings on the staff, was considered part of the sympathetic nervous system, as it regulates the automatic functions and the preservation of the body through the vital centers.

The two large wings on the staff represent the Cerebrum proper, the function of the mind, the thinking switchboard and all correlated, directed impulses.

The upright shaft represents the pons varolii, medulla, the spinal cord with its three coverings, and the spinal column.

The bulb on top of the staff represents the optic thalamus, the center of consciousness and light in the brain.

What is the mystery of this arrangement? Where is the dweller in the body, the Charioteer that runs this machine? How is it operated? What happens when man sleeps or dies? What makes this dweller in the body feel pleasure or pain? Have we any answer for all these vital factors in our scientific concept of a body of matter? Can we understand ourselves without knowing the Self in the body? Is it merely the body, or the whole being that needs tuning into the Universal Current, when man is ill? Is the origin of disease in Nature, or in man and his mind and senses? To answer all these questions, the philosophy of the ancients and the Caduceus give us some very clear indications:

CONSCIOUSNESS is a soul quality. This does not refer to the consciousness that is a result of standard ethics and training, which varies in each country.

The soul, spirit, or real being receives its energy from the great Universal Spirit, Soul, Sun, or Being; even as our physical sun gives us light, life, and radiates energy ('Prana'). So this inner Sun gives light and energy to the soul, unperceived, as ul-

trasonic energy. The soul, in turn, energizes the mind which is its agent of action; and the mind works through the senses as its agents. That is the natural sequence. But man has greatly abused this God-given energy. As a result, he has fallen so low that he is not even aware of the fact that he is permitting the senses and emotions to rule the mind, and the mind to enslave the soul. Thus mankind is borrowing and wasting this great gift in mental and material pursuits. In such a condition, he has completely forgotten his Source. He cannot even fathom the purpose of his own life, much less that of creation as a whole.

SERPENTS: The symbol of the mind is the serpent, the great deceiver. The Persians call it 'Nafs'. It is forever active on embodied trees of knowledge, now as it was then. As it descends the spinal column and flows over the sympathetic system, it wants to follow the senses <u>outward</u>, for sensation only. This is the symbol of the serpent coming <u>down</u> from the Tree of Life, tempting Eve, the incarnated soul energy IN MAN AND IN WOMAN, in outward expenditure of sense life. (This is equally true today, and it takes much training to properly guide and curb these tendencies <u>upward</u>, through a deeper understanding of life in all its phases of expression.)

A great injustice was done to womanhood by the literal interpretation of the story of the 'Garden of Eden'. WOMAN, AS A PERSON, WAS <u>NOT</u> THE CAUSE OF MAN'S FALL INTO MATTER: for even in the Ideal Creation of the first six days or cosmic cycles, "Male and Female created He them". This was in the pattern world, called also the 'Causal Plane', <u>prior</u> to the creation of this material world and the species therein.

In the next creation below that of the Causal Plane; namely that of the finest essence of matter called 'Akash' or Ether, the patterns were extracted from each other. This is the 'Yang' and the 'Yin' principle of the Chinese. This principle operates everywhere from the Causal Plane on down into this world. It is in this duality of function that there is a constant fall into matter and materialization, through creation of forms.

HOW, THEN, COULD <u>WOMAN AS A PERSONALITY</u>, BE RESPONSIBLE for all this, alone? Eve (woman) is called the Mother of all living things. She is the principle of 'Yin', the shaper of forms. Adam (man) is the 'Yang' principle, the Father and giver of life. One cannot function without the other in reproducing the species. True, form and sense life bring the vital energy down to earth and bind it in form; but this is the purpose of 'Yin', <u>and is not the fault of womanhood</u>.

CADUCEUS

The soul and mind have an Involution period and an Evolution cycle. In the Involution or downgoing of mind energy, symbolized as a serpent descending the Tree of Life into sense function, through matter, there are many limitations, restrictions, difficulties and pains. These constitute the 'Curse' to the energy fields involved, and are imposed by necessity. They are the bonds of Involution, in the very nature of things, to become aware through resistance and sensations of pleasure and of pain.

This process must be understood before man can evolve and climb the ladder of ascent back to Soul Consciousness and to the Father's House from whence he came. The return of the Prodigal Son is the path of Evolution, and is an individual as well as a collective process. WOMEN, AS WELL AS MEN, have the same right and footing in both processes, and no mention of any distinction is made anywhere, except in Involution, where the female principle is represented as matter, the matrix for the formation of living beings, which binds the soul in matter. Thus Eve becomes the Mother of all living beings.

The nervous system of man resembles a tree, upside down. The brain is the root, the spinal cord the trunk, and the rest the branches, hanging down. For the illustration, see chart No. 12 in "THE WIRELESS ANATOMY OF MAN".

At the top of this 'tree', in the brain, is the Tree of Life itself; the supersonic current, which lights up the pineal gland, as a Christmas tree. And that is the true symbol of the Christmas tree, the evergreen tree and its fruit, the cone, which is the symbol of illumination (the pineal gland function). The symbol of Santa Claus is that of the "Giver of Life", descending the chimney (the spinal column) and bringing the gifts of life to the hearthfire (the generative principle), the other tree of knowledge of good and evil. Without these gifts of life, (as generation in) cattle, grains, fruits, and even man himself could not survive. But it is also the great water wheel which keeps the soul bound to this continual round of births and deaths, the process and phenomenon of all Nature. Life lives on life, and more is born; forms live on forms, and more are created.

WHAT IS THE KUNDALINI, so much talked about? This is the fiery energy current of the mind substance, as the incarnating desire essence. It flows down the central axis of the Caduceus, or, in the Kabbalistic Tree of Life, from 'Kether' the crown, to 'Yesod', the foundation of Life's Tree in matter and in generation of things living. This is illustrated in chart No. 11 in "THE WIRELESS ANATOMY OF MAN".

CADUCEUS

When man, like the prodigal son, sees the folly of all the rounds of suffering, of pleasure and of pain, he summons up his will and desire, seeks the proper guidance, and concentrates his energy in the brain, at the root of the Tree of Life, from which his attention and desire originally descended. He then withdraws the attention of the mind and its downward currents, upward, to its Source, and conserves energy. It is then that this balanced energy travels up the etheric center of the spinal cord, in the pia mater, and lights up the pineal gland, the pine cone symbol of the ancients. And that is the real celebration of a hero returning home - "Christmas", or Feast of the Pine Cone - in the Father's House. It signifies an INNER BIRTH.

ENERGY TRAVEL: When the mind currents flow outward and downward and lose themselves in expenditures of sensations, eventually man comes to a state where the term "down and out" applies literally. Energy, like wealth, is a gift, and can be used wisely or foolishly. We are all born with a definite portion. The mind must be constantly watched, and can be trained. It is a waster, unless checked every moment. It must be guarded, or it leads us into all kinds of excesses and trouble. Still, we are responsible for it and suffer, even though we were deceived. Everything is around us (good and evil); what will we tune into? Like a radio program we tune in on, we are responsible for the noise as well as the good music. Can we select wisely, and can we tune out rubbish?

That is the KEY TO PSYCHIATRY. Can we direct our attention and concentrate on that which is really worth while, and which we want, or are we merely attracted by the glitter of sensation and show or craving? Have we, as being, learned Eve's lesson? Can we make the best of adversity and forge ahead by perseverence and concentration? Proper attitude is the key to psychology; like the little boy who fell down stairs, when mother brushed him off and sympathized with him, said, "That's all right, mother, I was coming down any way."

WHERE DOES THE SOUL DWELL IN THE BODY? In the waking state, consciousness resides in the center of the forehead, and functions voluntarily, through the cerebrum, for all action and thought. As a perceptive agent, consciousness resides in the optic thalamus, gives light to the eyes, the look of intelligence to the face, and guidance to the feet and hands. In mystic language, the etheric center of consciousness between the eyes is called 'Tisra Til'. It is a two-petalled lotus of etheric white and gray substance.

WHAT HAPPENS IN SLEEP? Where are we? Consciousness or the

CADUCEUS

Soul in the body, gives the body energy to act, move and express mind impulses during the day. At night it must necessarily give the same energy toward repair and rebuilding of the used and worn out structures and cells of the body. The material is all there. It must now be properly distributed, and wastes removed, all of which cannot be done under tension of action. At night the soul energy or consciousness is withdrawn from the brain and descends the spinal column into the sympathetic plexuses where this energy is needed to absorb and distribute food and nourishment taken in during the day, to repair the tissues. There is unconsciousness in the brain, and we call this state sleep and rest for the brain.

In this respect, man is subject to the same law as all vegetation. During the day time, when the sun is in the horizon, all the plants' energies are in the stalks and green leaves, in order to absorb 'Prana' from the sun, carbon dioxide and nitrogen from the air, and convert these into its own substance called chlorophyll. The plant also draws energy from the earth, through its roots; for this purpose the sap flows upward. After sunset, the energy in the top, all goes to the roots and nourishes them with the energy gathered during the day. It is like the story of 'Castor and Pollux'. That is the reason all tubers below the ground, that have green tops, should be pulled up at night or in the morning before sun-up, when all the energy is in the roots, not in the tops. The green tops should be removed at once, or the energy will travel into the greens at sunrise. If both, the greens and the bottoms are to be used, it does not matter when the vegetable is harvested; but where the roots only are to be used, like carrots, it is best to pull them in the evening or before sun-up, and immediately remove the tops.

When consciousness descends to the cervical plexus in the human body, or what the Hindus call the 'Vishuda Chakra', or wheel of action, the light of animation leaves the eyes, the lids become heavy and we say we are very sleepy. When descent is completed to the throat center, then we are in the ether world of consciousness, where forms are as shadows, and we dream. This is the highest physical center from which the ethers are directed and reached.

When the consciousness descends to the 'Anahad Chakra', or heart center, we are in the field of 'Prana consciousness' with its shapes and dream forms. At this stage pleasant sleep is the rule.

When the consciousness descends, repairs and works in the solar plexus or 'Manipura Chakra', and in the umbilical center,

it is in the world of 'Vishnu' consciousness, the Preserver, because it is the gross physical center of digestion, assimilation and preservation of heat and body energy. This is the state of deep sleep. Little of what goes on here is remembered, except in fitful sleep and indigestion. That is where the nightmares originate, as it takes considerable energy to rouse the mind to a state of awareness and to waken that person.

Deep unconsciousness and sleep govern the work in all the lower plexuses. It has been said that sleep and death are twins. How do they compare? In death the soul withdraws the mind and all its energies and senses upward to the optic thalamus, and leaves from there, as an energy radiation, through the top of the head - through the same path of the fontanels through which the energy (soul) entered the body while in the mother's womb.

At death, all connections with the nerve centers of the body are broken. The soul's energies are withdrawn from the extremities first, and these become cold and rigid. From the lower nerve centers or chakras upward, the soul gathers its energies and retires upward and inward to the brain. From the brain it leaves the body, like a radiant light. Any one who has attended a dying person, if he is at all sensitive, could be aware of this. There is an uplift and a hallowed feeling as the soul leaves the body, its prison house of matter.

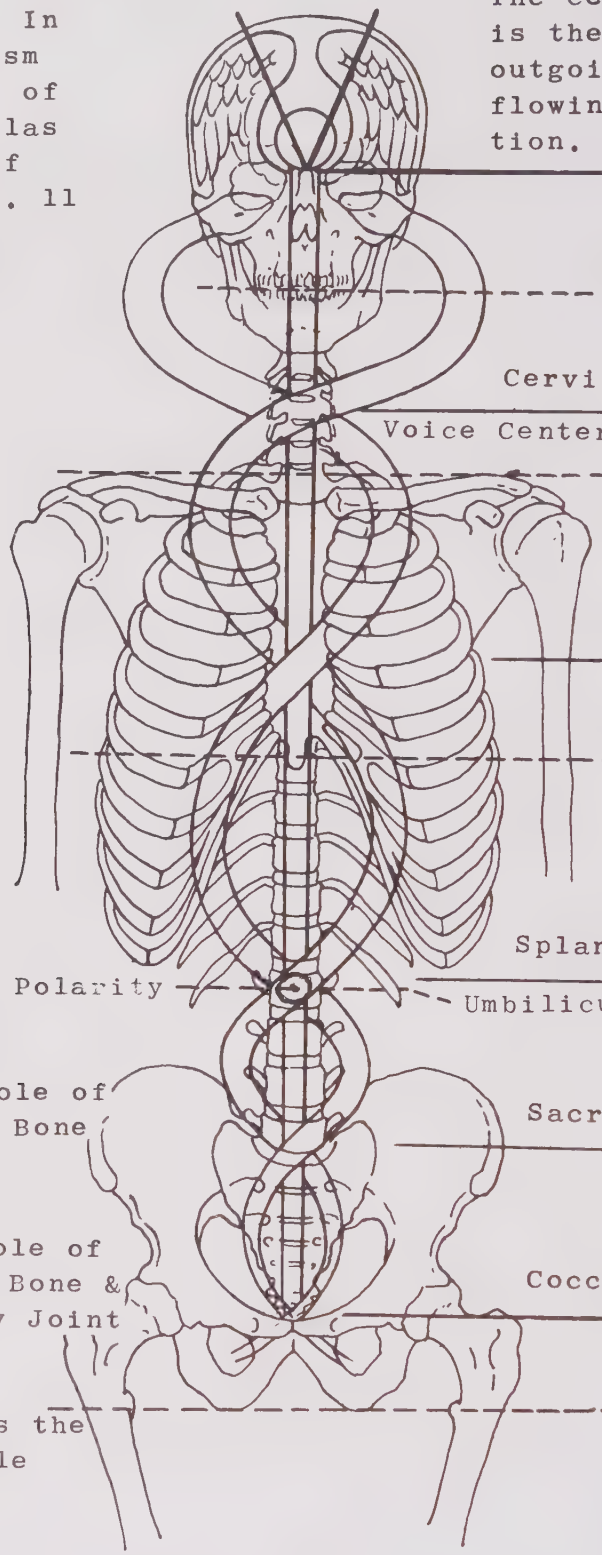
WHAT HAPPENS IN ANESTHESIA? The ether, gas or chloroform, inhaled and circulated through the blood stream, displaces the natural proportion of oxygen. The 'Prana' and the mind principle cannot function then. The soul leaves the body and usually hovers immediately above the head, but does not break its connection nor its 'silver cord' tie to the heart center. That is the color of this fine energy bond, which is the silver thread of Life:

> "Or ever the silver cord be loosed, or the bowl be broken at the fountain, or the wheel broken at the cistern." Ecc. 12:6

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The superior triangle to the top of the head is the location of Spiritual Faculties. In ancient Greek symbolism this area in the head of Zeus was given to Pallas Athene, the goddess of Wisdom. See chart No. 11 in Book 2, "WIRELESS ANATOMY OF MAN".

CHART No. 2



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

The Source is in the head, in the center of consciousness. These two currents cross over in each oval and create a center of function and attraction of ENERGY CURRENTS from the Cosmos and between units.

CHART NO. 2

PLACING THE STAFF OF HERMES IN THE BODY

(Further illustrated in charts 1 to 12
in "THE WIRELESS ANATOMY OF MAN")

The whole symbolism illustrates the simple fact that through the breath we are linked to the Universe outside. The right nostril attracts a positive breath and connects it with the brain and the nervous system of man. It expresses the 'yes' idea, and the driving force of the mind in the body. It combines the fire of life and the air principle as its activator to mind function. The left nostril attracts and links the airy breath into the negative mind function as the 'nay' pole of the mind and the resisting principle in it.

The central staff is the fiery essence of the mind energy itself, as a neuter pole which breathes or operates as this dual expression of 'yes' and 'no' in the fields of opposites. It is the Kundalini force as a fine etheric energy in the center of the pia mater in the spinal cord. This current descends to the sacrum, and goes to sleep there in the generative function. It is pictured as a serpent coiled, which gives the driving force to man and to beast alike. (Illustrated in chart No. 11 in "THE WIRELESS ANATOMY OF MAN") Below the second lumbar vertebra, where the spinal cord ends, it becomes the 'Tree of Knowledge of Good and Evil'.

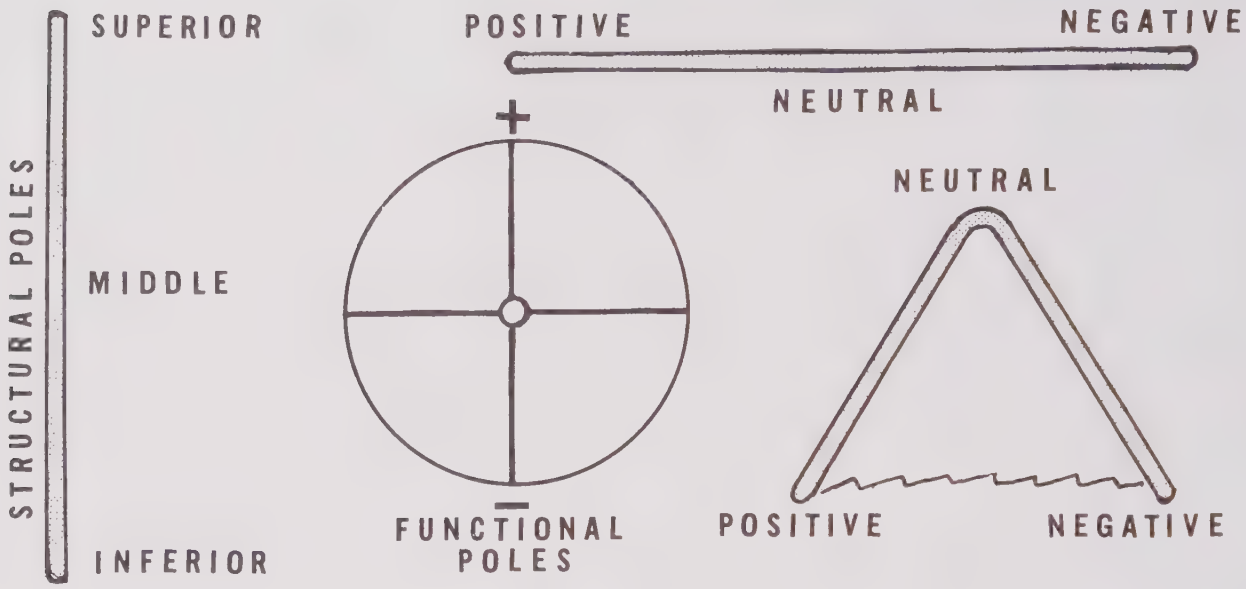
The Cauda Equina is the continuation of the nerves out of the end of the spinal cord. Here the tree of life, the central axis from the top of the head downward, branches out into multiplicity and generation. Now the One Light of Intelligence goes to sleep in matter and becomes a driving force of motion for expression in generative activity. The self (ego) and force have the upper hand in this field of action when not controlled by the guiding intelligence of the Tree of Life above. This makes the Tree of Knowledge of Good (above) and Evil (self, ego, etc. below). Truly, the serpent power of the mind has descended the Tree of Life and entered into competitive creation and generation in the field of matter.

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

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CHART Nº 3

THE THREE MODES OF MOTION OF MIND AND MATTER



The Tree of Life has the brain as the roots, and the nervous system as the trunk and branches. There are three main divisions in its function. They are the Cerebrospinal, the Sympathetic and the Parasympathetic Systems. These must co-operate and flow into and out of each other, as does all energy that has POLARITY.

In the Tree of Life of the Circulation of the Blood, we have the Arterial Circulation as the positive pole, the Venous Circulation as the negative pole, and the renewal of the blood by oxidation, through the Lungs as the neuter pole, the Preserver, the Keeper, the Balancer and Restorer, like the Sympathetic System.

Let us take a stick for example, as illustrated above. Now, let us bend this stick. As a result we have a triangle, where the two ends unite by energy currents and close it. So the four elements of Fire, Air, Water and Earth, in their threefold action of positive, neuter and negative, become three times four, and equal twelve signs or functioning principles of these elements in the body, according to the signs of the Zodiac, as illustrated in the next chapter.

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

Energy travels in a circuit, from center to circumference and back to its source or neuter center. Let us see how this works out and forms a Zodiac or circle. (Chart No. 4 in this book)

CHART NO. 3: THE THREE MODES OF MOTION OF MIND AND MATTER

In Chart No. 5 the child is doubled up in the womb and the lines of force weave according to a definite pattern. The head is at the top of the circle EVEN THOUGH IT REVOLVES AND THUS CHANGES ITS LOCATION. THE PATTERN MOVES WITH IT, AS IT IS WITHIN THE SEED, and works outward.

One more thing I would like to make clear about external influences, Astrology and the Zodiac: All this relates to these same four elements and is a part of us; therefore, also outside of us. BUT IT IS THIS PORTION WITHIN US THAT WE RULE, which is most important to each and every one of us.

Every almanac gives a picture of man related to the Zodiac, the stars and the four seasons. Can we read and understand that lost art which pertains to our being? It is very simple: Physical creation is made out of four elements; namely, Fire, Air, Water and Earth. Each element, like any stick, has two ends and a middle; a neutral or central pole, a positive pole and a negative pole, as illustrated in Chart No. 3.

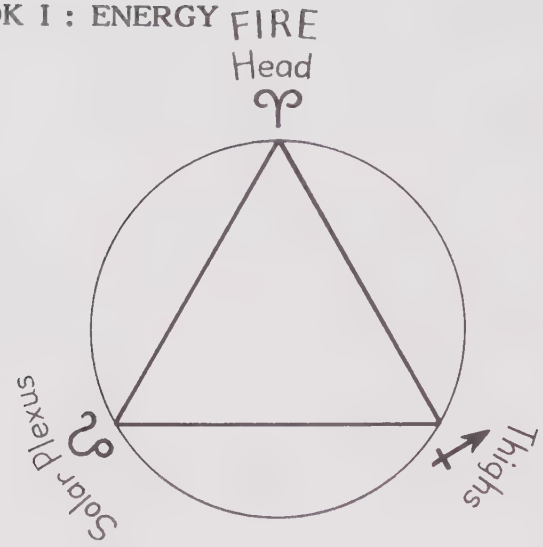
The secret to learn here is for man's consciousness to remain still in the CENTER OF BEING, in its eternal Essence. Then things will right themselves. The Holy Bible states this in simple terms: "Be still, and know that I am God:" (Psalm 46:10).

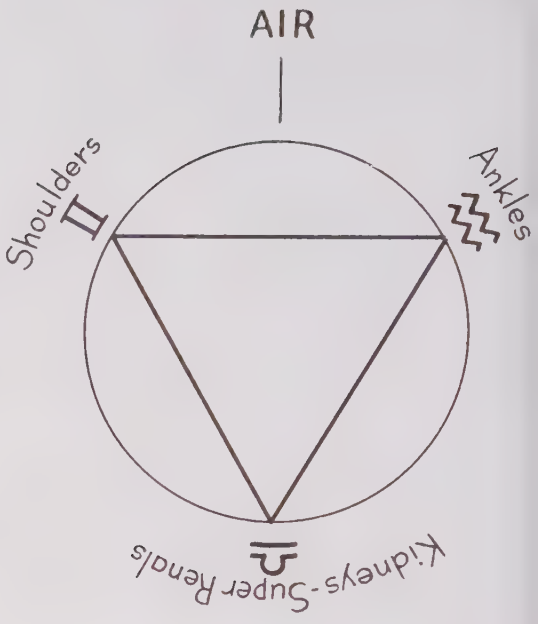
The whole body recuperates when life's Central Energy is permitted to flow naturally, without interference by our own mind's desires, etc. Faith, based upon this understanding, holds the mind in check and tunes it into the field of Power and Reality. All things are possible to such a belief of REALITY within us.

Paracelsus, the great alchemist, observed this also when he stated that man is ill because he is never still. He said there was great healing in the quiet depths of space, but man never tuned into it by being quiet himself!

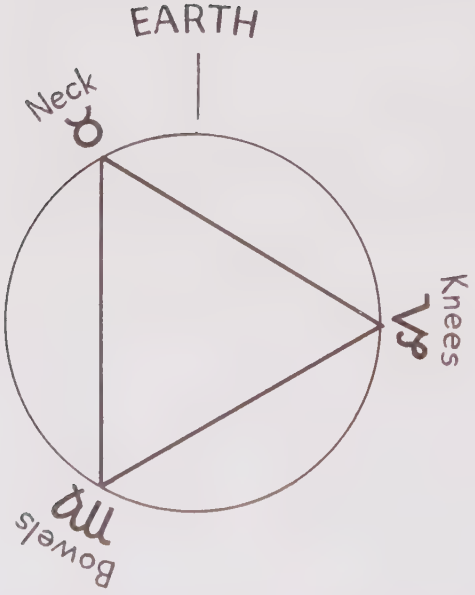
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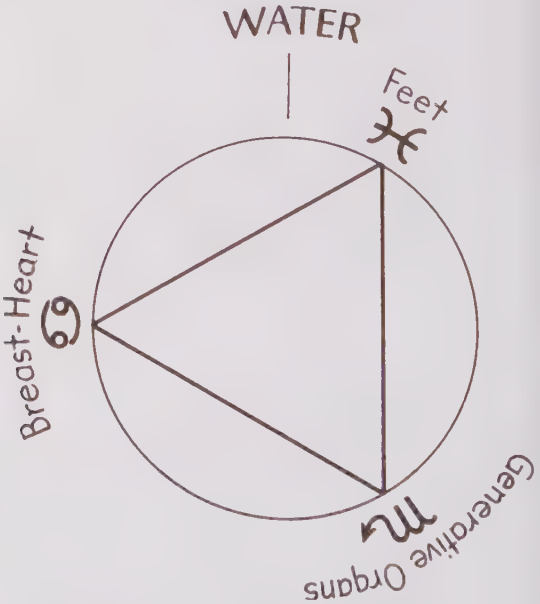
CHART No.4







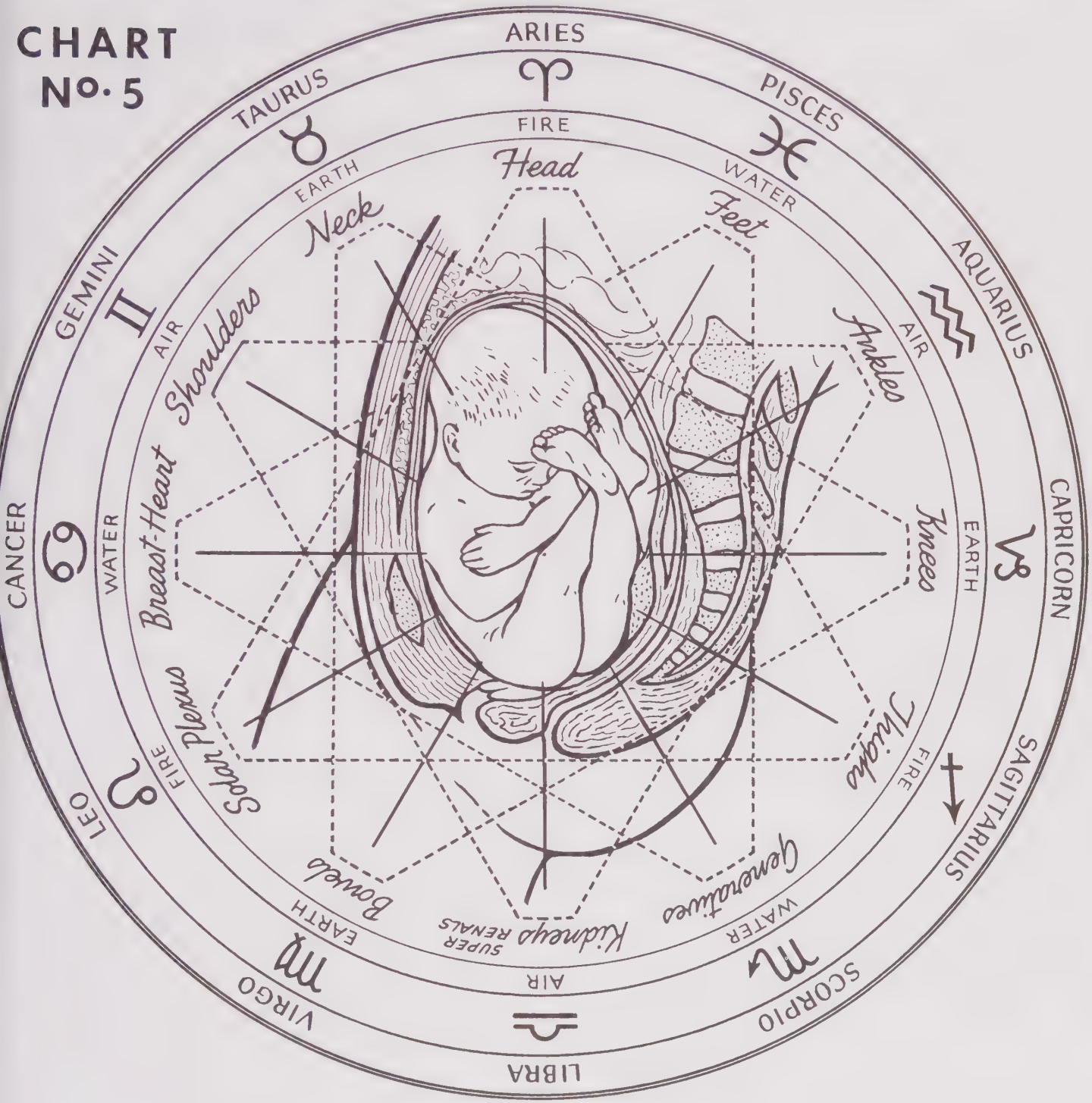




PRINCIPLES OF CORRESPONDING ENERGY LINES IN THE BODY, BASED ON THE FOUR ELEMENTS, THEIR TRIAD NATURE IN FUNCTION, WEAVING THE FORM IN THE MOTHER'S WOMB. THESE ENERGY LINES ARE PATTERN LINES AND CANNOT BE SEEN.

THE EMBRYO (FETUS) IN THE MOTHER'S WOMB, WOVEN BY THE ENERGY LINES OF THE FOUR ELEMENTS IN THEIR THREE-FOLD ACTION.

CHART No. 5



The position of the child in the mother's womb is the natural squatting posture of man, where all energy currents can flow freely to produce a perfect human body, and for maintaining good health after birth and throughout life in this world. (Please refer to my book, "EASY STRETCHING POSTURES FOR VITALITY AND BEAUTY". This is the origin of it and here is the reason for its fine results as a NATURAL HEALTH EXERCISE.)

THE FOUR ELEMENTS MAKE THE ZODIAC IN THE BODY

1. FIRE ELEMENT

The first principle is the Fire element, the area of the head, and corresponds to Aries, the Ram's Horns or Energy, butting through.

The next pole of this principle falls on the upper part of the abdomen, and represents the fire principle in the solar plexus and the splanchnic plexus, using this in digestion and assimilation, and corresponds to Leo, the Lion, the rebuilder of Energy and Strength.

The negative pole of the fire element falls on the thighs, represented by Sagittarius, the Archer, that flies like an arrow. This propels the body in motion and movement in space, and speed due to energy.

Therefore, this fire element is the first requirement. Nature starts its thread of weaving the body in the womb, along the notochord. This is the basis of the Cerebrospinal Nervous System, and the pathway of Consciousness or Soul power of Being, expressed through mind energy flow, sensation and individual motion. The solar plexus has been called the second abdominal brain by the noted Dr. Byron Robinson. It is the center of emotions and of the Autonomic Nervous System.

2. AIR ELEMENT

The next triangle is the principle of Air, the respiratory and circulatory system. Strange as it may seem, the head or neutral point of this triad is opposite in the circle to that of the Fire triad. Its center is in Libra, the Great Balancer, the Scales, given to the functions of the internal secretions of the ductless glands, the suprarenals, and the external elimination of the kidneys. It is a balance between the Air and the Water principles, and stimulates the Fire principle in its action. The chest contains this dual function of respiration and oxidation of the blood stream.

A line dr wn upward in the circle, places the positive pole in the chest - the astrological sign of Gemini - the Twins (the twin functions of the two arms).

A line drawn downward, places the negative pole at Aquarius, the Waterman, symbolized by the ankles, in the lower triad of the body - as expression of motion, through the air principle.

Physiologically, we have always known the correlation of the swollen ankles and their pitting, to kidney disfunction. Why this should be so, has not been explained. The energy pattern flow is the only possible and reasonable explanation. "As above so below" is the law of each element in its function.

3. WATER ELEMENT

The third triangle has its neutral point in the astrological sign of Cancer, the Crab, represented by the breasts and the entire lymph circulation, as well as the generative principle and function.

The positive pole of this triangle is represented by Scorpio (Scorpion - the loins) with its deadly sting. How close the pleasure of life and the pain of death lie side by side! BIRTH AND DEATH ARE BUT OPPOSITE POLES OF THE SAME PROCESS.

The negative end of this triad is in the feet, especially the soles. This is the sign of Pisces, the Fishes, and relates the body to the energy of the earth, as currents.

It has always been noted how quickly wet feet react upon health, stopping the menstrual flow in women, causing lymphatic congestions, colds and head symptoms. Why? Has material science ever given a logical basis for all these symptoms in their sequence of reactions? These answers are illustrated in charts No. 4 and 5, and explained in this chapter.

4. EARTH ELEMENT

The Earth triad has its neutral point in Capricornus, the Goat - the knees. Its positive pole is Taurus, the Bull - the neck. Its negative pole is Virgo, the Virgin - the bowels and digestion. Again, there is quite a correlation here of the energy currents of the earth element.

Psychologically, we have the Bible references to a stiff-necked generation, the bending of the knees in surrender; also "opening the bowels of compassion to our neighbor", etc.

Physiologically, a stiff neck, pain in the neck and at the base of the skull is always associated with some sort of upset or stasis in the bowels and digestion, and is a Pneumogastric Nerve Reflex. It is not necessarily constipation; there are many other gastro-intestinal reflexes.

THE FOUR ELEMENTS MAKE THE ZODIAC IN THE BODY

GENERAL

Let us note one more point; namely, the head of the circle and its sign (♈) Aries, the keynote to the triads, symbolizing energy pushing up from a neutral center stem and falling into two poles. It is the basis of all cell division (♊) and the pattern of several organs of the body, such as the kidneys, the heart, the ears, the innominate bone, etc.

In summing up our treatise on the four elements in the body and the four rivers of life, let us see how this pattern has been duplicated in the body:

The four chambers of the heart, and their valves.

The rhythm of the breath - about 18 per minute - and that of the heart, which is about 72 beats - a ratio of one to four (1:4).

The four valves in the digestive tract; namely, the pyloris, the ileo cecal, the sigmoid and the rectum.

The four chemical mutations: The mouth - alkaline; the stomach - acid; the small intestines - alkaline; the colon - acid.

The four taste centers on the tongue: Sweet, sour, salty and bitter.

The four main areas in the spine: Cervical, dorsal, lumbar and sacral regions.

The four arthrodial, universal sockets that carry the body's weight and do its labor; namely, the two hip joints and the two arm sockets. These form a square in the body.

There are many other correlations which show the work of a pattern and a design in the energy field, building and maintaining the body in its functions.

The Prophet Ezekiel saw these energies in their function as a great vision, the 'Chariot of the Lord'. Exalted in spirit, and with great veneration, he described the beauty and intricate relationship of the workings of the four elements with each other as a WHEEL WITHIN A WHEEL. He saw the symbolic picture of the cosmic man, Aquarius, the Waterman or Air principle in its function as an ENERGY FIELD; also a lion, the fire principle in action;

an eagle, Scorpio, the water principle in its cosmic flow; and a bull, Taurus, the earth energy in its crystallizing effect.

While this relates to the Zodiac, it is easy to relate the individual man to the cosmos through these four elements. This is also the mystery of the Sphinx, and the bull with wings, of the Babylonians.

It takes men with deeper vision to see the beauty of the physical body in its prime energy whirls, going back and forth like a shuttle, weaving in beauty and multicolored rays, the garment of the beloved son, like Joseph in the Bible. St. Paul also said, "KNOW YE NOT THAT YE ARE NOT YOURSELVES, BUT TEMPLES OF THE LIVING GOD!"

After speaking about the elements, let us identify them by their direction of travel:

1 - The Earth element is always a straight line or plane, as the basis of crystallization.

2 - The Water element goes downward and seeks its level everywhere. It is the foundation of things. It is the creative principle. Like gravity, it goes deep.

3 - The Fire element flies upward, like sparks in the hearth.

4 - The Air element moves zig zag, like lightning or the motion of a worm, or the small intestines in action. It is also the symbol of the MIND IN ACTION, if allowed to wander. That throws some light on the curse imposed on the serpent in Eden, as mind energy in its downward motion through sensation in matter.

All these things have a definite correlation and use in daily observation and life, and broadening effect on the Mind - as we learn to take stock and KNOW OURSELVES AND SEE WHAT GOES ON. We took all this for granted because we did not know where to start. Remember, these elements are FORCES AND FUNCTIONS <u>in the body</u>, and can be related to their action, for health and well being.

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MIND AND ITS ORIGIN

The soul or spirit, as a unit, receives its fine energy from an Inner Source or Sun, the same as our visible sun supplies all creation with its natural functioning energy in the form of 'Prana'.

Matter is the pole at the most remote distance away from the Source of energy. It is the end of its travel or cycle. Crystallization of energy produces matter, as its vibrations slow down; it is a precipitate or exhaustion of energy.

The mind is the medium of function between spirit and matter. When it is ruled by the soul or spirit, it is a healthy mind and is functioning properly. But when mind allows the senses to rule, then matter predominates and there can be no peace of mind under such conditions.

Energy, as it flows from its concentrated Prime Source, becomes slowed down in its speed and vibratory activity, inversely to the square of the distance that it is separated from its Pole of Radiation. In this manner, even Spirit Energy is slowed down and creates various densities or stratas of energy fields, called planes.

Spirit Energy, in its descent from Spirit to matter, creates a field or neutral pole in the middle of its travel, that partakes of the nature of both poles. And it is the mind which is this neuter pole. This mind, which is slowed-down Spirit Energy, becomes the functioning factor or positive pole which rules the negative pole of matter. It connects with Spirit, but rules matter everywhere as long as it does not become attached to the material things through desire, lust, anger, greed, pride, etc. It is the secret of the created universe of forms and patterns. He who can control his own mind in its entire fields of function, can control the universe.

RULE: All opposites have an intermediary which partakes of the nature of both; like mind, reaches half way to the polarity of Spirit Energy, and rules everything below that level.

SOURCE: Even as Spirit Energy precipitated all creation below it out of itself, so does Mind condense and solidify its energy as various stratas of energy, and finally becomes exhausted and precipitates as matter. By this process it is of the same nature and substance as the created forms; and, being a finer energy itself, it can readily flow in and through all parts of it and control and direct all action and functions of patterns and forms. This is the secret of Mind and its rulership of all created things.

POLARITY OF MIND: Mind goes through the same process as all energy. At its Source of concentration, in its positive pole, it is brilliant, super conscious and of high, intense activity. As the energy flow leaves this Source as radiant energy lines of force, it loses momentum, intensity and consciousness in proportion to the square of the distance of travel. At the end of its travel, or the negative pole, which is in crystallization and matter, it has lost its intensity and consciousness.

THE UNCONSCIOUS OR SUBCONSCIOUS PHASE OF MIND is its activity in matter and form; crystallizing, rearranging and preserving function and flow, to keep the form alive. This is the phase we call Nature. In the body, the Vegetative Nervous System covers the major part of this function and links it with the larger field of Universal Mind and Matter. The flow of the four elements as energy fields is but the finer aspect of the exchange of solids, liquids, gases and energy or heat, with Nature outside.

Definite impressions on this phase of mind will be carried out, whether it is by the conscious mind of the person in the body, or by outside influence and conditioning.

Here lies the whole field of Suggestion, Hypnotism, Magnetic and Mesmeric influence, and all lower psychic impressions and controls. How great this darkness can be, in the absence of Light!

All psychic phenomena work through the five great plexuses of the Sympathetic Nervous System, also called the Vegetative Nervous System. The Hindus called these plexuses 'Chakras' or 'wheels' of revolving psychic energy. In ancient times there was a science of conscious development and control of these forces, taught especially in India. It started with the lowest center called the 'Muladhara Chakra', and step by step the energy was lifted up to the center of consciousness, between the eyes.

THE CONSCIOUS MIND has its place in the middle field of Mind Function. This is half way between the Ideal or Pattern World, and its negative pole in matter, called the Subconscious. The Conscious Mind has its seat in the center of the cerebrum, and functions through it as the governor of all voluntary actions and perceptions. It reaches up to the Superconscious or Ideal Mind for its inspiration, and influences the Subconscious. In the process called sleep, the Conscious Mind recedes into the Subconscious, the Sympathetic Nerve Plexuses; thus producing sleep and Unconsciousness. At that time the total energy is used

in this field for the restoration of used energy and the rebuilding and preservation of the body's tissues and functions. That is why good sleep is so refreshing.

POLARITY OF MIND: Mental well-being and function depend upon polarity, the same as physical well-being. Energy must flow in waves or currents, from pole to pole, to remain balanced. When the mind is linked to the Soul and under the sway of the higher aspect of its functions, ideals, principles, patterns of fair play and justice, trained to straight thinking, good habits, and interested in creative activity, then the Positive Pole of the Mind remains in control. Youthful enthusiasm, appreciativeness, devotion, religious training and wholesome interest in work and service are great stabilizers of the mind.

When the Conscious Mind swings into the negative attitude of resistance, fault-finding, hating or holding grudges, set mental, strained conditions, lack of appreciation and good will, then much energy is lost and the result is unhappiness and misery. Eventually the mind loses its polarity with the life-giving, Radiant Soul Force within, by isolation through self-willed desires and actions, called 'sins' in the Bible.

Locked-up mental conditions usually precede accidents, because the mind is more in the field of unawareness, or occupied with its "pet peeve", instead of constructive thinking. Failure to be alert causes many accidents. The resulting shock and pain usually break up the mental, pent-up pattern that caused the trouble in the field of lines of force. Cause and effect balance each other. According to the WISDOM OF THE EAST, there are no 'accidents'. It is all due to pent-up impulses and a lack of awareness of the causes of past actions, called "Karmic Debts", which must be paid or balanced. Every thought, word and deed has its own reaction in kind, sooner or later. We are living in the world of opposites, of good and bad, of cause and effect. Every cause has its effect, and every effect can be traced back to its cause. We are here to learn our lessons so that eventually we may graduate from this 'wheel' of opposites, of cause and effect.

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PRANA

Prana is the life principle in the air and in the blood. Without it there can be no physical life. It is the breath of life in the body. When it departs, death occurs. It is the stored energy and a principle of food value in all things that we eat or are warmed by. It is a form of radiant energy that is the life essence in all living forms.

THE ARTERY RULES through this supply of Prana in the blood stream, mingled with oxygen from the air, as the denser chemical medium and conveyor. Man has his roots in the brain as Consciousness, and in the heart as Life. He breathes in oxygen. Plants are the reverse; they have their roots below the ground, inhale carbon dioxide and nitrogen, and give off oxygen as long as they are alive and connected to their root system.

THE LIFE RHYTHM: The heart has four chambers and valves; THEREFORE, ITS COMPLETE CYCLE IS ACCOMPLISHED WHEN THE BLOOD HAS CIRCULATED THROUGH ALL CHAMBERS.

OBSERVATION: In giving treatments of any kind, we can learn a lot about the effectiveness of any therapy by first checking the pulse and its ratio to respiration. Then, as the treatment progresses, note the quality and volume of the pulse as well as its rhythm. Checking the carotid pulse on each side, and comparing them, gives us an idea of the blood supply and Prana to each hemisphere of the brain. The pulse may also be taken at the extremities, and compared as the treatment progresses.

Prana is everywhere; we extract and convert what we need from the air, the water and the foods which we consume. Fresh foods, and those that are processed after they are placed in sealed containers or utensils, have more Prana in them than the dead foods, such as those that are preserved, spiced and cooked. Cooking with less heat, and retaining the vapors, seems to preserve more of the Prana in foods.

Prana is Nature's mother that keeps the shell of matter pliable. The more elasticity and pliability present in an organism, the greater the Prana contents. That is the secret of 'flaming youth' or the 'Fountain of Youth'. The softness and tenderness of brain and nerve tissues are good examples. All young life is extremely flexible and endowed with unusual energy to play and romp.

When the shell or body of matter gets too dense, too stiff and resistant to the subtle flow of life currents, then it starves for lack of Prana, and perishes. Matter, by crystallization and

density, becomes its own tomb and destroyer. It is then broken up as an organism, and resolved back into the elements that composed it. The stored energy that is residual in any substance, is then liberated by combustion or burning, like the heat and fire element in wood, coal, oil, etc. Or, in vegetation and in bodies cut off from life, slow oxidation and decay also resolve substances back to their elements, without utilizing the liberated energy.

BLOODLETTING, a widely practised art of the ancients, had its foundation in the facts that the blood contents were loaded with debris of semi-solids, liquids and waste gases, and were unable to carry oxygen in sufficient amounts to make the Prana effective in the body. By letting out stale venous blood, there was room for new cells that the system would manufacture from the red and white bone marrow, and these new cells were fresh, clear, good carriers of oxygen and Prana. IT STILL IS A VALUABLE FACTOR IN NATURE CURE, and works wonders in chronic rheumatism, low back pains, and for venous stasis anywhere, especially in cases of bad varicose ulcers. They are almost miraculously healed when fresh blood can supply that area. "Fresh blood heals", said Dr. Bier.

The ancients drew most of their practices from experience. And they usually had a good, common-sense basis, when UNDERSTOOD, and not overdone. The same reason holds good for venesection, which was effectively employed in many desperate and hopeless cases. The brain, which can hold one third of the blood supply, in congestion, needs Prana in order to function. When it cannot receive sufficient Prana to correct its lines of force and heal a bursted capillary, a leak, etc., then drawing off some of the loaded and congested venous blood through the upper extremities (even in brain hemorrhages), makes room for new blood and the much-needed Prana, for life to function. The application of leeches to the neck and behind the ears has proved to be a real remedy in cerebral hemorrhage, bad eye infections, etc. It draws off the stagnant blood sludge in those tissues which are swamped by it.

Where Prana is present in normal amounts, there the life forces will heal, restore function and balance, and no infection will take place, because life energy prevents decay. Life functions by positive and negative polarity. It is not always necessary to add something to the body externally. More often the excess present at the negative pole NEEDS TO BE DISPERSED, to help the body restore its balance. (This I usually accomplish, in a quick and simple manner, by the use of my PERINEAL TECHNIQUE.)

When Prana is not obtainable, generally or locally, no mere chemicals have the power to restore function and prevent decay. (President Coolidge's son, who died from a blister on the heel, gives one food for thought about ancient and modern systems of healing and their effectiveness.)

The principles of "Prana" and "The Artery Rules" were very strongly entrenched in the minds of the ancients. The application of counter-irritants or even fire, to cause blistering on certain joints of intense pain, had its object to draw to the surface the deep-seated, stagnant blood cells, so overloaded with waste that Prana passed them by, as it could not effect its movement any more through the dense waste insulation. Results proved the point.

The Baunscheidt Treatment, with its needles and skin punctures, and powerful drawing salve, had the same effect over local areas by drawing out stagnant lymph and blood sediments. The German method of 'Schröpfen' was practically identical, except that they used little knives, instead of the needles, to lance the skin.

Junod's principle of hyperemia had a similar basis in its positive application of cupping and suction, and the negative application of restricting venous return flow to dilate the capillaries in organs and tissues, and then release it suddenly.

All this was based on the theory that "The Artery Rules" and "The Blood is the Life Principle". The objective was to make it do more work in certain areas, relieve congestion elsewhere, like suction on the leg to relieve the head, etc. To bring blood from the deep parts to the surface, was the object of cupping and suction. Back of it all was the principle of PRANA, utilized to advantage, by manipulating the blood stream. THE INTELLIGENT USE OF <u>PERINEAL TECHNIQUE</u> BALANCES THE ENERGY FIELDS - THE IMPULSES <u>BEHIND</u> THE CIRCULATION - AND RELIEVES SPASTICITY OR CONGESTION in Nature's wireless energy currents.

The water cure systems, with their heroic treatment by application of cold water and its deep reaction, had the same point in mind and were effective when wisely used. It has been my experience that many an arthritic joint would respond to the powerful stimulation of cold water, <u>applied with a hose</u> (but the use of the ordinary shower spray was ineffective) until a reaction took place. This treatment works wonders for sprains and for rheumatic and arthritic joints that are swollen and painful. Even mild freezing has been used very effectively in such cases;

also in head noises, where congestion is deep. Cold compresses and snow compresses have the same idea as a background, only they were more gentle, and slower in giving results. Friction with snow has saved many a frozen limb or member of the body, by restoring the flow of Prana through the Prana contained in the snow. RUNNING WATER CLEARS ITSELF because the motion of the water in the air gathers Prana, especially when it tumbles over rocks or flows swiftly, as it has more contact with the air.

Snow, rain water and deep well water are carriers of Prana. That is why fresh spring waters in certain localities have such healing effects. The chemicals may be there, or may vary, but the real life-giving effect is in the Prana and not in the chemicals. At present we over-emphasize chemistry everywhere except in the atomic bomb. Here lines of force come into play that far exceed all our knowledge of chemical explosives. It is this shock that will lead us back to a TRUE EVALUATION OF NATURE'S FINER FORCES and lines of force, acting in all things. These finer observations had escaped material science, as we had nothing to hold them or with which to measure them. Much progress is being made on the destructive side of energies and forces. DOES IT NOT BEHOOVE US TO MAKE CONSTRUCTIVE RESEARCH AND APPLICATIONS?

Ancient civilizations, prior to our recorded history, had their involutions from a great to a low point. And it is from this low point that we observe evolution. "What comes down, must go up" and vice versa. It is Nature's play of life forces - in waves - from time immemorial.

Life in ancient times was less strenuous; its tendency was toward contemplation, especially the pastoral life. Many thoughtful persons became aware of some of the energies within them and understood Nature's forces better because of this awareness. Some archives of sacred history go into the dim past; but all tell the same story of LIVING FORCES WITHIN MAN AND NATURE.

PRANA IS RADIANT ENERGY. We may place the patient under an oxygen tent and literally force more oxygen into the system. This has its chemical effect, but we miss this mysterious Prana, this principle of radiant life energy; otherwise life in the body would respond by leaps and bounds. Similar observations have been made in shipping the life-giving, healing waters from marvelous springs, even when carefully bottled. The chemicals in the water remain unchanged, but this life-giving charge does not remain in the water.

EXPLANATION: The earth itself radiates energy - more in some areas. Mineral springs often carry this energy to the surface, but the water does not retain the charge unless it is constantly renewed. (That is why running water, under pressure, is so valuable when applied to local body areas.) Water is a good conductor when charged with minerals, but it cannot retain that energy. The radiant energy that emanates from the earth in any one area has to be utilized there, in its natural medium. Our research and understanding along that line has not gone far enough to enable us to transport that type of energy for healing purposes.

The same observation could be applied to the oxygen gas which has been forcefully separated from the atmosphere, its natural environment, and stored in metal containers for administration to the body of a patient at some later time.

1. Prana is literally the 'Manna' from heaven. It can not be stored, but must be gathered anew, every morning and every moment, with every breath. It is this radiant energy which keeps the body buoyant, vigorous and healthy.

2. Prana is the breath of Nature, which was breathed into the nostrils of the form of man and which united the form of clay with the living Soul. Sacred scriptures record that prior to descending into the flesh, man at one time existed as Pure Soul. When man came into being in this world, the ideal creation of seven days or cycles was completed. It is the Prana in the air which makes man a living being, but not a soul.

ILLUSTRATION: A child is born. We say it is a soul from heaven or higher spheres. It becomes a living being or soul on this planet only after it has taken its first breath. If that breathing in does not take place, there can be no life in that form, and the soul must return to the Source from which it came, because it did not become a living soul on this planet through the agency of that breath of life - Prana. The process hasn't changed. Life operates in Nature, even though we see it not nor do we understand it in its infinite variety of manifestations.

The Soul, or Dweller in the body, functions through mind energy. When combined or united with Prana, it is linked to Nature and can function in it, through the form or body it became united with by the subtle life energy, called Prana. The mind can now utilize this form in Nature, function through the senses, and gain satisfaction and experience through pleasure and pain.

PRANA

So the utilization of Prana depends upon its function and utilization by theSoul power, the Mind and its energies. That is why it cannot be thrust upon the body as a mere gas or chemical agent. Like the Elixir of Life, no vessel besides a living body has yet been found to hold it. Fine energies and life have an intelligence of their own, or they could not blend with Mind and Soul, the Center of Intelligence and Being.

SOUL AND MIND are the Centers of Consciousness and sensation or perception; their life and being have their source in a higher sphere or INNER ESSENCE of life energy.

PRANA IS THE UNIVERSAL LIFE FORCE IN NATURE. It is impartial, like the sunshine. It sheds its radiance on and through all living things and forms - the 'Oaks of Bashan' and the 'Cedars of Lebanon'.

This principle is clearly illustrated in scientific fields of measurements of energy travel and particles, as the travel of electrons in a copper wire. An impulse sent over a copper wire travels at immense speeds; but this is the energy impulse only, not the self same particles that gave the impulse at the other end of the line. Electrons move at the rate of four inches a minute, along the same wire. The push is the energy impact on the volume present in the wire.

When water is pumped into a pipe - even miles away - water will be delivered at the other end at once, if that volume finds the pipes full of water to begin with. So, the water delivered at the other end does not contain the particular drops or gallons pumped into it at that instant.

Such is the relationship of energy in Nature. One illustrates the other. The process is similar.

Prana is that energy in seeds which gives them that perpetuity in Life and Nature. We either move with its rhythm or it passes us by and we must search for its lost rhythm and life-giving elasticity. Prana, in its seven-league boots, spells: Health, Youthful Rhythm and Longevity.

The Soul's attitude of Love and Devotion, and the Mind's hopeful anticipation of Life are the natural inheritance of Youth. Why should we ever lose it? It is only when the Soul's forces can utilize Prana, that Youth is its companion. Many an older person has demonstrated this magic of Love and Devotion

over years in age (like Chauncy Depew and others). Nature Cure doctors, especially, should utilize this miracle of Prana and stay young, and thus become the radiant children of the healing art of all ages.

It is evident that the body was made for work, the mind to think, and the soul to enjoy. This triune function must be kept in mind in order to benefit from life's storehouse. Without thought, there can be no real artistic work, even of the simplest kind; and without the joy of work and service, there can be no happiness in our soul.

Possessions, greed, anger, etc. make us hard and superficial. But, having possessions, yet not being attached to them, and using them wisely by manifesting the positive qualities of generosity, amiability, etc. enables one to use these precious energies to best advantage; thus promoting contentment, health, etc. Life must flow, like a river.

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THE FIVE ORGANS OF SENSATION AND ACTION

Man, as a sentient being, has five organs of sensation and five organs of action through which he expresses himself. They compensate each other, above and below, like the 'Yang' and the 'Yin' principle, everywhere in Nature. These lines of force are linked to the four elements and rivers of life, out of which they flow.

1. The sensory organ of hearing, for instance, has its compensatory motor organ in the power of voice and the principle of sound. What would be the use of speech if there were no ears to hear? and vice versa. "Lend me thine ear" is an expression of old.

2. The eyes, the sensory organs of sight, have their motor compensation in the strength of the thighs; that speeds the body on in running. One could not run if he could not see where he was going. The eyes are the lights on the way, and to the skill of the hands.

The navel and visceral plexus below this are also of the 'Fire' triad, in their action of the digestive fire and body warmth. In all cases of Eye Trouble, line up the Navel to the exact median line, and work the hypersensitiveness out of it by correlating it to the thighs, the perineum, and the upper cervical tensions, in relation to its center in the hands and on the soles of the feet.

3. The sensory organ of feeling has its seat in the physical heart center; that is where we feel hurt. Its compensatory motor organs of action are in the sense of touch, situated in the skin in general, and in the finger tips in particular. All skill and art has its roots here in the principle of Air, which is akin to Prana residing in it, and flows through the heart.

4. The nose and its sense of smell has its motor organs of expression in the action of defecation. It has its roots in the earth element, as gaseous vapors.

5. The tongue and its sense of taste has its motor expression in the sex act, as the element of water, in its instability and flow. It is the emotional element.

Ancient proverbs often mentioned the tongue as being more destructive than the sword. The sense of a mental and emotional satisfaction in having the 'last word', takes us into the

field of Psychiatry, of pent-up emotional blocks and mental fixations, which have their roots in an unbalanced polarity in this water element. Capable persons express themselves rationally. But, where the emotional pressure is great and difficult to express, such frustrated ones let off steam by outbursts of words with little vitality in them and a lack of ideas. It is an outlet for pent-up energy that has not found its experience through matter, and so finds an escape mechanism; otherwise, there is a locked-up repression which registers as real pains of neurasthenia anywhere in the body. The generative act is the motor expression of this water principle of emotional chemistry.

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PRINCIPLES OF PSYCHOLOGICAL PRACTICES AND THEIR EFFECTS ON THE ENERGY FIELD OF THE MIND

1. WHAT HAPPENS IN MESMERISM?

The Mind energy in the brain is dispersed by magnetic passes of the operator, to the lower parts of the body and the psychic centers; so its function there is as in sleep. The brain is depolarized by this distribution of energy, and is negative to all mental impressions and suggestions or the will of the operator. The mental forces are captured, like an army that is trapped, by withdrawing the vital supplies and imposing substitutions.

No matter how benefecial these treatments may seem to have been at times, they weaken the Mind from its self-expressing course or relation to its center. Besides this magnetic link, it makes the operator the positive pole and director of that person's forces, by mere audible suggestion or willful projection of a pattern which the mind accepts as its own creation, since it cannot distinguish the difference of forces in action.

Who wants to have his mind forces manipulated by some one else, because he does not have sense enough to concentrate and do it himself? Does dependence and mental indolence ever lead to self-mastery or self-reliance? Where is the liberty and free will in any such procedure? The Holy Bible states:

> "Greater is he that controlleth himself
> than he that taketh a city"
>
> "He that is slow to anger is better than
> the mighty; and he that ruleth his spirit
> than he that taketh a city." (Proverbs 16:32)

Yea, he that learns to concentrate and use his own mental energy wisely, has found the key to the universe; for all happiness and real achievement reside in our mind and its rhythmic balance with Nature and our own Soul. Whose job is it to keep this created Garden of Eden?

2. WHAT HAPPENS IN HYPNOTISM AND HOW DOES IT DIFFER FROM MESMERISM?

In this procedure, the trick is to get the undivided attention or trust, in order to capture the mind energy, so the suggestions are sunk into the mind and acted upon as though they were the person's own. Gazing at a moving or a bright object

tires the optic centers, and the mind becomes negative to suggestions. Or, establishing a soothing rhythm by speech or music, suggesting sleep, the consciousness in this case also goes to the lower centers of the body and leaves the hypnotist a free field for any brain impression he wishes to make, to be carried out now or later.

Like under anesthesia, the sense centers are first to be disconnected from their normal function of awareness, and the motor centers are controlled entirely by the hypnotist, so the person can be made to do all sorts of ridiculous things and know nothing about it. The question has been asked as to how far can this be pushed, to the detriment of the subject. Will he wake up if asked to commit a crime? On the stage they usually do, because the directing mind intends it so; or the knife may be of paper and it is a farce; but, in reality, there are no holds barred to possible viciousness in this cruel game.

Is it ever wise to lend our Mind (our best treasure) to please any one? Should another person control or direct our Mind for us when we have made a mess of it by negative thinking? Is a cover-up a cure? Are we not here to direct and prune the trees in the garden of our own Mind? Would not a course of <u>personal effort in positive thinking and acting</u> be a more direct path to real progress? Are capacity and ability ever acquired without effort? ANY ONE WHO INTERFERES WITH THE FREE WILL OF ANOTHER, assumes great responsibility in the mental plane, even beyond this mortal sphere. TO GUIDE AND DIRECT OUR OWN MIND IS EACH ONE'S BIRTHRIGHT AND HIGHEST MORAL DUTY.

3. WHAT HAPPENS IN ANESTHESIA? HOW IS THE DWELLER IN THE BODY PREVENTED FROM FUNCTIONING TEMPORARILY?

The oxygen proportions in the blood stream are displaced by the chemicals of the anesthetic. The ether formula is $C_4H_{10}O$; chloroform is $CHCl_3$. These concentrate in the red cells and are found in the blood stream hours after the anesthetic is given. When this concentration becomes too great, life is endangered, especially with chloroform, as the safety margin is less than with ether.

4. HOW DOES THIS AFFECT THE CONSCIOUSNESS?

The cerebral function is inhibited first, then the spinal nerves, and the vital functions last. Chemically, it is a variety of poisoning that depresses the nerve function, the same

as all carbon gas compounds do, by inhalation. But, actually, the displacement of oxygen also robs the body of Prana, the vital life force of Nature, without which the Soul energies, as Mind, cannot operate in the body. That is why the sensory functions and perceptions go first into oblivion, then the motor functions, and, if prolonged too long, the vital functions suffer. If the carbon concentration becomes too great, the vital functions cease and the connecting link of the "Silver Cord" is broken with the body.

The final actions of all phenomena are terminated in the Energy Field, regardless of what external type of trauma or inhibition causes the break in the circuit of the Mind Energy with the body.

All pain is a break in this vital Energy Current. All pleasure is a free, full flow of it.

Death by electrocution is far from being painless, as we imagine. Electrical workmen, who have been almost killed by contacts with live wires, report otherwise. One engineer told me that a few seconds of this agony was too painful to be described - it was as if the nerves were all afire and the energy was being pulled out by the roots. This is a typical description of the forceful withdrawal or interruption of the Soul's energy, operating in the body as Mind energy over the field of Prana.

Prana is the link and medium between the Mind and the body, just as the **Mind** is the link and medium between the Soul and matter, even as **oxygen** is the chemical conveyor for Prana. Fine energies blend into the grosser chemistry in their own patterns of electronic attraction and repulsion. When either the vital current or the chemical medium is destroyed, life ceases to operate in that form.

'Prana', the vital energy is also the One River flowing out of Eden. This one river splits into four rivers of energy like the substance of the elements called the 'tattwas' of Fire, Air, Water and Earth. The latter are the fields and oval areas with their organs of function in the body, like the plates in an electric battery through which the currents flow. Since we have no English names for these four vital currents, none of the foreign terms are given here so as to avoid confusion.

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POLARITY - REACTION

Let us not forget Nature's process of Synthesis and Antithesis. A tree synthesizes its energy into small seeds; then, in due time and by a reversal of the same process, the seeds expand into trees.

Body polarity changes quickly back to normal when the cycle is restored. Taking care of the most vital reflex area of the negative pole of the Sympathetic Nervous System, immediately reacts on the positive pole. THE SENDING POLE DOMINATES ONLY WHEN IT CAN DELIVER CURRENT. But that all depends on the negative pole. Will it take it? Is it operating and ready? This holds good in other facts and phases of life. Force takes everything for granted. Space and Grace are Nature's Ace.

When we realize that the Soul energy flows as mind energy currents over the cerebrum, cerebellum, etc., over the Parasympathetic and the spinal nerves and, through the Rami Communicans, co-ordinates with the Sympathetic Nerve Plexuses, we find that only when the Sympathetic System is operating properly, can this spinal current control and use the natural functions of the body.

The nerve current rules in the domain of consciousness, mind, the senses and sensations. Without the functioning of the mind as current, there can be no Soul Force of entity operating in the body. Consciousness is the witness of the 'dweller' in the body, as AWARENESS. It is this awareness and the function of the senses that are displaced by anesthetics or the use of psychic force, such as in Mesmerism and Hypnotism.

THE ARTERY RULES SUPREME IN THE SYMPATHETIC NERVOUS SYSTEM, as the circulation flows right on, supplying all the body needs, WITH OR WITHOUT CONSCIOUSNESS ACTING.

The four elements and their functions, plus Prana, the Life energy in Nature, are part of Nature's equipment, synthesized as form, in and through which Consciousness works.

It is, therefore, very essential that the four elements are balanced in their function, so the mind current can flow over them. In cases of insanity, we find the elements in the body are unbalanced. There is room for much thought and experience, to promote the working of the four elements properly, to restore the flow of the mind current in the body.

Vomiting, which releases the diaphragm and acts like a balancer and activator of the two rivers of energy above and below it, is one of the oldest and soundest forms of shock treat-

ment that has proved its effectiveness. But this should never be attempted without first giving the patient plenty of warm liquid to drink. Quantities of warm liquid, and pressure on the back of the tongue, induce a thorough and easy flushing of the stomach. This helps to release the spasm of the diaphragm.

A rigid diaphragm is the first and most vital block in Nature's economy and flow of the four elements and their natural, vital forces. Any treatment that releases the diaphragm is of the greatest value; however, the PERINEUM, AS THE NEGATIVE POLE (of the diaphragm), is a lock that also needs to be released AND POLARIZED at the same time. It is the opposite pole to the brain, the pole of intelligence. It is the unintelligent, erratic, insane pole of the body. This calls for further thought for therapy on the PERINEUM and its value as a balance treatment, to promote and preserve PROPER POLARITY, and help to release the diaphragm. THIS SHOULD NOT BE OVERLOOKED IN MENTAL CASES. Sitz baths that have proved of value in mental cases, worked because this principle of POLARITY was an aid to the brain, by drawing off congestion, away from the brain center.

ANTERIOR AND POSTERIOR BODY POLARITY

Man's body has its magnetic or attracting field anteriorly, and its electric propulsion posteriorly. All the organs of perception, sense attraction, interest, including the sex organs, are situated in front. In back are the motor areas of heavy muscles for pushing, propulsion, expulsion and repulsion. The heavy gluteal muscles in horses act like pistons in pulling - a horse may fall on his knees, but still pull.

The senses attract us to many things, and lead us into temptation and trouble. A philosopher once said, "Get thee behind me, Satan - and push". There is more truth than poetry here, for we are literally 'pushed' into things before we realize it. Often do we exclaim, "How did I get into this situation?" The SENSES OPEN THE WAY, AND THE MOTOR IMPULSES OBEY.

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When any one of the underlying natural energy currents becomes blocked by waste energy accumulating insulation at the negative pole and depolarizing the fields of attraction, then an interference results in any of the four physiological systems; namely,

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the Cerebrospinal and Sympathetic, the Circulatory and Respiratory, the Digestive-Assimilative, and the Eliminative Function, or the Genito Urinary System.

But back of the physical symptoms, lies the real cause in the surface tension of the energy field of either the Fire principle or the Air, the Earth or the Water elements. IF WE CAN RE-ESTABLISH POLARITY IN THE ENERGY FIELDS, by making them co-operate and flow in and out of each other, we can succeed in making any system function, that is obstructed or suffering through stasis or spasm.

So the real object of any treatment is to BALANCE THE ENERGIES AND RELEASE THE EXCESS SURFACE TENSION on any system, so the center can radiate again, and energy can flow to where it is destined.

Mechanical principles are definite factors; but function depends upon energy moving over mechanical levers or through glands giving off chemical secretions. ENERGY IS PRIOR TO CHEMISTRY AND MECHANICS, for the finest chemistry itself is based upon the molecule, the atom and the electron, and their field of action, in combinations, attractions and repulsions. MECHANICS ALONE ARE USELESS WITHOUT ENERGY to put them into action and to keep them functioning.

Now we see the reason for all the previous ground work and its application. OUR MANIPULATION WILL HAVE MORE MEANING, AND WILL NOT BE MERE MECHANICAL LABOR. We can now be deeply interested and watch every move and response IN THE ENERGY FIELD, working through matter and giving their signs and symptoms. Our work is really an art and a science, instead of a mere routine.

The next problem is almost the same as that of the Chinese Accupuncture with its needles of gold and silver: Where to draw off excess energy and where to tonify or stimulate? Plus and minus, or 'Yang' and 'Yin' are the two main factors; "why, where, when and how", the repeated questions; and these no one fully answers, or the doctor could cure 'most everything. I can only call to your attention your high and artistic calling, and its deeper meaning. In this way, looking for deeper causes, we will find them, and our work will be creative and interesting, not merely repetition.

POLARITY - REACTION

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There are definite signs of the plus principle in distress. They are based on the centrifugal force being checked and not being able to move or flow outward. Heat, fever, friction, pain, swelling, inflammation, stagnation, are all plus (+) factors that must be inhibited or drained off to make room for the output and direct it into the proper channels. For these conditions, cooling, soothing, inhibitory treatments are indicated. Relaxation and balancing of the Cerebrospinal, the Sympathetic and the Parasympathetic Systems by means of deep PERINEAL TECHNIQUE are always indicated, to balance the body with Nature, Prana and the pulse beat - the inner and the outer forces - that is essential.

Then, by local cold compresses, release the excess, pent-up heat and open the pores in fevers. These compresses can be changed often, according to the amount of fever present, and controlled that way. The sheets used, should be soaked and boiled before being used again, as they are loaded with energy waste as well as liquid waste.

Diaduction, or withdrawing of heat by a metallic applicator being fastened on one leg and connected by fine wires to a ground or a large earthen crock containing cold water or ice, is a marvel for reducing fevers. It works on the order of the compresses, only it does not open the pores by utilizing the body heat in steaming the surface and the stagnant tissues. It merely draws off and grounds the excess energy.

Many years ago a doctor got out a little instrument for this purpose, and it had its good effects when used properly by doctors who understood it. But soon many claimed to cure all diseases with it, and it became a nuisance.

WHEN TO DRAW OFF ENERGY, and how, is an art in itself. It is always indicated when the centrifugal energy is involved and stopped from reaching the surface pole of travel. A WISE DOCTOR WILL ASSIST THIS NATURAL CYCLE OF THE ENERGY FIELD.

The minus (-) factor is bound up in the centripetal or inward flow of energy, from circumference to the center. This we would find in chemistry as surface tension of the molecule. In muscles it is also a surface tension of the cells, and causes severe contraction, like in lumbago, which is usually due to acid crystals, sediments and other precipitates that have not been e-

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liminated. When the muscle cells contract upon millions of these sharp, crystalline, needle-like particles, naturally a spasm is the result, which is a severe and sharp, stabbing pain - with limitation of motion due to contraction, spasms, hardness and tension that cannot let go. The muscle tissue is very sore and stands out. Later it becomes ropy, if it is not drained of waste AND REPOLARIZED WITH ITS CIRCUIT OF FUNCTION.

A case like this needs heat on the surface, dilation and stimulation. It is stuck. It requires the help of the opposite element, the positive pole, which it cannot reach to flow into, because of the excess surface tension and the interference to complete contraction. The normal cycle or wave impulse is stopped in its path, which causes the pain and spasm, because of the waste insulation, or the insulation of waste matter and energy.

Rest and elimination are the general indications, plus the above mentioned factors and the mechanical release of spastic muscles; also correction, relaxation of the Sympathetic and Parasympathetic Systems by means of PERINEAL TECHNIQUE to promote a POLARITY BALANCE with the Cerebrospinal System and the Circulation. This has produced wonderful and quick results in my experience and practice.

The ancients knew of a quick way to treat this minus factor; namely, by applying leeches to the whole lumbar region and thus drawing off the bad, stagnant blood. It worked immediately, by allowing the fresh blood and 'Prana' to be brought to the parts.

The Baumscheidt needle treatment, in conjunction with the application of a strong counter-irritant, worked very well on bad toxic cases, to draw out the waste, as postules or pimples, and to cause a POLARITY REACTION by means of counter-irritation.

Father Kneipp used this principle by having all patients walk barefooted in the grass, wet with the morning dew, to ground the excess waste energies and to benefit from the earth's radiation in the early morning.

The suction cups work well on these minus type conditions, by drawing the stale blood from the deep muscle tissues, where the blockade is, to the surface, where it can be carried off. The heavier the congestion is, the more the application hurts, and the surface under the cup raises and appears black, blue and purple, if the cups are applied vigorously. All these are signs

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of stagnation. A surface counter-irritant, like red pepper, helps to stimulate the surface circulation and to speed recovery and absorption in such conditions. The application of hot vinegar compresses aids electric conduction. Stroking with a gold comb has a relaxing effect.

This gives but a brief review of the two types or categories of diseases, involving the positive or negative pole of any of the four elements in their flow and interaction, as well as the therapies indicated.

These principles are but a general guide to:

1 - The treatment of the stoppage of the positive, centrifugal flow of energy - the 'Yang' (male or +) force in creation. This energy flows from the center out, and its nature is expansion.

2 - The other is the centripetal, space-building force of Nature - the 'Yin' (female or -) principle. Its flow is from the surface, in, and therefore its nature is contraction. Like sensation, it is closely allied to pain, by interference of its cycle.

There is no end to the application of these two principles; all natural functions rest upon it; all increase and fruition is augmented by it. Its roots go as deep as all forms, way into the Causal Plane, the Pattern World. These two principles are latent in the seed power of all that lives and breathes, and even in the very structure of matter, like the atoms and the electrons. We shall leave them here with the thoughtful physician.

By understanding man and Nature, we can see clearly the principles involved, upon which the ancients based their therapy which was so effective. Our own American Indians had many such cures, besides their herbal knowledge, much of which we copied. For instance, when a person was exhausted by starvation, cold, drowning, or other strains, the Indians would form a chain around the fire, join hands, having placed the sick person in the center of the circle, near the warmth. They realized that this person's energy field was at a low ebb and that he needed more than mere physical warmth. He needed his energy battery recharged, and they did that by the currents that flowed through the group. The weak one came into rhythm with the rest, and so

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was revived and restored to health. When we talk about batteries, we understand this clearly; but when we are told that our red brethren saved lives in this self-same manner, we doubt it.

THE SHOCK TREATMENT of today is purely an electrical or a chemical shock to the body, without the deep insight into Nature, such as the ancients used in their simplified shock treatment of vomiting, purging, application of cold, etc. Science has observed that often fright or some physical shock has accomplished things for patients that could not be done in any other way known to them; so a shock treatment was invented.

The ancients based all their therapy on the flow of the four elements in Nature. When the diaphragm was locked, and things were at a stand-still between the waters of energy above and below this firmament, then they resorted to vomiting and got marvelous results. THERE WAS A REASON AND A PURPOSE BEHIND THIS TYPE OF SHOCK TREATMENT.

The renowned physician, Dr. Bernard Aschner from Vienna (now in New York) brings out these facts in his books, supported by history. Dr. Aschner also wrote several books in German, in one of which he gives clinical data of the good results obtained by intelligent use of these old methods, even in cases of insanity of long standing.

When the four elements do not flow properly in the body, the mind, which is the one energy river out of which they all flow, also cannot function properly. Then there is back pressure, with all its symptoms of suppression and melancholia.

Centrifugal or efferent energy currents flow from the brain to the extremities and return, to complete the circuit. Moderate resistance is met in all tissue, but more so at the negative pole because of the distance from the center of energy, and by sedimentation at the lowest level.

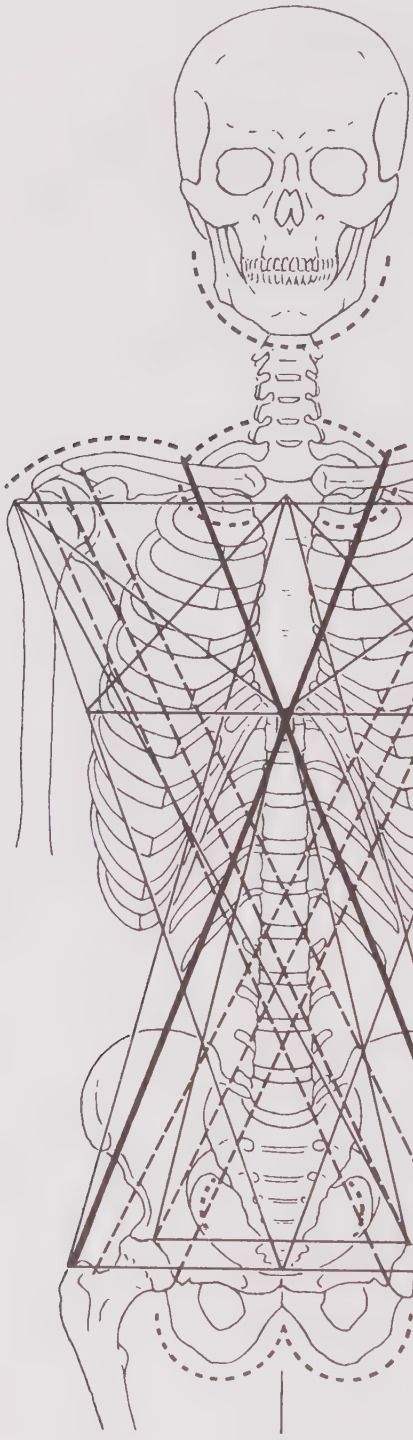
Therefore, THE NEGATIVE POLE USUALLY NEEDS STIMULATION in order to remove the obstructions and to activate the current flow back to its source, to complete the cycle. Stagnation of currents at the negative pole has much to do with mental conditions.

Energy impulses are from above downward. Structural reflexes are from below upward. Sympathetic and Parasympathetic nerve reflexes also respond from below upward. All sensory impulses are from without, inward.

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THE LIFE BREATH FLOWING WITH THE ELEMENTS, UP AND DOWN, IN AND THROUGH ALL TISSUES, ESTABLISHES GRAVITY BALANCE FROM THE CENTER TO THE CIRCUMFERENCE.

CHART No. 6



Fire Element represents Brain and Nervous System

The Neck is the Etheric Neuter Area for Reflexes

Air Element represents Respiratory and Circulatory System

Earth Element represents Digestive System, Assimilation & Elimination

Water Element represents Genito-urinary System

ANTERIOR VIEW of gravity lines and four polarized elements in their functioning areas, flowing up and down through the neck, the neuter, etheric link.

The neck region is the cross road of Sound Energy and Mind Impulses from the Center of Consciousness outward and inward, through the Etheric Substance. They are felt, but cannot be seen nor photographed. The neck becomes a switchboard for functional diagnosis. BALANCE IS MAINTAINED THROUGH POLARITY ACTION OF ENERGY CURRENTS FLOWING THROUGH THE STRUCTURES.

CHART NO. 6: ANTERIOR VIEW OF GRAVITY LINES AND CONTACT POINTS TO BALANCE IMPOUNDED STRESS AND STRAIN ON MUSCLES AND VISCERA

(1) The brain and the nervous system are the conductors of the Mind principle in action. Like the air, it is present everywhere, in every cell of the body. It is an airy nothing which gives direction from within outward to lines of force and action. By invisible wireless impulses, mind produces the primary cause of motion. By stepped down energy currents it flows through the switchboard of the delicate brain mechanism, over the entire nervous system, for selective and specific function.

(2) The Fire Principle is present in the light of the eyes as its positive pole, to give external direction for the internal impulses of cellular action through muscular motion.

(3) The neck represents the Etheric field, or plane of Akash in eastern terminology. It is a link between the mind and the body as a cross road of currents from above downward, and reflexes from below upward. Its reflex action is clearly expressed by the term: "Sticking the neck out."

(4) The chest cavity is the oval field or Tattwa for the action of the Neuter pole of the Air principle as the respiratory system.

(5) The heart, as the center of circulation, is also an oval field in the chest. The warmth of the fire of the sun as its motivating impulse, as in the blood stream. The Neuter pole of the airy essence is its oxidizing principle, active in every cell of the healthy body.

(6) The abdominal cavity, below the diaphragm, represents the oval field of the earth element or Tattwa. The Fire principle flows through the solar (sun) plexus and the abdominal nerve centers as the impulse for Digestion, Assimilation and Elimination.

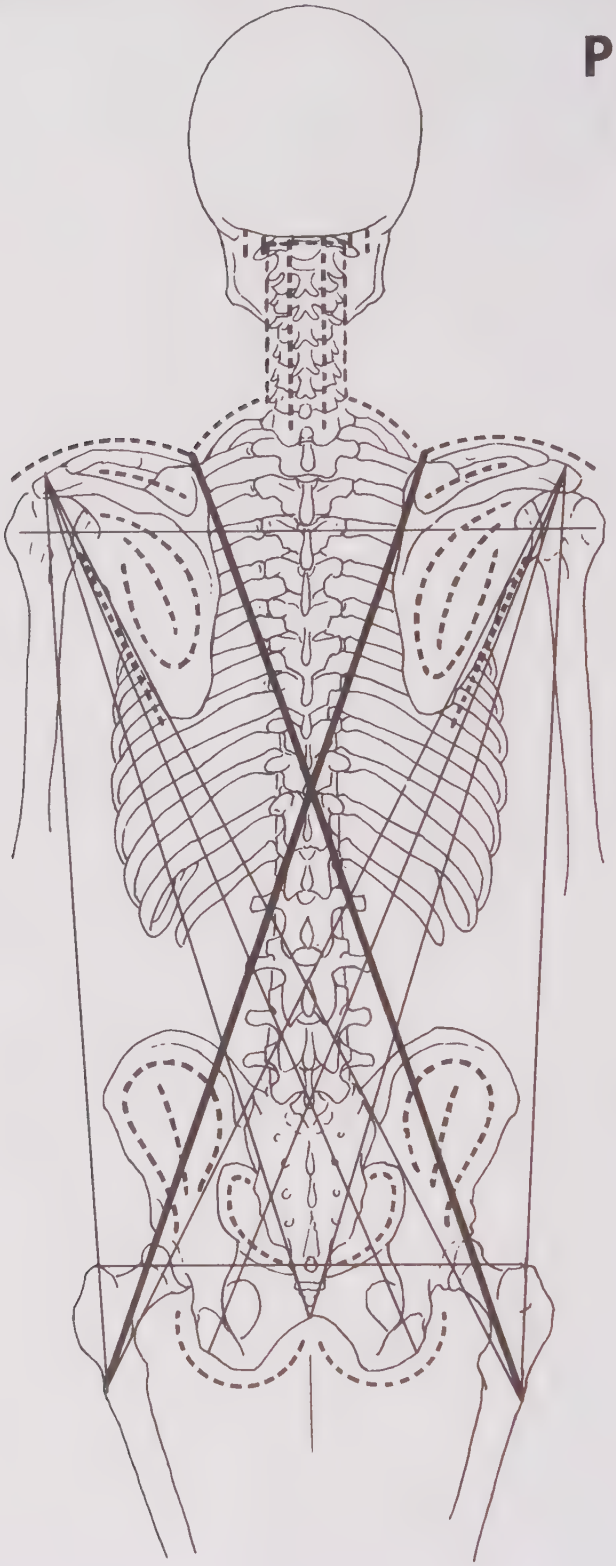
(7) The Pelvic cavity, bounded by the peritoneum superiorly and posteriorly is the horizontal oval cavity of the Water element. Through it flows the Energy Essence of the moon as the genitourinary system.

(8) The thighs and the buttock muscles are levers of motion for the body. The negative pole of the Fire principle flows through them for action and for running.

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CHART No. 7

POSTERIOR GRAVITY LINES



The squares indicate gravity straight downward. The triangles indicate lines of force in motion and stress, in pivoting and reaching. The dotted lines are contact points to balance:

THE PERINEUM WITH THE NECK, OCCIPUT, CLAVICLE, FIRST RIB, AND THE TOP OF THE SHOULDERS.

THE GLUTEI WITH THE SCAPULA.

THE TOP WITH THE BOTTOM, INCLUDING THE FOUR JOINTS.

BALANCING BY CONTOUR

Balance the top and bottom ovals of the body by contacts on the glutei, around the outer inferior rim of the inominate, to the shoulder blade and the spine of it, as well as the clavicle. As explained under the heading of "Principles" in this book, the gluteal muscles are the motor power of the body, like the push in a rocket, and directly connected with virility and sex power. By working out the stagnation here, in its lines of force, and balancing the lower with the above imposed strain from the shoulders, one can aid in re-establishing the normal rhythm between the Water Principle of the Glutei and the Air Principle of Gemini, which results in lightness and elasticity to the step.

The foundation of all imposed strains is accumulated at the negative pole and must be released there, in the perineal floor. Strains from the top must be balanced to the supports on the bottom in any structure, whether it be a human body, a barrel or a building.

A - A firm contact is made with the thumb of the operator on the sorest spot in the gluteus maximum muscle, near its origin, and firmly kneaded; for it is usually congested. If it is too tender, merely hold the contact firmly and gently try different directions of lines of force which release the soreness most, in relation to the muscles of the back.

B - A similar contact is simultaneously made on the sorest spot on the shoulder blade, near its spine, and held. That spot is usually very sore. It may be found even on top, near the clavicle or the acromial process. The contact is made on both sides, first one and then the other. Top and bottom on each side correspond, as most of the imposed strain is downward as stationary gravity, in a straight line - not diagonal, as in reaching upward with one arm. But where the diagonal strain is the case, trace it so, and balance it. Hold the sorest spot, which is often the top pole.

Lines of gravity force in action are usually straight downward, as in lifting, due to gravity and stress or strain imposed on the lower, weight-bearing centers - the fifth lumbar, the pelvis, and finally the acetabulum. "As above so below". The shoulders and hips correspond, by contour and co-ordination of action, in weight-bearing or lifting and carrying.

The trunk of the body is like a square box in this respect; from the hip sockets to the shoulder sockets, and from the top of the spine to the bottom. This is illustrated in Chart No. 6 in

this book. All stress and strain imposed upon the body has a sympathetic and parasympathetic reflex. This must be normalized. The posterior part of the shoulder is covered by the trapezius muscle which is supplied by the spinal accessory nerve and is one of the cranial parasympathetic reflexes.

The upper portion of the glutei is also supplied by the three sacral parasympathetic nerves. These must be balanced with the upper parasympathetics of the vagus nerve, the neck regions and the occipital area, also the spinal accessory over the shoulders. The sympathetic current must be co-ordinated with this, as the parasympathetic, emotional outlets can only be expressed when Nature, the sympathetic nervous system, responds. This is the key to mental-emotional and functional treatment for frustrations.

The gluteal muscles must also be balanced with the feet - especially the sore spots on the soles and the tension in the toes, as well as the fixation of the transverse arch. The springy step is a vital reflex from the gluteal region and should be preserved and maintained by balancing the extremity with its upper supply region.

All true and natural healing is done by means of POLARIZATION. Merely adjusting one area does not establish polarity balance. It only stimulates or inhibits. All extremity tensions and lack of vital flow or circulation must be linked again to the source of supply and balanced in function with the positive pole.

The trinity in these principles is always the source of supply, the vital energy itself, and its hidden center that must function in order to promote good health and well-being. The POLARITY poles are the top and the bottom, or the two ends of a nervous system, the blood supply, or a muscle group.

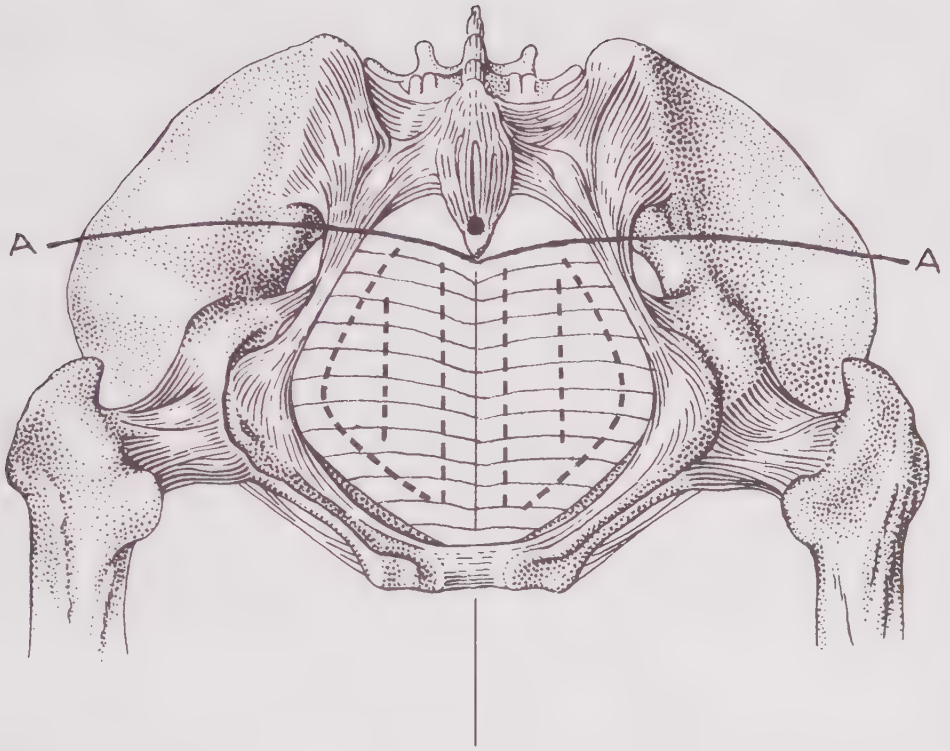
The feet are the final reflexes - and very important ones connecting man with the earth and gravity. The legs and arms are extension levers, from their gravity sockets, and balance the positive (origin) pole with the negative (end) pole. Let us preserve this elastic relationship of flexible hands and feet, full of expression and spring.

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CHART No. 8

PELVIC OUTLET

AS SHOWN FROM BELOW



The area below line A is strictly for the application of PERINEAL TECHNIQUE with a light touch with one finger of the right hand while simultaneously placing the left hand above, on the neck or other centers, FOR BIPOLAR CURRENT RELEASE. The dotted lines are CONTACT POINTS. The fine cross lines are tissue lesions to release.

The area above line A is for muscular tissue therapy on both sides of the coccyx, the sacral base and over the innominate bone. It is for a GENTLE PRESSURE TECHNIQUE to release the blocks between two contact points around the ganglion of impar, located under the coccyx, shown as a dot here. The glutei, the coccygeal, the pyriformis muscles, etc. can be contacted in this space by various depths and angles, with the contact finger of the right hand UNDER THE MUSCLE TISSUE, ALONG THE SIDE OF THE COCCYX. At the same time the thumb of the left hand works on the outside, over the muscles, in a deep manipulative movement against the pressure from the finger of the right hand below.

CHART NO. 8

A few lines have been added to this chart for clarification of Principles and Techniques.

The dot on the coccyx is the approximate location of the ganglion of impar, under this bone. It is shown externally in the chart as a GUIDE FOR THERAPY AND REFLEXES.

Line "A" is a dividing line of the muscular reflex area, above, posteriorly, from the sensory area below and anterior on the perineal floor.

The fine lines are tissue fibers which extend from the sides to the center. These are the areas of tender spots to look for in PERINEAL TECHNIQUE.

The dotted lines represent the contact points to be made with the finger tip when giving PERINEAL TECHNIQUE.

In PERINEAL TECHNIQUE all contacts are made on the soft tissue on the perineal floor. The rim of the bones and ligaments are guides to direct the contact finger and keep it on the perineum.

Profound reflexes can be elicited here by gentle contacts. Spastic knee reflexes, or when the knees suddenly give way, have been found here as perineal obstructions, AND RELEASED IN A FEW SUCH TREATMENTS.

Other mental and emotional symptoms often have their origin here and reflex to the neck and the head. PATIENTS ARE ALWAYS GRATEFUL FOR THAT GENTLE TREATMENT WHICH RELIEVES THE NECK TENSION WITHOUT ATTEMPTS OF ADJUSTING A SORE NECK. When the energy blocks are released, the currents can flow freely and normally to promote and maintain good health.

Glandular stagnation blocks that are due to emotional upsets are often found in this area.

Tonsils and the lymph glands in the throat also have their negative pole blocks here, in the opposite end of the body, as well as around the ankles through a kidney reflex.

In mumps, the hip joints are equally as sore as the mandibular joints. Releasing the lower sore spots around the hip joint, plus a PERINEAL CONTACT, frees the upper pole on that particular side. Immediately, the patient can swallow without pain.

"As above, so below" is a law in Nature because all things

proceed from a higher vibratory cause or center to the circumference, or lower center. They descend and become evident because that is the path of the energy current flow which built the body and which sustains it and heals it.

Should we not follow the paths which Nature has built in the body (like our highways in the world) for its own ENERGY CIRCUIT TRAVEL? Doesn't Nature or Life operate by other paths than chemistry and mechanics? Are these the side roads or are they the HIGHWAY OF LIFE?

GANGLION OF IMPAR RELEASE: With the patient lying face downward, contacts - deep on each side of the coccyx above line A - are mostly for the purpose of releasing muscle stagnation or lumps in the glutei. The purpose of this treatment is for the release of the ganglion of impar impulses to the pelvic region. The blocks of muscular density and the lumps indicate stagnation in that area and prevent this current flow. This obstruction interferes with the balance of energy of the sympathetic currents, through the ganglion of impar, with the cerebrospinal currents to the pelvis and muscle tissues.

TREATMENT: The contact can be made on the outside, deep, along side of the coccyx, with one finger. The thumb of the other hand, usually the left, opposes the lift through the muscles on the back, near the coccyx and the sacral apex.

Many times lumps will be found in this muscular tissue, between the two contacts illustrated above line A in Chart No. 8. Releasing the lumps and tension with moderate pressure between the contacts or with gentle, slow motion, relieves many pelvic stagnations and pains. This treatment is very effective in relieving MENSTRUAL CRAMPS, LUMBAGO, LEG PAINS, COCCYGEAL SORENESS, MUSCLE PULL WHICH CAUSES DISTORTIONS, ETC.

In LUMBAGO pains, treatment through the rectum also helps to release deeper, inner pelvic muscle spasms, when correctly contacted and held for release.

The profound reflexes which can be elicited here by means of deep contacts with corresponding holds at the positive pole above, or at the negative poles below, are amazing.

By lifting the leg and stretching the anterior ligaments and muscles under slight tension - the patient lying face downward - sacral reflexes are produced.

CHART NO. 8

INNOMINATE ROTATIONS can also be corrected and their tension released by holding the ankle contacts and rotating the foot in or out (whichever is indicated), with legs flexed. This move is illustrated in Charts 19 and 21 in "WIRELESS ANATOMY".

In all cases of ANTERIORITY OF THE LUMBAR VERTEBRAE AND SACRAL BASE, pillows or a bolster should be placed under the patient's abdomen while patient is lying face-down. In this way the anterior sacral base and the fifth lumbar are supported for correction by leverage on the apex and by means of leg flexion.

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MENTAL AND EMOTIONAL THERAPY

Many patients have very sensitive spots in the perineum, especially the hypersensitive, sympathetic types. They twist and squirm, and want to get away from the contact during the Perineal Treatment. I call that 'emoting' some of the impounded, locked up emotions. This I encourage, to unload energy fields as well as the chemical deposits in the tissues. The more they fuss, the better the results in the release of tension and emotional blocks. Mind and emotions are fine physical substances and are just as real as gross physical matter.

It is my opinion that when the function of the three nervous systems is balanced, the mental and emotional blocks have a chance to exhaust themselves in action. (Running water clears itself.) When the energy or foundation is withdrawn from the pattern, it can be balanced. These patients are helped by having something definite to do, like a strict diet, exercise, etc. for then they are constructively active instead of dwelling in negative, destructive moods. A very beneficial exercise is to take the squatting posture and rock gently, as shown in my little booklet, 'EASY STRETCHING POSTURES FOR VITALITY AND BEAUTY'.

A good "Dutch Uncle" talk, that points out the principle of Life and our polarity to our Higher Source, which can again polarize the mind with the Soul, and it, with its Sun of Inner Life-Giving Rays, is helpful to clear the mental blocks and some emotional fixations. This raises hope and faith. Then the law of expectancy can do its good work.

No permanent good can be done by any therapy without polarization of forces to their positive supply and source. "What benefitteth it a man if he gain the whole world and loseth his own soul?" Even planets that are not in their orbits, around their source, can create only destruction to themselves and to others. One example is a meteorite.

The Cerebrospinal System must be balanced with the vital actions before relaxation can take place for any permanent skeletal correction. Even in trauma, the vital functions must be correlated to the injured parts for repair and useful function.

All energy proceeds from vital centers within. Our first thought must be to balance these with the functioning voluntary and sensory activities in the body. Pain is a sensory perception; it is a partial break in the circuit of the centripetal energy flow in any nervous system; while a complete break is a sensory paralysis. A motor paralysis is a break in the centrifugal, outgoing currents from the brain.

MENTAL AND EMOTIONAL THERAPY

1. Check the body for the over-all picture of the distortion to gravity lines; this may include all three nervous systems in their abnormal functions. And by re-checking, after using the Sympathetic and the Parasympathetic Techniques, through PERINEAL and other POLARITY contacts, it will show how much of this distortion was due to their effects on the skeletal muscles.

Where should the treatment start? Top, middle or bottom? If we say at the top, let us find out why and let the same question apply to the other two regions. Normally, all nerve impulses must pass from the brain downward, over the medulla and the spinal cord, the twelve cranial nerves, the sympathetic and the parasympathetic systems. A sympathetic chain is located on each side of the spinal column. Usually a patient is more conscious of tension in the neck than anywhere else. So, if we examine the neck first, we find the greatest tension, tenderness and strain that the patient is aware of. In the neck we find the locked impulses of the spinal and cranial nerves, the sympathetic and parasympathetic reflexes. They all seem to meet here and become entangled. Outgoing impulses are backed up, and the incoming ones cannot get through. WHEN THE PERINEUM IS RELAXED, THE NECK MUSCLES IN THE UPPER REGION LET GO ALSO. Locked up impulses of emotional tension hold them tight, and the Perineal Technique releases these energy blocks.

The neck is the most logical place to begin to trace and balance the causes of the stasis in either one or all three nervous systems. The ancient Norsemen pictured the neck as the rainbow bridge in their mythology, whereby energy fields (gods) reached the brain (Walhalla, the city of the gods). The reason so many impulses are blocked and piled up here is that the negative pole on the other end cannot receive them; its polarity having been changed, by resistance, to a positive quality. The 'short-circuits' must be dispersed. Then the normal rhythm must be re-established and balanced with the top; the neck outlet with the pelvic outlet below, to return the impulses and complete the circuit.

2. Correlate the function of the vital centers through the re-establishment of POLARITY in the parasympathetic and the sympathetic nervous systems by means of PERINEAL and POLARITY contacts and techniques. BALANCE THE CENTER WITH THE CIRCUMFERENCE - THE WITHIN TO THE WITHOUT.

RULE: No relaxation of the voluntary nervous system and muscles can take place as long as the involuntary ones are locked

and tense. A bony correction should never be forced. Merely telling the patient to relax is useless. Tension usually goes much deeper than the voluntary muscular control.

PERINEAL TREATMENT:

A - Have the patient lie on the left side on a soft table, with the head on a pillow, knees drawn up. The operator sits on a stool, facing the back of the patient. Trace the path of vital forces in their bipolar action, from the neck to the perineum, via the sympathetic nerves. Also check the motor reflexes from the top of the spine to the bottom, in the lumbar region. Correlate them. Release them with deep perineal contacts and contacts in each area alternately.

B - Check the neck for tenderness and spastic muscles. With the left hand contact the sorest spot, and either inhibit or stimulate, while holding a deep perineal contact below until you find the exact spot here to relax the above tension.

C - With the first or second finger of the right hand, find the most tender spot in the perineum, on the same side of the neck lesion. Use a finger cot on the finger of this hand or work through thin clothing such as a gown, underwear, tissue or thin hand towel. Take care never to enter an orifice when giving this treatment because the nerve endings we are balancing now are on the surface. The energy circuit with which we are concerned here is on its return flow from the periphery to the centers within, as sensory currents. (See Chart No. 2 in "POLARITY THERAPY" also Charts 30 & 31 in "WIRELESS ANATOMY")

D - If the pulse is fast, then the upper cervical area (1st, 2nd and 3rd vertebrae or any sore spot over the occipital space) is lightly and slowly stimulated by a double contact, in a rotary movement. This applies to the neck contact in general. Because this is the vagus area, you are balancing the pulse with the two nervous systems. Most pulses are fast because of habitual tension and over-strenuous, hurried living. In these cases, the ropy neck muscles can be manipulated slowly while the perineal contact is held with the other hand.

If the pulse is slow, inhibit the tender neck areas, and further check the carotid pulse on each side for normalization each time after the two contacts are held, until the pulse is improved.

If the pulse is normal, the rule for general treatment applies:

MENTAL AND EMOTIONAL THERAPY

PERINEAL TREATMENT:

First, inhibit the most tender area gently, then more firmly, until this area is relaxed.

Second, use heavy pressure or stimulation on the less tender area, or a constricted area on the spine or back until it lets go.

NOTE: Always remember to use the corresponding POLARITY contact with the other hand. If one contact is heavy, the other should be lighter; if one contact is inhibiting, the other can gently stimulate, depending on the condition and tolerance.

E - Make firm contact on the most tender perineal spot, or with all fingers on one side of it. THE NECK AND THE PERINEUM ARE CONTACTED SIMULTANEOUSLY. Regardless of pulse, the perineal contact is made with one or more fingers in an upward lift, toward the head or neck contact on the same side. The lift is increased as relaxation permits.

If the perineum is flaccid and relaxed, then it needs tone and stimulative contacts. Repeated upward impacts on the contact will tone the tissues.

Any sharp, pin-sticking sensation here, like a finger nail or a knife point, is due to crystallized deposits of urates or other end products of chemistry which were carried along by the energy currents in a short-circuiting effect. It is the action of a local cataphoresis. A few inhibitions on this spot with one hand together with a simultaneous polarity contact with the other hand of the operator will cause this to be re-absorbed by the circulation, and carried away, as the short-circuiting is stopped and the energy flows in regular paths again.

When nerve relaxation occurs, the spinal muscles also relax, and previous occipital and dorsal findings will have changed.

OBJECT: Our aim is to balance the two nervous systems in their bipolar effects with the circulation or the flow of 'Prana' in the body. These vital factors are of first importance in restoring and maintaining good health, MENTALLY, PHYSICALLY AND EMOTIONALLY. As these two contacts are held, changes will take place. The stomach or gall bladder, and sometimes both, may gurgle and drain freely, especially in

PERINEAL TREATMENT:

E - OBJECT:

parasympathetic cases. Vagus and superficial reflexes are released and changed. The patient may sigh or yawn and relax. When two or three sore spots in the neck and in the perineum have been balanced, this part of the treatment is finished. This may take five minutes or twenty minutes, again depending upon the condition and the individual.

3. Re-check the patient and see what correction has taken place. If any distortion has been improved or has disappeared, the cause of it was in the sympathetic and parasympathetic systems' reaction on the skeletal muscles. If structural corrections have taken place, it means that a relaxation in the cerebrospinal system has also been affected.

A general spinal stretch or an occipital or cervical adjustment may now be given. However, if the patient is of a nervous or tense type, it is better not to adjust anything at first, unless the displacement is the cause of the trouble.

NOTE: Contacts on the anterior part of the body can also be made while the patient is in this position, the operator holding a deep perineal contact with the other hand. For instance, while one hand holds a deep perineal contact, the other hand completes the POLARITY contact either under the clavicle, on the ribs, the sternum, under the floating ribs, on the abdomen, etc., again depending on the condition of the patient as to how much or how little needs to be done in one treatment.

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SOUL PROGRESS THROUGH UNDERSTANDING

A correct vision of the true nature of Life rests upon understanding Life itself; its greatness, its love, its gifts to all and the kindness behind every lesson learned through experience and soul growth.

Tolerance is not only a virtue but also a great necessity in life. It gives more scope and vision and allows us to grow by enabling us to see other things as they are in their own nature. We are here to learn to govern OUR OWN MIND and its vast powers, and to observe life in all its phases.

Life must flow constantly to express itself. Out from the Heart of the Giver of all, flows this Life Energy. Out from an Eternal Center to the surface of experience and sensation, as centrifugal energy, is Life manifested in infinite variety. Then it returns as a centripetal current, carrying with it the sensory impressions of pleasure and pain on the battlefield of life's experience as opposites or otherness from Unity.

It is all the play of the Infinite One, as the Grand Cinema of Life, staging the drama of the travel of the soul outward toward multiplicity, and downward into the density of matter called Creation. The Cabala (also Kabala) calls it an emanation or breathing forth of the Breath of Life from the Infinite Center, outward, into space.

The return flow in any part of it is the night of creation, called 'Pralaya' or Dissolution, the cessation of animation through the Central Outpouring of Life Energy. Death is the name for this phenomenon in connection with units and planets everywhere in Nature.

The entire secret of individuality and self-identity is concealed in this process of Radiant Life Energy. When we see Life as a Whole, from that viewpoint, it has a fuller meaning and opens a greater capacity of UNDERSTANDING IN LIFE. It automatically increases our scope of vision.

When we honestly face Life and all its problems with an open mind, we understand that whatever we are reaping in life we have sown sometime in the past, and whatever we are doing now will be harvested sometime in the future. Every thought, word and deed has to be accounted for and comes back to us in kind - sooner or later. Therefore, the more temper tantrums we have, the more difficult we make life for ourselves as well as those near and dear to us. There can be no blaming of others when we see energy flowing as cause and manifesting as effects everywhere.

SOUL PROGRESS THROUGH UNDERSTANDING

Our mind conditions our experience. Each individual has his own mind substance which he impresses with thought patterns, much the same as we sow seeds in the earth. Thus each mind conditions itself and brings forth according to the thought patterns planted in each one's mind substance. That is why there is such a variety of levels of conditions and consciousness.

Confusion in the thinking field of individuals and races as a whole is the evolutionary process of experience in handling the powerful mind substance. It is only a lack of control WITHIN OURSELVES that induces us to give vent to anger and thoughts of revenge or fault-finding in others, usually for our own mistakes. This we can realize only by the help of God through contact with a living Saint - directly or indirectly - and only when we see our own mistakes can we mend our ways. Until then we constantly seek to justify our own actions and blame others for our own mistakes; without realizing it, of course.

Each person works out the patterns of mind impressions, the same as farmers reap the crops planted. The good seeds as well as the weeds from previous planting or thinking condition the harvest as a gain or loss of experience through work and effort in the soil of the mind. Unless we have learned to control it by constant practise and vigilance - every minute of the day and night - we are likely to be roused to anger when the mind is caught off-guard; for truly, the mind with which we function in this world is as cunning as a serpent.

Who can judge and condemn others when the weeds of the past spring up as tares among the wheat of earnest, hard effort in the present harvest? That is why Jesus said:

> "Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again. And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam in thine own eye?" (Mat. 7:1-3)

If we expect to be forgiven, we must also learn to forgive instead of constantly trying to justify our own actions. Forgiveness rests on understanding the larger view of Life - from the center outward - as our Creator sees it. A great love forgives all; but the offender learns only when he recognizes his mistake and <u>asks</u> for forgiveness. Until then he wanders into one mistake after another and seeks to justify himself into and out of every

one. Thus he continues to nurture the weed of pride and ego instead of cultivating the virtue of humility. Such is the Eternal viewpoint of God the Creator toward us as His children on a path of self-willed experience. We are here to learn His Way of seeing and thinking. And our lives become happy lives when we continue to make the effort despite occasional failures. The results are all in His Hands, but it is up to us to make the effort with the proper attitude of mind.

From the Inner and Eternal viewpoint of Energy Emanation, God does all things:

> "Are not two sparrows sold for a farthing?
> and one of them shall not fall on the ground
> without your Father." (Mat. 10:29)

On the circumference of the outer life and its viewpoint, we as individuals create our own immediate conditions and atmosphere by impressing our thoughts in the negative mind substance, the soil of the mind.

For this planting or process of thinking, each person is definitely responsible. "For as a man thinketh, so he is." "As a man soweth, so shall he reap." That is the inevitable law of Life. There is no exception or deviation from it. It is called 'Karma' in India, and 'Kismet' in the world of Islam. Only the names are different. They describe the same laws and living processes. There is no difference, no matter by what name an energy circuit is called in any part of the world of experience. But if we have learned to control the mind and rely on Divine Guidance, we are able to rise above difficult situations when it is our turn to reap them. We go through them just the same, but learn by experience instead of trying to justify the mind's actions. And so we become humble until we have reached the point where our debt has been paid in full.

It takes LOVE, PATIENCE and GREAT TOLERANCE to see this picture as a Whole and rise above the little petty viewpoints of our mind and its self-appointed reactions of revenge and tit for tat.

> "Vengeance is mine; I will repay, saith the Lord."
> (Romans 12:19)

Nearly all religions in the world agree on these fundamental laws of Life and Nature which no one can change. We either live by them and grow in God-like Wisdom of the larger view of

Life as God sees it, or we remain bound by our own limitations and self-righteousness.

The higher we set our vision toward Unity and Causes of Life, the greater will be the uplift of our mind and thinking process. We all want to be creative and imitate our Father in heaven. Fundamentally, all of mankind wants to do what is right and longs to return to the Father's House. When this longing is uppermost in mind and heart, one finds a True Spiritual Teacher Who has the key and can give much-needed guidance on the way. Illumination is a process of tuning into the Father's Thought Waves, the Sound Current of the WORD.

The more we see all Life as His, at the heart and concealed center in all living units, the clearer will be our perception of the Reality of His Omnipresence. This deeper perspective will help us much to imitate our Father in heaven, in our thinking and living. Seeing Life as it is at the Heart and Cause of all, and being grateful every moment to the Giver of All, makes this easy and the burden light. Jesus explained this to His disciples in a beautiful and simple way:

> "Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light." (Mat. 11:28,29,30.)

> "And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me. For whosoever will save his life shall lose it: but whosoever will lose his life for my sake, the same shall save it." (Luke 9:23-24.)

> "Be ye therefore perfect, even as your Father which is in heaven is perfect." (Mat. 5:48)

Jesus would not have said this if it were impossible. He taught a real, practical course of Life and thinking, expressing the highest principles and viewpoints which the people could receive and follow. Leaving our personal self and its mental limitations out of our consciousness; rising above the ego in thought, word and deed; is the first requirement to transcending our personal thinking process toward a new Life and Higher Goal.

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Commentary on Book II
The Wireless Anatomy of Man

The Wireless Anatomy of Man is the central manual of applied manipulative techniques and the principles underlying those techniques in Polarity Therapy. This book includes many charts that dynamically illustrate the primary energy principles that Dr. Stone explained in Book I. Many other charts are found in later books, which build upon this foundation.

The charts in this book can be divided into two groups:

1) Charts which map out the overall energy flow patterns, currents, and fields and which explain energy and physiological relationships (Charts 1-16); and

2) Charts which illustrate specific techniques and applications based on the energy principles outlined (Charts 16-52).

The reader is especially reminded of the fundamental importance of the "Summary of Principles" on pages 3 and 4. Here Dr. Stone describes in extremely succinct form the entire step-down harmonic structure which energy follows from the most subtle form of creation--the soul--to its manifestation of the body. In fact, we are continually reminded by Dr. Stone throughout all his writings of the dynamic interrelationship of all levels of creation. A close study of these essential principles is crucial to the understanding of Polarity Therapy.

These principles also illuminate various difficult issues which are sometimes controversial in the healing arts. For example, on page 4 (as well as again on page 65), Dr. Stone specifically discusses the three types (or levels) of touch that can be used in manipulative therapy, corresponding to the three classical qualities of energy which create activity on the physical plane. He outlines how each quality of touch (or mode of energy) has its appropriate use according to the individual case. This is an important, but usually neglected, factor in all forms of manipulative therapy, and a sensitivity to these three modes can be developed only by being aware of their implications and by long experience.

Following his detailed descriptions of body energetics, he briefly remind the reader of basic physiology in a section entitled "Lest We Forget". As he does over and over again in his books, Dr. Stone here demonstrates how the underlying principles of creation apply at all levels, from the most subtle energy level to the most tangible of flesh and bones.

After **The Wireless Anatomy of Man** was published, Dr. Stone then issued a **Supplement** to it one year later, which includes twelve new charts, extending the scope of the material covered in Book II. Please note that this **Supplement** begins and has a separate Table of Contents on page 73.



Dr. Randolph Stone at age 60.

THE WIRELESS ANATOMY OF MAN & Its Function

A Course in Manipulative Therapy
with Principles & Illustrations

Illustrated by Harlan Tarbell, D.N.

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

DEDICATION

THIS WORK IS
DEDICATED TO THE

GREAT MASTER

WHOSE GRACE AND
INSPIRATION MADE
THIS BOOK POSSIBLE.
MAY IT SERVE WELL BY
HIS BOUNTY AND
HOLY WILL

INTRODUCTION

This work of fifty-two charts is a further elucidation and demonstration of the principles laid down in my previous book, THE NEW ENERGY CONCEPT OF THE HEALING ART in 1948. The foundation is the pattern form of the lines of force working like a shuttle weaving the embryonic patterns of the human body in the mother's womb. (See chart, pages 30-31, in my previous book.) Even in its finer aspect, wireless energy is as material as the atom itself which has lines of force instead of wires. Life is demonstrable, but it does not lend itself as easily to scientific conditioning and experimenting as inorganic matter. Science has no measure for life.

The basis and principles of this work are as sound as matter itself because they are the five phases of matter in manifestation everywhere. Solids, liquids, gas, caloric energy and ether – they are the five stages matter assumes when it is broken up into finer particles, less dense and more etherial. Inversely, it is matter crystallizing from a fine unseen stage into a dense and formidable substance. It is matter nevertheless. These five modes of matter were the basis of classifying matter by the ancient science of the Vedas. They called them elements of matter, or tattwas – earth, water, air, fire and akash. The constituent spinning particles of matter were also known to them, and they called them chakras, or spinning wheels and centers. The energy which flowed thru them was the life principle called Prana, or "Breath of Life." Upon this foundation was based the Ayurvedic system of medicine, which is over 6,000 years old and the mother of all other systems.

As science is demonstrating the lines of force in the atom, I am endeavoring to demonstrate the same invisible lines of force in the human body, which are its very constitution and its state of being known as health. Every cell must have solids, liquids, air, and warmth in order to live, function, multiply and grow. These four polarized rivers of energy must flow thru the entire organism for the body to live, function and grow. Upon the flow of these imperceptible wireless currents, depends the movement of the more dense and solid particles of matter, such as nerve currents, the circulation of blood and lymph, the flow of urine, and the intestinal peristalsis.

In the economy of the functions of the human body, there are also unfavorable aspects or blocks of opposing energy currents and polarity, the same as in the heavenly bodies outside. Function and harmony are balanced normals. Inharmony and explosions and disaster are universal opposite forces in a clash. The same thing happens by polarity currents in the human body, like a "tempest in a teapot" when it boils. It is this microcosmic economy of the energy and forces of the human body that this book is endeavoring to explain by charts and demonstration, how to effect a balance by removing energy blocks in these four polarized currents or rivers of life and fields.

As physicians, we assume that the nerve currents and the circulation will flow if there is no material interference. Can we compel it to flow or have we given a thought to the lines of force behind this phenomena? Is not most of our emphasis upon effects such as x-rays and gross material evidence of disease, rather than its cause and the more subtle forces at work behind all this appearance? Does the end justify the present means of therapy? Are we going directly to causes or the long way around by treating the effects and symptoms mostly? Is disease an entity or a disrupted polarity of finer forces and their radiations? Are causes such immaterial subtle factors that they cannot be found, traced or balanced? By no means. Only our entire approach has been too densely material in nature. We thoroughly subscribe to the advance of science and the lines of force in the atom bomb, but we forget the same type of potent and polarized lines of force in the human body which are equally explosive.

INTRODUCTION

These charts and explanations are a sincere effort to point to a finer energy concept as the real cause of disease behind its grosser manifestation. With the finer concept must go a constitution of the five-fold energy fields heretofore overlooked. We even test steel for its molecular flaws of structure and tensile strength. Why should we not give the same consideration to the quality and tone of functioning tissue and the energy circuits behind it which really condition it? Many puzzling facts will explain themselves when we examine them in the light of the basic electro-magnetic field which underlies the gross structure. Polarity relationships of triune functions will also explain many factors which nerve tracing and the circulation does not account for, -- opposites, such as, head and feet, ankles and kidney functions, knees and digestive reactions, etc., etc.

There is nothing occult in the various densities of matter in any form. Why has this field been overlooked in all our intense research in chemistry? Is it possible that we have lost ourselves in external details and failed to link them to a living center? Progress in constructive living application is slow; it is a laborious, endless task.

If we say this foundation is old and antiquated like Ayurvedic Medicine, then we must admit that the spirit and interest has been lost in an art which is based upon the constitution of matter itself. Nothing has been added for centuries, but all peoples have benefited by it. How can even a great art live without inspiration and devotion to art itself? If no new light is shed on the way by interest, inspiration and research, the light becomes dim and the way obscure. Even God can be forgotten in the pursuits of our own interests.

Since life is closely linked to the more subtle aspects of matter, why should the denser and grosser phases receive all the emphasis, research, and awards. Mind itself is but the finest matter and can only be understood in its total function by tracing it from its source to its effect in its various stages of step-down energy fields in the finer constitution of man. These subtle energy fields are facts and are not nearly as elusive as chasing thoughts and ideas around which might produce a mental-emotional block in the patient. This is a short-cut to psychiatry with a pattern anatomy of sub-mental fields which have great scientific possibilities.

The whole constitution of man must be taken into consideration, not merely the treating of the body as a chemical or mechanical machine. Every reaction to any application of therapy or drug must come from within the body, from the soul entity, thru its various step-down mechanisms, voluntary or involuntary, conscious or unconscious. The body has no sensation itself, neither has the mind. Its real entity of all sensory reception and reaction is the dweller in the central core of the body. Therefore, the most effective therapy should reach that central core and make its centers (chakras) spin and act to produce a most necessary harmony of currents and reactions. That type of therapy which reaches the core of sensory and motor action and arouses a radiant glow of reaction and a balancing and repolarizing of currents from the center out and inward can be considered a real therapy of causes. These charts and explanations are an earnest endeavor to present an overall view and some applications of a lost art of the finer forces of man.

Leonardo da Vinci, in the 15th century, used the principle of the four polarized elements of earth, air, fire and water for all his scientific discoveries which anticipated most of our modern inventions. The soundness of this foundation and its adaptability for its future discoveries implies an open challenge to the science of our age.

SUMMARY OF PRINCIPLES

1. The soul is a unit drop of the ocean of the Eternal Spirit which is the dweller in the body as the knower, seer, and doer; it experiences all sensation and action. It alone is the power in the body which reacts to any mode of application of therapy or action. Consciousness and intelligence reside within the soul. Physical consciousness is a blending of the soul powers with the mind. It rules in the superior regions of the brain. Mind is a step-down of soul forces to act as an intermediary link between spirit and matter. Prana is a further step-down of mind energy.

2. Mind is the finest substance of matter operating in three bodies as three fields of consciousness:

   The causal body is the pattern field of the mind; here it is the ideal or <u>super-conscious mind</u>;

   In the etheric and emotional field, mind operates thru the senses. It is the <u>normal conscious mind</u>;

   In the gross physical body, mind governs all involuntary functions and repairs. It operates as the <u>subconscious mind</u>.

3. Emotion is a blend of the mind and senses as a step-down current of mind energy. It is in the etheric realm of airy nothingness which rules the world and the individual desires seeking their fulfillment. These may be greater than the individual's capital of energy and capacity. This is an air-borne dilemma of pain, effort, sorrow and frustration.

4. Prana, "The Life Breath" is a neuter current which knows itself not. It occupies the upper region of the body. As energy, it has an ebb and flow like the tides in nature. The <u>centrifugal force</u> of Manvantara (manifesting period) in the universe is the <u>outgoing breath</u> and the <u>motor current</u> in the individual life. It is an outer awareness equal to the daytime consciousness of action.

5. The centripetal force as the Pralaya period of the universe becomes the <u>ingoing breath</u> and the <u>sensory consciousness</u>, equivalent to nighttime and sleep.

6. The individual vital force is the negative pole or repository of both energies in the lower region of the body, the sacrum posteriorly as motor currents and the generative organs anteriorly as sensory currents. It is a crystallization of the pattern of consciousness and "<u>The Eternal Principle of Life in the Seed</u>," perpetuating itself in a microfilm style. It is the residual force which is the drive and stamina as the root of life. Everything external revolves around it. Perpetuation is the purpose and keynote of <u>manifestation.</u>

7. There are five finer etheric stages of vibrating qualitative matter known as tattwas; their extended lines of force manifest in curvilinear patterns of ovals (planets, eliptoids, etc.). As the cell and the egg, they are the individual manifestation of life as the feminine principle in nature. Five oval cavities in the body are the basic fields for qualitative expression in organism thru sensation and action. Sensory nerve fibres act as antennas of the soul for concrete sensory perception and experience. There must also be a constant exchange and blending of the individual tattwas with the universal supply of solids, liquids, air, warmth, and

SUMMARY OF PRINCIPLES

the etheric substance of matter. Latent energy is also present in grosser media. These conveyors are necessary for resistance and exercise to cellular structures.

8. The three Gunas as the three universal principles of motion everywhere; positive, Raja; and negative, Tamas; spinning around a neuter center, Satva. These become the polarity principle in the human body, the superior, middle, and inferior in importance to consciousness, life and motion. The foundation of the polarity principle is active in the embryonic stages of building the body. This wireless principle carries thru life after the wires and tubes are established. The primary patterns of currents function over this step-down mechanism called the body. Blocks in this energy field and its circuits are the fine ethereal and material causes of pain and disease. Re-establishment of currents in balance with the center or the neuter field is expressed as the normal stage known as health.

   Application of these three modes of energy thru manipulative therapy to balance currents and release blockades in the finer circuits as well as in the gross conductors opens the fields for every known therapy.

   A. A neuter principle (Satva) of any soothing, balancing application is indicated. Here a very light touch thru polarity of the fingers to polarity centers of the body is used.

   B. A positive principle (Raja, action, motion) of manipulative therapy is expressed in directive force applied to the body either with or against the current flow. Other therapy, such as application of light, heat, electricity or anything radiating and stimulating in nature is used internally or externally and must also be of a positive nature.

   C. A negative principle (Tamas, darkness, cold, inertia, and resistance) which must be aroused and counteracted by therapies which are dispersive, scattering, eliminating, forceful, deep and penetrating, eliciting a definite reaction thru the resisting action of the negative pole, thus arousing it and tuning it into the circuit.

9. In the human body, the dual brain currents of the caduceus and the electro-magnetic circuits are definite factors to be balanced in relation to the individual centers of polarity and to the finer cosmic energy fields of exchange externally. As a final balancing physical factor, the reaction of the gravity of the earth on muscles and joints must not be overlooked.

10. The emphasis is on the release of the individual forces of the soul by direct intervention of finding and removing the wireless energy blocks, no matter of what nature they may be. The centrifugal energy can sweep the field clean if duly aroused and if enough latent energy is present for a reaction. Miraculous cures in history can be better understood by a process of exaltation of the soul energies, or an influx of force of a subtle quality thru the ultra-sonic central beam of radiant energy within the organism.

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CHART NO. 1

MIND WORKING THROUGH FIVE ETHERIC PATTERN FIELD OVALS WITH SIX GOVERNING CENTERS CONNECTED BY THE ULTRA SONIC CENTRAL BEAM.

OVALS AND CENTERS

FIRST OVAL IS THE HEAD FOR CONTROL AND DIRECTION. (FIRE OR INTELLIGENCE)

SECOND OVAL IS THE THROAT. A LINK FOR EXPRESSION THROUGH SPEECH. (ETHER AND SOUND)

THIRD OVAL IS THE CHEST. THE HEART EXPRESSES THE LIFE ENERGY IN FLUIDIC FORM THE LUNGS AND DIAPHRAGM AS GASEOUS FUNCTION. (AIR)

FOURTH OVAL IS THE ABDOMEN NOURISHING AND SUSTAINING THE BODY. (EARTH ENERGY)

FIFTH OVAL IS THE PELVIS PERPETUATING THE PATTERN FORM. (WATER ENERGY)

THREE FIELDS AND CENTERS ARE NECESSARY TO EXPRESS THE SOUL AS INTELLIGENCE, SPEECH, LIFE AND MOTION. TWO FIELDS AND THREE CENTERS ARE NECESSARY TO SUSTAIN AND PERPETUATE THE BODY.

ARMS AND LEGS ARE EXTENSION LEVERS TO OVERCOME GRAVITY BY MOTION OF SHIFTING POLARITY FORCES FROM A POSITIVE THROUGH A NEUTER TO A NEGATIVE POLE AND REPEAT.

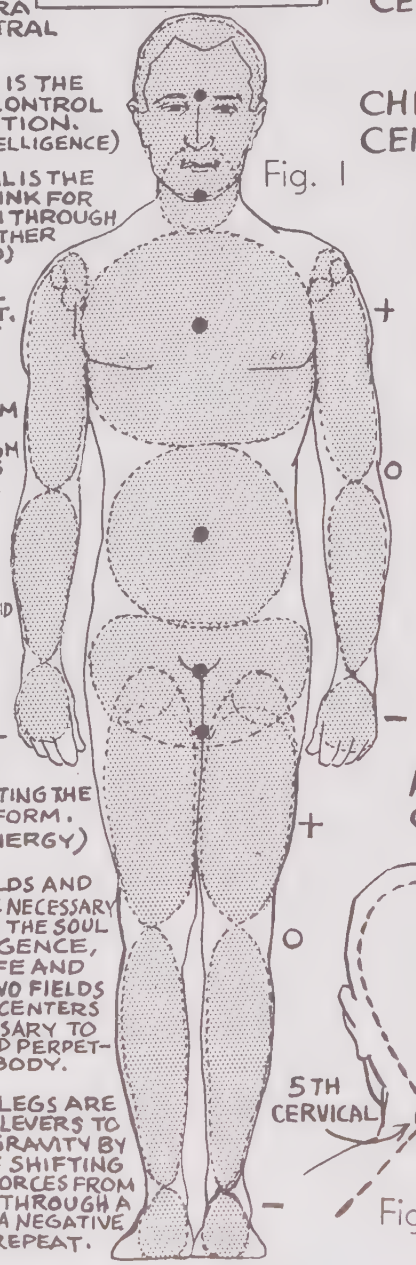


Fig. 1

CURRENT CONNECTION OF CENTERS

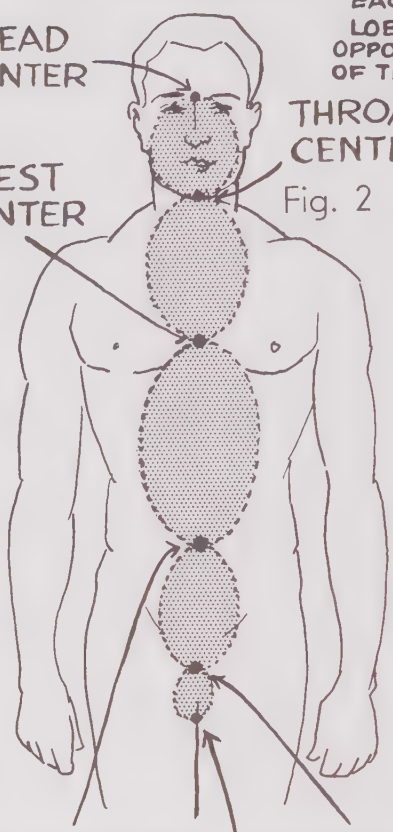


Fig. 2

CONTINUOUS ENERGY FLOW THROUGH CENTERS

LINKING EACH BRAIN LOBE TO THE OPPOSITE SIDE OF THE BODY

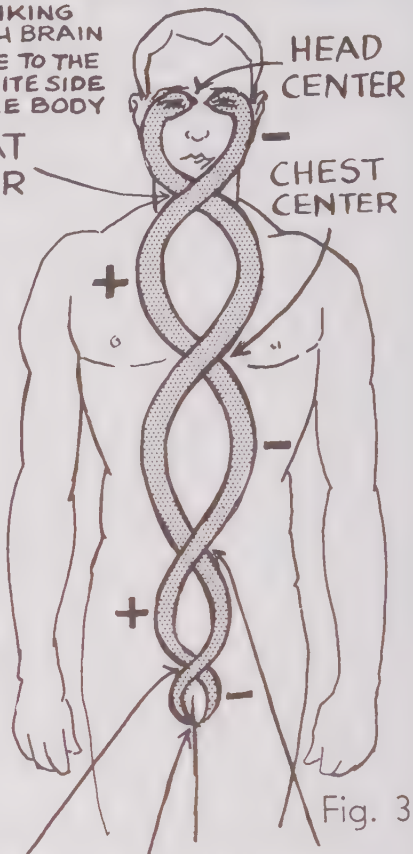


Fig. 3

CELLS ARE MINATURE OVALS WITH THE FIVE MODALITIES OF MATTER IN ACTION IN EVERY LIVING CELL.

Fig. 4

THE SA PASS OF THE ANCIENT EGYPTIAN PRIESTS A SECRET MADE PLAIN BY POLARIZING THE BRAIN

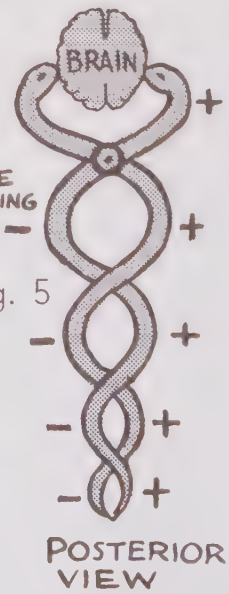


Fig. 5

POSTERIOR VIEW

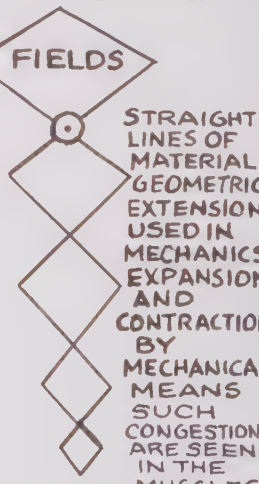


Fig. 6

THE MOST ANCIENT AND PERFECT ARROW OR ROCKET DESIGNED BY NATURE SELF-PROPELLED AND SELF-DIRECTED.

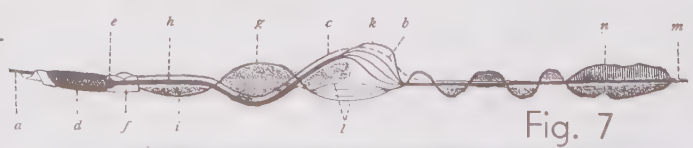
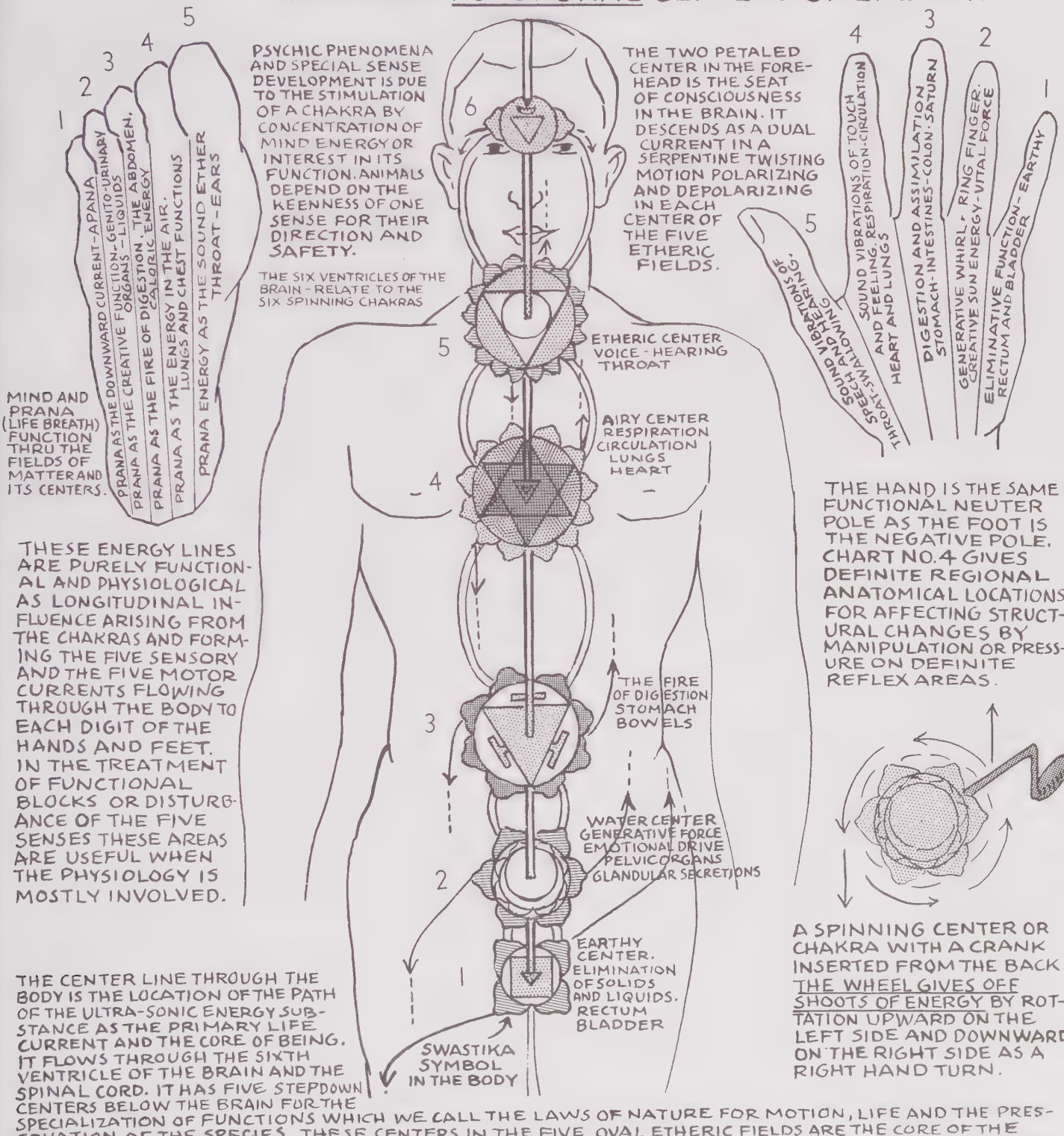


Fig. 7

Diagram showing the general characteristics of the spermatozoa of various vertebrates: *a*, Lance; *b*, segments of the accessory thread; *c*, accessory thread; *d*, body of the head; *e*, terminal nodule; *f*, middle piece; *g*, marginal thread; *h*, axial thread; *i*, undulating membrane; *k*, fibrils of the axial thread; *l*, fibrils of the marginal thread; *m*, end piece of Retzius; *n*, rudder-membrane.

CHART NO. 2

CHART OF THE SUBTLE PRANA CURRENTS IN THE HUMAN BODY AND THEIR CHAKRAS AS WHIRLING PRIMARY FUNCTIONAL CENTERS OF ENERGY.



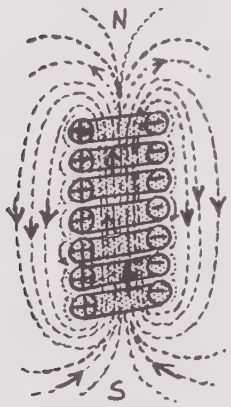
THESE ENERGY LINES ARE PURELY FUNCTIONAL AND PHYSIOLOGICAL AS LONGITUDINAL INFLUENCE ARISING FROM THE CHAKRAS AND FORMING THE FIVE SENSORY AND THE FIVE MOTOR CURRENTS FLOWING THROUGH THE BODY TO EACH DIGIT OF THE HANDS AND FEET. IN THE TREATMENT OF FUNCTIONAL BLOCKS OR DISTURBANCE OF THE FIVE SENSES THESE AREAS ARE USEFUL WHEN THE PHYSIOLOGY IS MOSTLY INVOLVED.

THE HAND IS THE SAME FUNCTIONAL NEUTER POLE AS THE FOOT IS THE NEGATIVE POLE. CHART NO. 4 GIVES DEFINITE REGIONAL ANATOMICAL LOCATIONS FOR AFFECTING STRUCTURAL CHANGES BY MANIPULATION OR PRESSURE ON DEFINITE REFLEX AREAS.

A SPINNING CENTER OR CHAKRA WITH A CRANK INSERTED FROM THE BACK. THE WHEEL GIVES OFF SHOOTS OF ENERGY BY ROTATION UPWARD ON THE LEFT SIDE AND DOWNWARD ON THE RIGHT SIDE AS A RIGHT HAND TURN.

THE CENTER LINE THROUGH THE BODY IS THE LOCATION OF THE PATH OF THE ULTRA-SONIC ENERGY SUBSTANCE AS THE PRIMARY LIFE CURRENT AND THE CORE OF BEING. IT FLOWS THROUGH THE SIXTH VENTRICLE OF THE BRAIN AND THE SPINAL CORD. IT HAS FIVE STEPDOWN CENTERS BELOW THE BRAIN FOR THE SPECIALIZATION OF FUNCTIONS WHICH WE CALL THE LAWS OF NATURE FOR MOTION, LIFE AND THE PRESERVATION OF THE SPECIES. THESE CENTERS IN THE FIVE OVAL ETHERIC FIELDS ARE THE CORE OF THE WIRELESS ANATOMY OF THE FINEST PARTICLES OF MATTER KNOWN AS CHAKRAS OR LOTUSES. AS THEY WHIRL IN A RIGHT HAND DIRECTION FROM THE BACK, EACH OF THE FIVE CENTERS GIVES OFF ONE WAVE OF ITS SPECIAL QUALITY OF VIBRATORY ENERGY FLOWING AS AN ELECTRO-MAGNETIC CIRCUIT TO EACH FINGER AND TOE. IN THIS MANNER THE SENSORY AND THE FIVE MOTOR SENSES ARE CREATED AND FUNCTION IN THE BODY.

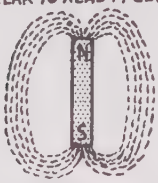
CHART NO. 3 COMPOSITE PICTURE OF THE PATTERN FORCES OF THE BODY AND THEIR WIRELESS CIRCUITS.



ACTUAL LINES OF ELECTRO MAGNETIC FORCE AROUND A SOLENOID



A BAR MAGNET WITH CONCENTRATION OF IRON FILINGS AT THE POLES SIMILAR TO HEAD + PELVIS

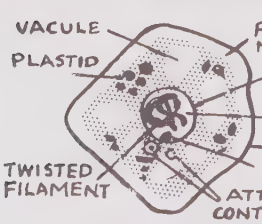


A BAR MAGNET AND ITS FIELD AS LINES OF FORCE

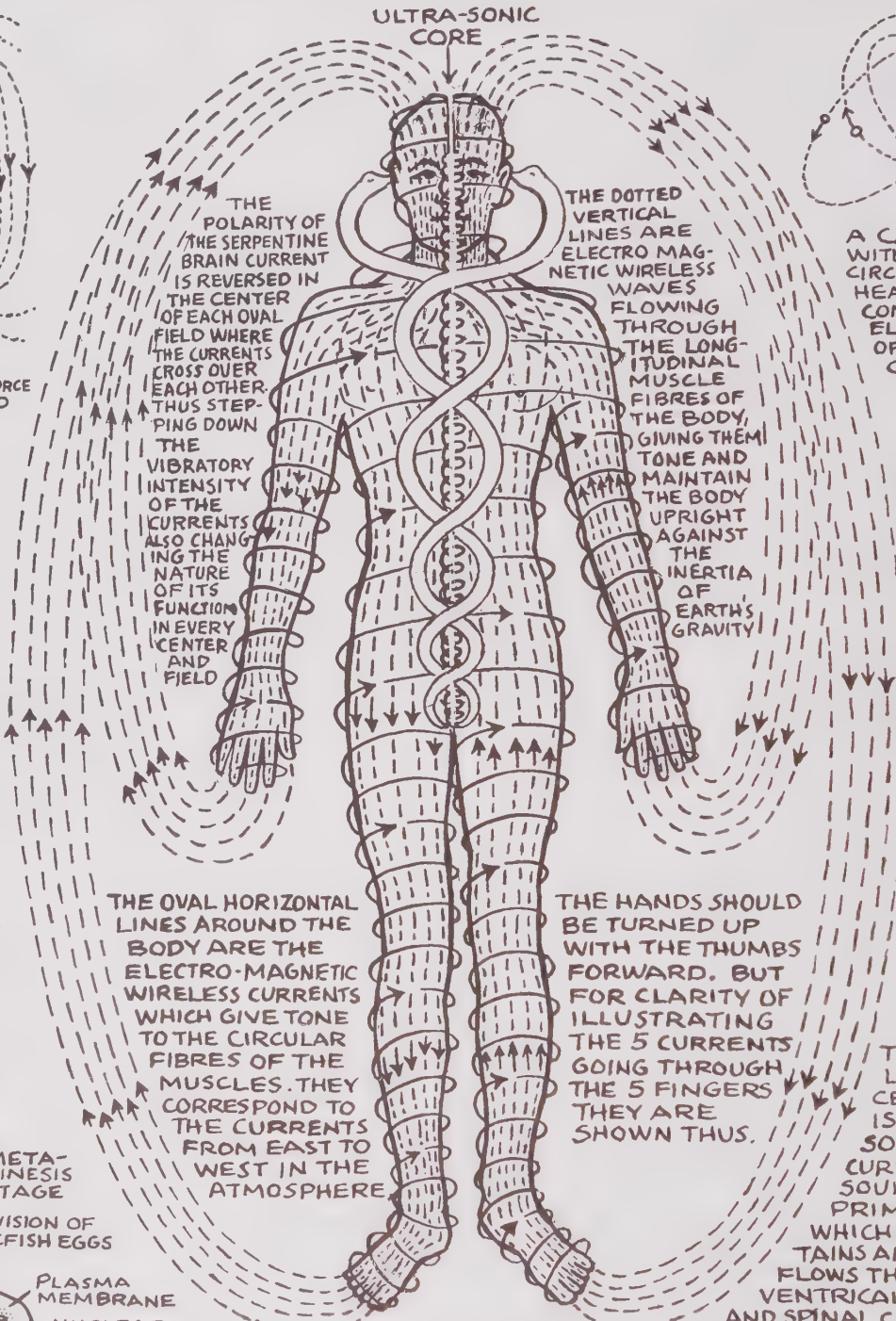


METAKINESIS STAGE

MITOTIC CELL-DIVISION OF FERTILIZED WHITEFISH EGGS

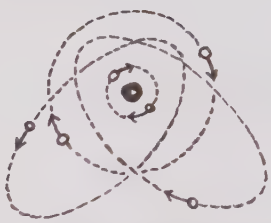


A MICROSCOPIC CELL. THE TWISTED FILAMENTS IN THE CENTER HAVE SELF INDUCTIVE ELECTRIC CAPACITY THROUGH OSCILATION. CHROMOSONES AND TUBULES ARE MADE UP OF INSULATING MATERIAL AND FILLED WITH MINERAL SALTS SIMILAR TO THE OCEAN FOR CONDUCTION OF ENERGY.



THE POLARITY OF THE SERPENTINE BRAIN CURRENT IS REVERSED IN THE CENTER OF EACH OVAL FIELD WHERE THE CURRENTS CROSS OVER EACH OTHER. THUS STEPPING DOWN THE VIBRATORY INTENSITY OF THE CURRENTS ALSO CHANGING THE NATURE OF ITS FUNCTION IN EVERY CENTER AND FIELD

THE DOTTED VERTICAL LINES ARE ELECTRO MAGNETIC WIRELESS WAVES FLOWING THROUGH THE LONGITUDINAL MUSCLE FIBRES OF THE BODY, GIVING THEM TONE AND MAINTAIN THE BODY UPRIGHT AGAINST THE INERTIA OF EARTH'S GRAVITY



A CARBON ATOM WITH 6 ELECTRONS CIRCLING AROUND A HEAVY NEUCLEUS CONTAINING 6 ELEMENTARY UNITS OF POSITIVE ELECTRIC CHARGE.

ELECTRO-MAGNETIC ENERGY ATTRACTS TO ITS OWN CENTER OF POLARITY IN OVAL WAVES. IT IS PRIOR TO THE GRAVITY OF THE EARTH, BECAUSE IT OVERCOMES IT BY MUSCULAR MOTION MOVED BY ENERGY IMPULSES. EARTH GRAVITY ATTRACTS TO ITS CENTER OF GRAVITY IN STRAIGHT LINES OF FORCE BY THE SQUARE OF THE DISTANCE

THE OVAL HORIZONTAL LINES AROUND THE BODY ARE THE ELECTRO-MAGNETIC WIRELESS CURRENTS WHICH GIVE TONE TO THE CIRCULAR FIBRES OF THE MUSCLES. THEY CORRESPOND TO THE CURRENTS FROM EAST TO WEST IN THE ATMOSPHERE

THE HANDS SHOULD BE TURNED UP WITH THE THUMBS FORWARD. BUT FOR CLARITY OF ILLUSTRATING THE 5 CURRENTS GOING THROUGH THE 5 FINGERS THEY ARE SHOWN THUS.

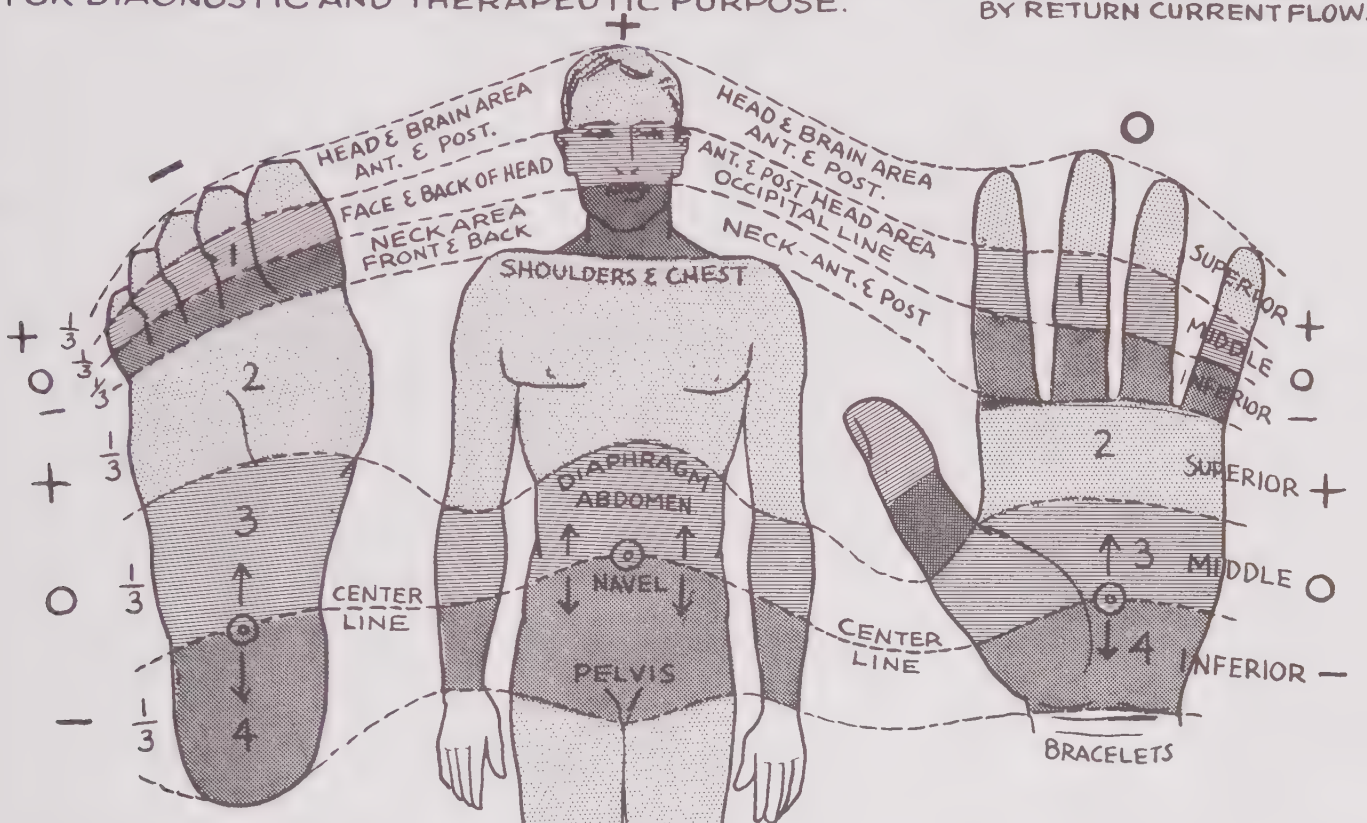
THE FINE WHITE LINE IN THE CENTRAL CORE IS THE ULTRA SONIC ENERGY CURRENT OF THE SOUL. IT IS THE PRIMARY ENERGY WHICH BUILDS AND SUSTAINS ALL OTHERS. IT FLOWS THROUGH THE 6TH VENTRICAL OF THE BRAIN AND SPINAL CORD WHEN THESE ARE FORMED OUT OF ITS MIND PATTERN ENERGY FIELD. THIS CORE IS THE CENTER OF ATTRACTION AND EMANATION OF ALL CURRENTS FROM THE BRAIN TO THE EXTREMITIES. IT IS THE INTERNAL GRAVITY OF THE INDIVIDUAL ENERGY AND LINES OF FORCE, DISTINCT FROM THE GRAVITY OF THE EARTH. THIS IS THE TRUE BASIS FOR INDIVIDUAL THERAPY.

THE ULTRA SONIC ENERGY FORMS THE 6TH VENTRICLE OF THE BRAIN AND SPINAL CORD. IT BECOMES THE PRIMITIVE STREAK AND THE NOTOCHORD IN THE EMBRYO.

CHART NO. 4 DIAGNOSTIC AND THERAPEUTIC CHART OF BODY AREAS BASED ON THE REGIONAL RELATION OF WIRELESS CURRENTS OF ENERGY FLOW.

+ POSITIVE POLE O NEUTER POLE — NEGATIVE POLE OF EACH AREA IN EXACT RELATIONSHIP TO THE WHOLE FOR DIAGNOSTIC AND THERAPEUTIC PURPOSE.

THE SUPERIOR RULES THE INFERIOR, THE INFERIOR REACTS UPON THE SUPERIOR BY RETURN CURRENT FLOW.



SENSITIVE AREAS FOUND IN THESE PARTS ARE DIAGNOSTIC AND RELATE TO EACH OTHER AS ILLUSTRATED. PRESSURE OR MANIPULATION OF THESE AREAS HAS A DEFINITE THERAPEUTIC EFFECT ON THE OTHER POLES, +, O OR — BY THE WIRELESS ENERGY CURRENTS.

THE GREATEST SENSITIVENESS FOUND BY TOUCH IN ANY RELATED AREA + O — SHOWS THE SEAT OF THE ACTIVE CURRENT INTERFERENCE.

THIS CHART GIVES A POLARITY RELATIONSHIP OF ANATOMICAL STRUCTURES TO EACH OTHER. IT IS A PART OF THE WIRELESS CURRENT SYSTEM IN THE ANATOMY OF MAN. THESE ARE ELECTRO MAGNETIC MUSCULAR CURRENTS FROM ABOVE DOWNWARD, AND THEY ACT INVERSELY AS TENSION REFLEXES FROM BELOW UPWARD.

THE NINE AREAS MARKED 1/3 ARE NOT EQUAL IN SIZE BUT ARE EXACT IN RELATION TO EACH OTHER. THEY ARE EQUIVALENT TO THE NINE OPENINGS IN THE BODY FOR THE OUTLET OF ENERGY.

THE ANTERIOR SOFT SENSORY PORTION OF THE HANDS AND FEET RESPOND TO THE ANTERIOR SENSORY FIELD OF THE BRAIN AND BODY CURRENTS. THE POSTERIOR MOTOR AREAS ARE ON THE REVERSE SIDE.

TRACING THESE CURRENTS + O — IN ANY AREA IS AN INTERESTING ART AS A DIAGNOSIS OF CAUSES AND MOST EFFECTIVE AS THERAPY IN REMOVING THE INTERUPTION OF THE CURRENT.

ANY TISSUE WHICH IS IN A CONSTANT STATE OF CONTRACTION OR FLACCIDITY REVEALS AN ENERGY BLOCK IN ITS CIRCUIT OF CONDUCTION OR IN THE WIRELESS PATTERN OF ENERGY FLOW.

THIS IS AN ANATOMICAL RELATIONSHIP CHART OF CORRESPONDING BODY AREAS OF POSITIVE, NEGATIVE AND NEUTER REACTIONS. ITS FOUNDATION IS BASED UPON THE EMBRYONIC DEVELOPMENT AND POSITION OF THE CHILD IN THE MOTHER'S WOMB.

CHART NO.5 ELECTRO-MAGNETIC WAVES OF THE BODY AND THEIR POLARITY

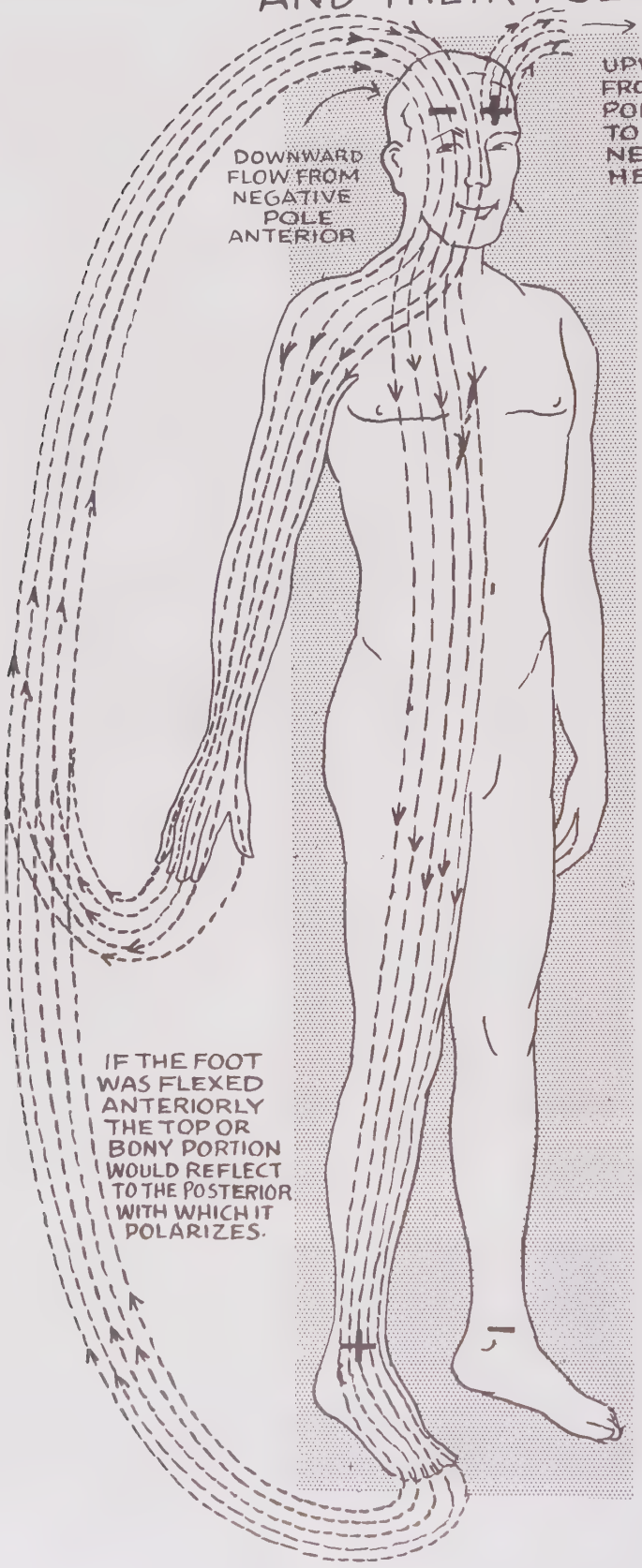


Fig. 1

HOW ENERGY FLOWS FROM HEAD



Fig. 2

THE WAVES OF ELECTRO MAGNETIC LINES OF FORCE IN THE HUMAN BODY ARISING FROM THE CENTER CORE AND THE BRAIN POLARITY, WHIRLING IN OPPOSITE DIRECTIONS. ANTERIOR AND POSTERIOR.

FIG.3 GIVES THE KEY TO DETERMINE THE FLOW OF THE WAVES OF THE ELECTRO MAGNETIC ENERGY WITH THE PATIENT FACE DOWN OR UP. INSERT AN IMAGINARY CRANK IN ANY JOINT AS SHOWN HERE AND GIVE IT A RIGHT HAND CLOCKWISE TURN AND THE CIRCUIT IS CLEARLY DEMONSTRATED. THE OPERATOR STANDS ON THE SIDE TESTED.

THESE LONG WAVES FLOW ON THE SURFACE AND THROUGH THE MUSCULAR STRUCTURE OF THE ANTERIOR AND POSTERIOR HALF OF THE BODY. THEY RESPOND TO STIMULI MOSTLY AT THE POLAR EXTREMITIES, AND REFLEX FROM THE NEUTER POLE.

THESE WAVES CHANGE POLARITY AT THE ANKLE WHERE THE CURRENT GOES FORWARD ON THE FOOT. THE CROSSING OVER OF THE CURRENT POLARITY AT THIS POINT ANTERIORLY, MAKES THE ANKLE A FLEXIBLE JOINT. IN THE ENERGY FIELD ALL JOINTS ARE NEUTER POINTS.

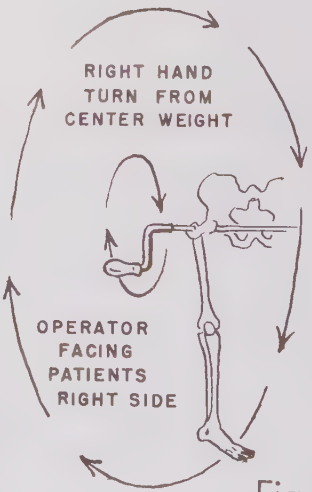


Fig. 3

CHART NO. 6 ELECTRO-MAGNETIC CURRENTS AND THEIR PROPER ANATOMICAL RELATIONS ANTERIOR AND POSTERIOR VIEW OF OVERALL SWEEP PLUS POLARITY CENTERS.

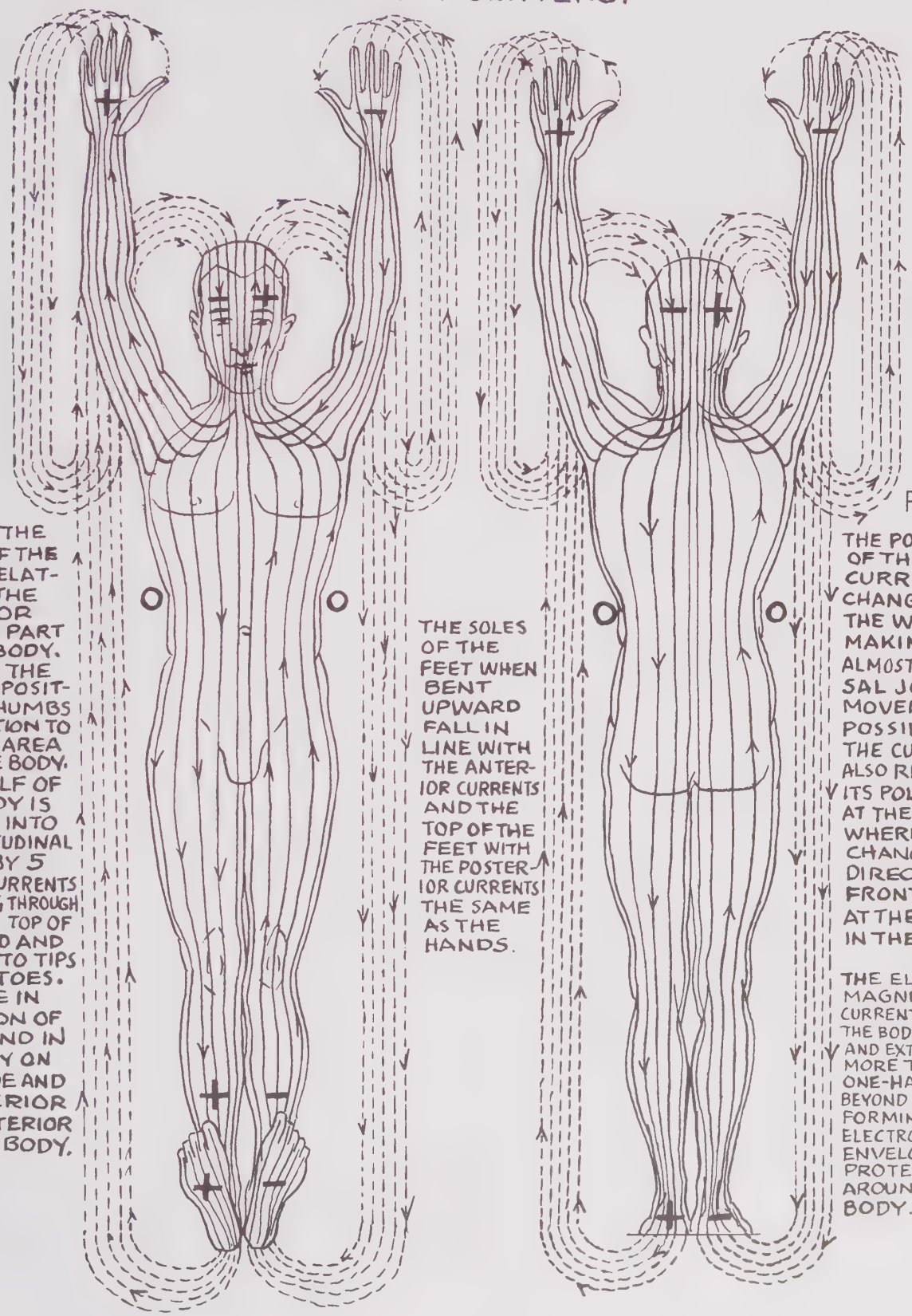


Fig. 1

SHOWS THE PALMS OF THE HANDS RELATING TO THE ANTERIOR SENSORY PART OF THE BODY. IT GIVES THE CORRECT POSITION OF THUMBS IN RELATION TO CENTRAL AREA OF ENTIRE BODY. EACH HALF OF THE BODY IS DIVIDED INTO 5 LONGITUDINAL AREAS BY 5 ENERGY CURRENTS SWEEPING THROUGH FROM THE TOP OF THE HEAD AND FINGERS TO TIPS OF THE TOES. OPPOSITE IN DIRECTION OF FLOW AND IN POLARITY ON EACH SIDE AND ON ANTERIOR AND POSTERIOR PART OF BODY.

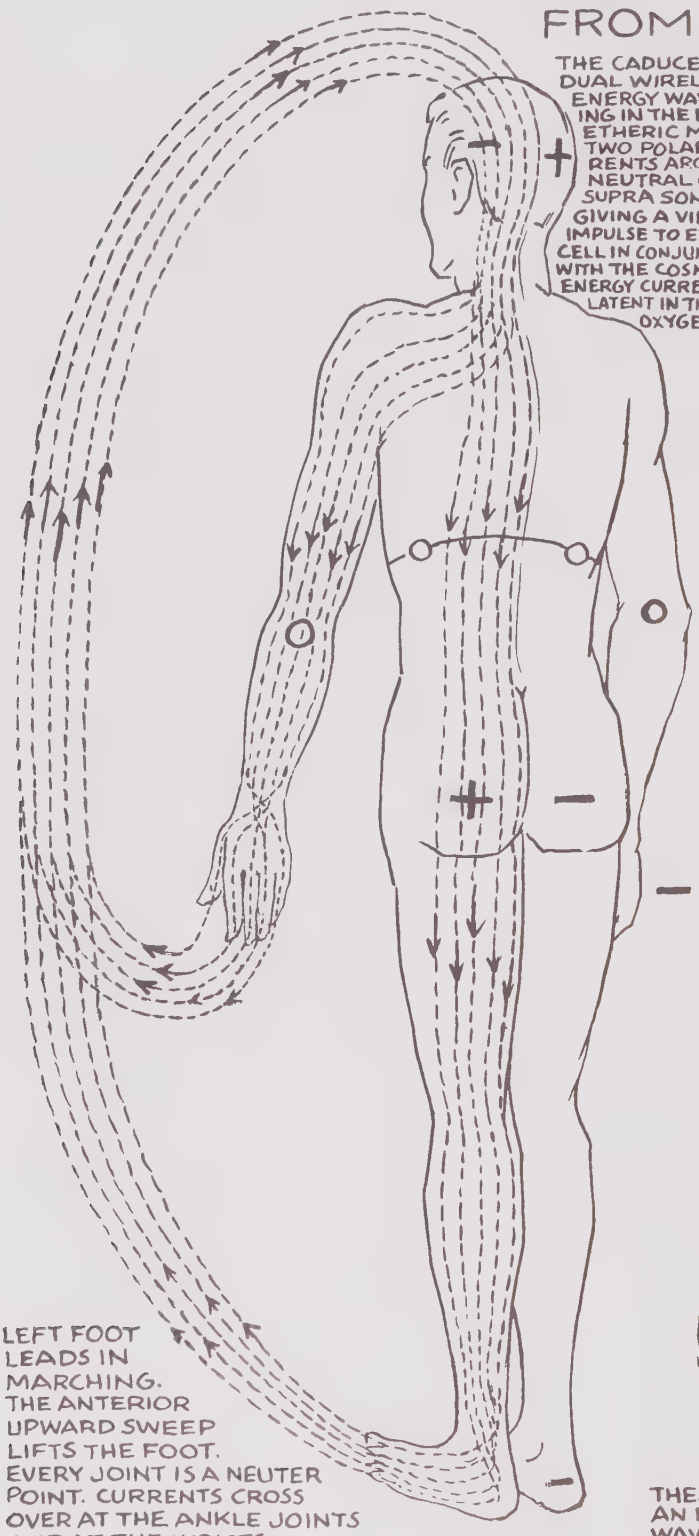
THE SOLES OF THE FEET WHEN BENT UPWARD FALL IN LINE WITH THE ANTERIOR CURRENTS AND THE TOP OF THE FEET WITH THE POSTERIOR CURRENTS THE SAME AS THE HANDS.

Fig. 2

THE POLARITY OF THE CURRENT CHANGES AT THE WRISTS MAKING AN ALMOST UNIVERSAL JOINT MOVEMENT POSSIBLE. THE CURRENT ALSO REVERSES ITS POLARITY AT THE ANKLES WHERE IT CHANGES DIRECTION IN FRONT AND AT THE HEELS IN THE BACK.

THE ELECTRO-MAGNETIC CURRENTS FOLLOW THE BODY OUTLINE AND EXTEND NO MORE THAN ONE-HALF INCH BEYOND THE SKIN, FORMING AN ELECTRO-MAGNETIC ENVELOPING PROTECTION AROUND THE BODY.

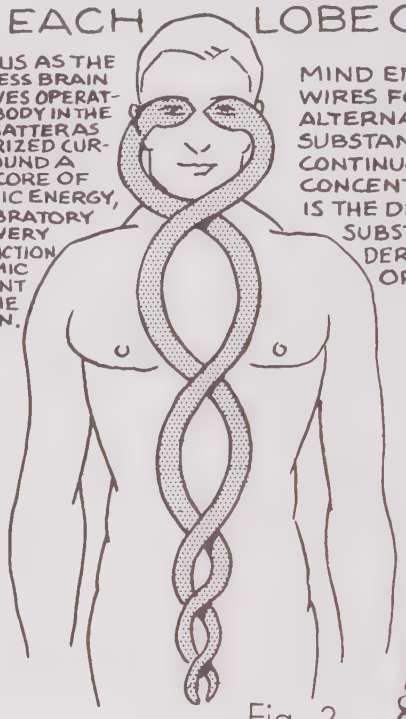
CHART NO. 7 ELECTRO-MAGNETIC WAVES OF THE BODY AND THEIR POLARITY ALSO CURRENTS FROM EACH LOBE OF THE BRAIN.



THE CADUCEUS AS THE DUAL WIRELESS BRAIN ENERGY WAVES OPERATING IN THE BODY IN THE ETHERIC MATTER AS TWO POLARIZED CURRENTS AROUND A NEUTRAL CORE OF SUPRA SONIC ENERGY, GIVING A VIBRATORY IMPULSE TO EVERY CELL IN CONJUNCTION WITH THE COSMIC ENERGY CURRENT LATENT IN THE OXYGEN.

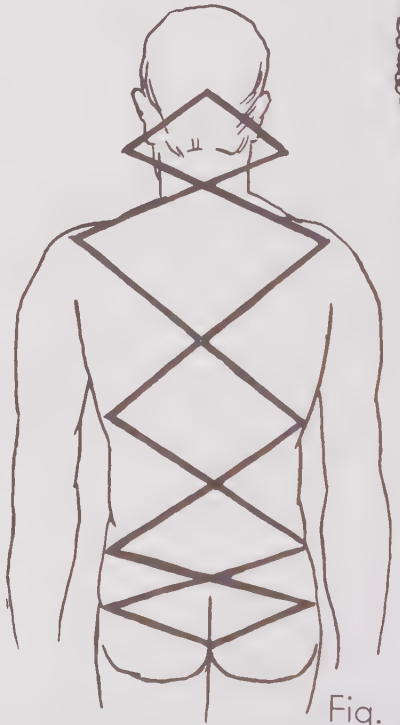
LEFT FOOT LEADS IN MARCHING. THE ANTERIOR UPWARD SWEEP LIFTS THE FOOT. EVERY JOINT IS A NEUTER POINT. CURRENTS CROSS OVER AT THE ANKLE JOINTS AND AT THE WRISTS CHANGING POLARITY.

Fig. 1



MIND ENERGY WAVES DO NOT NEED WIRES FOR CONDUCTION OF ITS ALTERNATING IMPULSES. MIND SUBSTANCE ITSELF IS A PERFECT CONTINUOUS MEDIA PLUS ETHER. CONCENTRATION OF MIND ENERGY IS THE DIRECTING POWER OF ITS SUBSTANCE. IT ACTS BY PREPONDERANCE OF IMPULSE, IMPACT OR MENTAL WEIGHT.

Fig. 2



THESE STRAIGHT LINES ARE AN EXTENSION OF THE BRAIN WAVES SEEN AS TENSIONS WITH GRAVITY PULL IN ACTION ON MUSCLES OF THE BACK.

Fig. 3



HORIZONTAL WAVES OF ELECTRO-MAGNETIC ENERGY FLOW

LATERAL DIRECTION OF ENERGY IMPULSES INFLUENCE THESE WAVES. THEY CORRESPOND TO THE EAST AND WEST CURRENTS OF THE COSMO

Fig. 4

CHART NO. 8. ELECTRO-MAGNETIC WAVES OVER THE HEAD AREAS AND THEIR POLARITY.

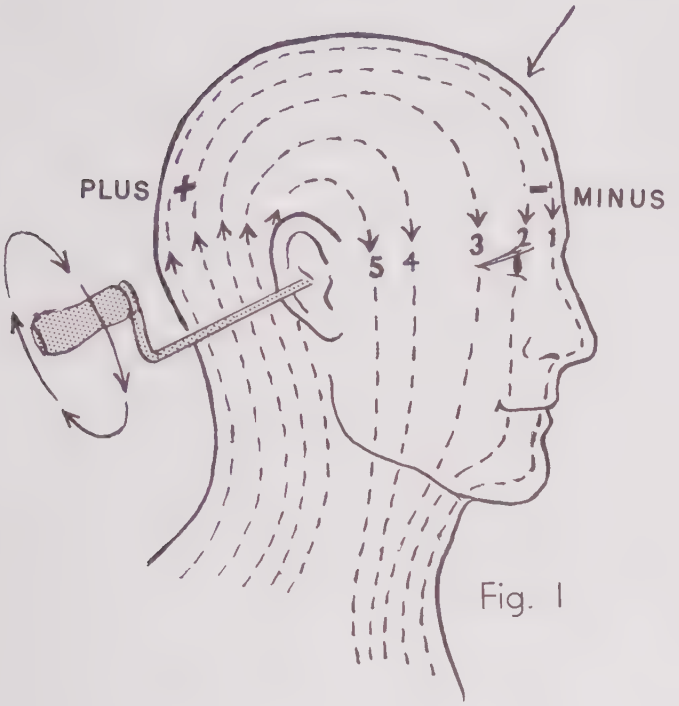


Fig. 1

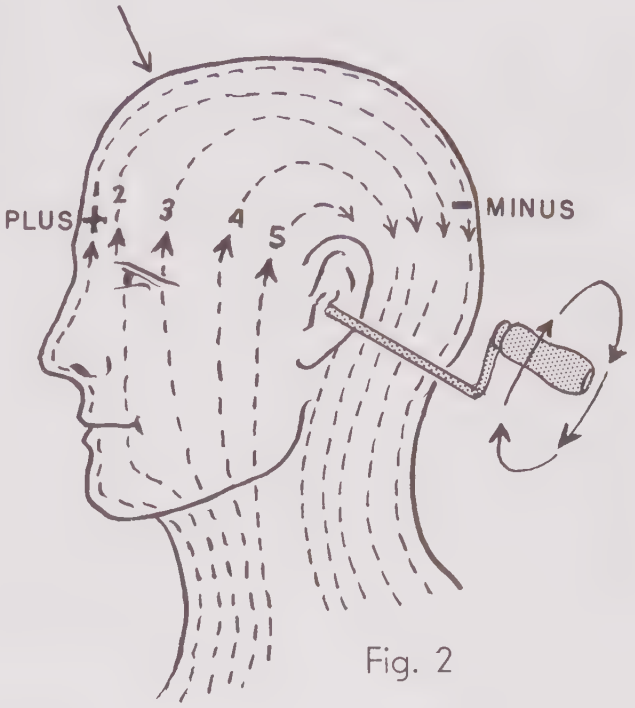


Fig. 2

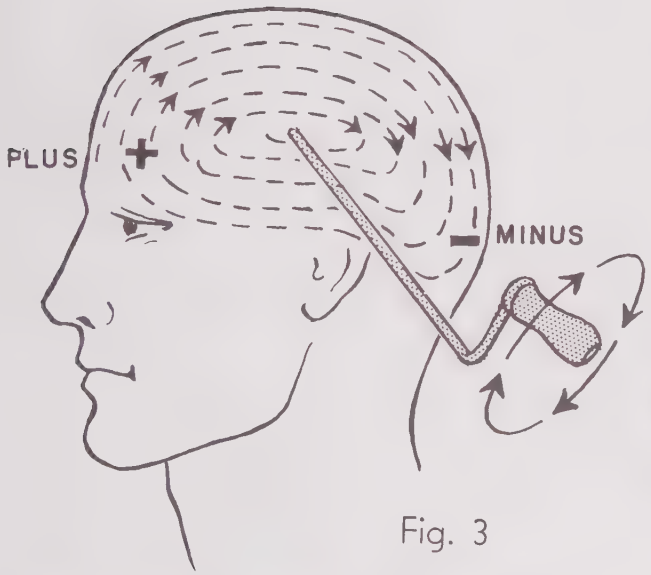


Fig. 3

ELECTRO-MAGNETIC WAVES FLOWING IN THE BRAIN AREA AS ENERGY CURRENTS IN THE POSITIVE POLE. THEN THROUGH THE BODY STRUCTURES AS MUSCULAR TONE AND PATTERNS OF MOTION IN THE WIRELESS FIELD.

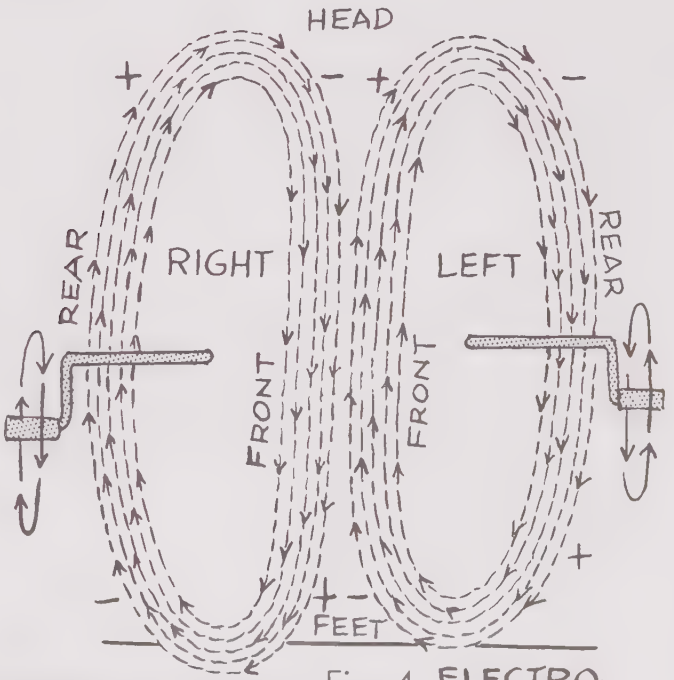


Fig. 4

ELECTRO-MAGNETIC CIRCUIT EXPANDED —LONG LEG SIDE

ELECTRO-MAGNETIC CIRCUIT CONTRACTED — SHORT LEG

OVERALL BODY CIRCUITS FROM HEAD TO FOOT ON EACH SIDE GOVERN MUSCLE TONE.

CHART NO. 9

WIRELESS ENERGY THERAPY CHART OF THE FIVE POINTED STAR

THE GEOMETRIC LINES OF FORCE OF THIS STAR ARE IMPORTANT CONTACT POINTS FOR THE RELEASE OF ENERGY BLOCKS

FIG. 1 REPRESENTS THE ANTERIOR SENSORY ANGLES OF FORCE, AND THEIR INTERRELATIONSHIP. THE TOP OF THE STAR AT THE THROAT CENTER IS THE SOURCE OF THE CURRENT IN THE ETHERIC FIELD AND THE AUDIBLE SOUND ENERGY. IN THE PELVIC BASIN AT THE BOTTOM IS THE SUM TOTAL FORCE ACCUMULATION OF ALL THE SENSORY TENSION AND EMOTIONAL FRUSTRATION. THE TWO LOWEST POINTS OF THE STAR REST ON THE PELVIC BASIN AS A WHOLE. HERE THE INDIVIDUAL VITAL FORCE, THE ELECTRO-MAGNETIC CURRENTS AND THE GRAVITY PULL OF THE EARTH, ALL INTERACT. NATURE HAS PLACED THE CENTERS AND OUTLETS FOR THE VITAL AND EMOTIONAL ENERGIES IN THE PELVIS. THESE CAN ALSO BE RELEASED THROUGH INHIBITION OVER THE ATTACHMENTS OF THE ABDOMINAL MUSCLES TO THE PUBIC BONE. THE PSOAS MAGNUS AND ILIACUS MUSCLES ARE ALSO VERY IMPORTANT FACTORS IN THE GRAVITY PULL - ELECTRO-MAGNETIC ACTION - UPRIGHT POSITION OF THE BODY - AND ANTERIOR POSTERIOR RELATIONSHIP OF EACH HALF OF THE BODY, THE POLARITY CURRENTS AND THE SHORT LEG ALSO HAVE A MAJOR FACTOR HERE IN FRONT. DEEP INHIBITION REACHES THEM.

PERINEAL TECHNIQUE IS VERY EFFECTIVE IN PREGNANCY WHERE PELVIC STRESS AND STRAIN CAUSES MUCH LEG PAIN.

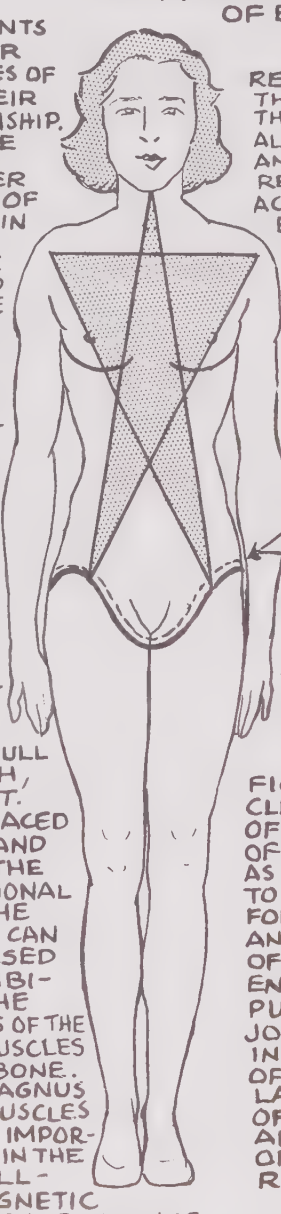


Fig. 1

THE PELVIC FLOOR HAS A DEFINITE EFFECT ON ANTERIOR PELVIC TENSION

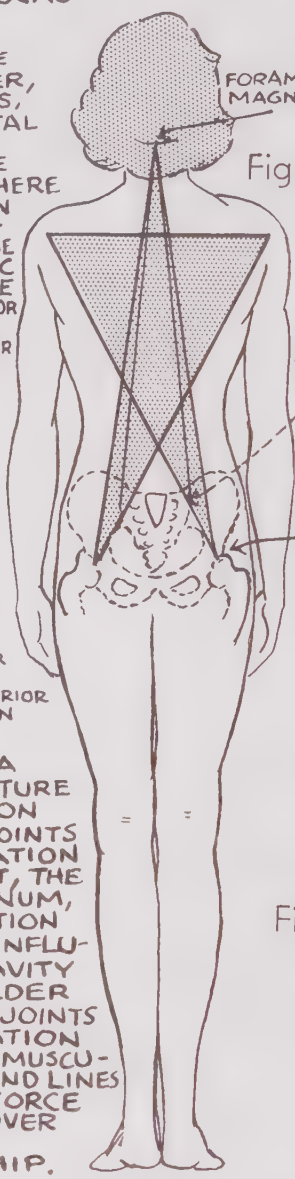


Fig. 2

FIG. 2 GIVES A CLEAR CUT PICTURE OF THE RELATION OF THE 2 HIP JOINTS AS THE FOUNDATION TO THE OCCIPUT, THE FORAMEN MAGNUM, AND THE POSITION OF THE HEAD INFLUENCED BY GRAVITY PULL. SHOULDER JOINTS AND HIP JOINTS IN THEIR RELATION OF DIAGONAL MUSCULAR STRESS AND LINES OF BRACING FORCE AND CROSS OVER OF TENSION RELATIONSHIP.

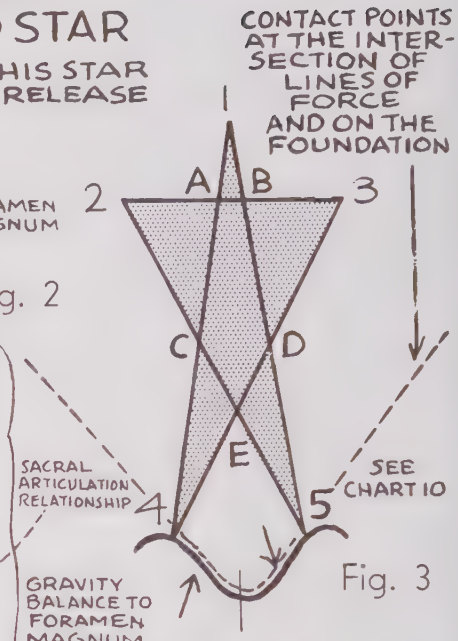


Fig. 3

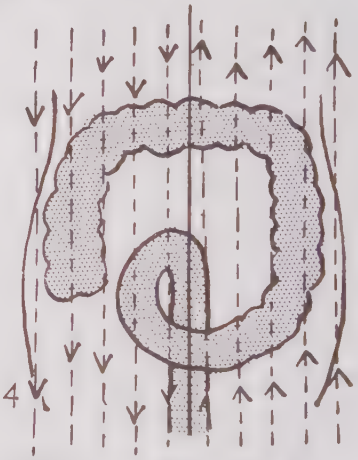


Fig. 4

NORMAL COLON IN RELATION TO ENERGY LINES

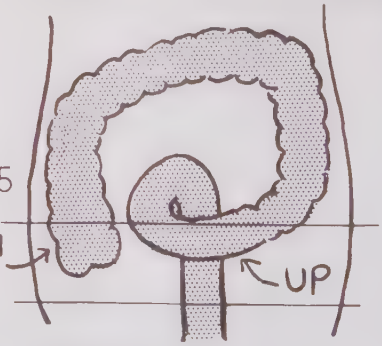


Fig. 5

DISTORTED COLON DUE TO ELECTRO-MAGNETIC PULL

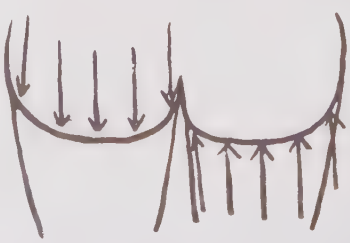


Fig. 6

LIGHT CONTACTS FOR PARASYMPATHETIC THERAPY

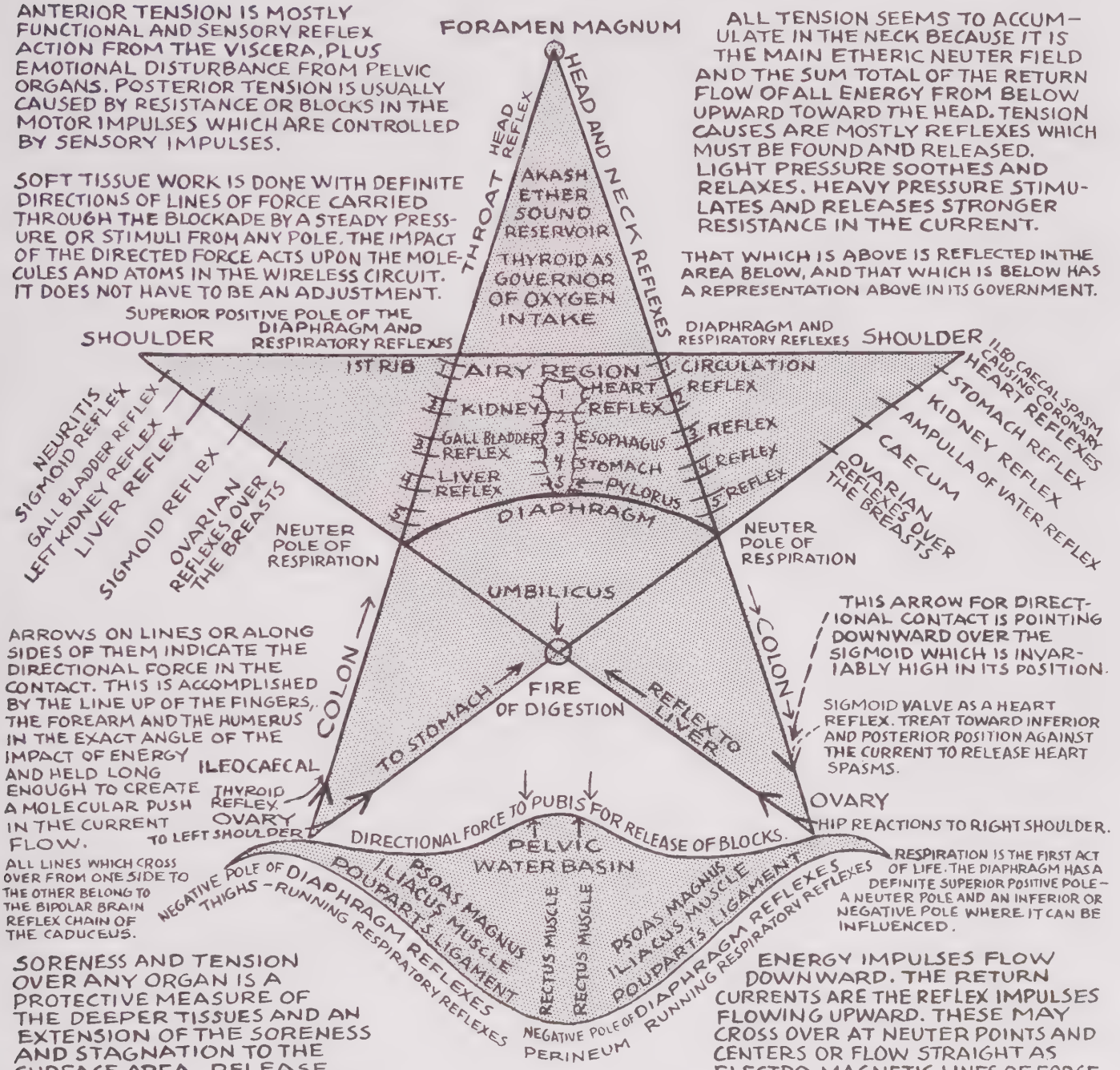
CHART NO. 10 THE FIVE POINTED STAR IN THE HUMAN BODY AS NATURE'S GEOMETRIC KEYBOARD OF LINES OF FORCE AND THEIR REFLEXES.

ANTERIOR TENSION IS MOSTLY FUNCTIONAL AND SENSORY REFLEX ACTION FROM THE VISCERA, PLUS EMOTIONAL DISTURBANCE FROM PELVIC ORGANS. POSTERIOR TENSION IS USUALLY CAUSED BY RESISTANCE OR BLOCKS IN THE MOTOR IMPULSES WHICH ARE CONTROLLED BY SENSORY IMPULSES.

SOFT TISSUE WORK IS DONE WITH DEFINITE DIRECTIONS OF LINES OF FORCE CARRIED THROUGH THE BLOCKADE BY A STEADY PRESSURE OR STIMULI FROM ANY POLE. THE IMPACT OF THE DIRECTED FORCE ACTS UPON THE MOLECULES AND ATOMS IN THE WIRELESS CIRCUIT. IT DOES NOT HAVE TO BE AN ADJUSTMENT.

ALL TENSION SEEMS TO ACCUMULATE IN THE NECK BECAUSE IT IS THE MAIN ETHERIC NEUTER FIELD AND THE SUM TOTAL OF THE RETURN FLOW OF ALL ENERGY FROM BELOW UPWARD TOWARD THE HEAD. TENSION CAUSES ARE MOSTLY REFLEXES WHICH MUST BE FOUND AND RELEASED. LIGHT PRESSURE SOOTHES AND RELAXES. HEAVY PRESSURE STIMULATES AND RELEASES STRONGER RESISTANCE IN THE CURRENT.

THAT WHICH IS ABOVE IS REFLECTED IN THE AREA BELOW, AND THAT WHICH IS BELOW HAS A REPRESENTATION ABOVE IN ITS GOVERNMENT.



ARROWS ON LINES OR ALONG SIDES OF THEM INDICATE THE DIRECTIONAL FORCE IN THE CONTACT. THIS IS ACCOMPLISHED BY THE LINE UP OF THE FINGERS, THE FOREARM AND THE HUMERUS IN THE EXACT ANGLE OF THE IMPACT OF ENERGY AND HELD LONG ENOUGH TO CREATE A MOLECULAR PUSH IN THE CURRENT FLOW.

ALL LINES WHICH CROSS OVER FROM ONE SIDE TO THE OTHER BELONG TO THE BIPOLAR BRAIN REFLEX CHAIN OF THE CADUCEUS.

THIS ARROW FOR DIRECTIONAL CONTACT IS POINTING DOWNWARD OVER THE SIGMOID WHICH IS INVARIABLY HIGH IN ITS POSITION.

SIGMOID VALVE AS A HEART REFLEX. TREAT TOWARD INFERIOR AND POSTERIOR POSITION AGAINST THE CURRENT TO RELEASE HEART SPASMS.

RESPIRATION IS THE FIRST ACT OF LIFE. THE DIAPHRAGM HAS A DEFINITE SUPERIOR POSITIVE POLE — A NEUTER POLE AND AN INFERIOR OR NEGATIVE POLE WHERE IT CAN BE INFLUENCED.

SORENESS AND TENSION OVER ANY ORGAN IS A PROTECTIVE MEASURE OF THE DEEPER TISSUES AND AN EXTENSION OF THE SORENESS AND STAGNATION TO THE SURFACE AREA. RELEASE ENERGY BLOCKS BY DIRECTIONAL CONTACTS IN THE LINE OF FORCE.

ENERGY IMPULSES FLOW DOWNWARD. THE RETURN CURRENTS ARE THE REFLEX IMPULSES FLOWING UPWARD. THESE MAY CROSS OVER AT NEUTER POINTS AND CENTERS OR FLOW STRAIGHT AS ELECTRO-MAGNETIC LINES OF FORCE AND AS GRAVITY IMPULSES. CURRENT RESISTANCE ANYWHERE BECOMES REFLEX PAIN.

ALL THE AREAS AND ORGANS WHICH THE LINES OF FORCE PASS OVER IN THEIR ASCENDING FLOW, HAVE THEIR REPRESENTATIVE REFLEXES ABOVE THE DIAPHRAGM IN EXACTLY THE SAME ORDER AS THEY WERE PASSED. SO THE OVARIES AND PELVIC ORGANS HAVE THEIR REFLEX IN THE BREASTS ON THE OPPOSITE POLARITY SIDE. OTHER ORGANS FOLLOW IN LINE AND CAN BE TRACED. BY THE SAME TOKEN THE DIAPHRAGM HAS A DEFINITE REFLEX BELOW POUPART'S LIGAMENT ON THE MUSCLES OF THE THIGHS ON EACH SIDE. THIS IS A VALUABLE REFLEX TO RELEASE IN SPASMS OF THE DIAPHRAGM.

CHART NO. II

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

GOD GEOMETRIZES

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.

SUPERIOR + OVAL CAVITY O MEDULLA −

ONE BASE ABOVE AS THE POSITIVE POLE

THE UVULA + POLE INSIDE

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 DIAPHRAGM AS THE O NEUTER FUNCTIONING POLE

THE RECTUM AS THE − NEGATIVE FUNCTIONING POLE

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

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

Fig. 1

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

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.

RUNNING

Fig. 2

CREATION OF FORMS BELOW

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

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.

Fig. 3

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

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

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.

CHART NO.12 TREES OF LIFE IN MAN. DIVINE AND PHYSICAL. EMPHASIS OF PAST AND PRESENT VIEWPOINTS.

IN THE BRAIN LIE THE PATTERN FIELDS OF MIND AND ENERGY AS THE CROWN OF CREATION. IN THE BRAIN ALSO IS THE BLOSSOM OF LIFE'S FRUITS AND EXPERIENCES AS CONSCIOUSNESS AND BLISSFUL REALIZATION.

SCREEN OF CONSCIOUSNESS. VIEWER AND SOUND & EFFECT CENTER

TRANSMITTER AND LOUD SPEAKER

SENSORY ROOT SYSTEM OF FEELING THRU THE HEART CENTER CONDENSING THE FINER LIFE CURRENTS OF SOUND ENERGY AND BEATING IT OUT IN RHYTHMIC PULSATIONS.

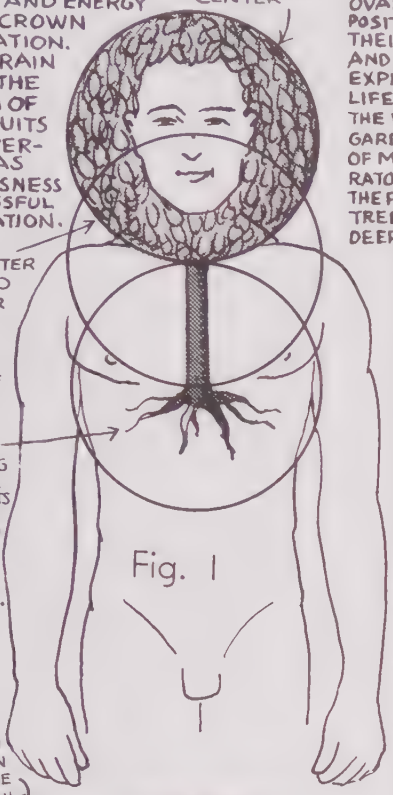


Fig. 1

VIBRATION RADIATION ANTENNAE

CONDENSER BULB

A NERVE CELL WITH BRANCHED DENDRITES FROM THE CEREBELLAR CORTEX OF A RABBIT. THIS NERVE TISSUE ALSO LOOKS LIKE A MINIATURE TREE.

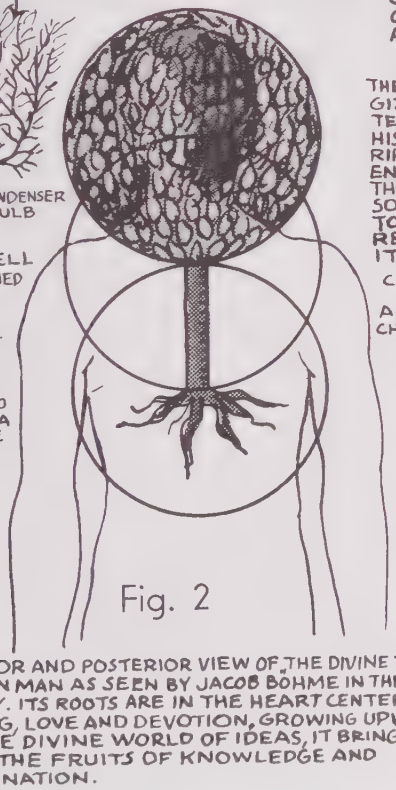


Fig. 2

ANTERIOR AND POSTERIOR VIEW OF THE DIVINE TREE OF LIFE IN MAN AS SEEN BY JACOB BÖHME IN THE 16TH CENTURY. ITS ROOTS ARE IN THE HEART CENTER OF FEELING, LOVE AND DEVOTION, GROWING UPWARDS INTO THE DIVINE WORLD OF IDEAS, IT BRINGS FORTH THE FRUITS OF KNOWLEDGE AND ILLUMINATION.

TREES ARE ENERGY FORMS GROWING IN GARDENS — OVALS AND SPHERES OF COMPOSITE ENERGY FIELDS OUT OF THEIR VERY GROUND OR CENTERS AND BRING FORTH FRUIT THRU EXPERIENCE. THE TREE OF LIFE IS PORTRAYED HERE IN THE VERY CENTER OF THE GARDEN THE TEMPLE OR BODY OF MAN IN THE ETHERIC VIBRATORY SPHERE OF EDEN ABOVE THE FIRMAMENT OR DIAPHRAGM. TREES, IN SCRIPTURES HAVE A DEEPER MEANING, LIKE THE CHRISTMAS TREE FOR THE PINE CENTER IN THE BRAIN, THE PINEAL GLAND FUNCTION OF ILLUMINATION. THE SEPHIROTH TREE OF LIFE OF THE KABALAH, THE SECRET DOCTRINE OF ISRAEL, HAS A SIMILAR DESIGN AS FIG. 3 OF THE NERVOUS SYSTEM. ALL EMANATIONS IN CREATION ARE CENTRIFUGAL AND DESCEND FROM KETHER, THE CROWN OF CREATION, THE BRAIN, AS THE POSITIVE POLE. CHOCHMA, THE CENTER OF WISDOM, OF CREATIVE SPEECH, EQUALS THE MIDDLE SPHERE OF FIG 1. BINAH, UNDERSTANDING, THE HEART CENTER OF COMPHREHENSION THRU FEELING REPRESENTS THE LOWER SPHERE OF THE TRIAD AS THE NEGATIVE POLE. BÖHMES TREE OF LIFE REPRESENTS THE CENTRIPETAL ENERGY OF CONTEMPLATION AND ILLUMINATION.

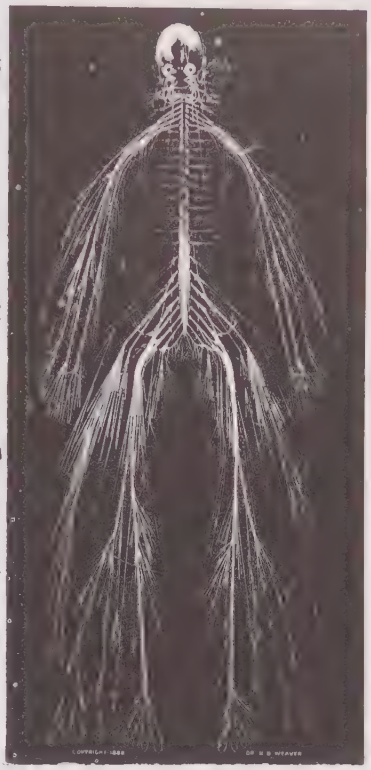


Fig. 3

MAN'S NERVOUS SYSTEM EMANATING FROM THE BRAIN AS ITS ROOT AND SOURCE LIKE THE KABALISTIC TREE OF LIFE. PHYSICAL TREES OF LIFE IN THE BODY OF MAN ARE PATHWAYS OF THE ENERGY CURRENTS FOR THE EXPRESSION OF THE 5 MOTOR AND THE 5 SENSORY SENSES LIKE THE 10 SEPHIROTHIC CENTERS OF THE SEPHIROTHIC TREE OF LIFE. THE CIRCULATION CIRCUITS OF THE BODY FLUIDS OF BLOOD AND LYMPH REPRESENT ANOTHER TREE OF LIFE WITH ITS FRUIT. THE MUSCULAR STRUCTURE REVEALS ANOTHER TREE WITH BRANCHES THAT LOOK LIKE A COMPLETE MAN. THE EXTERNAL AND INTERNAL SKIN REVEALS A SIMILAR DESIGN. THE BONY SKELETON IS ALSO A FORM OF A TREE IN MAN.

THESE 5 TYPES OF TREES ARE THE 5 MODES OF ENERGY SPINNING AS SPHERES OR FIELDS AND OUT OF THEIR CENTERS. - CURRENTS ARISE AS A NEW PATTERN OF COMPOSITE ENERGY WHICH HAS THIS SYMBOLIC FORM OF LIFE, AS A NATURAL GROWTH. ALL CELLS ARE ELECTRO-MAGNETIC CONDUCTORS AND OSCILATE; THEY RESPOND TO ALL 5 MODES OF ENERGY FLOWING THRU THEM CONSTANTLY; CALLED PRANA IN THE EAST.

THE GREAT PYRAMID OF GIZEH IS A SYMBOL OF THE TEMPLE OF MAN IN WHICH HIS SOUL LIVES AND RIPENS THRU EXPERIENCE TO ASCEND THRU APPARENT SOLID MATTER TO DIVINE REGIONS OF ITS OWN.

IN THE PYRAMID OF MATTER ALL DIMENSIONS OF PAST AND FUTURE LIE HIDDEN.

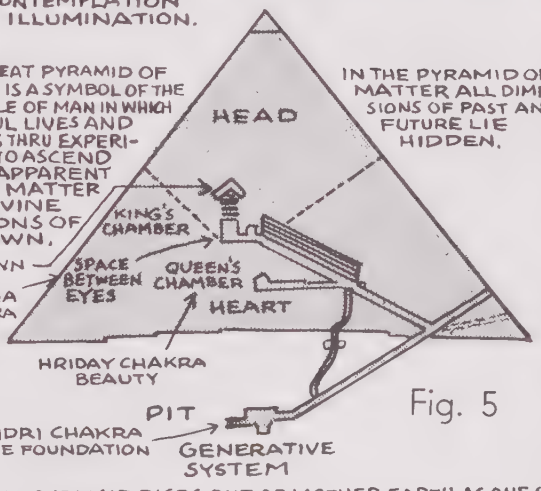


Fig. 5

THE PYRAMID RISES OUT OF MOTHER EARTH AS ONE SOLID STRUCTURE OF STONE 486 FEET HIGH COVERING 13 ACRES. THE BASE OF EACH OF THE FOUR TRIANGULAR SIDES IS 764 FEET LONG. THESE SYMBOLIZE THE FOUR POLARIZED PRIMARY ELEMENTARY FORCES OF MATTER LIKE THE FOUR RIVERS OF GENESIS FLOWING OUT OF ONE RIVER.

SEE PAGES 8-9-10 AND ILLUSTRATIONS ON PAGES 30-31 IN "THE NEW ENERGY CONCEPT OF THE HEALING ART."

THE BASE OF THE GREAT PYRAMID IS THE TERRA FIRMA OR THE FIRMAMENT OF THE DIAPHRAGM. IN THAT, IT AGREES WITH THE DIVINE TREE OF BÖHME. THE PIT, OR THE GENERATIVE SPHERE IS BELOW THE EARTH SPHERE OF THE ABDOMEN IN THIS WORLD OF MOTHER EARTH AND NATURE WHICH SUPPORTS THE STRUCTURE ABOVE IT ON THIS EARTH. THE LIMESTONE COVER WHICH ONCE GLISTENED IN THE SUNLIGHT REPRESENTED THE SKIN.

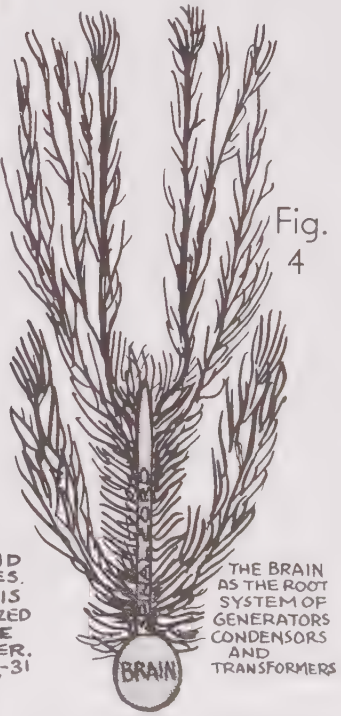


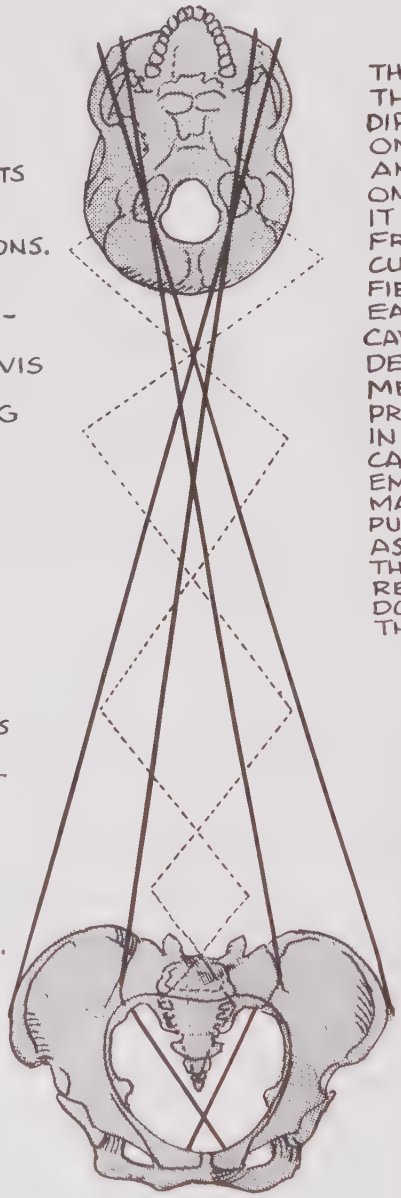
Fig. 4

THE BRAIN AS THE ROOT SYSTEM OF GENERATORS CONDENSORS AND TRANSFORMERS

FIG. 3 INERTED; PLANTED LIKE A TREE WITH ITS ROOT SYSTEM IN THE GROUND. MAN IS A HIGHER CREATION WITH HIS ROOTS IN HEAVEN AND HIS FEET ON THE EARTH.

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 CADUCEUS, 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 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 RELATIONSHIP OF THE SYMPHISIS 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 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. 14.

NORMAL MUSCULAR FIBRES

WHERE THE ELECTRO-MAGNETIC CURRENTS FLOW FREELY

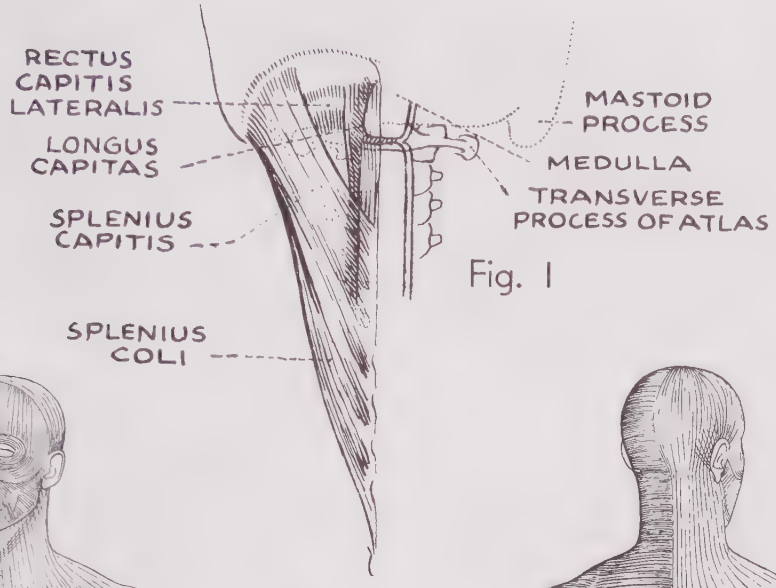


Fig. 1

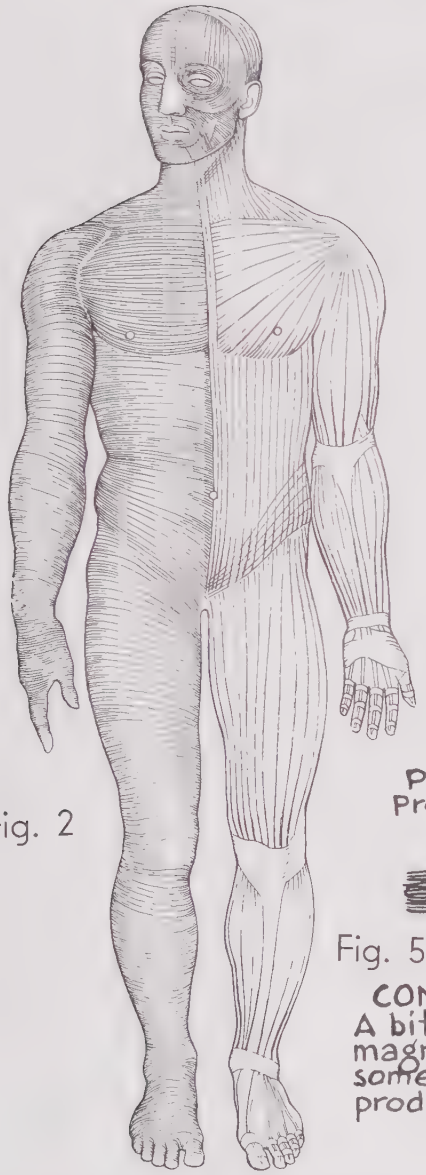


Fig. 2



Fig. 4

A Muscle Cell from the walls of the intestine

PHYSIOLOGY, 1909 by Profs. Conn and Budington

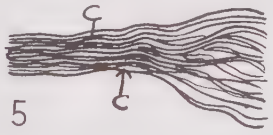


Fig. 5

CONNECTIVE TISSUE
A bit of tendon highly magnifed. At C are shown some of the cells which produced the fibers.

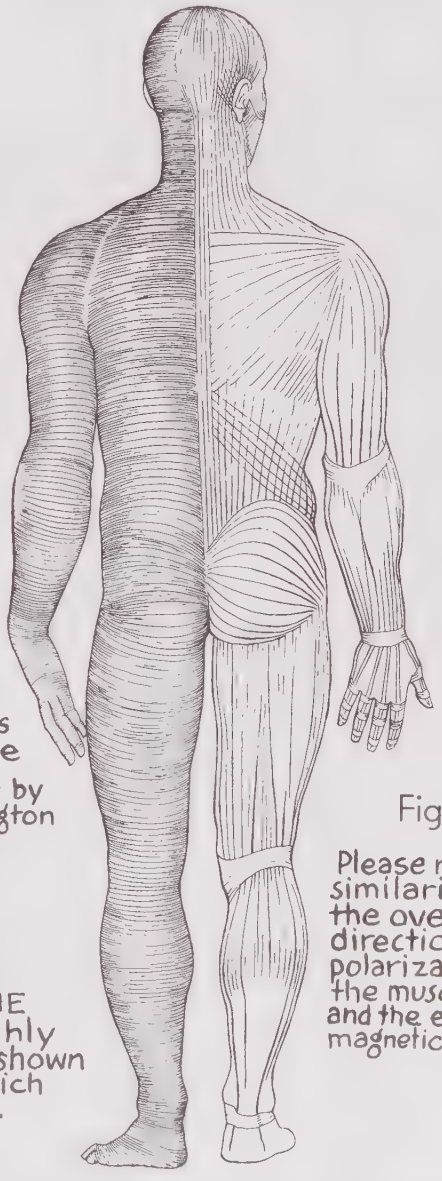


Fig. 3

Please note the similarity of the over-all direction of the polarization of the muscle fibres and the electro-magnetic circuits.

ANATOMICAL DRAWINGS FROM THE HUMAN MACHINE AND ITS FORCES BY DR. DEWANCHAND VARMA OF LONDON. (OUT OF PRINT).

CHART NO.15 COMPARATIVE CHARTS OF ANATOMY

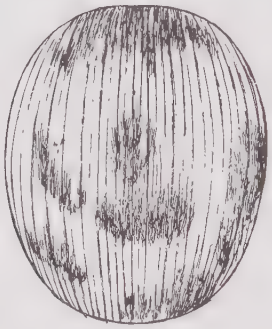


Fig. 1

ABNORMAL

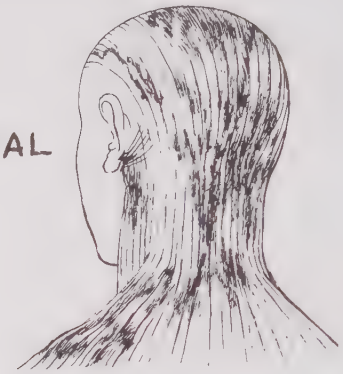
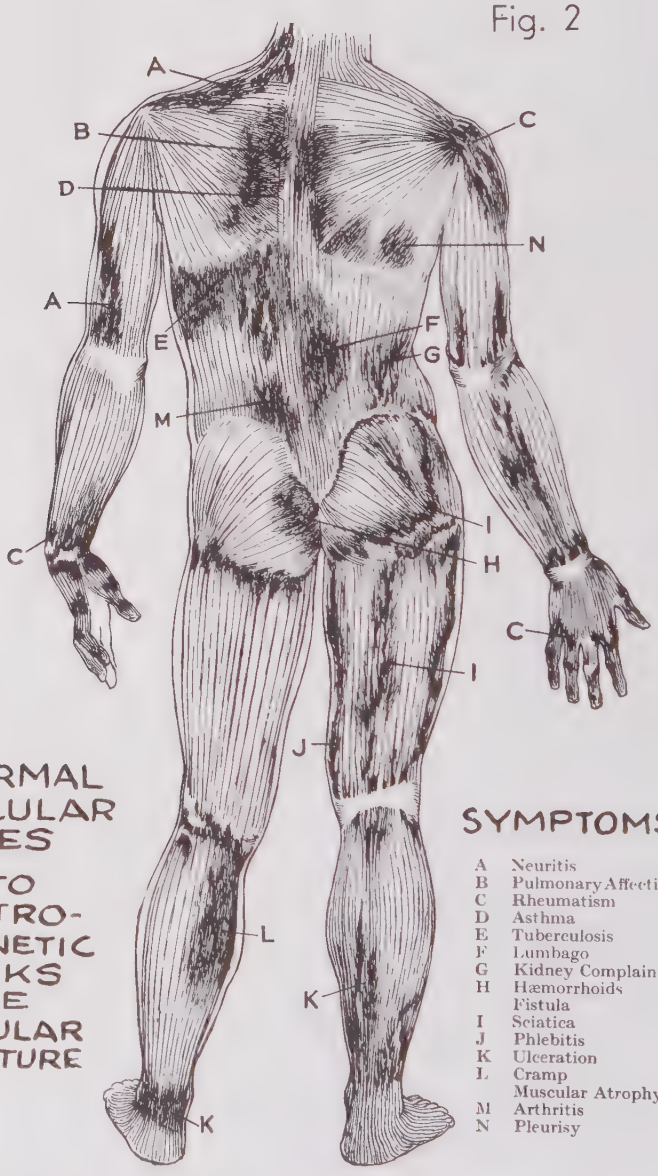


Fig. 2

NORMAL



Fig. 3



ABNORMAL MUSCULAR FIBRES DUE TO ELECTRO-MAGNETIC BLOCKS IN THE MUSCULAR STRUCTURE

SYMPTOMS

A	Neuritis
B	Pulmonary Affections
C	Rheumatism
D	Asthma
E	Tuberculosis
F	Lumbago
G	Kidney Complaints
H	Hæmorrhoids Fistula
I	Sciatica
J	Phlebitis
K	Ulceration
L	Cramp Muscular Atrophy
M	Arthritis
N	Pleurisy

ANATOMICAL DRAWINGS FROM THE HUMAN MACHINE AND ITS FORCES BY DR. DEWANCHAND VARMA OF LONDON. (OUT OF PRINT).

CHART NO. 16. COMPARATIVE CHARTS OF ANATOMY

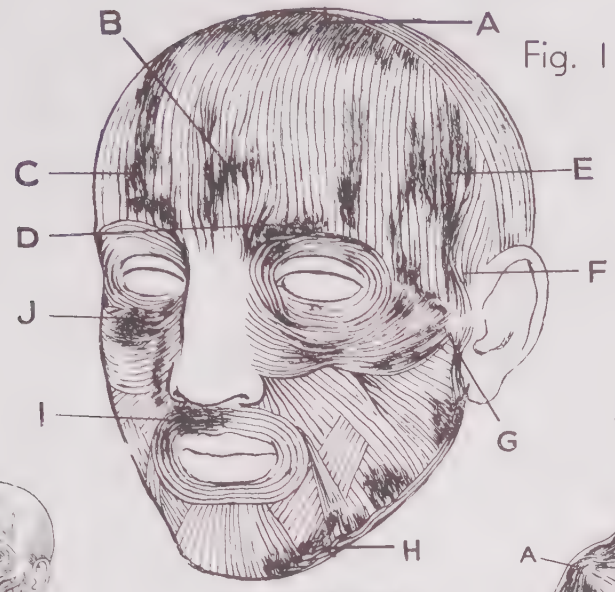
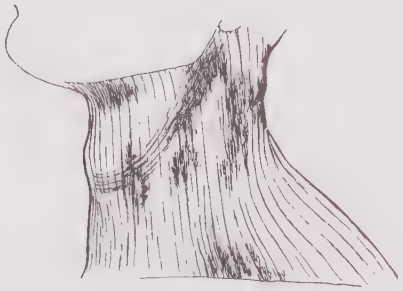


Fig. 1



ABNORMAL

Fig. 2

NORMAL

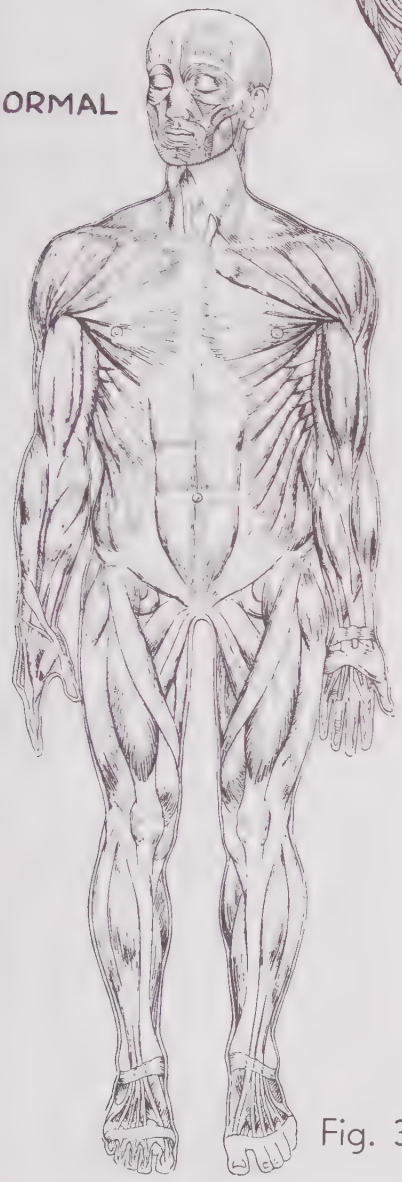
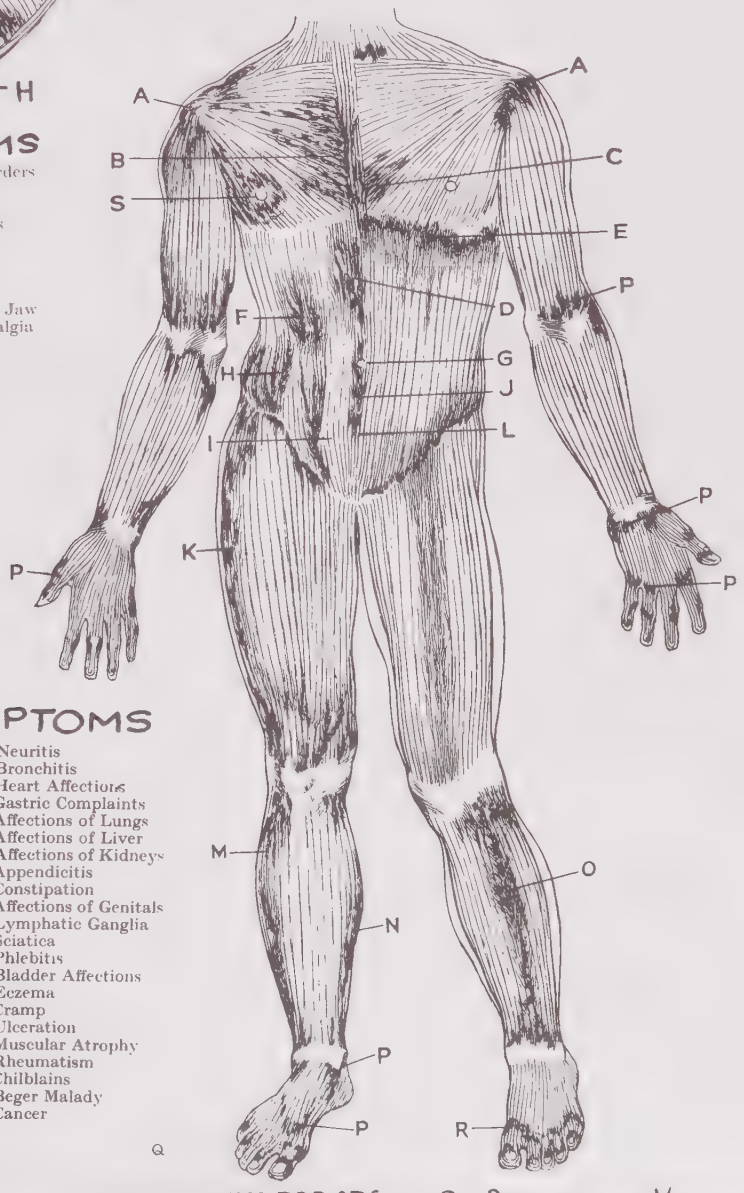


Fig. 3

SYMPTOMS

A	Mental Disorders
B	Catarrh
C	Neuralgia
D	Eye Diseases
E	Headache
F	Deafness
G	Head Noises
H	Caries
	Neuralgia of Jaw
I	Facial Neuralgia
J	Sinusitis

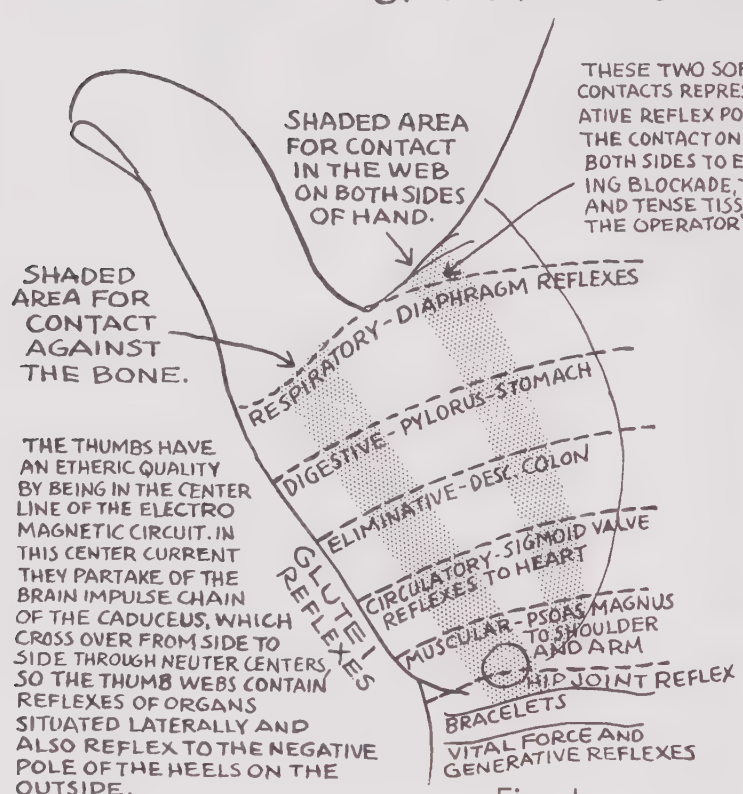


SYMPTOMS

A	Neuritis
B	Bronchitis
C	Heart Affections
D	Gastric Complaints
E	Affections of Lungs
F	Affections of Liver
G	Affections of Kidneys
H	Appendicitis
I	Constipation
J	Affections of Genitals
	Lymphatic Ganglia
K	Sciatica
	Phlebitis
L	Bladder Affections
M	Eczema
N	Cramp
	Ulceration
O	Muscular Atrophy
P	Rheumatism
Q	Chilblains
R	Beger Malady
S	Cancer

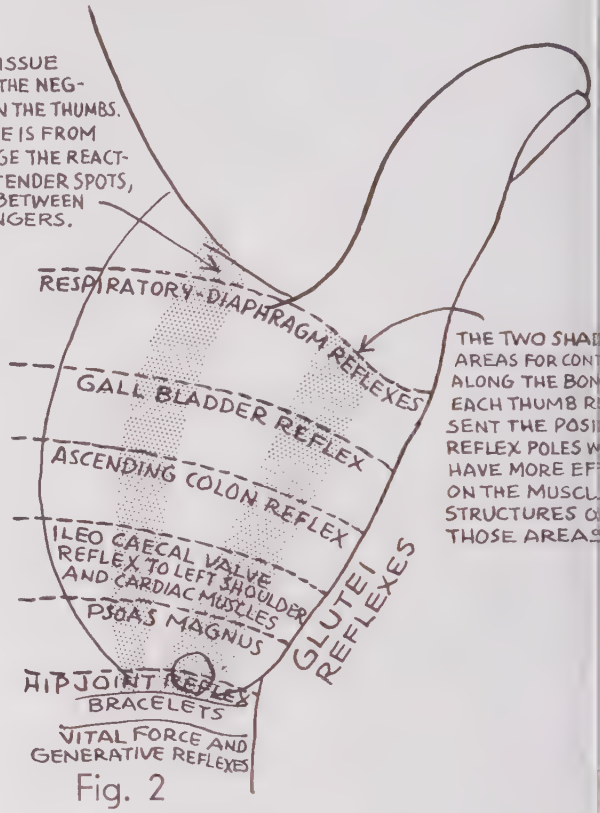
ANATOMICAL DRAWINGS FROM THE HUMAN MACHINE AND ITS FORCES, BY DR. DEWANCHAND VARMA OF LONDON. (OUT OF PRINT).

CHART NO. 17. THUMBS AS NEUTER REFLEXES EMBRACING THE ENTIR AREAS BELOW THE DIAPHRAGM ON EACH SIDE OF THE BODY, COMPARED TO REFLEXES AROUND THE OUTSIDE OF THE ANKLES AS THE NEGATIVE POLE.



THE THUMBS HAVE AN ETHERIC QUALITY BY BEING IN THE CENTER LINE OF THE ELECTRO MAGNETIC CIRCUIT. IN THIS CENTER CURRENT THEY PARTAKE OF THE BRAIN IMPULSE CHAIN OF THE CADUCEUS, WHICH CROSS OVER FROM SIDE TO SIDE THROUGH NEUTER CENTERS, SO THE THUMB WEBS CONTAIN REFLEXES OF ORGANS SITUATED LATERALLY AND ALSO REFLEX TO THE NEGATIVE POLE OF THE HEELS ON THE OUTSIDE.

Fig. 1



THE TWO SHAD... AREAS FOR CONT... ALONG THE BON... EACH THUMB R... SENT THE POSI... REFLEX POLES W... HAVE MORE EF... ON THE MUSCL... STRUCTURES O... THOSE AREAS

Fig. 2

SEE CHART 4 FOR COMPARATIVE AREAS OF THUMBS, O BODY + AND FOOT — REFLEXES.

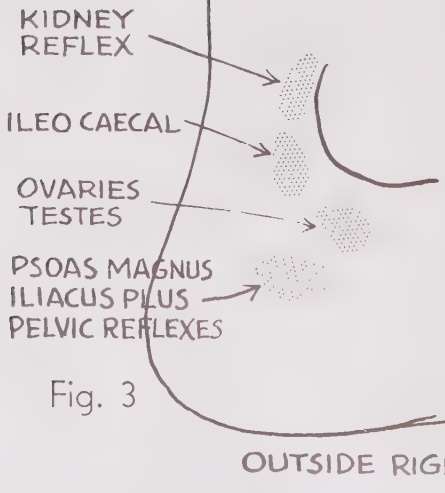


Fig. 3

OUTSIDE RIGHT FOOT

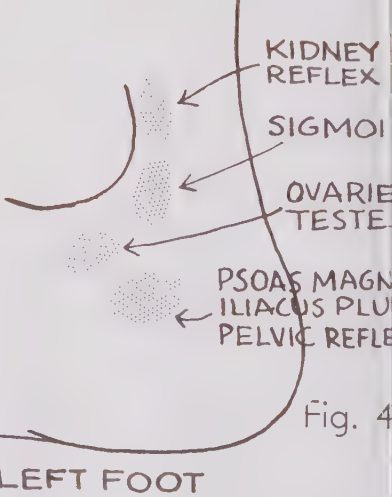


Fig. 4

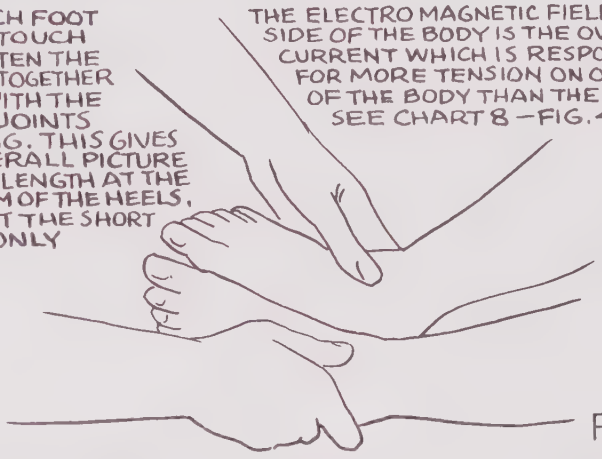
OUTSIDE LEFT FOOT

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.



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. 1



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. 2

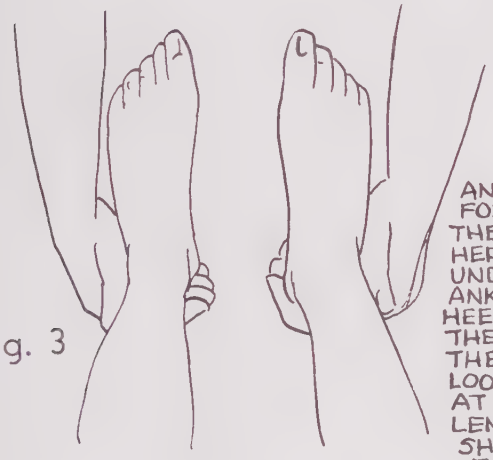


Fig. 3

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.

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.

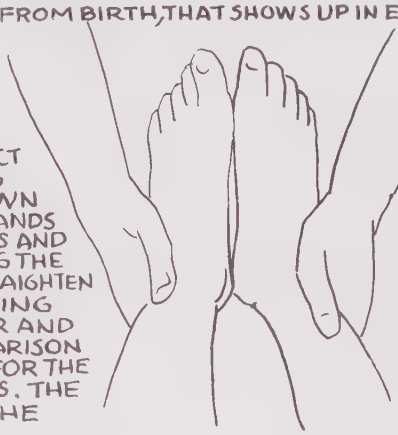
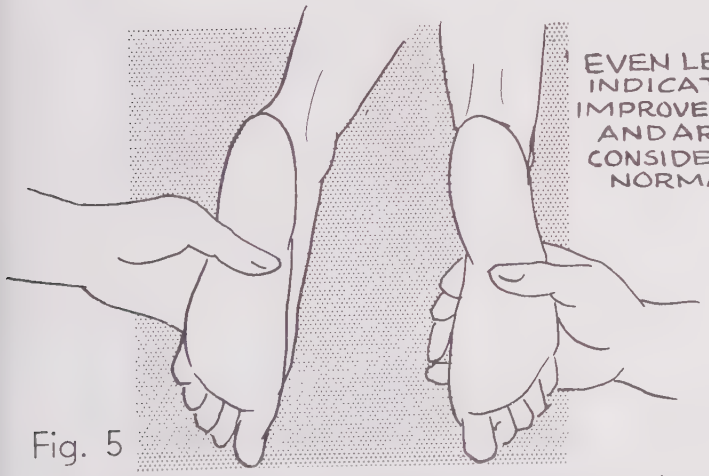


Fig. 4

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.



EVEN LEGS INDICATE IMPROVEMENT AND ARE CONSIDERED NORMAL.

Fig. 5



Fig. 6



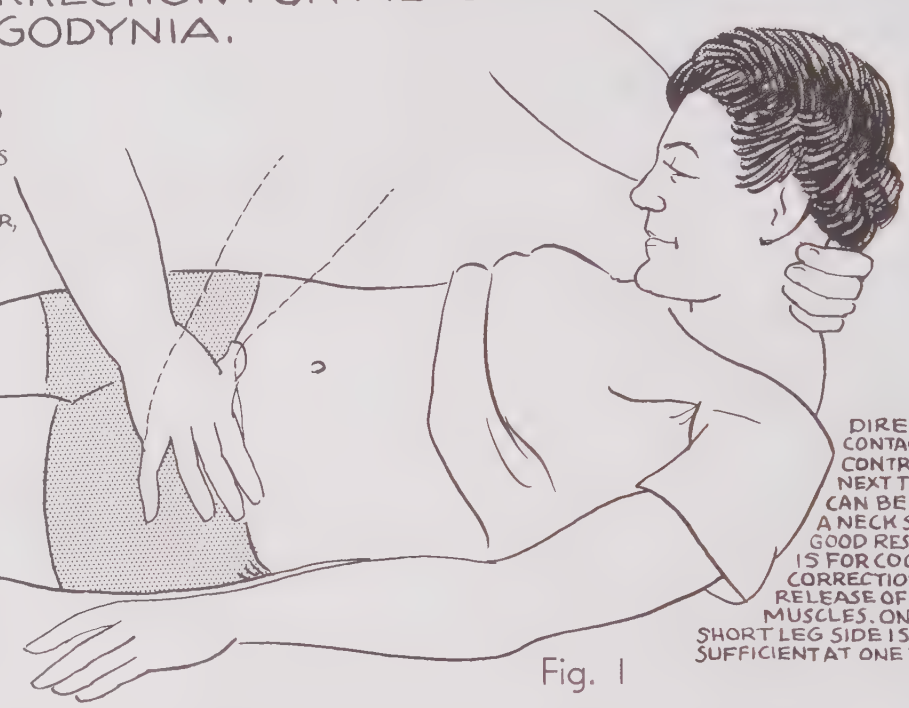
Fig. 7

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.

CHART NO. 19. A TECHNIQUE TO RELEASE MOTOR ENERGY BLOCKS IMMEDIATELY ABOVE THE PUBIS FOR BLADDER-URINARY-RECTAL-UTERINE AND PROSTATIC TROUBLE. COCCYX CORRECTION FOR PILES AND COCCYGODYNIA.

TENSION AND SORENESS FOUND IN THE RECTUS ABDOMINALIS AND THE PYRAMIDALIS MUSCLES USUALLY MEANS THAT THE STRUCTURES UNDERNEATH ARE IN TROUBLE. LOOK FOR BLADDER, RECTAL, PROSTATIC OR UTERINE DISTURBANCE. HOWEVER, THE RELEASE OF THIS TENSION ABOVE THE PUBIS GIVES REMARKABLE RESULTS. THE THUMB IS PLACED OVER THE SPASTIC MUSCLE, FLAT AND LEVEL, LIKE A ROCKER RUNNER, TO COVER THE AREA. THEN WITH THE OTHER HAND UNDER THE NECK AND THE OCCIPUT, THE BODY IS RAISED GENTLY FOR A GOOD STRETCH. HOLD IT A MOMENT.



DIRECTIONAL CONTACTS ON THE CONTRACTED MUSCLE NEXT TO THE PUBIS CAN BE HELD WITHOU A NECK STRETCH WITH GOOD RESULTS. THE LIFT IS FOR COORDINATED CORRECTION AND THE RELEASE OF HEAVY SPASTI MUSCLES. ONE LIFT ON TH SHORT LEG SIDE IS USUALLY SUFFICIENT AT ONE TREATMENT

Fig. 1

WITH THE THUMB CLOSE TO THE SYMPHISIS PUBIS GIVING THE CONTACT AN INFERIOR AS WELL AS A POSTERIOR DIRECTION ACTS AS A POWERFUL CORRECTION FOR THE SUPERIOR PUBIS AND SHORTENS THE LEG ON THAT SIDE. MUSCLE TENSION CAN BE RELEASED ON BOTH SIDES BUT THE INFERIOR ANGLE SHOULD ONLY BE USED ON THE SHORT LEG SIDE.

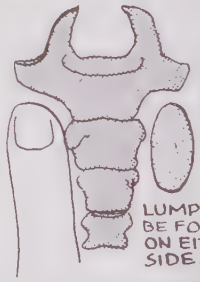


Fig. 2

A CORRECTION OF THE ANTERIOR SACRAL BASE. HERE THE FLAT THUMB IS PLACED ABOVE POUPART'S LIGAMENT, ABOUT ITS MIDDLE REGION, FOR DIRECTIONAL PRESSURE POSTERIORLY ON THE ANTERIOR BASE OF THE SACRUM. THE HEAD LIFT IS USED AS ABOVE. THIS IS APPLIED TO THE OPPOSITE SIDE OF THE SHORT LEG FOR THE RELEASE OF THE ANTERIOR SACRAL BASE. IT LENGTHENS THE SHORT LEG.

CONTRACTION OF TISSUES ON EITHER SIDE OF THE COCCYX IS USUALLY OVERLOOKED IN MOST EXAMINATIONS BECAUSE THESE LUMPS CANNOT BE FELT UNLESS THE TISSUE IS ENGAGED BETWEEN THE INTERNAL AND EXTERNAL EXAMINING FINGERS. SPASTIC TISSUE AT THIS VITAL SPOT INTERFERES WITH THE ACTION OF THE GANGLION OF IMPAR AND ITS POSITIVE POLE IN THE BRAIN BY REFLEX ACTION. IT IS A VITAL FACTOR IN COCCYGODYNIA AND HEMORRHOIDS. FOR LEG PAINS RELEASE THE CENTRAL ENERGY BLOCKS HERE.

Fig. 3



LUMP MA BE FOUN ON EITH SIDE.

ANTERIOR SURFACE OF THE COCCYX



Fig. 4

THIS CONTRACTED TISSUE IS THE REAL MOTOR ENERGY BLOC ONE FINGER IS INSERTED INTO THE RECTUM TO EXAMINE THE ANTERIOR ARTICULATIONS OF THE COCCYX AND BOTH SIDES FOR CONGESTED LUMPY TISSUE. THE FIRST FINGE OF THE OTHER HAND SLIDE ALONG ON THE OUTSIDE OF THE COCCYX AND TISSUES DIRECTLY OPPOSIT THE INTERNAL FINGER. IT IS BETWEEN THES TWO FINGERS EXAMINING WITH MODERAT PRESSURE THAT MANY CONDITIONS ARE FOUND WHICH ONE FINGER ALONE WOU MISS. FOR RELIEF, THE STAGNANT CONTRACTED TISSUES MUST BE ENGAGE BETWEEN BOTH FINGERS AND THE ENERGY BLOCKADE RELEASED BY PRESSURE MANIPULATION.

CHART NO. 20

A STOMACH RELEASE AND ABDOMINAL CONTACTS FOR THE STIMULATION OF THE LACTEALS AND STAGNANT ENERGIES.

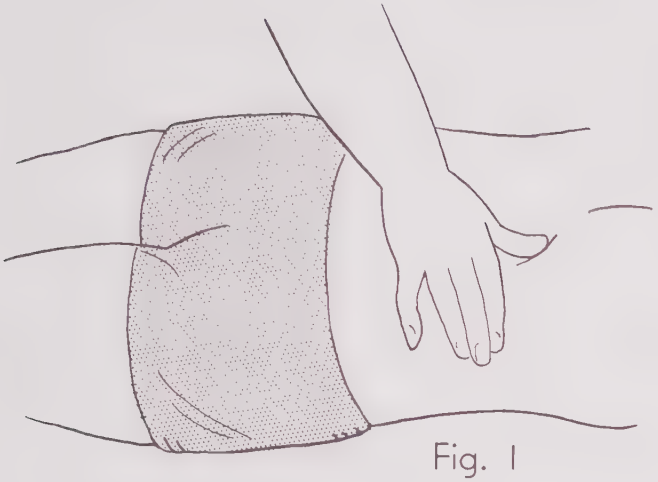


Fig. 1

FIG. 1 SHOWS THE PATIENT ON THE BACK AND THE HAND OF THE OPERATOR MAKES MILD DIRECTIONAL CONTACT UNDER THE PYLORUS WITH THE HEAD LIFT TO RELEASE STAGNATION BY EMPTYING THE STOMACH.

FIG. 2 SHOWS A FREE HAND CONTACT OVER TENDER AREAS ON THE ABDOMEN WITH A PARTIAL TWIST AND A FIRM GRIP ON THE TISSUES WITH THE DIRECTION UPWARD TOWARD THE OPPOSITE SHOULDER. THE HAND OPENS AND CLOSES REPEATEDLY FOR A GENTLE STIMULATION TO THE MUSCLES AND FATTY TISSUES.

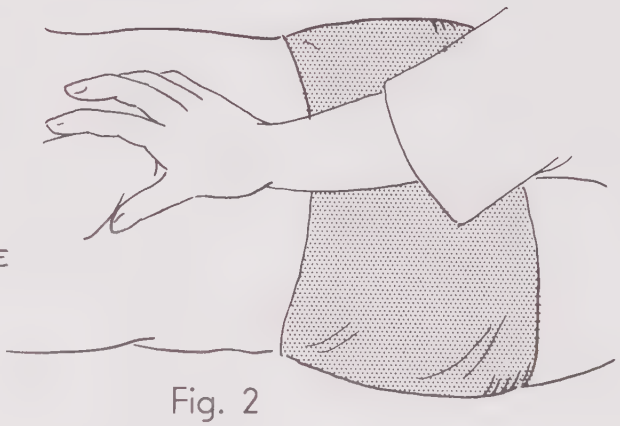


Fig. 2



Fig. 3

FIG. 3 GIVES A DOUBLE HAND CONTACT WITH A FIRM TWIST OF THE LOOSE FATTY TISSUE FOR STIMULATING THE LACTEALS AND PRODUCING BETTER DRAINAGE, IT IS A DIGESTIVE AND BOWEL STIMULATION BY DIRECTIONAL ENERGY AGAINST THE ELECTRO MAGNETIC FLOW.

CHART NO. 21. SACRAL RELEASE BY A SUPPORT UNDERNEATH AND DIRECTIONAL FORCE APPLIED POSTERIORLY AND LATERALLY.

THE ANTERIOR SACRAL BASE IS USUALLY THE SORE SIDE AND IS TENDER TO THE TOUCH, REGARDLESS OF WHICH IS THE SHORT LEG. MANY TIMES PRESSURE ON THE SAME INNOMINATE TOWARD THE FLOOR RELEASES THE ARTICULATE TENSION AND PAIN IN THIS NEUTER JOINT.

THERE IS A DEFINITE RELATIONSHIP BETWEEN THE ANTERIOR SACRAL BASE AND THE LATERAL ATLAS ON THAT SIDE. THESE JOINTS NEED CAREFUL CHECKING AS THEY ARE THE TWO POLES OF THE HOUSING OF THE VITAL FORCES. A POSTERIOR DORSAL CURVE ALSO HAS ITS RELATIONSHIP AND EFFECT ON THE SACRO ILIAC ARTICULATION RELEASE.

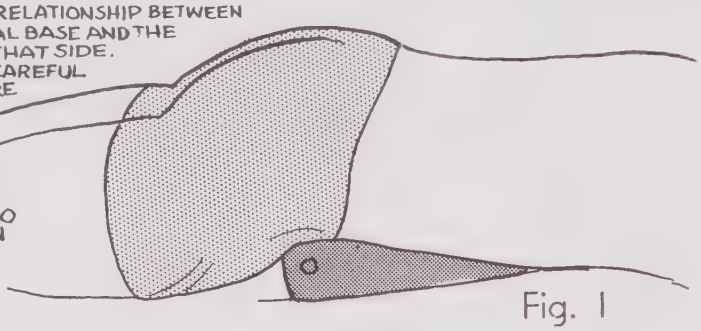


Fig. 1

THIS IS THE BASIS FOR MOST PELVIC TENSION RELEASE. NO BONY ADJUSTMENT IS AIMED AT HERE. ONLY THE RELEASE OF SPASTIC TISSUE BY DIRECTIONAL FORCE CORRECTLY EMPLOYED TO BALANCE THE SACRAL BASE AND THE VITAL FORCE RELATIONSHIP WITH THE REST OF THE BODY'S ENERGY FIELDS.

WHEN THERE IS POSTERITY IN THE LUMBAR CURVE – NO CUSHION IS NEEDED FOR THIS THERAPY.

A POSITION FACE DOWN WITH A FIRM CUSHION SUPPORT ABOVE THE PUBIS, TO RAISE AND SUPPORT THE SACRAL BASE.

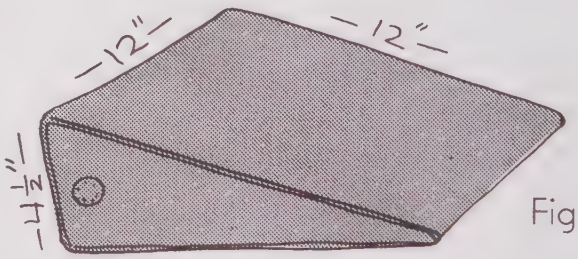


Fig. 2

THIS CUSHION IS FIRM AND PLIABLE, HANDMADE OF SPECIAL RUBBER, WITH A PLASTIC COVER. THE TAPER AND THE FIRM EDGE HAVE THEIR ADVANTAGE FOR THERAPEUTIC USE. IT GETS CLOSER TO THE POINT OF SUPPORT THAN A ROUND ONE.

THE POSTERIOR SACRAL BASE IS USUALLY ON THE SHORT LEG SIDE. TEST FOR IT. THE SHORT LEG WILL GET LONGER IF YOUR FINDING AND APPLICATION IS CORRECT.

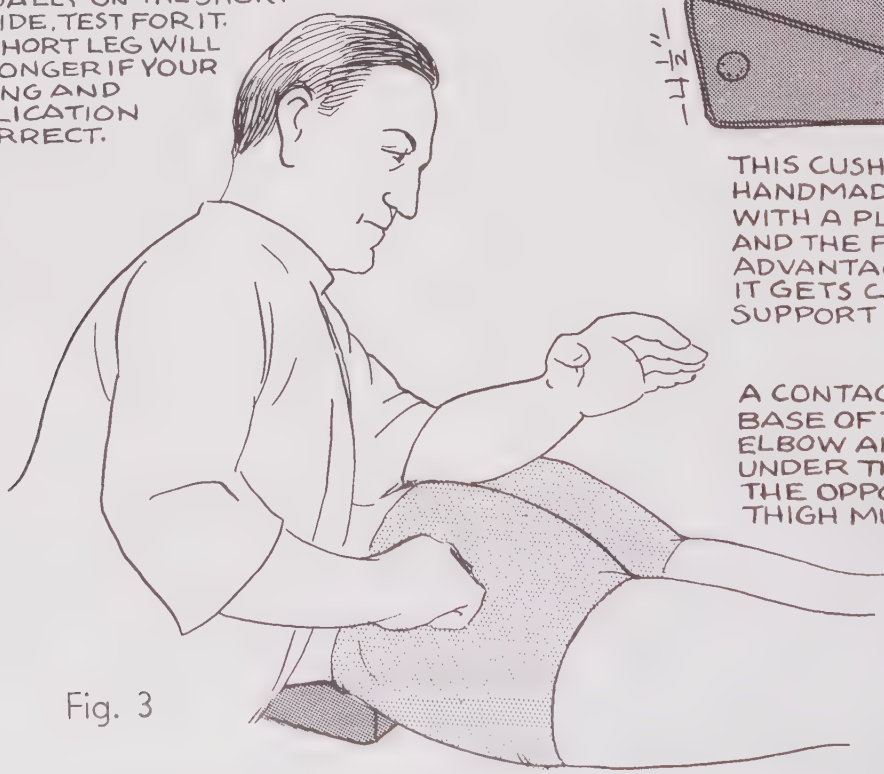


Fig. 3

A CONTACT OVER THE POSTERIOR BASE OF THE SACRUM WITH THE ELBOW AND A THUMB CONTACT UNDER THE ANTERIOR BASE ON THE OPPOSITE SIDE ON THE TENSE THIGH MUSCLES WITH A LIFTING DIRECTIONAL FORCE TOWARD THE OPPOSITE SHOULDER. A MODERATELY FIRM PRESSURE IS MAINTAINED ON BOTH CONTACTS UNTIL RELAXATION TAKES PLACE. IT CAN BE REPEATED. IT RELEASES SACRAL TWISTS CAUSED BY MOTOR BLOCKS IN THE SPASTIC TISSUES. IT HAS A VERY GOOD RELAXING EFFECT UPON THE ENTIRE BODY.

THE RELATIONSHIP OF THE SACRAL CENTER AS THE NEGATIVE POLE TO THE MEDULLA, THE POSITIVE POLE IS CLEARLY ILLUSTRATED IN CHART NO. 11.

CHART NO.22. OLD MOVES WITH NEW IMPETUS AND DIRECTIONAL FORCE APPLIED TO ENERGY BLOCKS TO RELEASE THEM.

BLOCKS IN THE WIRELESS CIRCUITS OF ENERGY FIELDS ARE PRIOR TO MUSCLE SPASMS.

POSITIVE PRANA CURRENTS OF MOTOR ENERGY PASS THRU THE HEAVY MUSCLES OF THE BACK. THESE DEEP AND SUPERFICIAL MUSCLES AND CONNECTIVE TISSUES CAN BE RELEASED OF ENERGY BLOCKS AND WASTE DEPOSITS, BY COUNTER IMPULSES OF STEADY DIRECTIONAL FORCE APPLIED AT RIGHT ANGLES TO THE TENSION LOCK.

ALL THE CONTACTS GIVEN HERE ARE FOR THE PURPOSE OF RELEASING ENERGY BLOCKS IN THE DEEPER AND ANTERIOR PARTS OF THE PELVIS OR SPINE IMMEDIATELY UNDER THE CONTACT.

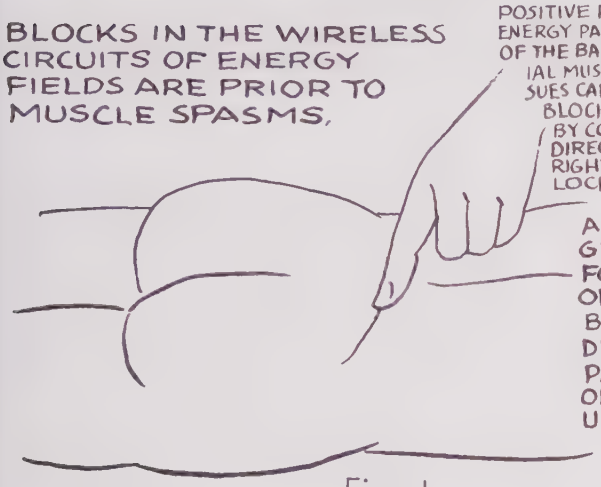


Fig. 1

THE CONTACT WITH THE ELBOW MUST BE STARTED GENTLY AND INCREASED TO THE TOLERANCE OF THE PATIENT. REPEAT IF NECESSARY, RATHER THAN HOLD TOO LONG. SENSE THE RELAXATION TAKING PLACE. SHORT APPLICATIONS RELEASE TENSION, LONG ONES EXHAUST THE TISSUES.

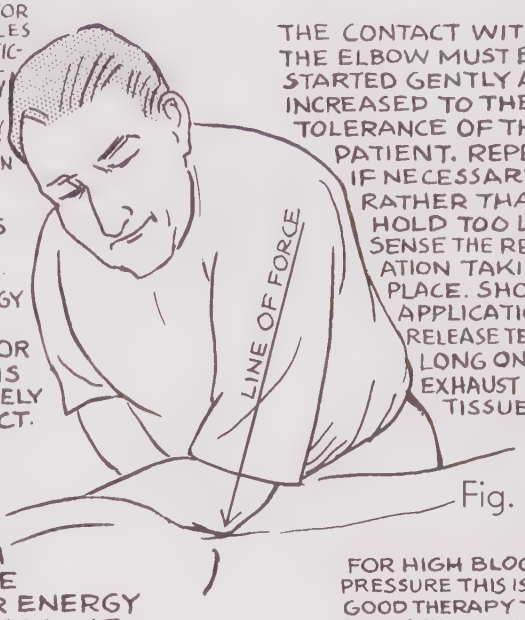


Fig. 4

CONTACTS MUST BE HELD LONG ENOUGH TO MAKE A CHANGE IN THE MOLECULAR ENERGY CIRCUITS AND EFFECT THE RELEASE OF SPASTIC MUSCLES ATTACHED TO VERTEBRAE.



Fig. 2

THE ELBOW CONTACT CAN BE ON EITHER SIDE OF THE SPINOUS PROCESSES IN THE GROOVE, BUT NEVER ON THEM.

FOR HIGH BLOOD PRESSURE THIS IS A GOOD THERAPY TO RELEASE THE MOTOR ENERGY BLOCKS OF THE VASO MOTOR TENSION AREAS ON THE BACK.



Fig. 5

THIS TYPE OF STEADY AND SLOW DIRECT PRESSURE UPON ANY ARTICULATION THAT IS FIXED AND CHRONIC GIVES THE CONNECTIVE TISSUE AND THE INVOLUTARY MUSCLES TIME TO LET GO.

ALL DIRECTIONS OF CONTACTS ARE AT RIGHT ANGLES TO THE CURVE TREATED

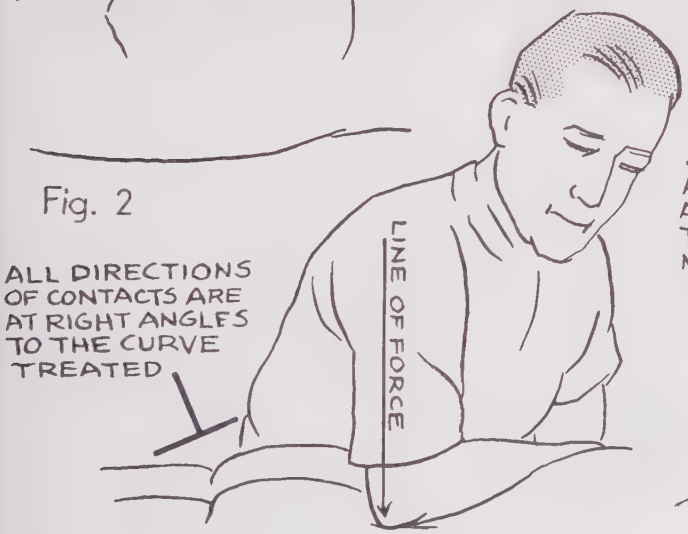
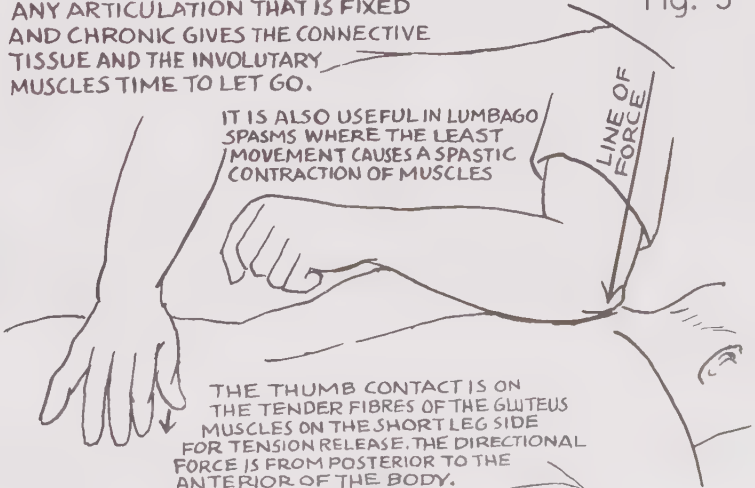


Fig. 3

IT IS ALSO USEFUL IN LUMBAGO SPASMS WHERE THE LEAST MOVEMENT CAUSES A SPASTIC CONTRACTION OF MUSCLES



THE THUMB CONTACT IS ON THE TENDER FIBRES OF THE GLUTEUS MUSCLES ON THE SHORT LEG SIDE FOR TENSION RELEASE. THE DIRECTIONAL FORCE IS FROM POSTERIOR TO THE ANTERIOR OF THE BODY.

Fig. 6

ALL HEAVY PRESSURE AND FORCEFUL TECHNIQUE IS DISPERSING IN ITS EFFECT. IT IS OF THE TAMAS QUALITY OF ENERGY, AS A POTENTIAL COMPELLING FORCE SCATTERING ACCUMULATIONS AND FORCING ELECTRONS AND MOLECULES TO SEEK OTHER FIELDS OF ATTRACTION.

CHART NO. 23 RELAXED HAND CONTACTS - SINGLE AND DOUBLE - WITH THE CURRENT FLOW OF THE ELECTRO-MAGNETIC LONGITUDINAL AND CIRCULAR WAVES.



Fig. 1



Fig. 2

THE CONTACT HAND TAKES A QUARTER TURN ON THE SKIN TO PICK UP THE LOOSE TISSUES TO ABOUT A 45 DEGREE ANGLE REINFORCING ONE HAND WITH THE OTHER IN AN UPWARD MOVEMENT TOWARD THE SPINE, WITH THE RELAXED BODY WEIGHT BEHIND IT. IN THIS INSTANCE THE DIRECTION IS WITH THE CURRENT FLOW OF THE ELECTRO MAGNETIC WAVES FOR THE PURPOSE OF OVERCOMING ENERGY BLOCKS WHICH CAUSE INFLAMMATION AND PAIN BY RESISTANCE TO THE ENERGY WAVES. THE OBJECT IS TO RESTORE AND BALANCE THE ENERGY CIRCUITS

THIS A POSITIVE RAJA TYPE THERAPY OF A VIBRATORY GENTLE ROCKING MOTION WITH THE GREATEST ELASTICITY OF IMPULSES BEHIND IT. THIS SUPERIMPOSED FORCE IS RELEASED IN DEFINITE LINES AND DIRECTIONS TO INFLUENCE THE CURRENTS OF THE ELECTRO MAGNETIC WAVES OF THE BODY. THE DIRECTION CAN BE FROM ANY ANGLE WHICH ACCOMPLISHES RELEASE OF ENERGY BLOCKS.

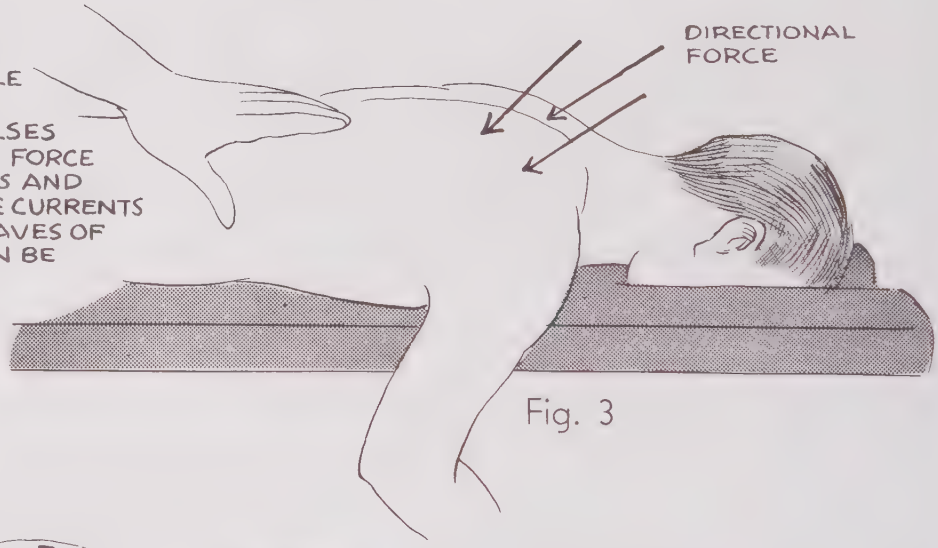


Fig. 3

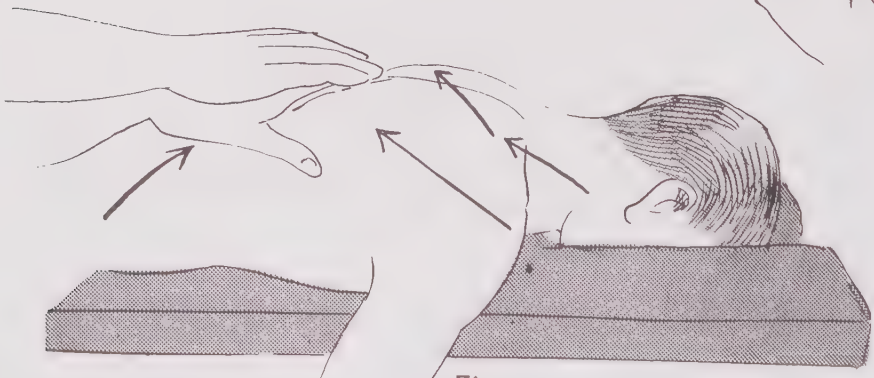


Fig. 4

IN THE PRESENCE OF PAIN OR INFLAMMATION THE DIRECTION OF THE LINES OF FORCE ARE USUALLY WITH THE CURRENTS.

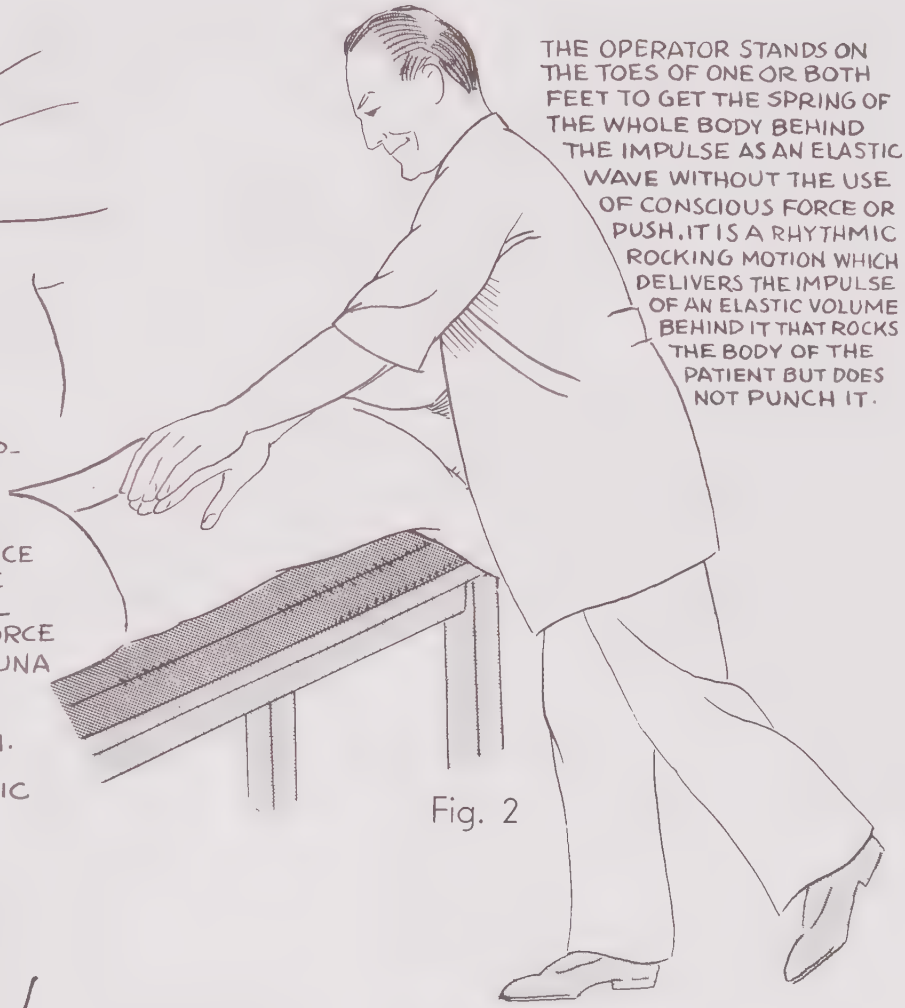
THE ANGLE AND THE DIRECTION IS DETERMINED BY THE HIGHEST AREA ON THE BACK AS THE PATIENT LIES STRAIGHT FACE DOWN ON THE TABLE WITH THE HEAD IN A SPLIT CUSHION. RAISED AREAS INDICATE TISSUE TENSION OF VARIOUS DEPTHS ALONG EACH SIDE OF THE SPINE. THESE CURRENTS MUST BE BALANCED AND TENSION BLOCKS REMOVED. THE CIRCULAR WIRELESS HORIZONTAL CURRENTS WHICH GO AROUND THE BODY ARE ALSO A FACTOR HERE AS WELL AS THE LONGITUDINAL NORTH AND SOUTH CIRCUITS FROM HEAD TO FEET. SEE CHART NO. 7.

CHART NO. 24 CONTACTS WITH BOTH HANDS ON RIGHT SIDE OF THE BODY AGAINST THE CURRENT FLOW OF THE ELECTRO MAGNETIC FORCES, TO COUNTERACT THE EXCESSIVE IMPULSES OVER THE MUSCLE FIBRES WHICH KEEP THEM UNDER CONSTANT TENSION OR SPASM.



Fig. 1

THIS TYPE OF THERAPY IS ACCOMPLISHED BY THE APPLICATION OF A CONCENTRATED FORCE APPLIED BY THE OPERATOR WITH DEFINITE DIRECTION AND SPEED TO INFLUENCE THE CURRENTS OF ENERGY IN THE PATIENT'S BODY WHICH CONTROL TISSUE FUNCTION. THIS ACTIVE FORCE IS OF THE PRINCIPLE OF THE RAJA GUNA TYPE OF ENERGY. IT IS A FORCE, PLUS PHYSICAL MOTION WITH VOLUME AND POLARITY DIRECTION. THE APPLICATION GIVEN HERE IS AGAINST THE ELECTRO MAGNETIC CURRENT FLOW.



THE OPERATOR STANDS ON THE TOES OF ONE OR BOTH FEET TO GET THE SPRING OF THE WHOLE BODY BEHIND THE IMPULSE AS AN ELASTIC WAVE WITHOUT THE USE OF CONSCIOUS FORCE OR PUSH. IT IS A RHYTHMIC ROCKING MOTION WHICH DELIVERS THE IMPULSE OF AN ELASTIC VOLUME BEHIND IT THAT ROCKS THE BODY OF THE PATIENT BUT DOES NOT PUNCH IT.

Fig. 2

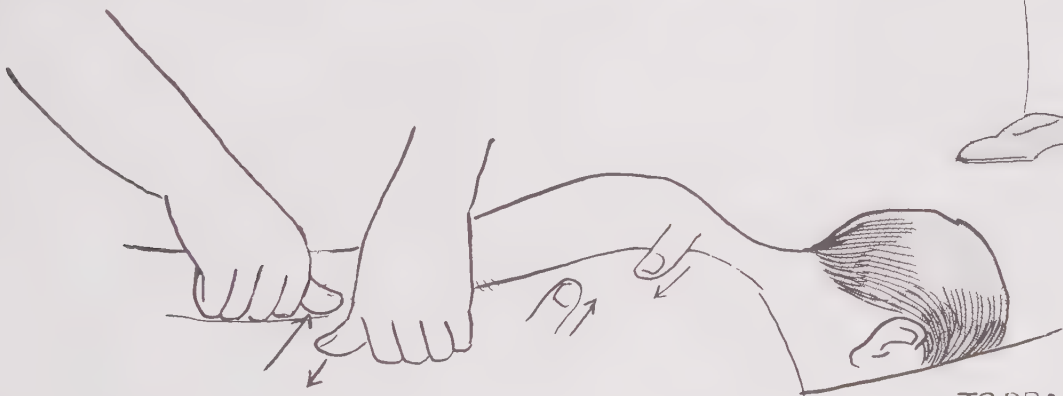
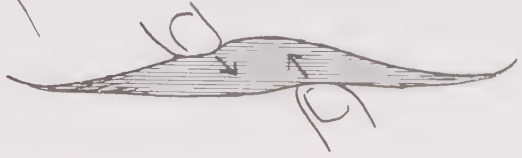


Fig. 3

A LETTER S CONTACT ON CONTRACTED MUSCLE FIBRES OF THE BACK CAN ALSO BE USED WITH BOTH THUMBS IN OPPOSITE DIRECTIONS ON THE SAME FIBRES TO DRAIN THE STAGNANT MATERIAL OUT OF THE NEUCLEAR CENTERS AND REPOLARIZE THEM. THIS CAN BE DONE BY DIRECTIONAL PRESSURE OR VIBRATORY FORCE.



LOCAL APPLICATION OF A POSITIVE FORCE CONTACT WITH EACH THUMB ON THE LONGITUDINAL MUSCLES OF THE BACK OVER AREAS OF CURRENT BLOCK, EACH IN OPPOSITE DIRECTION TO THE CURRENT FLOW FOR THE RELEASE OF SPASTIC MUSCLES.

CHART NO. 25. CONTACTS ABOVE POUPART'S LIGAMENT TO CARRY IMPULSES ACROSS TO THE OPPOSITE SHOULDER. ILLUSTRATED THERAPY FOR CHARTS 9 AND 10.

THE HAND ILLUSTRATES THE FINGER TIPS MADE EVEN FOR THE CONTACT SO IT HURTS LESS AND GETS AN EVEN PRESSURE ON THE DEEPER MUSCLES.

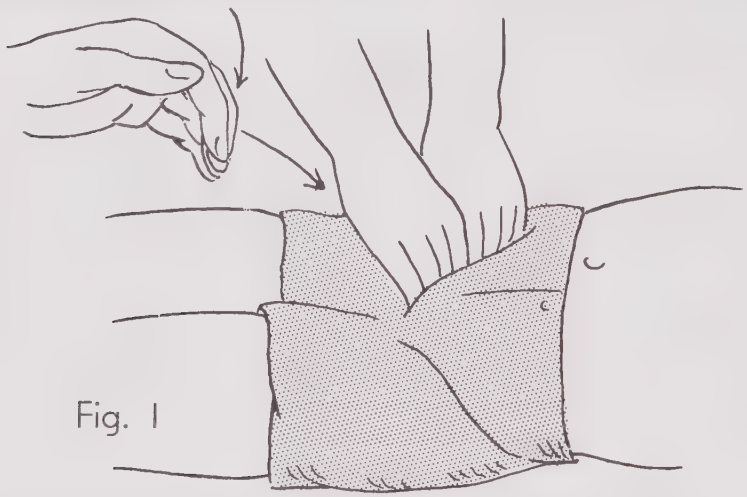


Fig. 1

A DEEP CONTACT IN THE ILIAC FOSSA JUST ABOVE POUPART'S LIGAMENT. AFTER RELAXING THE SUPERFICIAL ABDOMINAL MUSCLES THE OBJECTIVE IS THE RELEASE OF THE PSOAS MAGNUS AND ILIACUS MUSCLE AND PELVIC BLOCKS. THE DIRECTION OF THE ARMS IS TOWARD THE OPPOSITE SHOULDER WHICH THE OPERATOR FACES. IT AFFECTS ALL THE ORGANS ABOVE IT IN THAT LINE, ESPECIALLY THE STOMACH.

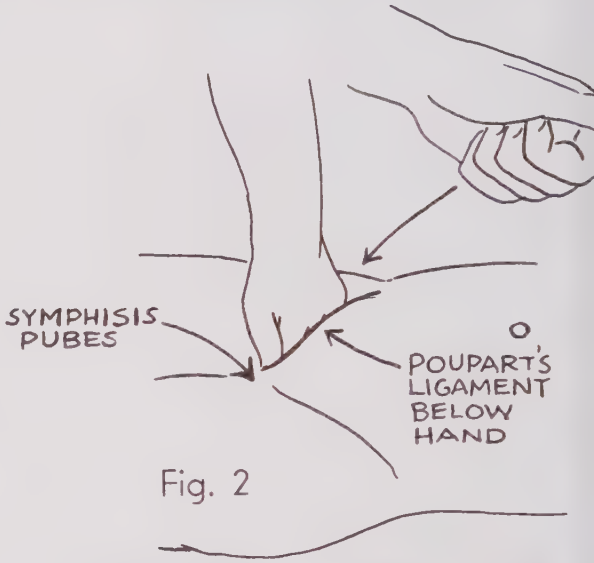


Fig. 2

A FIST AND KNUCKLE CONTACT IN THE SAME AREA FOR THE RELEASE OF THE SUPERFICIAL MUSCLES. IT IS GENERAL AND LESS PENETRATING BUT VERY EFFECTIVE IF PROPERLY DONE. A GENTLE CONTACT FIRST, THEN STEADY AND SPECIFIC DIRECTIONAL PRESSURE UPWARD UNTIL THE TISSUES UNDER THE CONTACT RELAX AND REFLEX THAT RELEASE ALONG THE LINE OF FORCE TOWARD THE OPPOSITE SHOULDER.

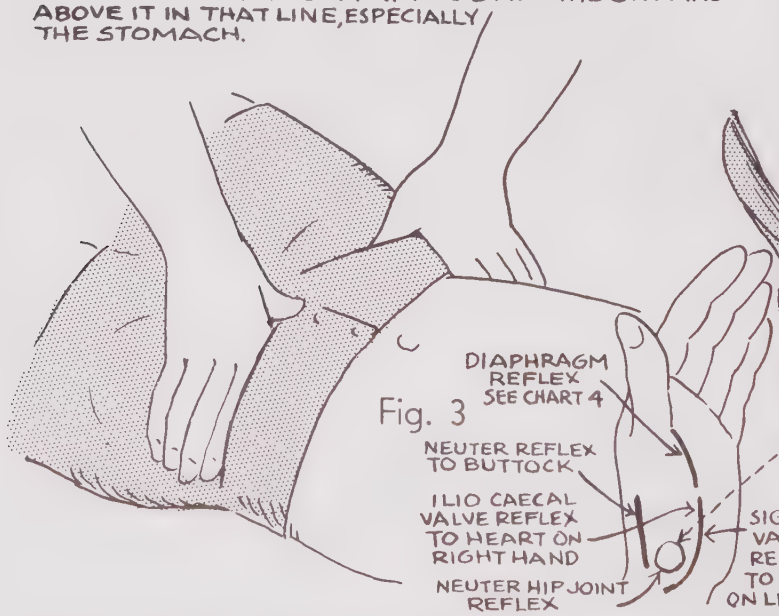


Fig. 3

THE SAME PURPOSE CONTACT MADE WITH THE THUMBS OF BOTH HANDS. THE RIGHT THUMB IS MAKING A SPECIFIC CONTACT ON THE RECTUS ABDOMINALES MUSCLE JUST ABOVE THE PUBIS. THE THUMBS MAKE A SOFTER CONTACT THAN THE FINGER TIPS AND GET A GOOD HOLD ON SURFACE MUSCLES. DIRECTION IS POSTERIOR AND DIAGONALLY SUPERIOR LIKE THE OTHER TWO CONTACTS SHOWN HERE. WHEN THESE AREAS DO NOT RESPOND - FIND THE PERINEAL REFLEX WHICH CONTROLS SPASMS OF INTRA PELVIC MUSCLES AND LEG REFLEXES

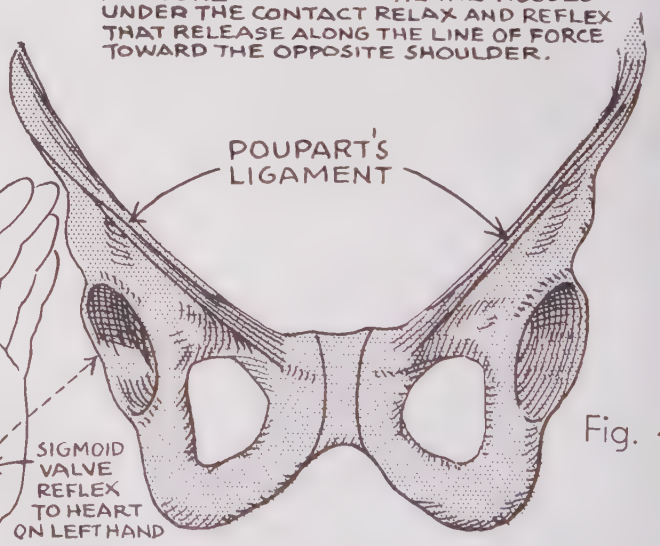


Fig.

A CLEAR PICTURE OF THE ANTERIOR PELV AND POUPART'S LIGAMENT TO CLARIFY THE AREA OF CONTACTS ABOVE IT AND ALONG IT COURSE FROM THE ANTERIOR SUPERIOR SPI OF THE ILIUM TO THE SYMPHISIS PUBIS. ANTERIORLY THIS IS THE NEGATIVE POLE T THE NEUTER DIAPHRAGM AND THE SUPERIO SHOULDER GIRDLE OF THE TRUNK. THESE GROIN AREAS HAVE A POWERFUL REFLEX A BASIC AREAS TO THE SUPERIOR DIAGONALLY VI THE POLARIZED BRAIN CURRENTS OF THE CADU IN A STRAIGHT LINE THRU THE ELECTRO-MAGN FORCES BLENDING IN WITH GRAVITY.

CHART NO.26. VERY IMPORTANT DIRECTIONAL CONTACTS ON THE SYMPHISIS PUBIS FOR BLADDER TROUBLE AND INFLAMMATION, FOR MENSTRUAL AND LEG CRAMPS AND PAINS, FOR SINUS CONGESTION.

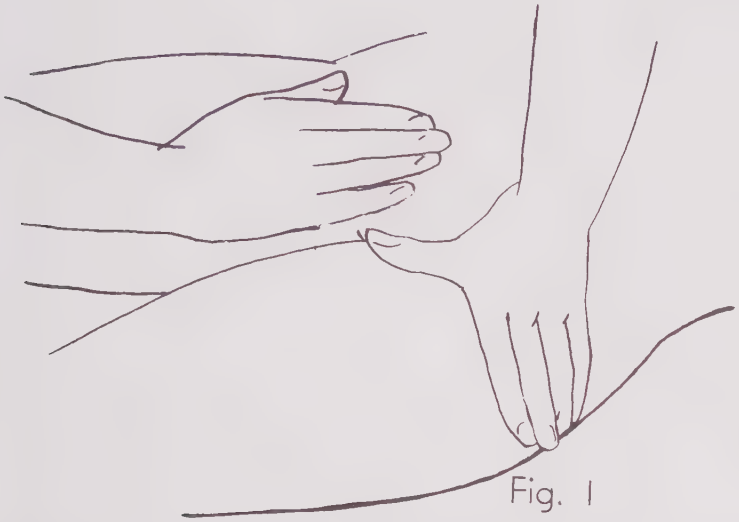


Fig. 1

THE SYMPHISIS PUBIS IS THE NEGATIVE CENTRAL POLE IN LINE OF RELATIONSHIP AND REFLEX TO THE ROOT OF THE NOSE ABOVE AND THE SINUSES. SEE CHART NO.11,- FIG.2. IN HEAD CONGESTIONS, SINUS TROUBLE, COLDS, ETC. THIS IS A VALUABLE THERAPY. FOR EXERCISE TO AID IN HOME TREATMENT SEE CHART. NO.52.

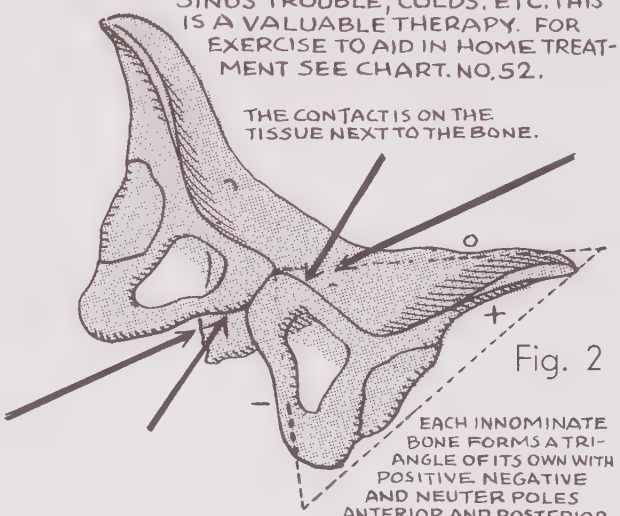


Fig. 2

EACH INNOMINATE BONE FORMS A TRIANGLE OF ITS OWN WITH POSITIVE NEGATIVE AND NEUTER POLES ANTERIOR AND POSTERIOR THESE CORRESPOND TO THE POSITIVE TRIANGLE OF THE JAW. SEE CHART NO.27.

THE DIRECTION OF THE LINES OF FORCE APPLIED IN A CONTACT CAN BE SUPERIOR INFERIOR OR ON AN ANGLE. THE CORRECTNESS IS PROVED BY THE RELEASE OF TENSION AND SORENESS, AS WELL AS THE LENGTHENING OF THE SHORT LEG.

A SPECIFIC DIRECTIONAL CONTACT FOR THE SHORT LEG IS INFERIOR AND POSTERIOR ON THE TENSE MUSCLES NEAREST THE PUBIS ON THAT SIDE, FOLLOWING THE CONTACT UNDER THE EDGE OF THE BONE UNTIL THE TENSION RELAXES.

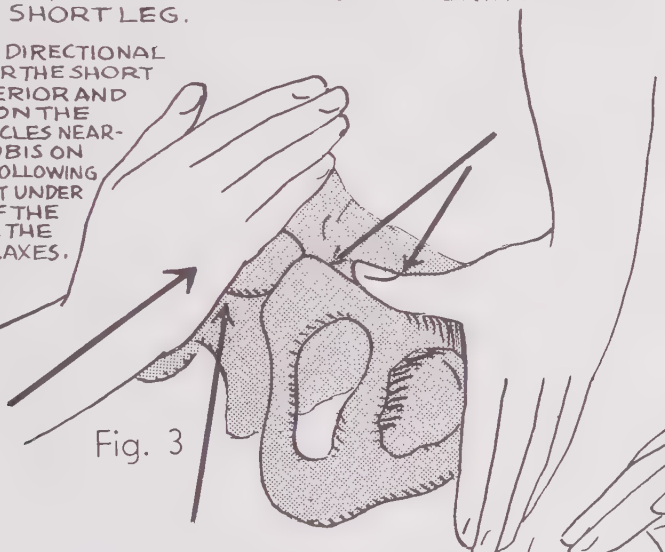


Fig. 3

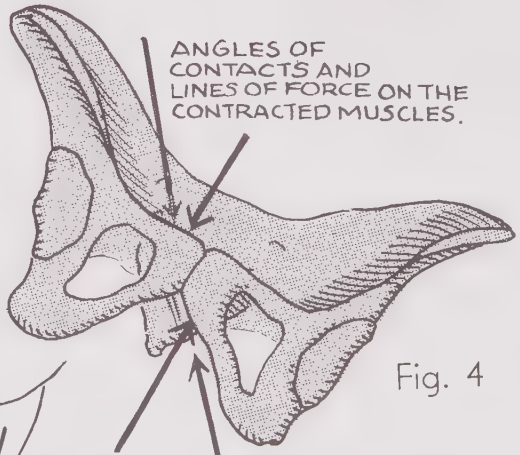


Fig. 4

LIGHT APPLICATION OF DIRECTIONAL FORCE TO ONE SIDE OF THE PUBIC BONE HAS A POWERFUL LEVERAGE ACTION THROUGH THE INNOMINATE ON THE SACRO ILIAC ARTICULATION. BY THE INTERACTION OF THREE FORCES BLENDING IN THE SACRAL BONE AT THIS ARTICULATION IT HAS A DIRECT POLARITY REACTION TO THE FORAMEN MAGNUM AND THE MEDULLA OBLONGATA.
SEE CHART NO.11 - FIG.2.

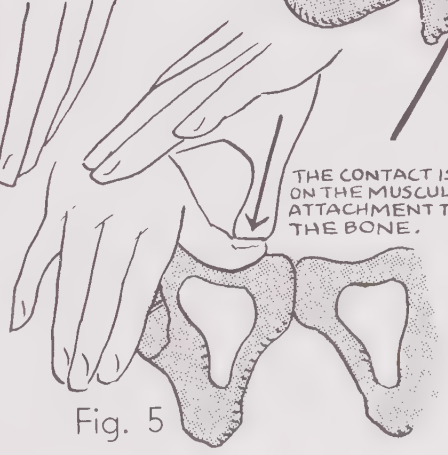


Fig. 5

THE CONTACT IS ON THE MUSCULAR ATTACHMENT TO THE BONE.

THE THUMB CONTACT IS ON THE CONTRACTED MUSCLE TISSUE NEXT TO THE BONE. IT HURTS LESS TO GO UNDER THE BONE THAN ON IT.

A VERY GENTLE ROCKING ACTION CAN BE USED IN THE DIRECTIONAL FORCE APPLICATION. IT MAKES THE CONTACTS MORE EFFECTIVE AND EASIER TO TOLERATE BY THE PATIENT.

CHART NO. 27. THE JAW IS THE POSITIVE POLE OF THE PUBIC BONE AND THE ISCHIUM

TONSILITIS CAN BE DETECTED AS SORENESS UNDER THE JAW WITH A DEEP CONTACT AT NO. 4. RELEASE THE CORRESPONDING AREA AT THE NEGATIVE POLE AT THE ISCHIUM. TENDERNESS FOUND HIGHER UP UNDER THE CONDYLES OF THE MANDIBLES SHOULD BE CHECKED AT THE ILIAC FOSSA FOR ITS CAUSATIVE REFLEX.

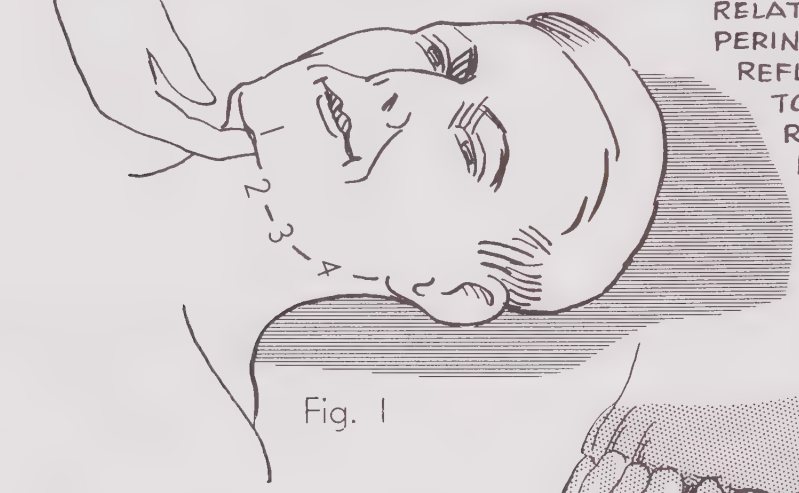


Fig. 1

THE MANDIBULAR JOINT AND THE HIP JOINT HAVE A RELATIONSHIP OF POSITIVE TO NEGATIVE. THE FOUR AREAS OUTLINED HERE ROUGHLY RELATE TO THE FOUR AREAS OF THE PERINEUM. STRUCTURAL AND FUNCTIONAL REFLEXES ARE PRESENT. IT IS POSSIBLE TO EFFECT POWERFUL SPECIFIC REACTIONS HERE AT THE POSITIVE POLE WITH SPECIFIC CONTACTS ON TWO POINTS - ONE ABOVE AND ONE BELOW.

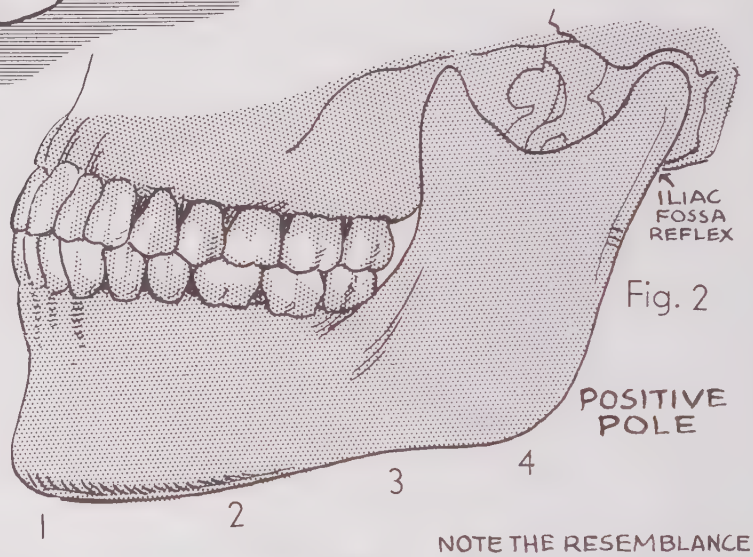


Fig. 2

ALL JOINTS ARE NEUTER POINTS WHERE THE ENERGY CROSSES OVER, MAKING FLEXION POSSIBLE IN THE LINES OF FORCE. WHEN ENERGY FLOWS STRAIGHT IT IS AN EXTENSION OF FORCE. THROUGH NEUTER POINTS IT BECOMES MECHANICAL LEVERAGE BY CHANGE OF POLARITY.

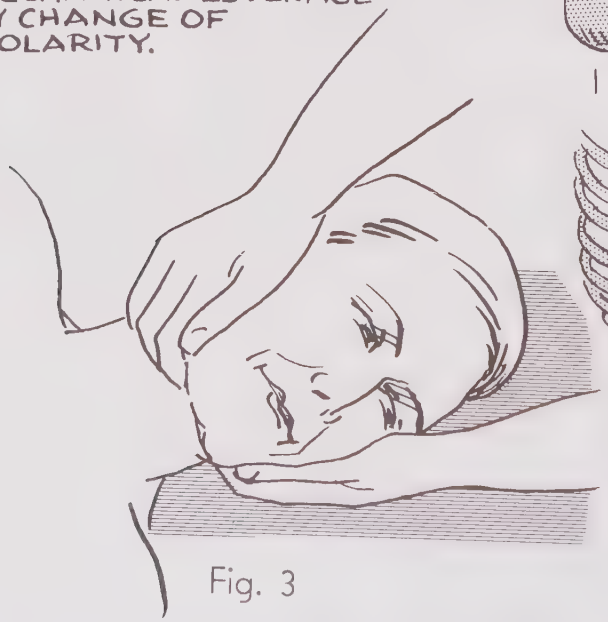
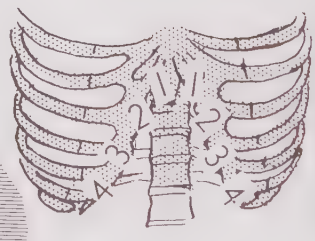


Fig. 3

PATIENT ON HIS BACK SHOWING A CONTACT UNDER THE JAW ON BOTH SIDES AS A GENERAL STRETCH OF SOFT TISSUES.



ANTERIORLY, THE DIAPHRAGM AND IMMEDIATELY BELOW IT UNDER THE FLOATING RIBS, IS THE NEUTER AREA FOR CONTACTS.

NOTE THE RESEMBLANCE BETWEEN THE JAW, THE PUBIC BONE, THE ISCHIUM AND THE ILIUM.

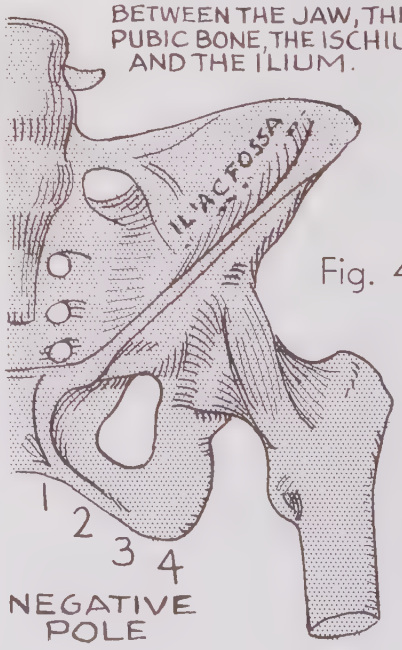
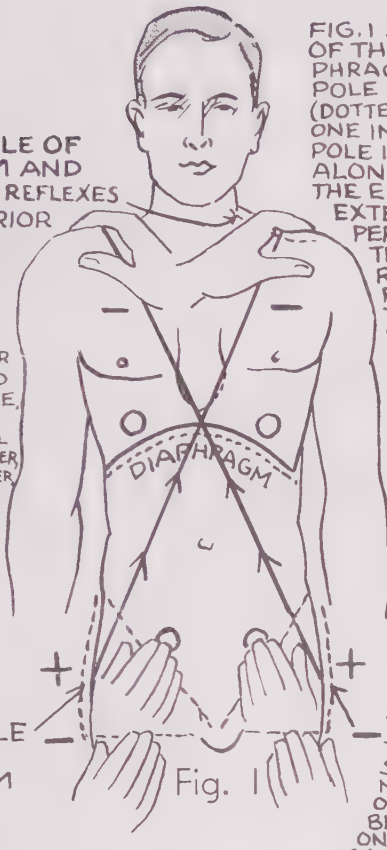


Fig. 4

CHART NO. 28 THE THREE POLES OF THE DIAPHRAGM IN ITS RESPIRATORY MECHANISM AND CONTACT AREAS TO INFLUENCE IT ANTERIORLY AND POSTERIORLY.



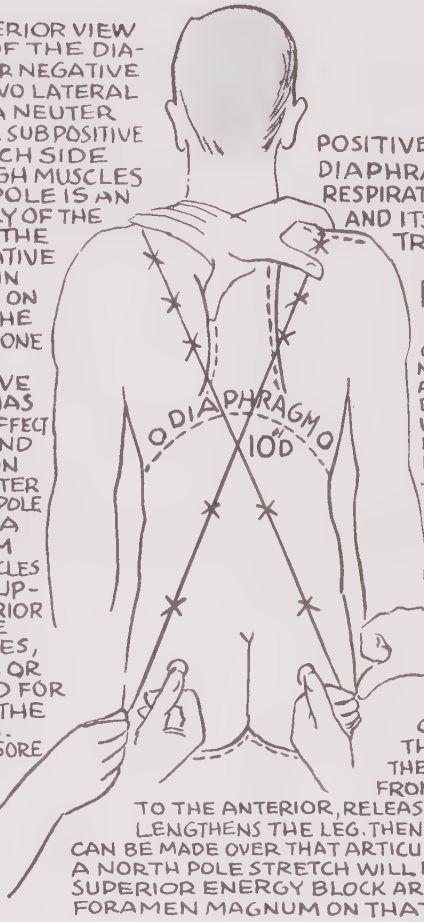
POSITIVE POLE OF DIAPHRAGM AND RESPIRATORY REFLEXES AND ITS ANTERIOR TRIANGLES

MANY CHRONIC PAINS UNDER THE SHOULDER BLADE ARE A DIRECT REFLEX FROM THE LOWER ABDOMINAL REGION AND CAN BE RELEASED THERE. THIS REFLEX CAN BE FROM THE ILEOCAECAL VALVE, THE GALL BLADDER OR THE AMPULLA OF VATER. THE SIGMOID, ETC. THE CURRENT USUALLY CROSSES OVER TO THE OPPOSITE SHOULDER AND REGISTERS AS A PAIN UNDER IT.

INFERIOR POLE OF THE DIAPHRAGM

Fig. 1

FIG. 1 SHOWS THE ANTERIOR VIEW OF THE THREE POLES OF THE DIAPHRAGM. THE LOWER OR NEGATIVE POLE IS DIVIDED INTO TWO LATERAL (DOTTED) TRIANGLES AND A NEUTER ONE IN THE MIDDLE. THE SUB POSITIVE POLE IS MARKED ON EACH SIDE ALONG THE HEAVY THIGH MUSCLES THE ENTIRE NEGATIVE POLE IS AN EXTENSION ANTERIORLY OF THE PERINEAL LINE OVER THE THIGHS AS THE NEGATIVE RESPIRATORY POLE IN RUNNING. CONTACTS ON THE NEGATIVE OR THE NEUTER POLE WITH ONE HAND AND ON THE POSITIVE POLE ABOVE WITH THE OTHER HAS A VERY SOOTHING EFFECT ON THE PATIENT. FIND THE TENDER SPOT ON THE NEGATIVE, NEUTER OR LOWER POSITIVE POLE FIRST THEN PLACE A MODERATELY FIRM CONTACT ON THE MUSCLES IN THE DIRECTION UPWARD TO THE SUPERIOR CONTACT OVER THE SHOULDER MUSCLES, ON THE SAME SIDE OR DIAGONALLY. HOLD FOR A MOMENT UNTIL THE TENSION RELAXES. THUS RELEASE THE SORE SPOTS FROM THE NEGATIVE, NEUTER OR POSITIVE POLES BELOW. THE CONTACT ON THE SHOULDER IS A FIRM GRIP ON THE MUSCLES.



POSITIVE POLE OF DIAPHRAGM AND RESPIRATORY REFLEXES AND ITS POSTERIOR TRIANGLES

Fig. 2

CONTACTS MAY BE MADE ANYWHERE ALONG THESE DIAGONAL LINES WHEREVER THE ENERGY BLOCK IS FOUND. THE SHORT LEG SIDE USUALLY PRESENTS SORENESS OVER THE MASTOID BONE, WITH DEFINITE SORENESS AND CONGESTION OVER THE GLUTEI MUSCLES ON THAT SIDE. A PRESSURE CONTACT WITH THE THUMB OVER THE SORE MUSCLES, FROM THE POSTERIOR TO THE ANTERIOR, RELEASES THEM AND LENGTHENS THE LEG. THEN A HIP CORRECTION CAN BE MADE OVER THAT ARTICULATION EASILY. A NORTH POLE STRETCH WILL RELEASE THE SUPERIOR ENERGY BLOCK AROUND THE FORAMEN MAGNUM ON THAT SIDE.

SHOWING THE BODY CAVITY DIVIDED BY THE DIAPHRAGM INTO THORAX AND ABDOMEN

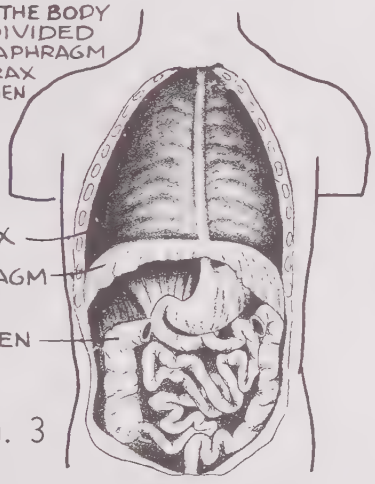


Fig. 3

FIG. 2 GIVES A POSTERIOR VIEW OF THREE POLES OF THE DIAPHRAGM AND ITS TRIANGLES ABOVE AND BELOW AS RESPIRATORY REFLEX CENTERS. PLEASE NOTE, THAT THE TWO LINES DRAWN FROM THE HEAD OF THE FEMURS TO THE MIDDLE OF THE SHOULDERS CROSS AT THE 10TH DORSAL VERTEBRAE WHICH IS THE CENTER FOR THE DIAPHRAGM. SEE THE CHART ON PAGE 50 IN THE NEW ENERGY CONCEPT OF THE HEALING ART, ANTERIOR AND POSTERIOR VIEW OF SKELETON AND ITS LINES OF FORCE FOR THERAPY. THE PATIENT LIES FACE DOWN. HERE A POSITIVE CONTACT ON THE TENDER SPOTS OF THE OUTSIDE OF THE THIGH IS USED WITH A FIRM GRIP ON EITHER OF THE SHOULDER MUSCLES – OR FROM A NEUTER CONTACT OF A TENDER SPOT OF EITHER BUTTOCK TO THE SHOULDER. THESE TWO CONTACTS ARE OF A NEGATIVE FIRM PRESSURE TYPE AND ARE HELD FOR A MOMENT UNTIL RELAXATION TAKES PLACE. THIS IS A DENSE MUSCULAR RELEASE WHERE THE CENTER OF THE MUSCLE NEEDS TO BE EMPTIED IN ORDER TO FUNCTION FREELY.

THE DIAPHRAGM IS THE MAIN RESPIRATORY MUSCLE DOING THE MOST IMPORTANT WORK IN LIFE. EVERY CELL NEEDS THE LIFE ENERGY CONTAINED IN THE BREATH; WITHOUT WHICH THEY CANNOT SURVIVE. ITS POLARITY FUNCTION AND MINUTE DISTRIBUTION OF FINE ENERGY WAVES IS A MOST IMPORTANT FACTOR TO REACH CELLULAR TISSUE. POLARITY CONTACTS ARE VERY SOOTHING TO THE PATIENT, HAVING A REPOLARIZING EFFECT. TENDER AND CONGESTED AREAS INDICATE ENERGY BLOCKS. THE DIAPHRAGM IS THE FUNCTIONING NEUTER POLE OF LIFE. ITS POWERFUL EFFECT AS A SHOCK TREATMENT BY VOMITING AND ITS CURATIVE EFFECT UPON INSANITY HAVE BEEN CLEARLY DEMONSTRATED BY DR. BERNARD ASCHNER OF NEW YORK CITY. TRULY THE DIAPHRAGM IS THE FIRMAMENT WHICH DIVIDES THE ENERGY (WATERS) ABOVE AND BELOW. IT IS THE BRIDGE WHERE MIND AND LIFE CROSS INTO THE EMOTIONAL VITAL FIELD. ITS RHYTHMIC MOTION TRULY SUPPORTS THE ENERGIES ABOVE, LIFTS AND ACTIVATES THE CONTENTS BELOW.

CHART NO. 29. RESPIRATORY AND AUTONOMIC SENSORY REFLEX THERAPY FOR MENTAL-EMOTIONAL AND NERVOUS TENSION RELEASE.

THIS IS A GENTLE RELAXING TECHNIQUE BY THE USE OF THE PENETRATING PRANA ENERGY IN THE BREATH, WHICH MUST REACH EVERY CELL OF THE BODY. IT IS A SENSORY CONTACT APPLIED THROUGH THE POLES OF THE DIAPHRAGM, BY GENTLE POLARIZING CONTACTS AS IN PERINEAL THERAPY. THE APPLICATION OF THE INTRODUCED NEUTER FORCE IS OF THE PRINCIPLE OF BALANCE (SATTWA).

IT SHOULD BE USED FIRST TO RELAX THE MENTAL, EMOTIONAL NERVE CENTERS AND TO BALANCE THE ACTIVE SPINNING CHAKRAS IN THE WIRELESS FIELD. OTHER TREATMENT MAY FOLLOW.

DEEP RHYTHMIC BREATHING ASSISTS THE ENERGY TO TRAVEL WITH THE NEUTER LIFE CURRENT IN THE BODY.

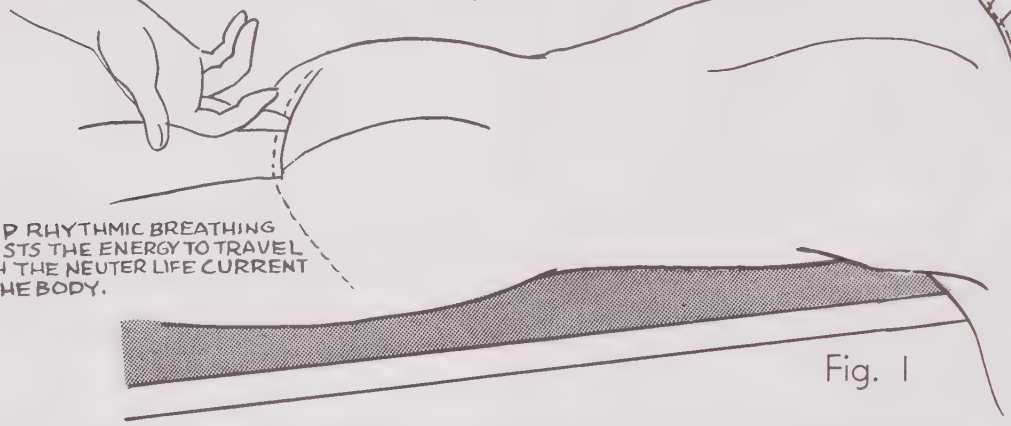


Fig. 1

THESE 5 RIVERS ARE 5 MODES OF EXPRESSIONS OF THE SOUL THRU ENERGY CURRENTS. THEY BECOME THE 5 MOTOR AND THE 5 SENSORY CENTERS AND THEY FLOW AS 5 CURRENTS THRU THE 5 FINGERS AND TOES, THRU PERCEPTION AND MIND ACTION, THEY BECOME MOTION AND SKILL THRU THE SENSE OF TOUCH.

THE TWO THUMBS AND THE BIG TOES ARE NEUTER ENERGY CONVEYORS BECAUSE THEY ARE IN THE CENTER LINE. ONE THUMB OPPOSES AND SUPPORTS FOUR POLARIZED CURRENTS IN THE FOUR FINGERS, MAKING SKILL AND A FIRM GRIP POSSIBLE. IT IS A PRACTICAL ILLUSTRATION OF THE ONE RIVER OF ENERGY (THE ETHER) FLOWING OUT OF PARADISE AND SPLITTING INTO FOUR BRANCHES.

THE FINGERS MUST NOT TOUCH EACH OTHER WHILE GIVING THIS SENSORY-POLARITY TREATMENT. THE LIGHTEST TOUCH OR PROXIMITY COUNTS IN POLARIZING SENSORY CENTERS

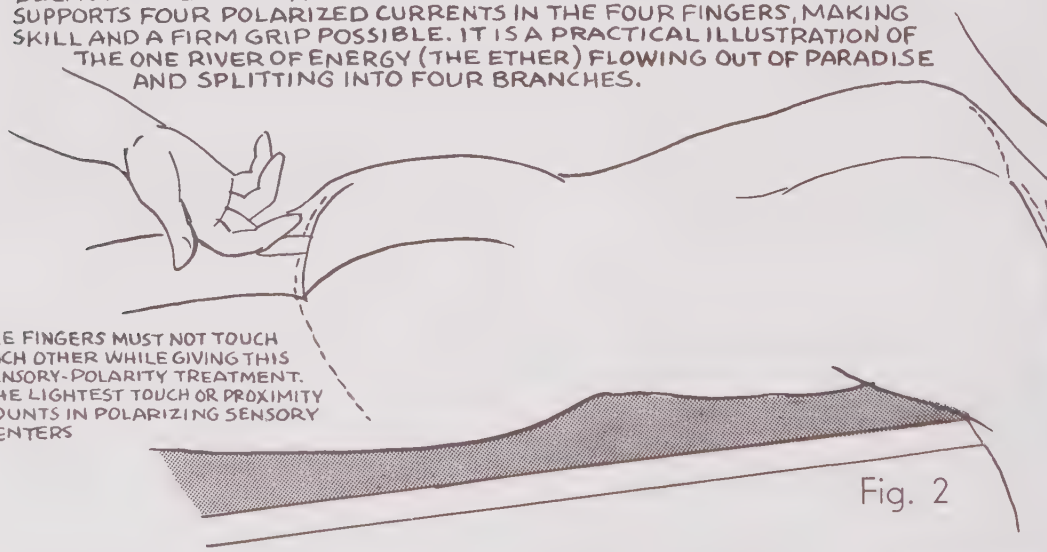


Fig. 2

POSITIVE +
NEUTER O
NEGATIVE −

THE BUTTOCK LINES POSTERIORLY ARE EXTENSIONS OF THE PERINEAL LINE OF THE NEGATIVE POLE OF THE DIAPHRAGM. THEY REFLEX TO THE POSITIVE RESPIRATORY LINES ABOVE. SENSORY CURRENTS ARE INGOING CURRENTS. GENTLE CONTACTS ACCOMPLISH MUCH WITH A POSITIVE FINGER ON THE NEGATIVE POLE AND A NEGATIVE FINGER ON THE POSITIVE POLE MERELY DIRECTING ENERGY THRU POLARITY AND RESPIRATION. EVERY CELL IS ALIVE; TISSUES RESPOND TO THE RHYTHMIC FLOW OF PRANA ENERGY IN THE BREATH. THESE GENTLE IMPULSES GO DEEP AND RELEASE SENSORY MECHANISM BLOCKS BY POLARIZING AND BALANCING OF THE SUPERIOR AND THE INFERIOR OR THE WITHIN AND THE WITHOUT. IT IS LIKE PERINEAL TECHNIQUE, A THERAPY FOR BALANCING RESPIRATORY, EMOTIONAL AND SENSORY ENERGY CURRENTS.

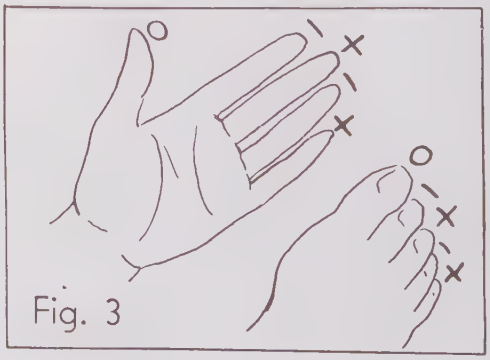


Fig. 3

CHART NO. 30. PERINEAL CONTACTS IN RELATION TO THE NECK, SHOULDER, ELBOW AND HIP.

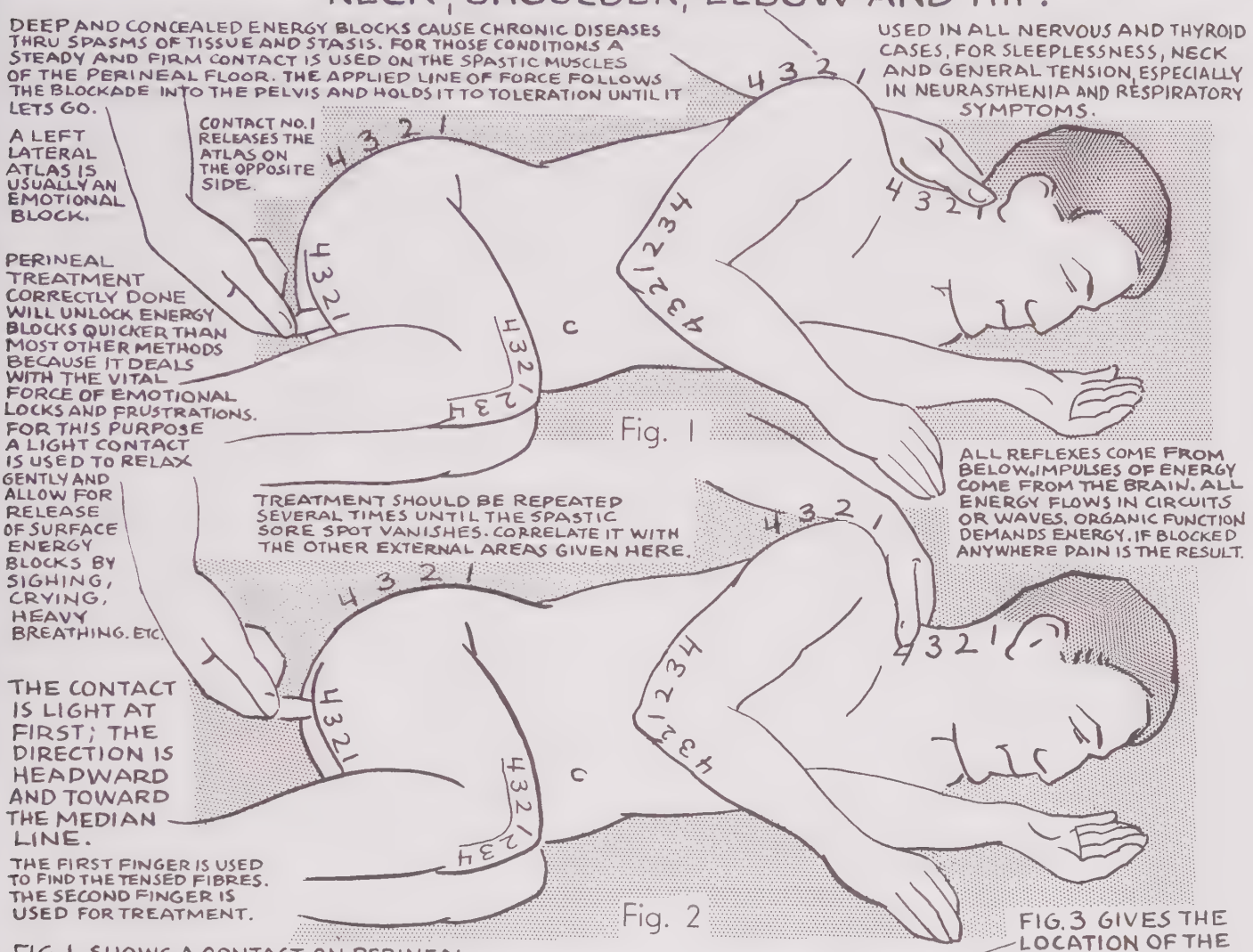


FIG. 1 SHOWS A CONTACT ON PERINEAL NO. 1 UNDER THE SYMPHYSIS PUBIS AND SLIGHTLY TO THE POSTERIOR TOWARDS THE ISCHIUM. THE THUMB OF THE LEFT HAND IS ON AREA NO. 1 OVER THE ATLAS AND ABOVE IT ON THE OCCIPITAL AND TEMPORAL BONES BEHIND THE EAR WITH FIRST FINGER ON THE OPPOSITE SIDE OF THE NECK ON THE SAME AREA. CONTACT NO. 1 RELATES TO ALL NO. 1 AREAS ON THE CHART.

FIG. 2 SHOWS CONTACT 4 FURTHER BACK ON THE PERINEUM NEAR THE COCCYX IN AREA 4 AND ABOVE ON THE CERVICAL VERTEBRAE 6 AND 7 IN THE SPINAL GROOVE. BOTH CONTACTS ARE ON THE RIGHT SIDE HERE. HOWEVER, THE CURRENT FROM THE PERINEUM CROSSES OVER VIA THE CENTRAL CURRENT AND RELEASES TENSION ON THE OPPOSITE SIDE OF THE NECK.

FIG. 3 GIVES THE LOCATION OF THE PERINEAL AREAS AND THE MUSCULATURE UNDERLYING THE SKIN.

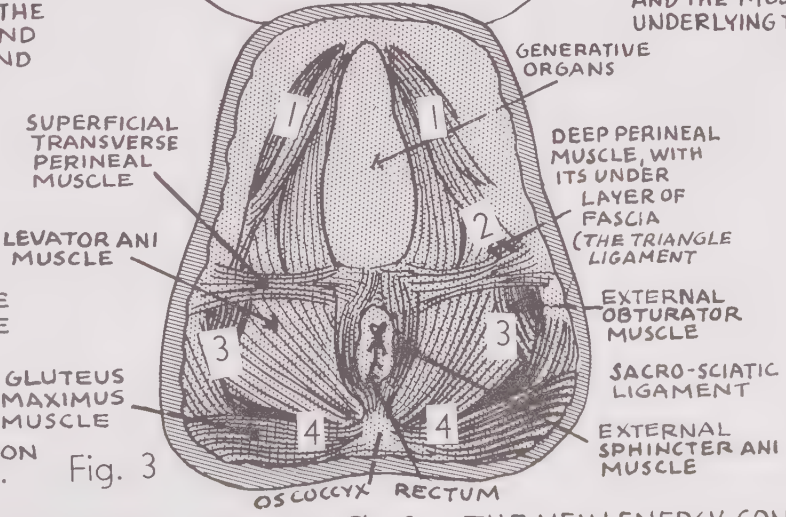


Fig. 3

CHART FOR PERINEAL TREATMENT DESCRIBED ON PAGES 50, 51, 52 IN THE NEW ENERGY CONCEPT OF THE HEALING ART. PAGE 49 GIVES A DIAGRAM OF PERINEAL FLOOR AND CONTACT POINTS.

CHART NO. 31. PERINEAL THERAPY IN CONNECTION WITH KNEES AND ANKLES.

FIG. 1 TRACES NUMBERED REFLEX AREAS WHICH CORRESPOND WITH EACH OTHER. THE PERINEAL AREA AROUND THE ANUS REFLEXES FUNCTIONALLY TO THE EARTHY TRIAD OF THE ABDOMEN AND KNEES. CONTACTS HERE ARE USEFUL IN ALL DIGESTIVE DISTURBANCES. IN PREGNANCY AND ALL LEG TROUBLE THIS TECHNIQUE IS A REVELATION IN ITS FAR REACHING EFFECT.

DIGESTIVE REFLEXES

UMBILICUS

ABOVE ⊙ BELOW

4-3-2-1-2-3-4-

THE AREA IMMEDIATELY AROUND THE OUTSIDE OF THE ANKLE IS AN AIRY AND GLANDULAR FUNCTIONAL REFLEX. ITS USE IS INDICATED IN GLANDULAR DISTURBANCE AND KIDNEY CONDITION. ANY PUFFINESS HERE IS A KIDNEY SYMPTOM. THE HEELS ARE PELVIC, GENERATIVE, AND EMOTIONAL REFLEXES. IN PREGNANCY, GREAT RELIEF CAN BE OBTAINED BY RELEASING THE SPASM OF THE INTER-PELVIC MUSCLES WHICH OFTEN AFFECT THE LEGS SEVERELY. IN ADDITION VENOUS STASIS IS RELEASED BY THIS RELAXATION, NERVOUS TENSION BALANCED, AND CIRCULATION IMPROVED BECAUSE OF THE ENERGY BLOCK RELEASE.

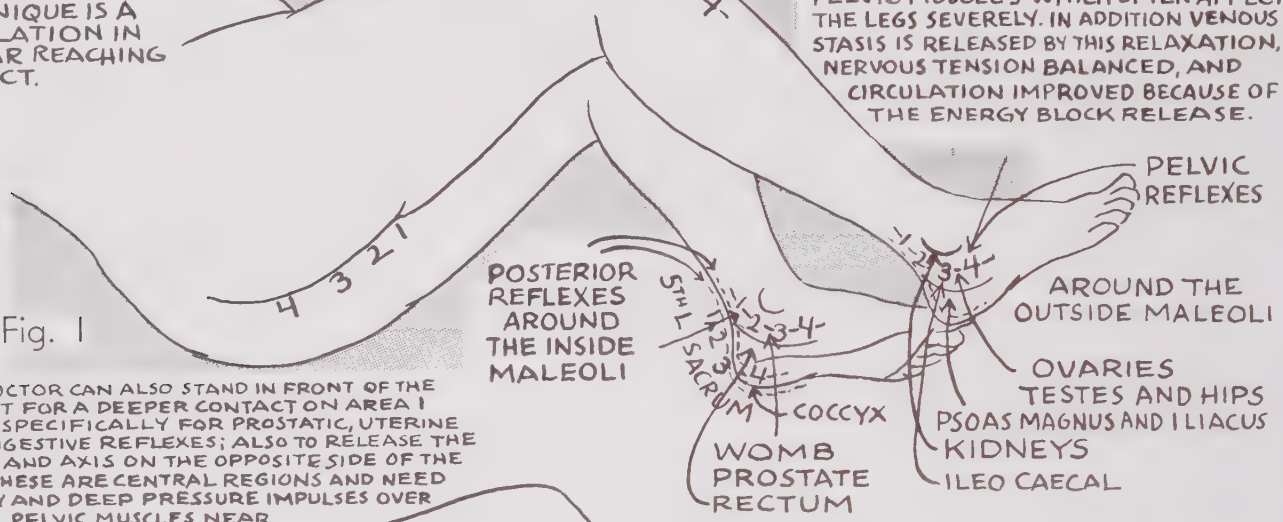


Fig. 1

THE DOCTOR CAN ALSO STAND IN FRONT OF THE PATIENT FOR A DEEPER CONTACT ON AREA 1 AND 2 SPECIFICALLY FOR PROSTATIC, UTERINE AND DIGESTIVE REFLEXES; ALSO TO RELEASE THE ATLAS AND AXIS ON THE OPPOSITE SIDE OF THE BODY. THESE ARE CENTRAL REGIONS AND NEED STEADY AND DEEP PRESSURE IMPULSES OVER SPASTIC PELVIC MUSCLES NEAR THE PUBIC BONE.

PATIENT IS ON SIDE WITH KNEES FLEXED HIGH. THE DOCTOR REACHES OVER THE LOWER LEGS TO MAKE THE CONTACT ON THE PERINEUM. THE ANGLE OF THE DIRECTION OF FORCE APPLIED HERE IS VERY IMPORTANT FOR SPECIFIC RESULTS.

THE FIRST FINGER IS USED TO LOCATE THE TENSE FIBRES IN THE PERINEUM, BECAUSE IT IS NEGATIVE AND MORE SENSITIVE. FOR PERINEAL THERAPY APPLICATION THE SECOND FINGER IS USED, BECAUSE IT IS POSITIVE STRONGER AND LONGER TO MAKE A BETTER CONTACT.

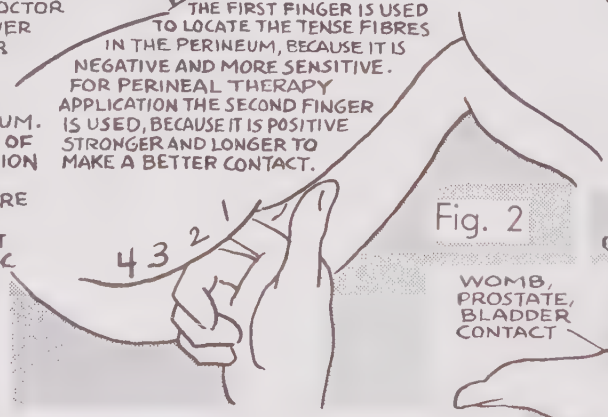


Fig. 2

IN MAKING A TISSUE CONTACT ON THE PERINEUM FOR TREATMENT, A HALF TURN OF THE FINGER TO THE RIGHT TAKES UP THE LOOSE TISSUE AND GIVES THE BEST RESULT IN A LIGHT CONTACT WHICH RELAXES THE BODY.

FIG. 3 SHOWS THE COMBINATION OF PERINEAL AND HEEL CONTACTS FOR EMOTIONAL TENSION, AND FOR LEG TROUBLE, ESPECIALLY IN PREGNANCY.

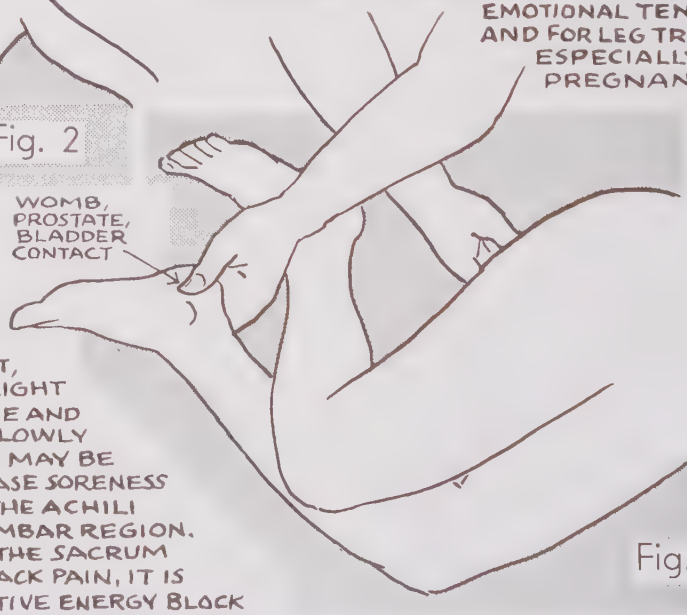


Fig. 3

FIG. 2 SHOWS A NO. 1 PERINEAL CONTACT, SUPERIOR AND MEDIAL IN DIRECTION; LIGHT AT FIRST, THEN HEAVIER. WHEN THE TENSE AND TENDER AREAS LET GO, THE CONTACT IS SLOWLY RELEASED. ANY TWO NUMBERED AREAS MAY BE TREATED AGAINST EACH OTHER TO RELEASE SORENESS CAUSED BY ENERGY BLOCK. POSTERIORLY, THE ACHILI TENDONS ARE REFLEXES TO THE LOWER LUMBAR REGION. THE OS CALCIS BONES ARE REFLEXES FOR THE SACRUM AND COCCYX. IN LUMBAGO AND LOWER BACK PAIN, IT IS VERY IMPORTANT TO RELEASE THE NEGATIVE ENERGY BLOCK HERE. THESE EXTERNAL AREAS ARE MANIPULATED OR HELD BY HEAVY PRESSURE, IF IT CAN BE TOLERATED. DEEP DIRECTIONAL PRESSURE HELD STEADY ACTS LIKE THE ACCUMULATED WATER THAT BREAKS THE DAM MORE COMPLETELY THAN A LIGHTNING STROKE OR AN ADJUSTMENT.

CHART NO. 32. CONTACTS FOR THE RELEASE OF ENERGY BLOCKS IN DIGESTIVE AREAS OF POLARITY. FIG. 3 ILLUSTRATES RELEASE OF MOTOR TENSION AREAS.

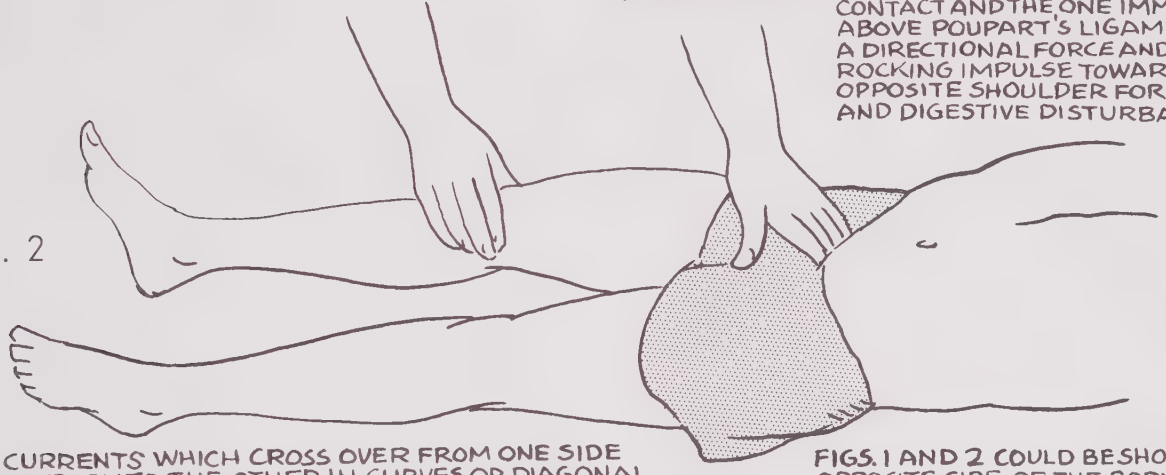
FIG. NO. 1 SHOWS A DIRECTIONAL CONTACT BELOW THE STOMACH AND UNDER THE FLOATING RIBS. THE OTHER HAND HOLDS A PRESSURE OR MANIPULATIVE CONTACT ON THE OPPOSITE KNEE FOR DIGESTIVE REFLEXES AND PAINS.

Fig. 1



FIG. 2 GIVES THE SAME KNEE CONTACT AND THE ONE IMMEDIATELY ABOVE POUPART'S LIGAMENT WITH A DIRECTIONAL FORCE AND A LIGHT ROCKING IMPULSE TOWARD THE OPPOSITE SHOULDER FOR STOMACH AND DIGESTIVE DISTURBANCES.

Fig. 2



ALL CURRENTS WHICH CROSS OVER FROM ONE SIDE OF THE BODY TO THE OTHER IN CURVES OR DIAGONAL LINES ARE OF THE BIPOLAR BRAIN ENERGY AND THE CADUCEUS.

FIGS. 1 AND 2 COULD BE SHOWN ON THE OPPOSITE SIDE OF THE BODY WHERE THEY WOULD BE LIVER AND GALL BLADDER REFLEXES AND BLOCKS. MANY CHRONIC PAINS IN THE LEFT KNEE WHICH ARE OFTEN MISTAKEN FOR A BONE DISEASE ARE GALL BLADDER REFLEXES AND WILL CLEAR UP FAST WHEN THE CORRECTION IS MADE.

THE VERTICAL ELECTRO MAGNETIC CURRENTS AND GRAVITY FORCE STAY ON THE SAME SIDE.

Fig. 3

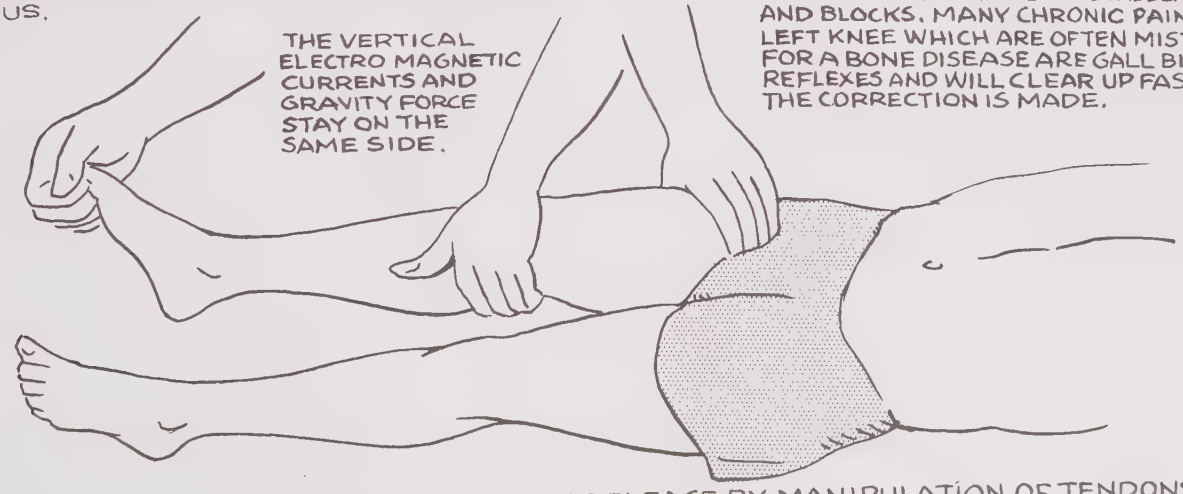


FIG. 3 ILLUSTRATES ENERGY BLOCK RELEASE BY MANIPULATION OF TENDONS AND MUSCLES AT THEIR ORIGIN, WHICH IS THE POSITIVE POLE ABOVE AT THE NEUTER OR MIDDLE POLE, AND AT THE INSERTION OR THE NEGATIVE POLE BELOW. THIS IS USEFUL IN MOTOR DISTURBANCES OF THE MUSCLE TISSUES AND TENDONS SUCH AS PARALYSIS AND SPASMS.

CHART NO. 33 RELATIONSHIP OF THE JOINTS AS NEUTER POINTS AND THEIR POLARITY FROM SUPERIOR TO INFERIOR.

THERE ARE 5 MAJOR JOINTS ON EACH SIDE OF THE BODY WHICH HAVE A DEFINITE RELATION TO EACH OTHER. THE MANDIBULAR JOINT, THE SHOULDER, THE HIP, THE KNEE, THE ANKLE, ALL JOINTS ARE FLEXION POINTS AND NEUTER IN RELATION TO THE WHOLE. CORRELATE THE TROUBLED JOINT WITH ITS SUPERIOR OR INFERIOR POLARITY; ANKLES TO SHOULDERS, HIPS TO THE MANDIBULAR JOINTS AND THE WRISTS. UTERINE AND PELVIC REFLEXES ARE OFTEN FOUND HERE. KNEES REFLEX TO THE UMBILICUS AND TO THE ELBOWS ON THE SAME SIDE.

IN THE LOWER TRIAD, THE HIPS ARE POSITIVE, THE KNEES ARE NEUTER AND THE ANKLES ARE THE NEGATIVE REFLEX JOINTS.

ARMS AND LEGS HAVE SIMILAR REFLEXES, BOTH BEING EXTENSION LEVERS, RELEASE ALL LOWER JOINT REFLEXES. HOLD THE SOREST SPOT AND MANIPULATE AROUND THE OTHER JOINT TISSUES.

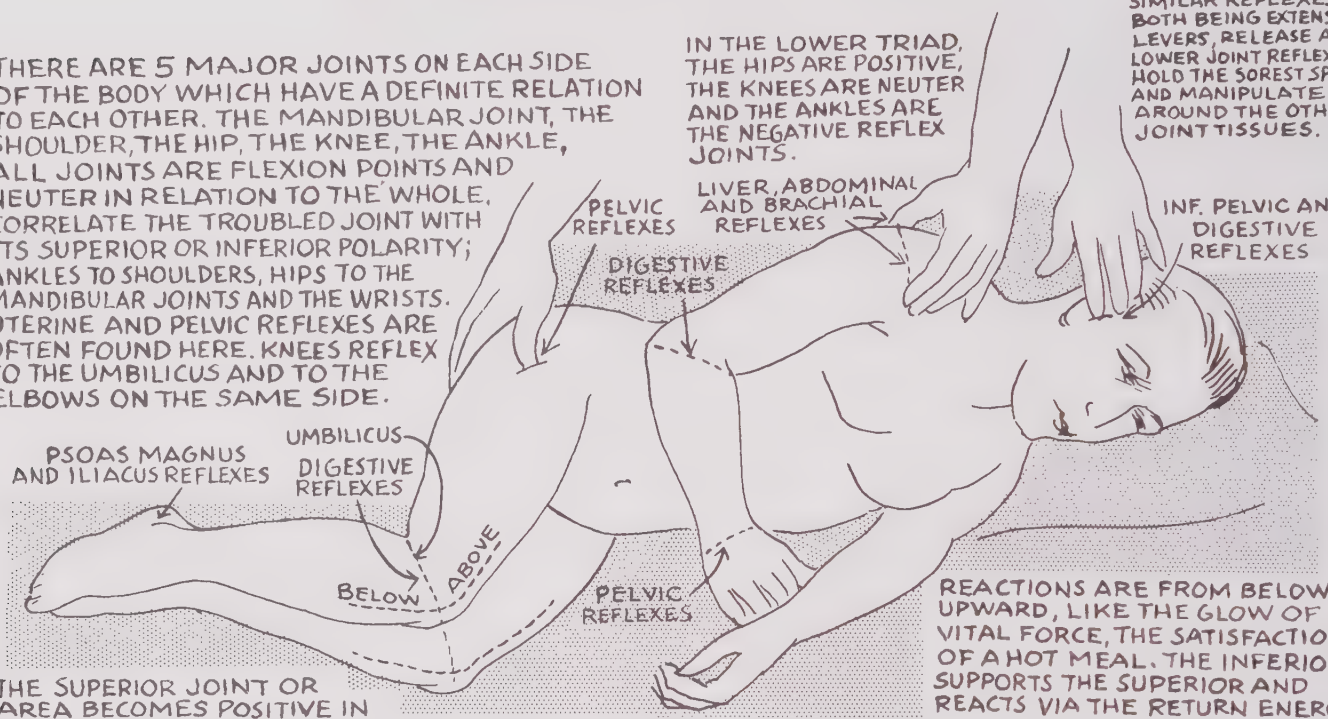


Fig. 1

REACTIONS ARE FROM BELOW UPWARD, LIKE THE GLOW OF VITAL FORCE, THE SATISFACTION OF A HOT MEAL. THE INFERIOR SUPPORTS THE SUPERIOR AND REACTS VIA THE RETURN ENERGY FLOW AND BY GRAVITY PULL.

THE SUPERIOR JOINT OR AREA BECOMES POSITIVE IN RELATION TO ANY INFERIOR ONE, NO MATTER WHAT ITS GENERAL OVER-ALL POLARITY MIGHT BE IN RELATION TO THE WHOLE, BECAUSE PRIMAL ENERGY FLOWS FROM THE BRAIN ABOVE AS THE ROOT OF THE TREE OF LIFE, AND OF THE NERVOUS SYSTEM DOWNWARD TO WATER THE GARDEN OF LIFE, THE HUMAN BODY.

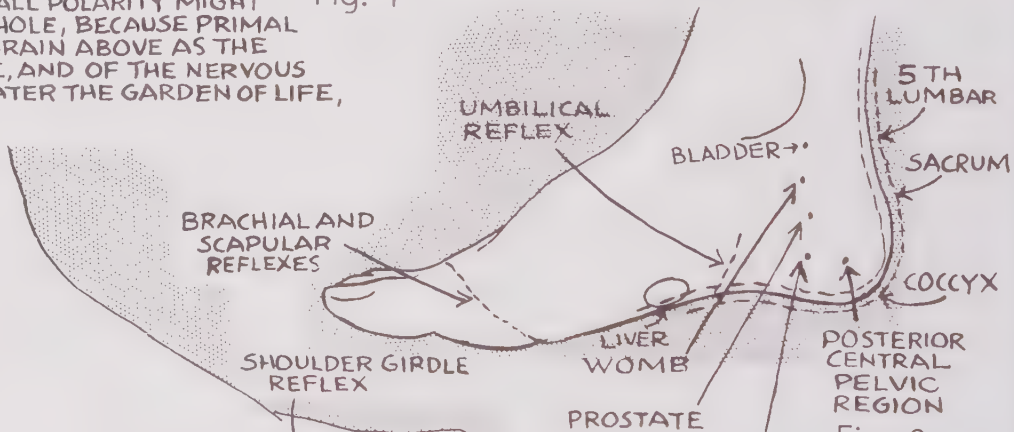


Fig. 2

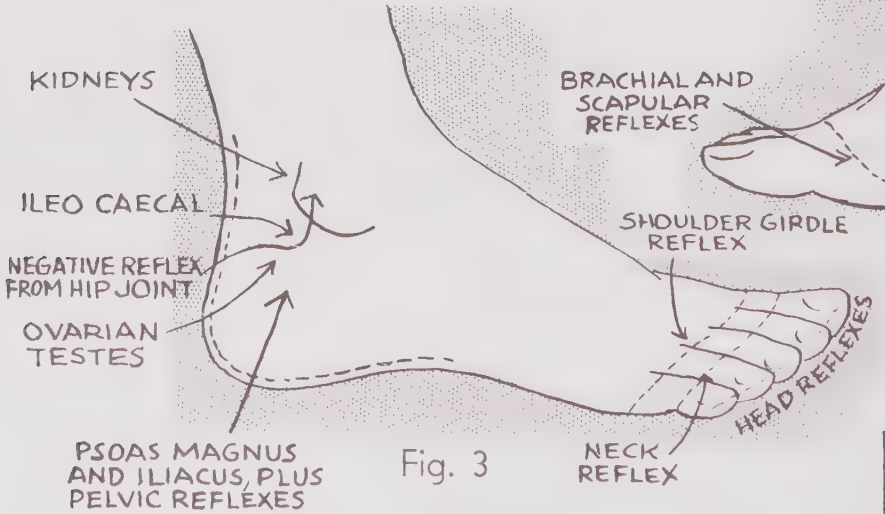


Fig. 3

TREAT BY MANIPULATION, PRESSURE ON MUSCLES, OR BY HOT AND COLD APPLICATIONS OF A FORCEFUL STREAM OF WATER ON THAT SPOT

THESE AREAS CAN BE EASILY LOCATED, TRACED TO THEIR SOURCE AND TO THEIR POLARITY. AS ONE RELAXES THE OTHERS WILL ALSO LET GO AND BE RELIEVED.

CHART NO. 34

PELVIC AND HIP ADJUSTMENTS FOR EVERY TENDER AREA IN THE GLUTEI REGION.

DRAW A STRAIGHT LINE FROM THE TENDER SPOT FOUND TO THE HEAD OF THE FEMUR. THAT GIVES THE LINE OF FORCE FOR THE POSITION OF THE LEG AND THE FEMUR FOR THE ADJUSTMENT. THESE ADJUSTMENTS ARE NOT MERE HIP CORRECTIONS BUT ARE A RELEASE FOR SPASTIC TISSUE AND BONY RELATIONSHIP CAUSED BY IT.

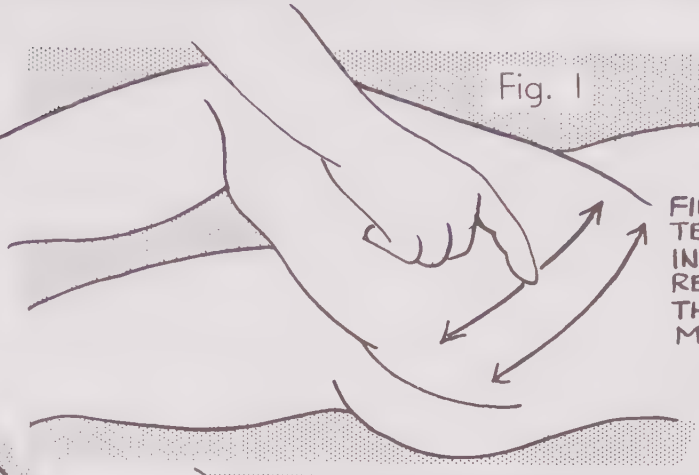


Fig. 1

FIND THE MOST TENDER SPOT IN THE DOTTED REGION OVER THE GLUTEI MUSCLES.

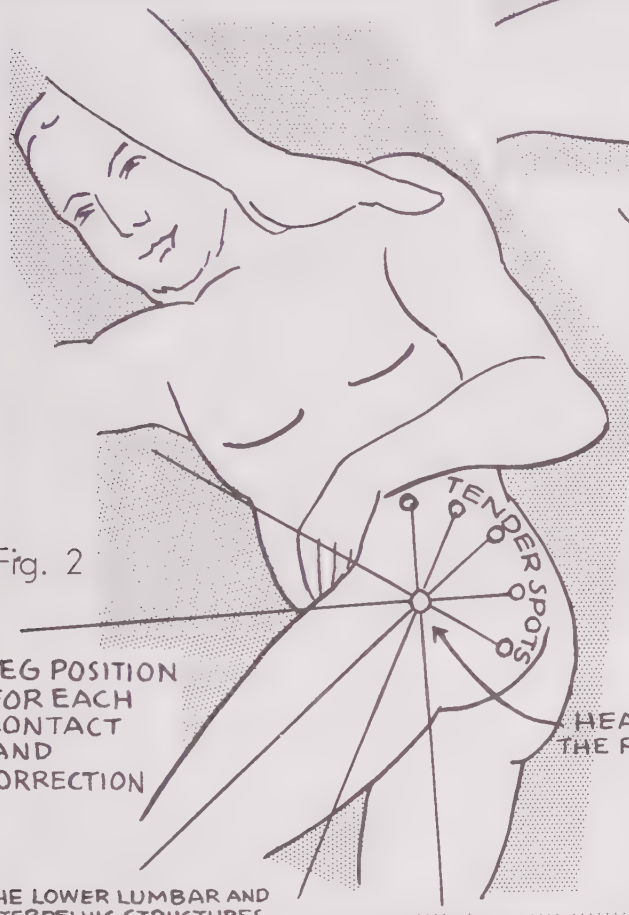


Fig. 2

LEG POSITION FOR EACH CONTACT AND CORRECTION

HEAD OF THE FEMUR

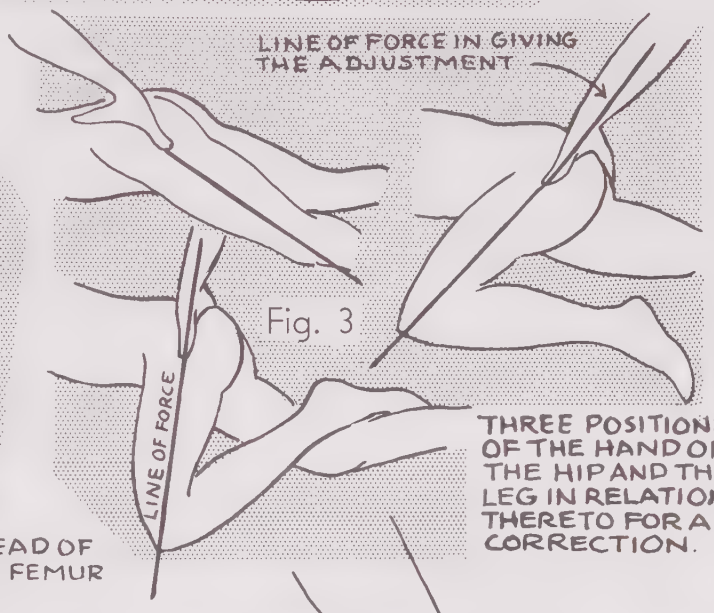


Fig. 3

THREE POSITIONS OF THE HAND ON THE HIP AND THE LEG IN RELATION THERETO FOR A CORRECTION.

THE LOWER LUMBAR AND INTERPELVIC STRUCTURES AND SPASMS ARE RELEASED BY THIS SIMPLE ADJUSTMENT. FIRST HOWEVER ALL ANTERIOR AND PERINEAL ENERGY BLOCKS OF THE PELVIS SHOULD BE REMOVED.

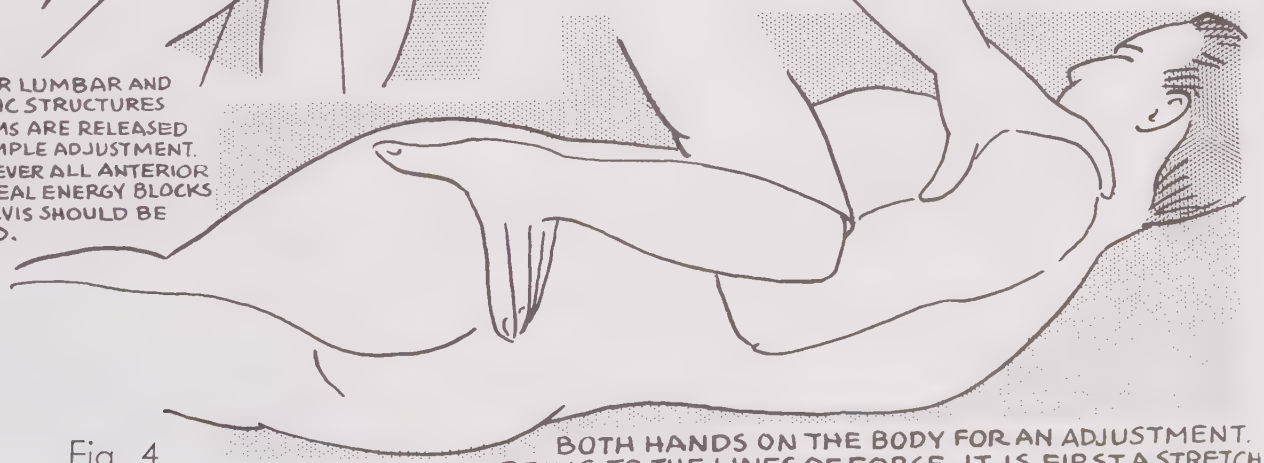


Fig. 4

BOTH HANDS ON THE BODY FOR AN ADJUSTMENT. ACCORDING TO THE LINES OF FORCE. IT IS FIRST A STRETCH, THEN A VERY MILD NATURAL CORRECTION WITH A VERY SHORT RANGE OF ADJUSTMENT, $\frac{1}{2}$ INCH OR LESS.

CHART NO.35. GENTLE ROCKING MOTION AND STRETCH FOR THE PELVIS TO RELIEVE SPASMS AND BLOCKS IN THE MUSCLES OF THE HIP JOINT.

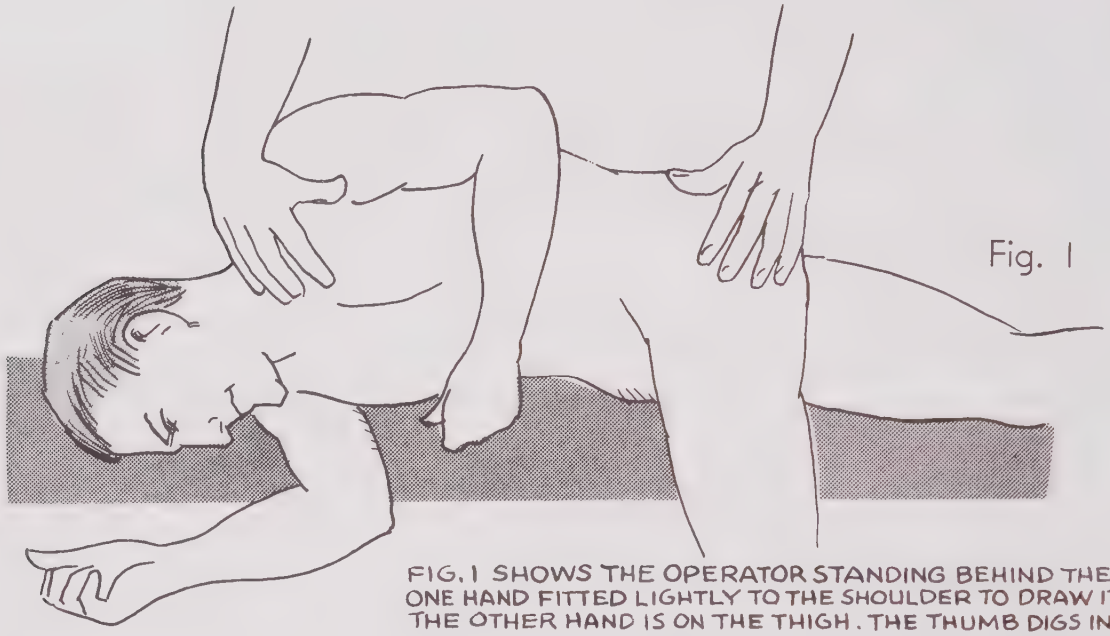


Fig. 1

FIG. 1 SHOWS THE OPERATOR STANDING BEHIND THE PATIENT WITH ONE HAND FITTED LIGHTLY TO THE SHOULDER TO DRAW IT BACKWARDS. THE OTHER HAND IS ON THE THIGH. THE THUMB DIGS INTO THE TENSE MUSCLE FIBRES ABOVE THE HIP JOINT, ANYWHERE UP TO THE CREST OF THE ILIUM WHEREVER THEY ARE FOUND. THESE HAVE A DEFINITE RELATION TO THE LATERAL RESPIRATORY AND INTERCOSTAL MUSCLES. A GENTLE ROCKING MOTION AIDS IN RELAXATION, MANY CORRECTIONS OF TISSUES CAN TAKE PLACE EASILY. THIS MOVE MAY BE USED ON HEAVY PATIENTS, WHERE HIP CORRECTION IS TOO STRENUOUS FOR THE OPERATOR.

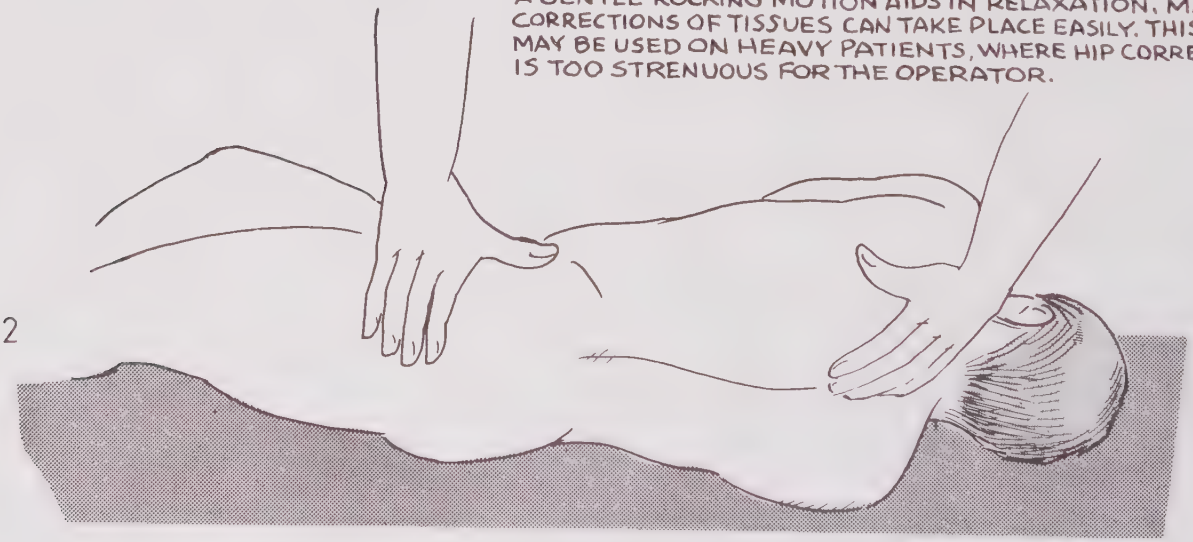


Fig. 2

FIG. 2 SHOWS A STRETCH AND A GENLE ROCKING CONTACT IN THE OPPOSITE DIRECTION WHEN IT IS INDICATED BY SHOULDER AND HIP TENSION. HERE THE OPERATOR STANDS IN FRONT OF THE PATIENT. NO FORCE IS USED; IT IS A RELAXATION BY SHORT RHYTHMIC MOTION. THE CONTACTS VARY WITH THE TENSION AND THE ENERGY BLOCKS FOUND IN THAT AREA. FIXED AND RESISTANT MUSCLE FIBRES YIELD TO RESILIENT IMPULSES, WHEN THE NEGATIVE POLE OF THE MUSCLE ATTACHMENT CAN BE POLARIZED TO OPERATE NORMALLY.

CHART NO.36. SCAPULA LIFT FOR BRACHIAL PLEXUS RELEASE

CONTACT OF THE FINGERS UNDER THE SCAPULA INSERTED ANYWHERE ALONG ITS RIDGE FROM THE BOTTOM TO THE TOP, WHEREVER IT IS HARDEST TO GET UNDER. THE HAND IS SUPPORTED BY THE KNEE, WHICH DOES THE LIFTING; THE FOOT RESTS ON A STOOL OR TABLE-BRACE. THE NEXT MOVE IS TO PULL THE SHOULDER OVER WITH THE OTHER HAND ON TO THE CONTACT. THE KNEE RAISES AND LIFTS THE SHOULDER. WHEN THE SCAPULAR MUSCLES ARE SO TIGHT THAT THE FINGERS CANNOT GET UNDER THEM, THEN, THE BIG TOE JOINTS AND THE TRANSVERSE ARCH OF THE FEET SHOULD BE RELEASED BECAUSE THEY ARE THE NEGATIVE POLES WHICH HOLD THEM BOUND BY THEIR WIRELESS CURRENT BLOCK.

THE LIFT ON THE POINT OF THE SHOULDERS ACCOMPLISHES A BRACHIAL PLEXUS RELEASE AND A GENERAL WELL BEING OFTEN FOLLOWS. PATIENTS GAIN WEIGHT AND DO BETTER AFTER THE SHOULDER BLADES ARE FREED. MENTAL AND PHYSICAL LOADS ARE CARRIED OVER THE SHOULDERS AND ARE BOUND UP WITH LIFE THRU RESPIRATION AND BY GROANS.

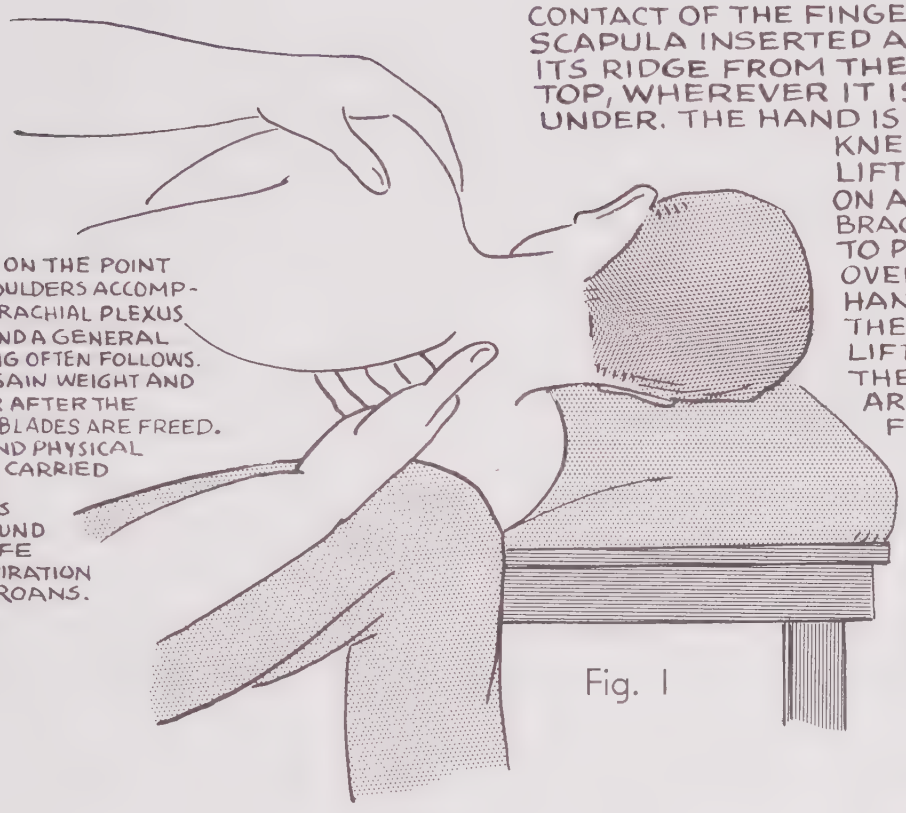


Fig. 1

THE COMPLETED CONTACT UNDER THE SHOULDER BLADE WITH THE FOREARM OF THE OTHER HAND IN FRONT UNDER THE SHOULDER JOINT, THE HAND EXTENDED TO GENTLY PUSH THE HEAD DOWN FOR A MORE COMPLETE RELAXATION AND STRETCH OF THE NECK MUSCLES, FREEING TENSION AND ENERGY BLOCK OVER THE BRACHIAL PLEXUS. IT IS A VALUABLE MOVE IN ALL RESPIRATORY, HEART, AND NERVOUS CONDITIONS, AND FOR RECUPERATING ENERGY.

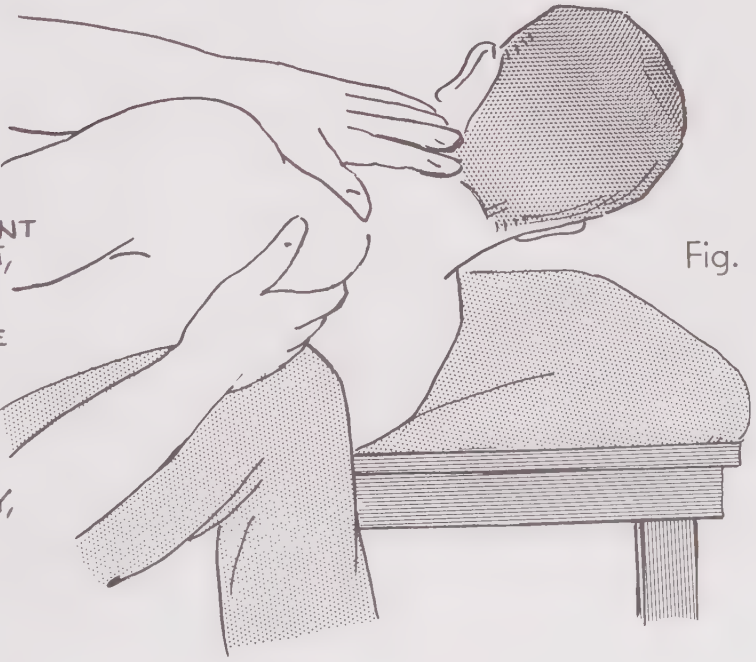


Fig. 2

CHART NO.37. ADJUSTMENT OF TOES IN ONE MOVE — BIG TOE ADJUSTMENT AND ITS REFLEXES.

THE FIRM GRIP OF THE RIGHT HAND OVER THE TOES, READY FOR THE ADJUSTMENT. THE MOVEMENT IS A QUICK MOTION OF THE ENTIRE HAND, BENDING THE TOES DOWN AND PUSHING THE ARCH UP FROM UNDERNEATH BY THE FINGER CONTACT. THIS RELEASES TENSION ALL OVER, ESPECIALLY ACROSS THE SHOULDER GIRDLE WHERE IT REFLEXES TO.

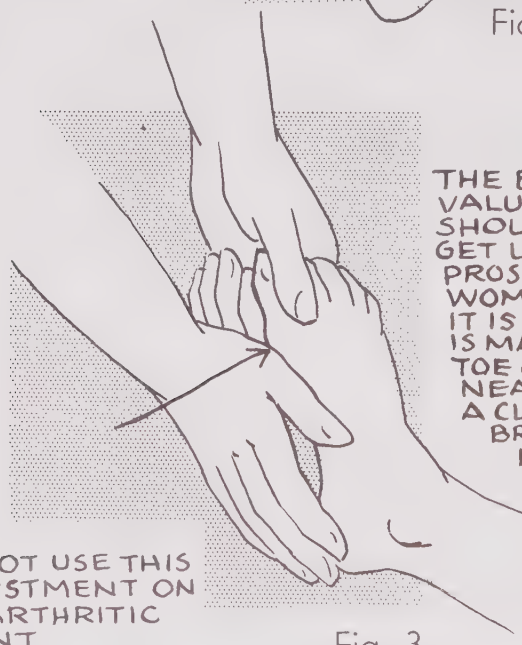


Fig. 1



THE FINGER CONTACT CLEARLY UNDER THE TRANSVERSE ARCH. ONE FINGER TIP UNDER EACH JOINT IS THE PREPARATORY POINT. IT IS A RELEASE FOR NERVOUS TENSION AND EMOTIONAL LOCKS THRU THE BRACHIAL PLEXUS. IT IS THE NEGATIVE POLE TO THE SHOULDER GIRDLE AS A RESPIRATORY RELEASE.

Fig. 2



DO NOT USE THIS ADJUSTMENT ON AN ARTHRITIC JOINT.

Fig. 3

THE BIG TOE ADJUSTMENT GIVEN HERE IS A VALUABLE MOVE FOR THE RELEASE OF TIGHT SHOULDER BLADES WHICH THE DOCTOR CANNOT GET UNDER TO LIFT; ALSO FOR SCIATICA AND PROSTATE TROUBLE AND ENLARGEMENT. THE WOMB, TOO, HAS A REFLEX HERE, AND LASTLY, IT IS THE BUNION ADJUSTMENT. THE CORRECTION IS MADE BY A SHARP SMACK AGAINST THE BIG TOE JOINT WITH THE SOFT PART OF THE PALM NEAR THE THIRD THUMB JOINT. IT WILL GIVE A CLICK MOST OF THE TIME. THE OBJECT IS TO BREAK THE LOCK AND FIXATION HERE OF THE ENERGY CURRENTS THAT AFFECT MANY PARTS OF THE BODY. SECONDLY, THE PHYSICAL OBJECTIVE OF THE BUNION ADJUSTMENT IS TO REPLACE THE CARTILAGE OF THE THE TOE JOINT BY A SHARP BLOW. THIS JOINT WHEN LOCKED IS STIFF AND SORE. IF THE DOCTOR SUCCEEDS IN BREAKING THAT LOCK, EVEN WITH A VERY LIGHT SLAP OF THE HAND, THE TOE MAY BE VERY SORE AND MAY EVEN TURN BLUE WHERE THE VENOUS STASIS IS RELEASED. BE SURE TO TELL THE PATIENT, FIRST. WHEN THERE IS NO FIXATION AND STASIS, THIS CORRECTION DOES NOT HURT.

WHERE THERE IS SORENESS A MERE PULL OF THE BIG TOE WILL BE SUFFICIENT FOR A POWERFUL REACTION. ALL OTHER TOES CAN BE TREATED LIKEWISE WHEN THE PATIENT PERMITS. IT RELEASES SHOULDER AND NECK REFLEX TENSIONS. IT IS MOST HELPFUL IN SCIATICA.

THE BIG TOE JOINT HAS A POWERFUL REFLEX ACTION NEAR THE CENTER LINE AND COULD BE COMPARED TO AN **ATLAS ADJUSTMENT** AT ITS MOST NEGATIVE POLE. OF THE SPECIAL SENSES IT HAS A REFLEX ACTION TO THE NOSE, THE TONGUE, SPEECH AND HEARING CENTER ABOVE.

CHART NO. 38. FOOT ADJUSTMENTS FOR HIGH ARCH AND LOW ARCH THROUGH THE CUBOID.

THE FEET ARE SENSITIVE STRUCTURES AND NEED CARE AND ATTENTION PLUS PROPER SHOES. THESE BONES CAN BE MOLDED EASIER THAN ANY OTHER GROUP AND MANY REFLEXES AND PAINS CAN BE ELIMINATED BY IT. THE FEET REFLEX TO THE ENTIRE BODY.

THE RIGHT HAND GRIPS THE ARCH OF THE FOOT FIRMLY.

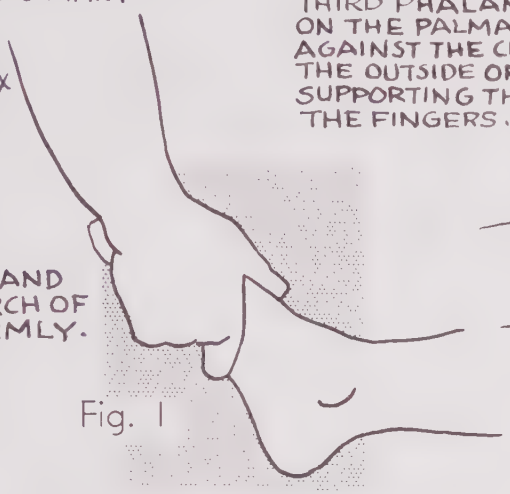


Fig. 1

THE LEFT HAND MAKES A CONTACT WITH THE SOFT PORTION OF THE THIRD PHALANX OF THE THUMB ON THE PALMAR SIDE, PRESSED AGAINST THE CUBOID BONE ON THE OUTSIDE OF THE FOOT, AND SUPPORTING THE HEEL WITH THE FINGERS.

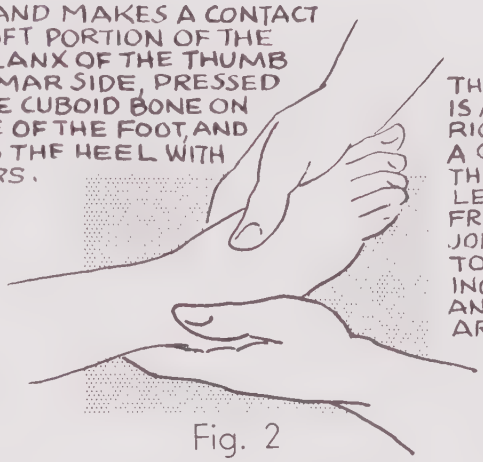


Fig. 2

THE ADJUSTMENT IS A TWIST OF THE RIGHT HAND AND A QUICK SHORT THRUST BY THE LEFT HAND. IT FREES THE LOWEST JOINT OF THE BIG TOE PLUS REPLACING THE CUBOID AND RAISING THE ARCH. IT REFLEXES TO THE MIDDLE PART OF THE BODY AND IS TONIC IN ITS EFFECT.

THE REVERSE ADJUSTMENT FOR A HIGH ARCH. THE FIRST CONTACT IS MADE ON THE FOOT OVER THE HIGHEST SPOT ON THE TOP OF THE ARCH BY FIRM PRESSURE WITH THE STRONG MIDDLE FINGER UPON IT.

THE KIDNEY REFLEX AREA IN EACH FOOT IS ADJUSTED IN THE SAME WAY AS THE HIGH ARCH.



Fig. 3

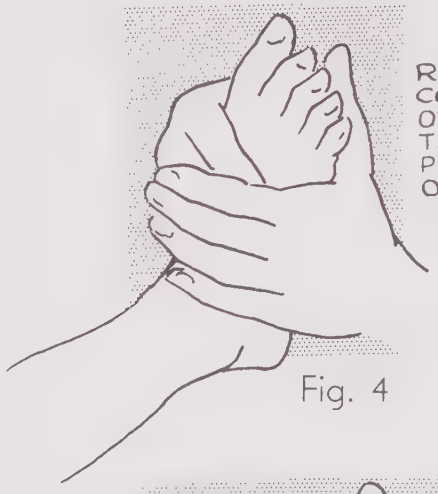


Fig. 4

REINFORCE THE FIRST CONTACT WITH THE OTHER HAND BY USING THE MIDDLE FINGER PRESSURE OVER THE ORIGINAL CONTACT.

THE FEET ARE THE MOST NEGATIVE POLE OF THE ENTIRE BODY AND BECAUSE OF THIS FACT MANY NEGATIVE ENERGY BLOCKS ARE FOUND HERE THAT CAN BE REMOVED BY MANIPULATION AND MOULDING TO CONFORM TO THE REST OF THE BODY IN ENERGY RESPONSE WHICH SHOWS ITSELF IN FLEXIBILITY AND ELASTICITY OF TISSUES. CRYSTALIZATION AND HARDNESS SPELL OLD AGE DECAY AND DEATH. YOUTH IS ELASTIC. FOR SPECIFIC REFLEX AREAS SEE CHART 4 AND FOR DEFINITE FUNCTIONAL REGIONS SEE CHART 2.

WITH THE THUMBS UNDER THE ARCH, PUSH THE FOOT HEADWARD AND WITH THE ANTERIOR CONTACT FIRM. THEN THE ADJUSTMENT IS A MERE STEADY PUSH OF ONE CONTACT AGAINST THE AS A STRETCH, THEN A QUICK SHORT PULL AND IT IS DONE. WHEN INDICATED, THE ADJUSTMENT CAN BE HEARD DISTINCTLY. USUALLY IT DOES NOT HURT. IT REFLEXES TO THE MIDDLE OF THE BACK.



Fig. 5

CHART NO. 39. OCCIPITO-TEMPORAL CONTACTS AND POSITIONS.

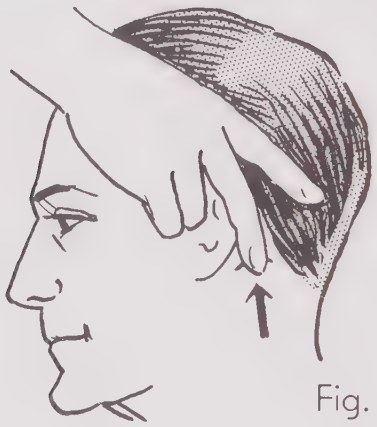


Fig. 1



Fig. 2

COMPLETED CONTACT

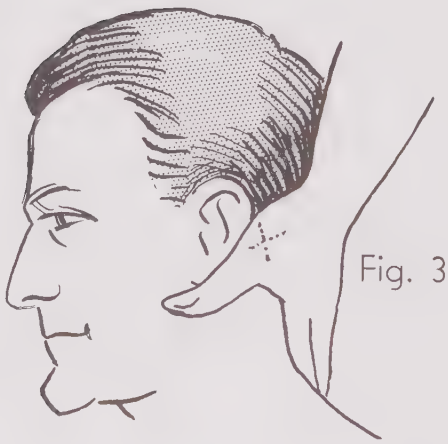


Fig. 3

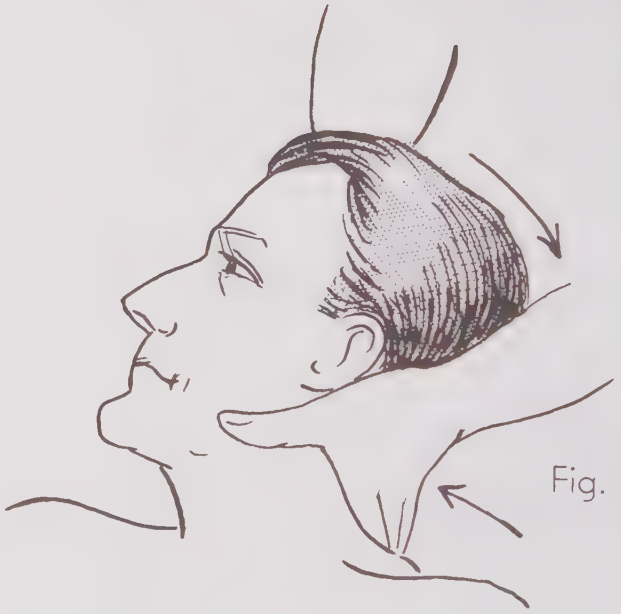


Fig. 4

ADJUSTMENT POSITION FOR THE TEMPORAL-OCCIPITAL REGION PLUS A 7TH CERVICAL AND 1ST DORSAL CORRECTION, ALL IN ONE MOVE.

THE PRINCIPLE OF THIS CONTACT IS BASED UPON THE CROSSING OVER OF THE BRAIN CURRENTS IN THE NECK AND ITS LETTER X EFFECT ON TISSUES. A GENTLE CORRECTION GIVEN HERE IS SUPPORTED BY THE ENTIRE HAND. IT GIVES BY ITSELF WHEN THE LINE OF FORCE IS CORRECT AND INDICATED BY MUSCLE TENSION. A RELAXATION OF THE LOWER POLES MUST BE ACCOMPLISHED FIRST OR IT WILL NOT STAY PUT.



Fig. 5

POSITION OF HAND ON OCCIPUT FOR A STRETCH TO OPEN FORAMEN MAGNUM OPPOSITE TO THE ADJUSTING CONTACT. IT ALSO HAS A POSITIONING EFFECT ON THE TEMPORAL BONE.

CHART NO. 40. ROTATION AND SIDEBEND STRETCH TO OPEN THE FORAMEN MAGNUM.

CONTACT FOR A STRETCH ON THE OCCIPUT AND THE NECK MUSCLES TO OPEN THE FORAMEN MAGNUM WITH THE OTHER HAND UNDERNEATH IN THE SAME POSITION ACTING AS A FULCRUM

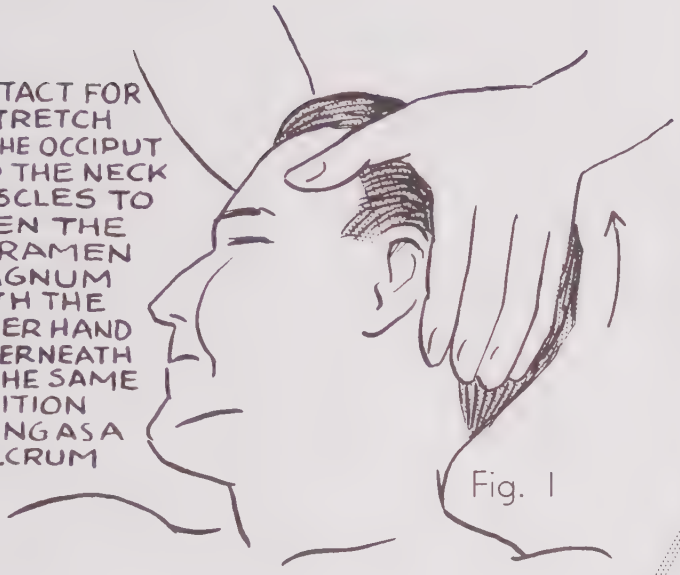


Fig. 1



Fig. 1

DOUBLE CONTACT ON THE TEMPORAL AND OCCIPITAL BONE FOR A LATERAL SIDE BEND STRETCH

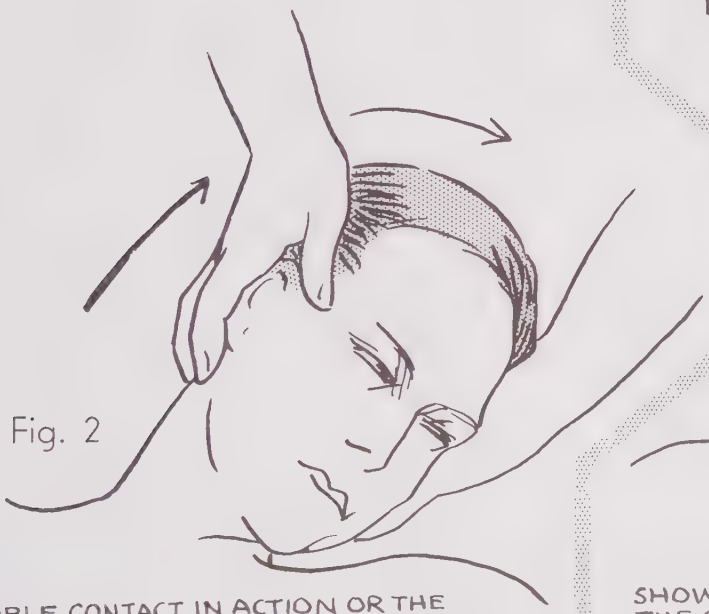


Fig. 2

DOUBLE CONTACT IN ACTION OR THE ROCKING STRETCH MOVEMENT TO LINE UP THE HEAD VERTICALLY WITH THE BODY. THE OCCIPITAL CONDYLES ARE INSIDE OF THE ATLAS ARTICULATION AND CONTROL ATLAS MOVEMENTS. PULLS FROM BELOW ALSO ACT AS A LEVERAGE ON THESE MUSCLES. OFTEN A LEFT LATERAL ATLAS IS RELEASED BY A PERINEAL CONTACT IN ALL EMOTIONAL CONDITIONS AND ESPECIALLY IN PREGNANCY. USE IT FIRST.

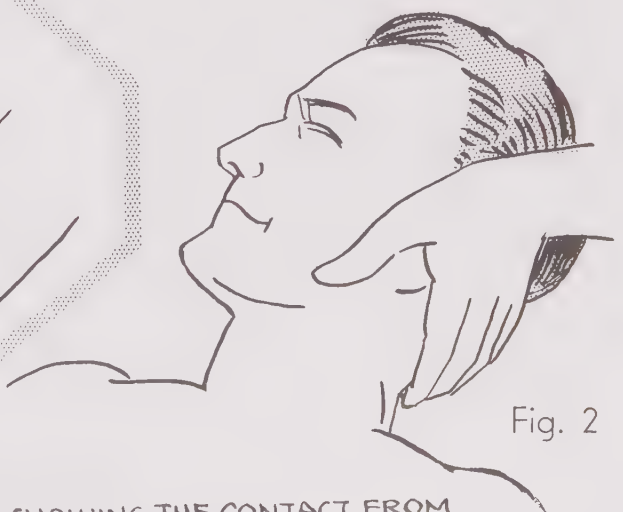


Fig. 2

SHOWING THE CONTACT FROM THE SIDE VIEW. THE HAND MUST FIT THE HEAD AND SUPPORT IT. THE MOVEMENT IS A GENTLE MOLDING STRETCH NO FORCE IS NECESSARY FOR BEST RESULTS. CELLS AND TISSUES MOVE WITH THE VIBRATORY RHYTHMIC IMPULSE OF THE LIFE FORCE IN THE BREATH.

CHART NO.41 A STRETCH OF THE OCCIPITAL AND UPPER DORSAL REGION. ADJUSTMENTS OF THE UPPER DORSALS BY TWO METHODS.

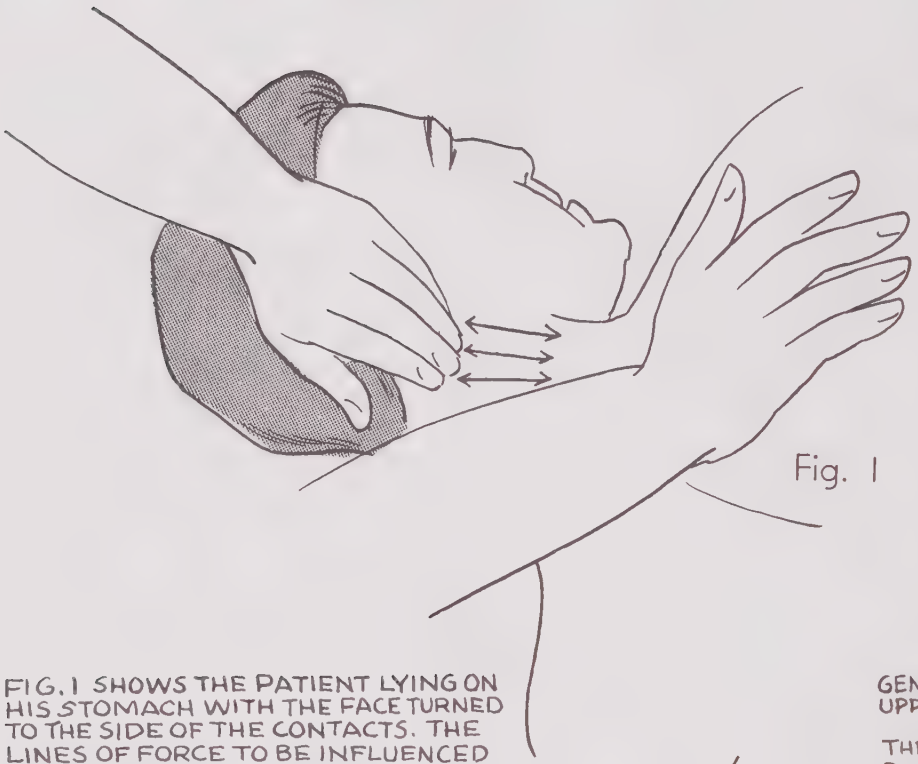


Fig. 1

THE NECK IS THE ETHERIC FIELD OF ENERGY OUT OF WHICH THE LOWER OVALS AND CENTERS ARE FORMED BY REFLECTION FROM ABOVE. SEE CHART I. FROM THIS CENTER FLOW OUT THE FOUR RIVERS OF ENERGY TO THE LOWER FOUR CENTERS OR CHAKRAS AND RETURN TO IT AS A CIRCUIT. THEREFORE WE FIND THAT THE NECK IS THE PROVERBIAL CENTER THAT CATCHES EVERYTHING IN ITS POSITION AS A LINK BETWEEN THE HEAD AND THE BODY. IN PHYSIOLOGY WE FIND THAT THE CRANIAL NERVES REFLEX THERE, ESPECIALLY THE PNEUMOGASTRIC AND ITS ABDOMINAL REACTION. THE TWO SYMPATHETIC GANGLIONS ALSO HAVE THEIR INFLUENCE IN THE NECK WITH REFLEXES FROM BELOW. NO WONDER MOST PERSONS ARE NECK CONSCIOUS WHEN THEY ARE UNDER MENTAL-EMOTIONAL TENSION OR HAVE INDIGESTION OF VARIOUS KINDS. TECHNIQUES OF REFLEX THERAPY WHICH RELEASE CAUSES OF THE ENERGY BLOCKS FROM BELOW SHOULD BE USED FIRST BEFORE ANY ATTEMPT IS MADE TO TREAT OR TO ADJUST THE NECK.

FIG. 1 SHOWS THE PATIENT LYING ON HIS STOMACH WITH THE FACE TURNED TO THE SIDE OF THE CONTACTS. THE LINES OF FORCE TO BE INFLUENCED ARE SHOWN BY THE ARROWS. THE LEFT HAND IS ON THE TENDER AREA OF THE OCCIPUT WHICH HAS BEEN UNDER TENSION. THE TECHNICIANS RIGHT HAND IS ON THE RIGHT SIDE OF THE SPINE OVER THE UPPER DORSAL VERTEBRAE WHICH ARE THE NEGATIVE POLE OF THE TENSION AREA. THE TWO CONTACTS ARE A STRETCH ALONG THE LINES OF FORCE AND THE ADJUSTMENT IS MERELY A LITTLE MOVE AT THE END OF THE STRETCH. THERE MUST BE NO ROTATION MOVEMENT ON THE HEAD. THIS WOULD PRODUCE A TWIST IN THE NECK MUSCLES WHICH IS UNDESIRABLE.

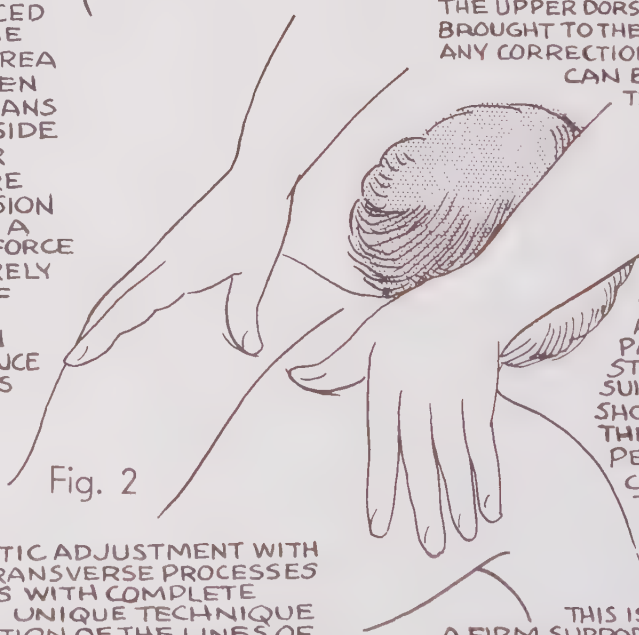


Fig. 2

FIG. 2 SHOWS AN ELASTIC ADJUSTMENT WITH THE THUMBS ON THE TRANSVERSE PROCESSES OF THE UPPER DORSALS WITH COMPLETE RELAXATION THIS IS A UNIQUE TECHNIQUE IN THE CORRECT DIRECTION OF THE LINES OF FORCE AND THERE IS LITTLE HURT ATTACHED TO IT. A ROCKING DIRECTIONAL TENSION RELEASE IS MOST EFFECTIVE IN RELIEVING ENERGY BLOCKS WHICH CAUSE SORENESS AND PAIN.

GENERAL RULE FOR CORRECTING ANTERIOR UPPER DORSAL VERTABRAE:

THE UPPER DORSAL CURVE MUST BE BROUGHT TO THE POSTERIOR BEFORE ANY CORRECTION FOR ANTERIORITY CAN BE MADE. THE HIGHER THE CURVE IS PLACED POSTERIORLY BY BENDING THE HEAD FORWARD ON THE CHEST, THAT MUCH MORE LEVERAGE IS APPLIED TO THE THE UPPER SIX DORSAL ARTICULATIONS FOR THE CORRECTION OF ANTERIORITY. WHEN THE PATIENT IS LYING ON THE STOMACH A FAIRLY FIRM SUITABLE SIZE CUSHION SHOULD BE PLACED UNDER THE CHEST, TO BRING THE PEAK OF THE POSTERIOR CURVE ON THE ARTICULATION WHERE THE ANTERIORS ARE TO BE CORRECTED BY ANY METHOD, IN THIS POSITION. FOR CORRECTING RIB ARTICULATIONS THIS IS A GOOD POSITION WITH A FIRM SUPPORT UNDER THE CHEST. IT CAN BE DONE WITHOUT PAIN WITH THE HEAD IN A SPLIT CUSHION-FACE DOWNWARD.

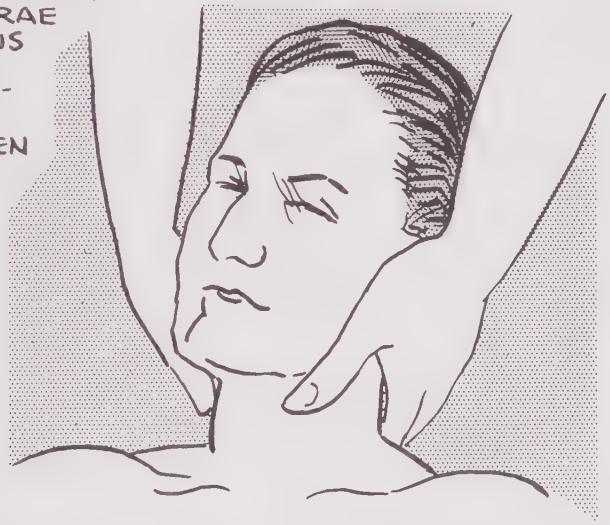
CHART NO.42. THE NORTH POLE STRETCH.



CONTACT ON THE OCCIPUT WITH THE MIDDLE FINGERS FOR THE NORTH POLE STRETCH AFTER RELAXATION OF TENSION

Fig. 1

THIS IS A MOVE TO RESTORE THE POSITION OF THE OCCIPUT AND ATLAS, WHICH ARE PULLED INFERIORLY BY THE ATTACHED MUSCLES. THE OBJECT IS TO RELEASE THE COMPRESSION BETWEEN THE VERTEBRAE ON THE CARTILAGENOUS DISKS. THIS CAN BE ACCOMPLISHED SOMETIMES ALL ALONG THE SPINAL COLUMN WHEN RELAXATION IS COMPLETE.



A GENTLE MOULDING STRETCH IS USED FIRST TO RELEASE AND TEST TENSION AND THE ADVISABILITY OF AN EXTENSION OF THE HEAD. IF TOO LOOSE OR TOO TIGHT NO ADJUSTING PULL SHOULD BE GIVEN.

Fig. 2

POSITION FOR A STRETCH AND AN ADJUSTMENT TO RELEASE COMPRESSION BY A PULL STRAIGHT HEADWARD FROM THE OCCIPITAL BASE CONTACT. THE JAW AREA IS USED ONLY TO STEADY THE HEAD AND MAKE THE HOLD FIRM.

ILLUSTRATION FOR PAGE 66 IN "THE NEW ENERGY CONCEPT OF THE HEALING ART."

CHART NO.43. HEAD MOULDING THERAPY AND ITS DEFINITE EFFECT ON BODY AREAS.

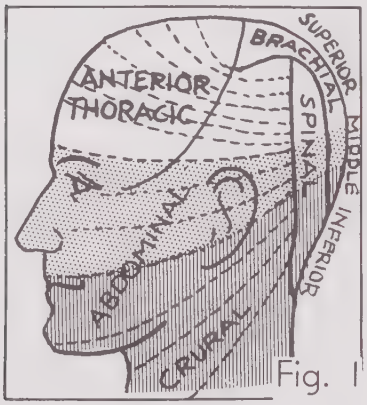
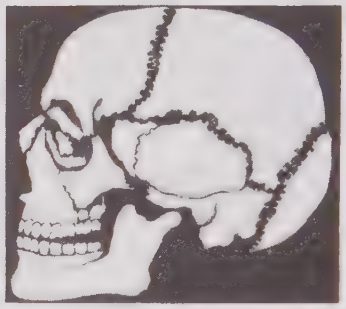


Fig. 1


TOP OF A BABY'S SKULL SHOWING THE BONES OF THE CRANIUM NOT YET GROWN TOGETHER.
Fig. 5


NATURAL DIVISIONS OF THE HUMAN SKULL.
Fig. 6

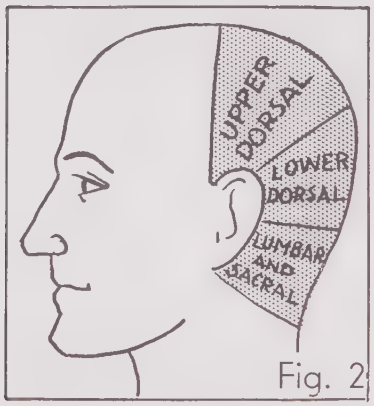


Fig. 2


Fig. 7

THE SACRUM CONSISTING OF FIVE FUSED VERTEBRAE AT THE LOWER END OF THE SPINAL COLUMN

IS IT POSSIBLE THAT THESE FIVE BONES OF THE SACRUM HAVE A DEFINITE RELATIONSHIP TO THE FIVE BONES ON THE TOP OF THE HEAD LIKE THE FOUNDATION OF A HOUSE HAS TO ITS ROOF? THESE FIVE BONES ARE MOULDS OF THE FIVE ENERGY FIELDS OR TATTWAS AND THE FIVE LIFE ENERGY CURRENTS OF PRANA FLOWING THRU THEIR CENTRAL CONTENTS AND NERVE CENTERS.

EVERY CONTACT ON THE BODY HAS A DEFINITE REACTION. ESPECIALLY OVER VITAL CENTERS AND REPRESENTATIVE POLAR REFLEX AREAS. IN MOLDING THE HEAD OR THE NECK WHICH ARE SUPERIORLY LOCATED, THE WHOLE BODY IS INFLUENCED BY DIRECT IMPULSES AND BY RELEASING ENERGY BLOCKS DUE TO REFLEXES FROM BELOW, THESE AREAS ARE ALSO BENEFITTED. THE MOLDING OF THE CRANIAL BONES IS AN ART IN ITSELF. EVERYTHING DEPENDS ON KEEN OBSERVATION AN ELASTIC AND FIRM TOUCH, AND THE SKILL OF THE OPERATOR. WHEN WORKING WITH GREAT INTEREST AND ATTENTION A DOCTOR CAN LEARN DIRECT FROM LIFE. THE MOULDING PROCESS INVOLVES DIRECTIONAL FORCE USED PLUS THE POLARITY REFLEXES. THE CENTRAL AXIS OF THE BODY'S ENERGY FIELD IS DEFINITELY INFLUENCED BY EXTERNAL IMPULSES OF ENERGY APPLIED WHICH REACTS THRU THE WIRELESS ENERGY WHIRLS, FLOWING THRU THE MENINGES LIKE AN INDUCED CURRENT AND EFFECTS THE TENSION OF THE CEREBRO SPINAL FLUIDS LOCALLY. THE SKULL IS A HOLLOW BAND SHELL IN WHICH THE ULTRA SONIC ENERGY CURRENT OF THE SOUL REVERBERATES LIKE THE MUSIC OF THE SPHERES AND IS THUS BROADCASTED; THE BRAIN ACTING AS THE CONVERTER AND SWITCHBOARD FOR THE WHOLE BODY.

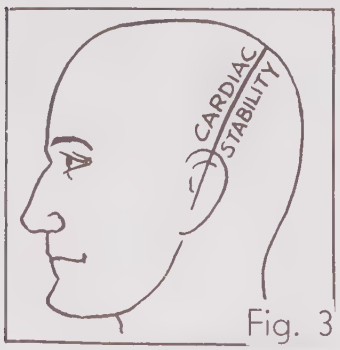


Fig. 3

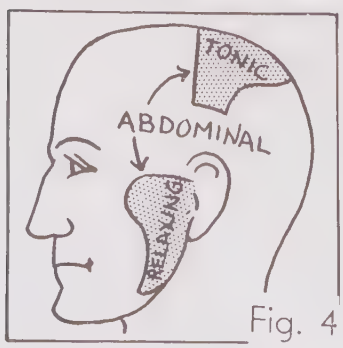


Fig. 4

THE SUPERIOR OVAL IS THE MENTAL FIELD; THE GOVERNOR. THE INFERIOR TRIANGLE IS THE VITAL SUSTAINING FORCE AND FIELD. ONE IS THE CROWN OF MAN, THE OTHER WAS CALLED THE SACRED BONE. WHAT FORCE OF POTENTIAL ENERGY LIES HIDDEN HERE? AND WHAT ARE ITS MYSTERIOUS POSSIBILITIES WHEN RAISED TO FULLY AWAKENED CONSCIOUSNESS? THE SPACE IN BETWEEN IS THE NEUTER POLE OF THE LIFE ENERGY; THE SUSTAINER (VISHNU) THE SUPPORTER AND PRESERVER OF ORGANISMS.

Explanation of Chart 43

These four drawings are from Dr. J.R. Buchanan's PHYSIOLOGICAL SARCOGNOMY, 1891, with a few additions, showing areas in the head and brain which are positive control areas for body regions thru brain functions. As such, they have a reflex capacity of suffering thru the interference of the return currents from the lower poles.

These areas of influence were established by careful research, nerve tracing, and reflex effects, also by electrical and other psychometric tests by the early pioneers.

When giving cranial treatments, or molding of the head and neck, etc., these are the real factors and currents involved by polarity, not the mere solid head bones and the effort to position them. The effect is primarily in the energy field thru the induced currents in the meninges and their relaxation and balance, rather than purely physical. The head areas given here definitely affect those regions below when stimulated. In this manner, all cranial and facial bone molding can be done intelligently and effectively. The head and brain as the positive pole contain the pattern and energy supply for all parts thru the wireless currents and the nervous system.

In general, the superior part of the brain corresponds to the upper portion of the body; the basilar portion to the lower half. The lateral ventricles correspond to the upper part of the waist; the base of the brain to the lower end of the trunk, the sacrum specifically.

Dense structures are moved by finer and more sensitive tissues of nerves and endothelial membranes, like the coverings of the brain and spinal cord, the meninges. These are the membranous representatives of the whirling currents around the core and softer structures of the brain and spinal cord. As such, they are central factors in health and disease.

Bones, connective tissues, and muscles were formed by the energy current patterns for their protection and movement in space as a unit. As such, these structures are a protection, or a grave for the finer impulses of the soul's energies. Elasticity expresses co-operation to the currents. Stiffness and rigidity show the lack of cellular vibratory response to the vital force.

The brain is the House of Representatives for every structure and function in the body. It is the crown of creativeness from which all energy proceeds and must return in order to register as consciousness and experience in life.

CHART NO.44.

SPECIAL SENSE FUNCTIONS OF THE BRAIN AND THEIR REPRESENTATIVE LOCATIONS ON THE HEAD.

THESE EXTERNAL AREAS CAN BE INFLUENCED BY MANIPULATION TO REACT THROUGH THE BRAIN AS A PHYSIOLOGICAL STIMULI.

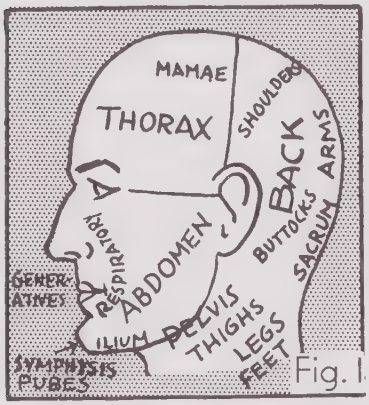


Fig. 1

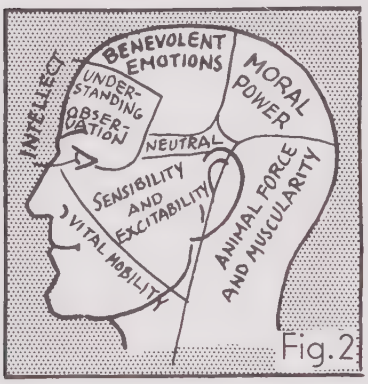


Fig. 2

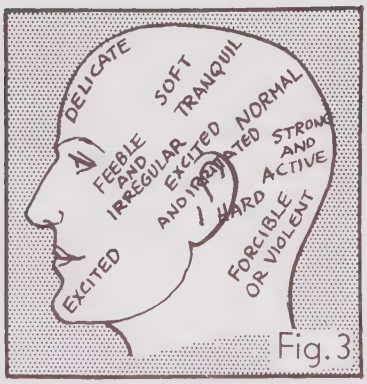


Fig. 3

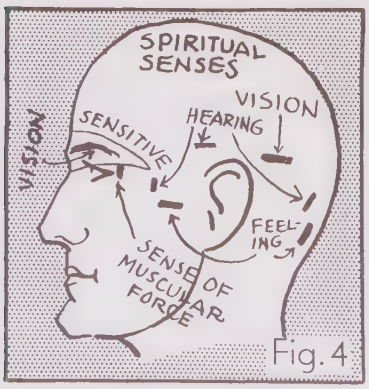


Fig. 4

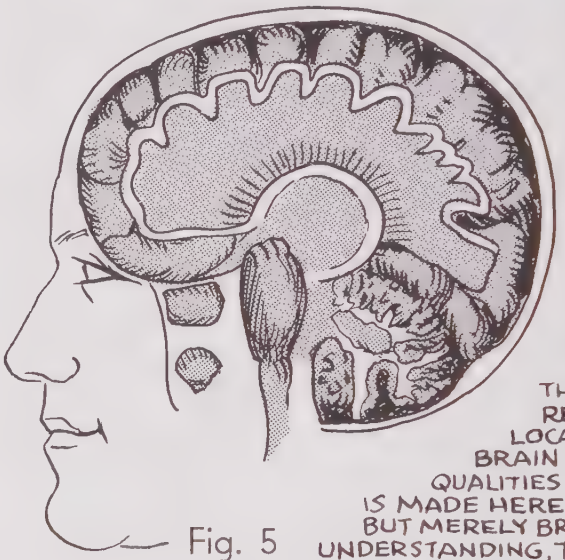

Fig. 5

FIG.1 BELONGS TO THE OTHER CHART OF ANATOMICAL REFLEX AREAS IN THE HEAD. IT IS LEFT HERE ON PURPOSE, TO SHOW THE CONNECTION BETWEEN THE MECHANICAL ASPECT OF MOLDING BONES AND ITS REFLEXES TO THE BODY AND EFFECTS THRU THE BRAIN, ITS CONVOLUTIONS AND THE CEREBROSPINAL FLUID. FIGS. 2-3 AND 4 GIVE GENERAL AREAS FOR THE EXPRESSION OF THE FINER QUALITY ACTIONS OF THE SOUL WHICH MANIFEST AS FACULTIES THRU THE MIND AND BUILD THEIR RESPECTIVE REPRESENTATIVE LOCATION OF ORGANS IN THE BRAIN TO EXPRESS THESE MENTAL QUALITIES AND IMPULSES. NO ATTEMPT IS MADE HERE TO TEACH PHRENOLOGY, BUT MERELY BRING ABOUT A LINK OF UNDERSTANDING, THAT SOUL FUNCTION HAS EVERYTHING TO DO WITH BODY AND MIND FUNCTION.

ALL PSYCHIATRY HAS ITS ROOTS IN THE MIND, WHICH OPERATES THESE FACULTIES THRU REPRESENTATIVE BRAIN AREAS. SINCE IT IS ESTIMATED THAT FROM 40 TO 60 PER CENT OF ALL DISEASES HAVE A PSYCHOSOMATIC ORIGIN IT WOULD BE WELL TO GIVE THIS ASPECT MORE ATTENTION. AN INTELLIGENT ENTITY LIVES IN THIS BODY, AND IT IS NOT A MERE CHEMICAL-MECHANICAL LABORATORY. EVERY REACTION DEPENDS ON THE CENTRAL ACTION OF THIS SOUL IN THE BODY AND ITS FINE ULTRA-SONIC VIBRATORY ENERGY CURRENTS. A PHYSIOLOGICAL PHASE COULD BE ADDED TO PSYCHIATRY BY FINDING THE WEAKER FACULTIES AND DEFICIENT ORGANIC REPRESENTATION AND BUILD THEM UP BY MENTAL EXERCISE LIKE TRAINING FOR A VOCATION.

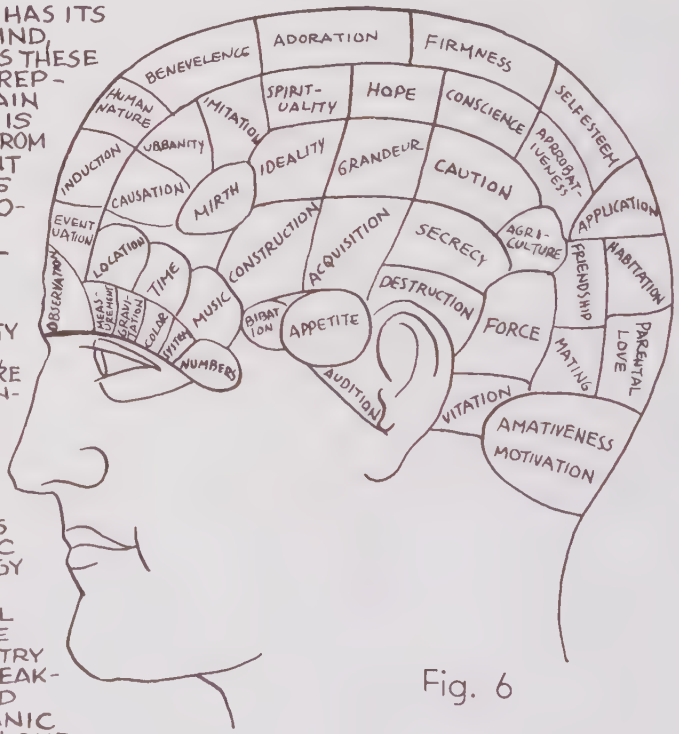


Fig. 6

Explanation of Chart 44

Four more illustrations from Dr. Buchanan's PHYSIOLOGICAL SARCOGNOMY, with a few additions:

The first head gives more regional locations plainly and should be joined with the other four. The next three show areas of the brain's sensory expression in fields on the head and face.

Head No. 4 gives the sense of vision in the anterior frontal part of the brain in the intellectual sensory perception area, in spite of the fact that other scientific findings had located the center of vision in the cuneus of the occipital lobe supported by the gyrus angularis found by vivisection.

Sarcognomy based its view on the fact that all sensory organs receive their energy support from the correlative occipital organs in the motor area.

General Outline of Correspondence and Locations

The surface of the brain corresponds to the surface of the body. In the superior central region are located soul function areas. In the middle and lateral regions are the functions of the mind; and at the base of the brain are located the natural functions of the physical body.

Effects produced on the body are local and physiological, but become psychic in proportion as the brain sympathizes with the spot. Effects produced on the brain are mental and become physiological only as the cerebral influence extends to the body.

In general, stronger influences are in the back of the brain and the gentler towards the front. The back of the head, the extreme occipital portion, gives power and ambitious impulses. The passions and appetites are below, the nobler impulses above. Faculties and their organic representative areas in the brain are higher as they are of a more kind, loving and spiritual nature; and lower as they are more animal, selfish and violent.

Love and tenderness are at the summit; hate and cruelty at the base.

Anteriorly, above the diaphragm, we find the gentle and refining influences, below the diaphragm, the sensual, sensitive and morbid influences.

The fine sensitive impulses of the soul must also have a representative expression in and thru this unit of the body; otherwise, there is frustration of latent impulses which prevent other currents from their normal course. The whole field of psychiatry is based on this proposition.

By tracing reflex effects of centers and influences, according to this system of cause and effect thru polarity action of energy, much can be done. Energy blocks can be released instantly when found.

The skull cavity is a reverberating, accoustic chamber where ultrasonic soul impacts find their expression thru the brain and the meninges, and reflect and impinge on every part of the body that must express the impulse as action, or transform it back into a centripetal current going back into the center as ideas or patterns of mind and consciousness. The anterior part of the brain and the body is mostly a sensory field. The posterior half is pre-eminently motor in its function. The superior portion of the brain is the neuter spiritual pole.

CHART NO.45. A SPECIFIC CONTACT IN THE SITTING POSITION FOR ADJUSTING FIXATIONS OF DORSAL VERTEBRAE AND ANTERIOR DORSALS - A STRETCH OF THE SPINE FOR THE RELEASE OF GASES.



Fig. 1

COUNTRYSIDE TECHNIQUE

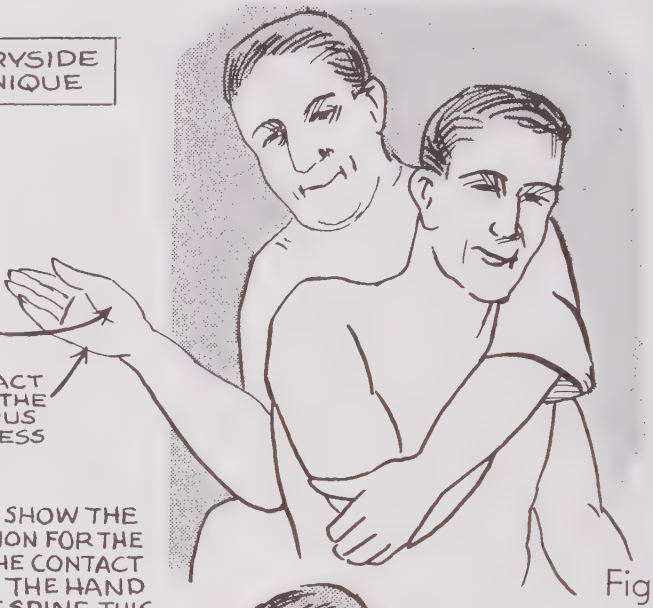


Fig. 2

FIGS. 1-2 SHOW THE PREPARATION FOR THE LIFT AND THE CONTACT POINTS ON THE HAND OVER THE SPINE. THIS CAN BE DONE ON EITHER SIDE.

FIG. 3 SHOWS THE APPLICATION WITH THE ELBOW SUPPORTED ON THE KNEE OF THE OPERATOR AS A FULCRUM. THE OPERATOR'S OTHER ARM IS IN FRONT OF THE SHOULDER WITH A HOLD ON THE PATIENT'S ELBOW FOR THE LIFT. THIS CAN BE A GENTLE ROCKING MOTION AND STRETCH OF ANY ARTICULATION IN THE SPINE TO SEPARATE THEM AND HOLD THEM FOR A MOMENT FOR THE REFLEX RELEASE OF GAS IN THE BOWELS AND TISSUES.

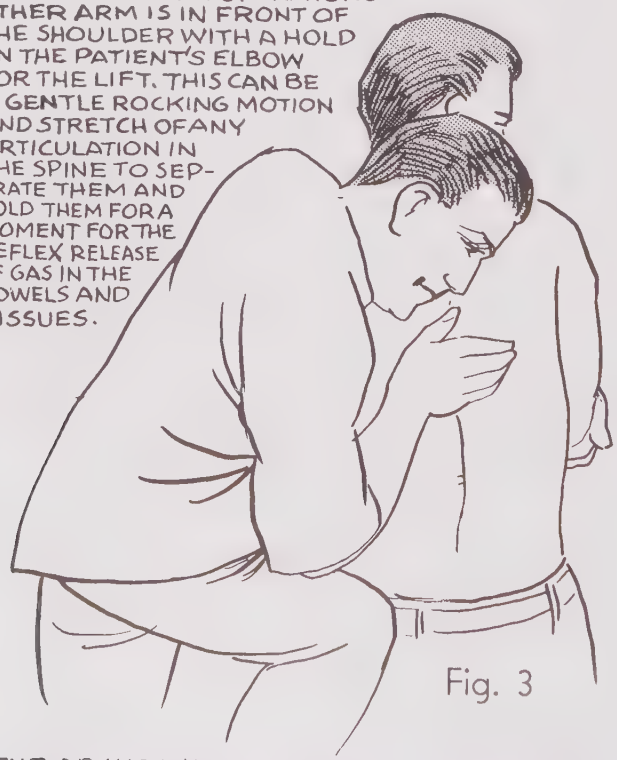


Fig. 3

THE ADJUSTMENT IS MERELY AN INCREASE IN THE LIFT AND THE FULCRUM, RAISED BY THE SUPPORTING KNEE. IT IS EASIER THAN IT LOOKS AND NEEDS BUT LITTLE FORCE.

THE CONTACT FOR ANY ANTERIORITY IS ON THE VERTEBRAE BELOW IT SO THE FULCRUM IS ON THE ANTERIORITY OF THE JOINT BY THE SUPPORT IMMEDIATELY BELOW IT.

THIS CONTACT CAN ALSO BE USED ON THE TRANSVERSE PROCESS FOR ROTATION OR FIXATION OF SPINAL ARTICULATIONS.



Fig. 4

FIG. 4 SHOWS THE APPLICATION IN THE UPPER DORSALS WITH THE HEAD BENT FURTHER FORWARD FOR THE CORRECTION OF THE ANTERIORITY OF ANY VERTEBRAE SELECTED.

EXTREME TENDERNESS ON THE SPINOUS PROCESS IS USUALLY A DEFINITE INDICATION OF IT. HOWEVER, ANY FIXATION MAY ACT LIKE AN ANTERIORITY AND SHOULD BE TREATED AS SUCH.

CHART NO.46 BRACHIAL PLEXUS AND SHOULDER RELEASE IN THE SITTING POSITION FOR RESPIRATORY DIGESTIVE, CIRCULATORY TROUBLE, AND SHOCK.

COUNTRYSIDE TECHNIQUE



Fig. 1

FIG. 1 SHOWS THE SAME ARM LIFT AND KNEE POSITION ON THE CHAIR AS IN CHART NO.36 THE THUMB AND THE FINGERS SLIDE UNDER THE SHOULDER BLADE AS THE SHOULDER IS LIFTED. BOTH CONTACTS ARE ALL AROUND THE SHOULDER BLADES WHERE THE TENSION IS FOUND.

ANY DOCTOR SHOULD BE EQUIPPED WITH A GOOD MANIPULATIVE ART WHICH CAN BE SKILLFULLY GIVEN ON AN ORDINARY KITCHEN CHAIR FOR THE RELIEF OF MANY AILMENTS AND PAINS. IN TREATING THE SPINE SITTING UP, A GREATER LEVERAGE CAN BE APPLIED WITH A FULCRUM AT ANY POINT TO SEPARATE ARTICULATIONS, AND TO CORRECT ANTERIORITY BY PLACING THE HAND AS A FULCRUM OVER THE SPINOUS PROCESS ON THE VERTEBRAE BELOW IT. FOR THE RELEASE OF GAS PRESSURE AND ACUTE INDIGESTION THIS TYPE OF PROCEDURE HAS AN ADVANTAGE OVER TABLE TECHNIQUE BECAUSE GASES MUST GO UP AND THIS HELPS THE PATIENT TO BELCH FREELY. CHRONIC LIVER AND GALL BLADDER PATIENTS ARE USUALLY FULL OF GAS, DUE TO AN INCOMPETANT ILEO CAECAL VALVE AND COLITIS. EVEN IN OFFICE TREATMENTS THE PATIENT SHOULD BE DEGASED FIRST, IN ORDER TO GET RELIEF AND MAKE FURTHER THERAPY MORE EFFECTIVE.



Fig. 2

FIG. 2 SHOWS THE LEFT HAND OF THE OPERATOR FITTED OVER THE ANTERIOR PART OF THE SHOULDER, PUSHING BACKWARDS, WHILE THE FINGERS OF THE OTHER HAND SLIPS UNDER THE BLADE AS FAR AS POSSIBLE; THEN THE RIGHT KNEE LIFTS THE CONTACT AND THE WHOLE SHOULDER.

CHART NO.47. A WELL SUPPORTED MOVE IN SITTING POSITION FOR MUSCLE RELEASE OF THE NECK AND DORSAL REGION DOWN TO THE NINTH VERTEBRA.

COUNTRYSIDE TECHNIQUE

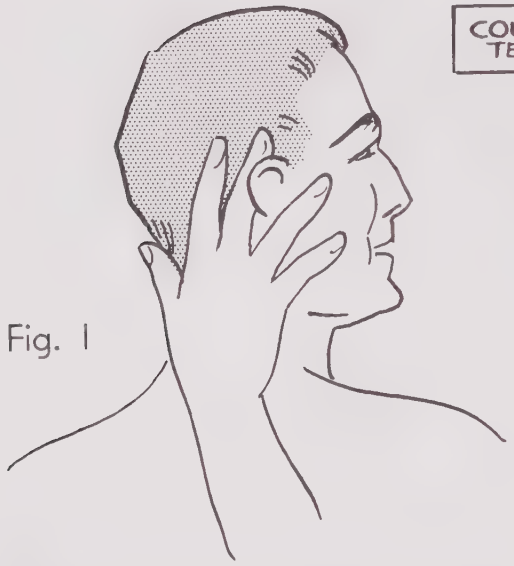
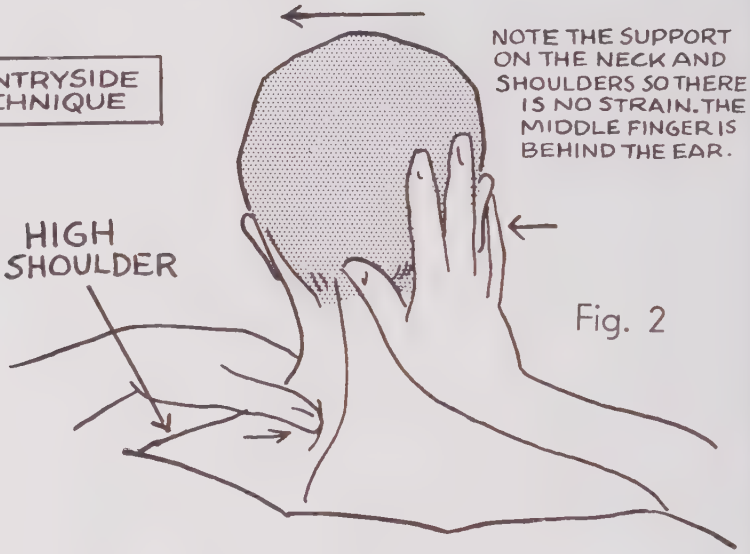


Fig. 1

CONTACT OF THE FINGERS BEHIND THE EAR ON THE JAW, AND THE HAND ON THE NECK SO THAT THE HEAD CAN BE ROTATED.



NOTE THE SUPPORT ON THE NECK AND SHOULDERS SO THERE IS NO STRAIN. THE MIDDLE FINGER IS BEHIND THE EAR.

Fig. 2

THE BRACING CONTACT POINT ON THE HIGH SHOULDER SIDE. THIS CONTACT IS ON THE MUSCLES PUSHING THEM TOWARD THE SPINAL GROOVE. IT CAN BE ANYWHERE ON THE NECK, OR THE DORSALS DOWN TO THE 9TH SHOWN IN FIG. 3

THIS IS JUST ONE PHASE OF REMOVING ENERGY BLOCKS IN THE MOTOR AREA AFTER HAVING DULY RELEASED THE SENSORY BLOCKADE IN THE ANTERIOR AND INFERIOR BODY AREAS.

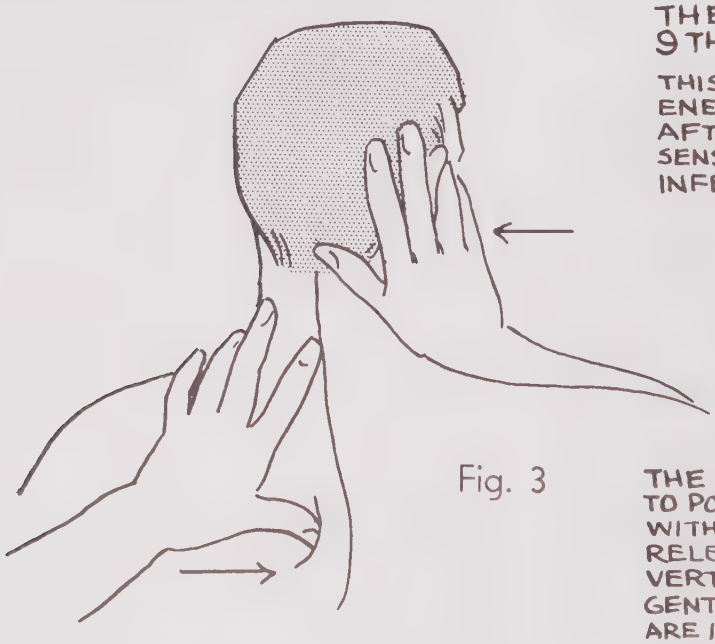


Fig. 3

THIS IS DONE WITH THE PATIENT SITTING ON THE TREATMENT TABLE, SPECIAL CHAIR, OR ANY CHAIR. THE OPERATOR STANDS BEHIND THE PATIENT FACING HIS BACK.

THE HEAD IS USED AS A SUPPORTED FULCRUM TO POSITION THE ATLAS THRU ITS CONDYLES WITHIN THE RING OF THE OCCIPUT AND TO RELEASE AND FREE CERVICAL AND DORSAL VERTEBRAL FIXATION AND TENSION BY GENTLE RHYTHMIC MOVES. SPASTIC MUSCLES ARE INHIBITED IN THIS PRESSURE GLIDE TOWARD THE CENTER LINE AND ENERGY BLOCKS ARE REMOVED BY THE DIRECTIONAL FORCE EMPLOYED.

CHART NO.48. FINAL MOVE FOR THE CORRECTION OF A HIGH SHOULDER.

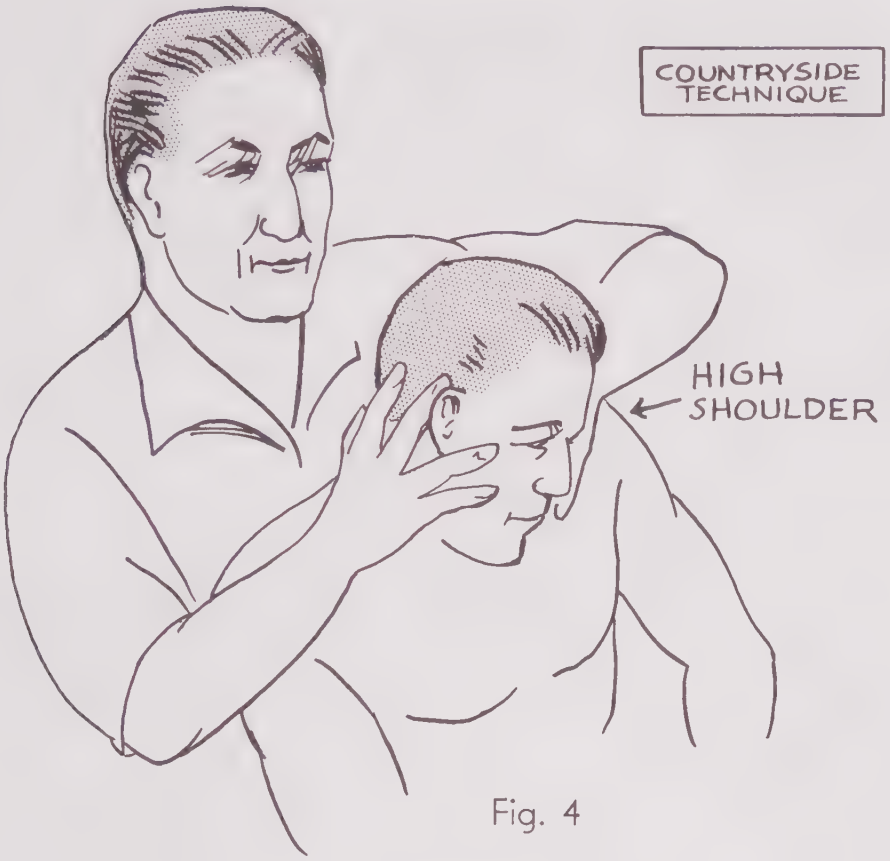


Fig. 4

THE COMPLETED CONTACT FROM AN ANTERIOR VIEW. THIS PROCEDURE IS VERY VALUABLE WHERE NO TABLE IS AVAILABLE AND RELEASE OF THE NECK TENSION IS NECESSARY, AS WELL AS RELIEF OVER THE BRACHIAL AREA. IT IS A POWERFUL LEVERAGE AND VERTEBRAES WILL LINE UP EASILY AS YOU GO ALONG. ANY TENSE MUSCLE AREA CAN BE HELD LONGER OR GONE OVER AGAIN. A CORRECT AND RELAXING MOVEMENT GIVEN HERE, WILL OPEN THE FORAMEN MAGNUM AND FREE THE ATLAS. THE SHOULDER CONTACT IS STIMULATING IN ITS EFFECT.

THE CONTACT ARM FITS OVER THE PATIENT'S SHOULDER AND THE HAND SUPPORTS THE ENTIRE NECK, SO THERE IS NO STRAIN WHATEVER BY AN UNSUPPORTED LEVERAGE. IT IS NOT THE OLD T. M MOVEMENT FOR ADJUSTMENT. THE OBJECTIVE HERE IS TO MOVE ENERGY BLOCKS BY STIMULATION AND MUSCLE TENSION RELEASE.

CHART NO.49 EXTENSION OF THE NECK IN SITTING POSITION FOR HEADACHES, GAS PRESSURE AND OCCIPITO-ATLAS AND FORAMEN MAGNUM RELEASE.

COUNTRYSIDE TECHNIQUE

CONTACT POINT OF THE HAND LAID OVER THE FIRST DORSAL VERTEBRAE

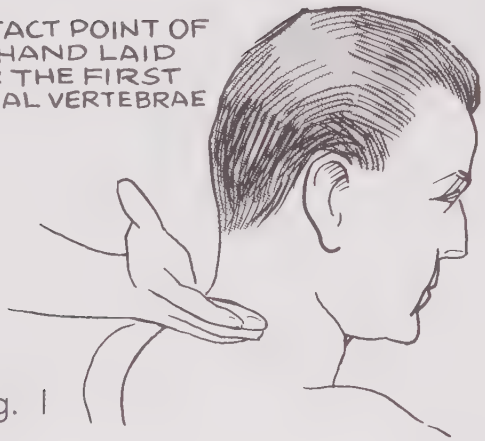


Fig. 1

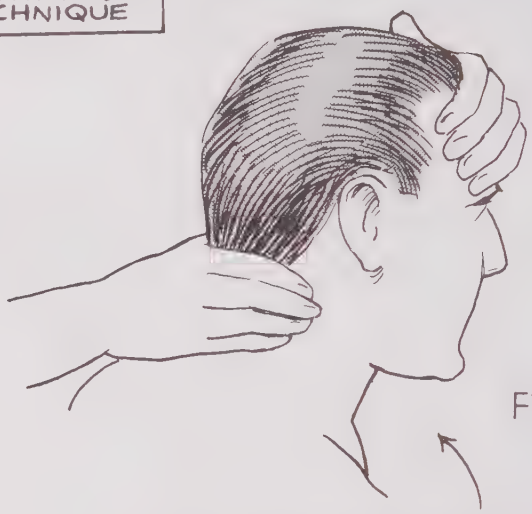


Fig. 2

THE HANDS WITH THE FINGERS AND THUMBS UNDER THE OCCIPUT WHERE THEY FIT. THE LEFT HAND IS PLACED ON THE FOREHEAD ABOVE THE EYEBROWS.

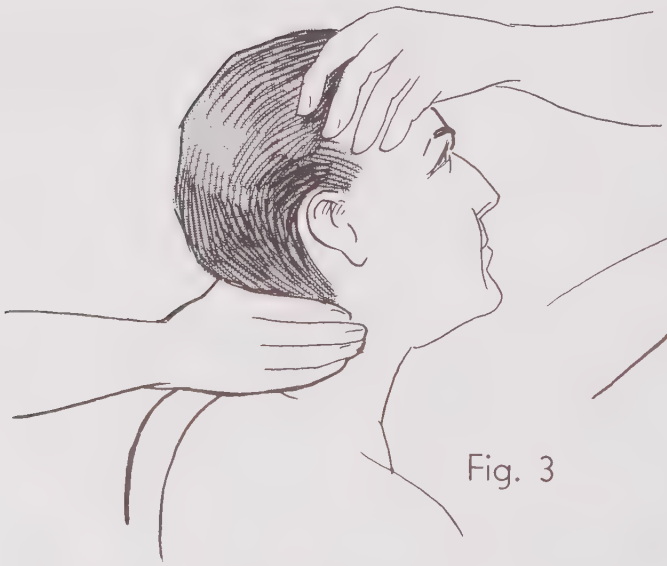


Fig. 3

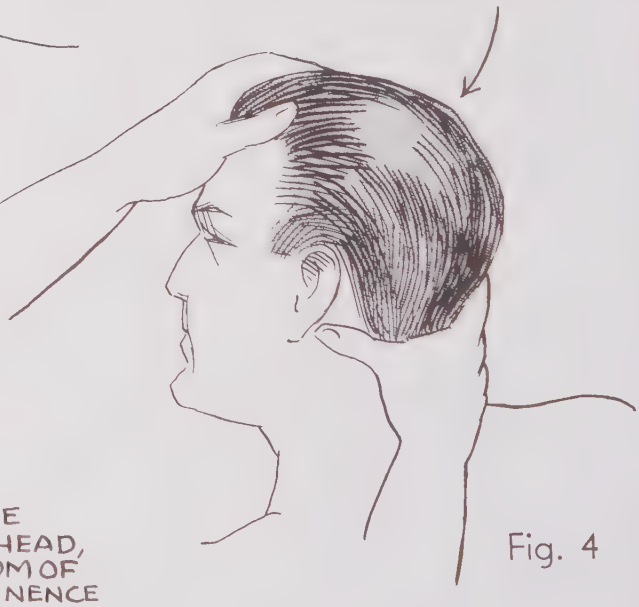


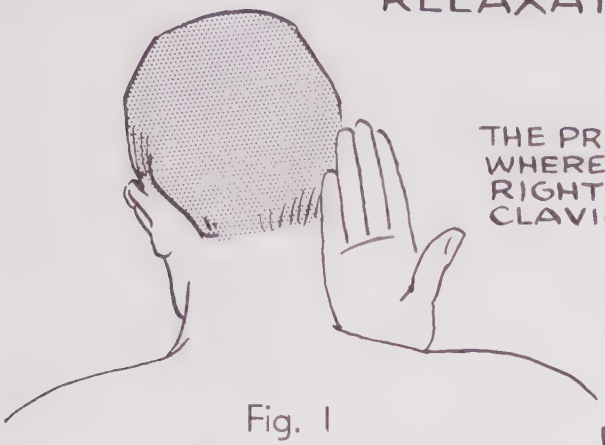
Fig. 4

THE HEAD IS PUSHED BACK ONTO THE HAND WHICH ACTS AS A LIFT TO THE HEAD, BY THE FIRM SUPPORT OF THE BOTTOM OF THE HAND ON THE VERTEBRA PROMINENCE OR ON THE FIRST DORSAL, DEPENDING ON THE SIZE OF THE OPERATOR'S HAND AND THE LENGTH OF THE PATIENT'S NECK. IT IS MERELY A LIFT BY A POSTERIOR FLEXION OVER THE HAND. NO FORCE OR JERK SHOULD BE USED. REPEAT SEVERAL TIMES AS A DIRECTIONAL STRETCH TO RELEASE BLOCKS, PAIN AND CONGESTION.

CHART NO.50.

SUCCESSIVE MOVES OF A NEW UPPER DORSAL LIFT FOR ANTERIORITY AND RELAXATION WHEN INDICATED.

COUNTRYSIDE TECHNIQUE



THE PRELIMINARY CONTACT WHERE THE WRIST FITS RIGHT IN OVER THE CLAVICLE.

Fig. 1

FIG. 2. THE HANDS ARE FOR CONTACT ON THE OCCIPUT. NOTE HOW THE THUMB FITS CLOSE TO THE SHOULDER, AND THE ARM IS FIRMLY PLACED UNDER THE ARMPIT NEAREST TO THE BODY. NO SPACE FOR STRAINED LEVERAGE IS GIVEN. THE BEND OF THE HEAD FORWARD IS DETERMINED BY THE DEGREE OF ANTERIORITY IN THE UPPER DORSAL REGION AND THE AMOUNT OF FLEXION POSSIBLE WITHOUT STRAIN.



Fig. 2

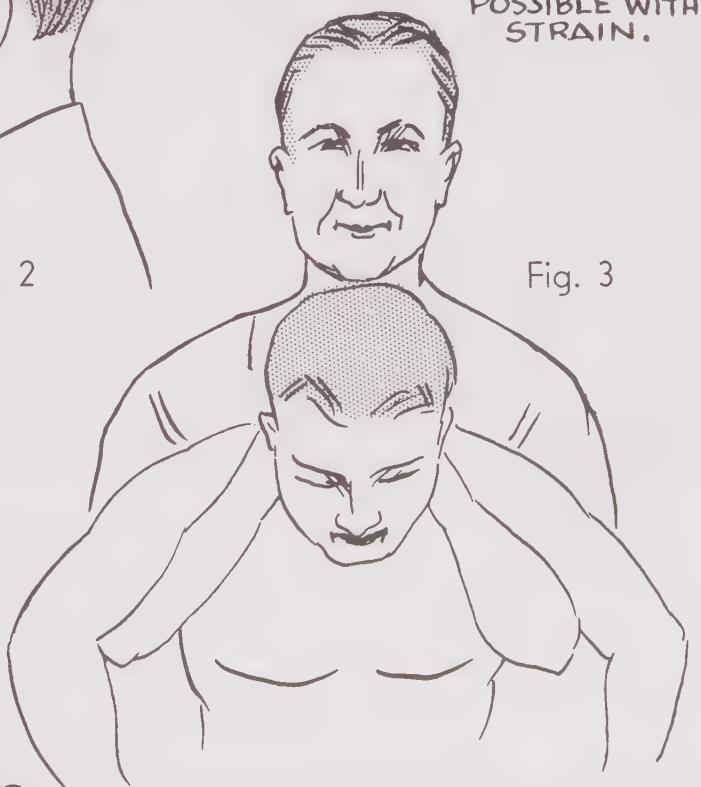


Fig. 3

FIG. 3. THE ANTERIOR VIEW OF THE HOLD, READY FOR THE LIFT, WHICH IS AGAINST THE CHEST OF THE OPERATOR. THE BEND OF THE HEAD MUST BRING THE DORSAL ANTERIORITY POSTERIOR, AND AT THIS POINT, THE FULCRUM OF THE CHEST IS APPLIED IN A GENTLE LIFT.

TEST THE POSITION FIRST. IF IT HURTS AT ALL, NO LIFT MUST BE GIVEN, FOR THERE IS NO LOWER DORSAL-LUMBAR COMPENSATION. A CORRECTION NOW WOULD RESULT IN SPASTIC MUSCLES WHICH CANNOT COMPENSATE.

CHART NO. 51 REPLACEMENT OF THE TENDON OF BICEPS FOR ARM THAT CAN NEITHER BE RAISED COMPLETELY NOR BROUGHT BACKWARDS.

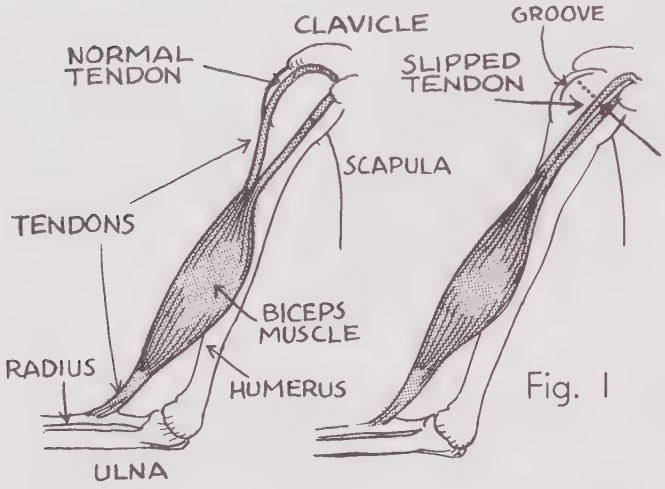


Fig. 1

THE CONTACT LIFTS THE TENDON BACK INTO THE GROOVE OF THE HUMERUS AND HOLDS IT THERE WHILE IT IS ROTATED TO A NORMAL POSITION.

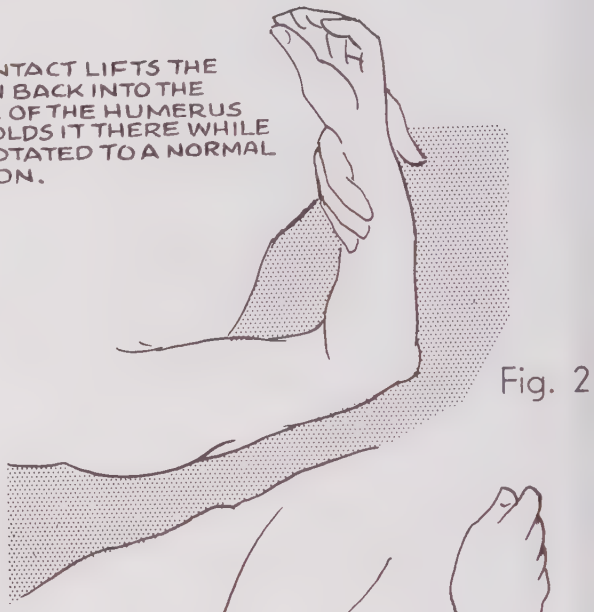


Fig. 2

PATIENT IS ON THE BACK WITH THE ARM FLEXED TO TAKE THE STRAIN OFF THE TENDON. THE HUMERUS IS ROTATED FORWARD BY LAYING THE ELBOW ON THE TABLE AND THE HAND FLEXED ON THE BODY. THE THUMB THEN TAKES A FIRM CONTACT IMMEDIATELY UNDER THE SLIPPED TENDON AND PUSHES UPWARD, AT THE SAME TIME THE HUMERUS IS ROTATED POSTERIORLY BY BRINGING THE FLEXED ARM UP TOWARD THE HEAD - EVEN WITH THE TABLE. THE CONTACT IS HELD AND THE ARM IS STRAIGHTENED OUT.

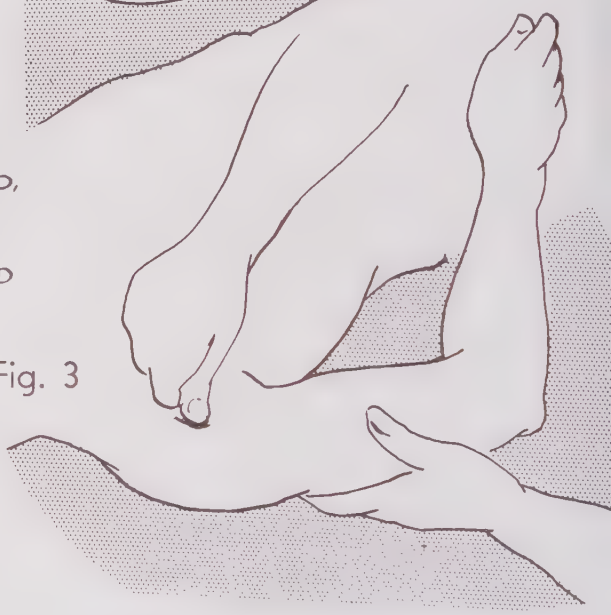


Fig. 3

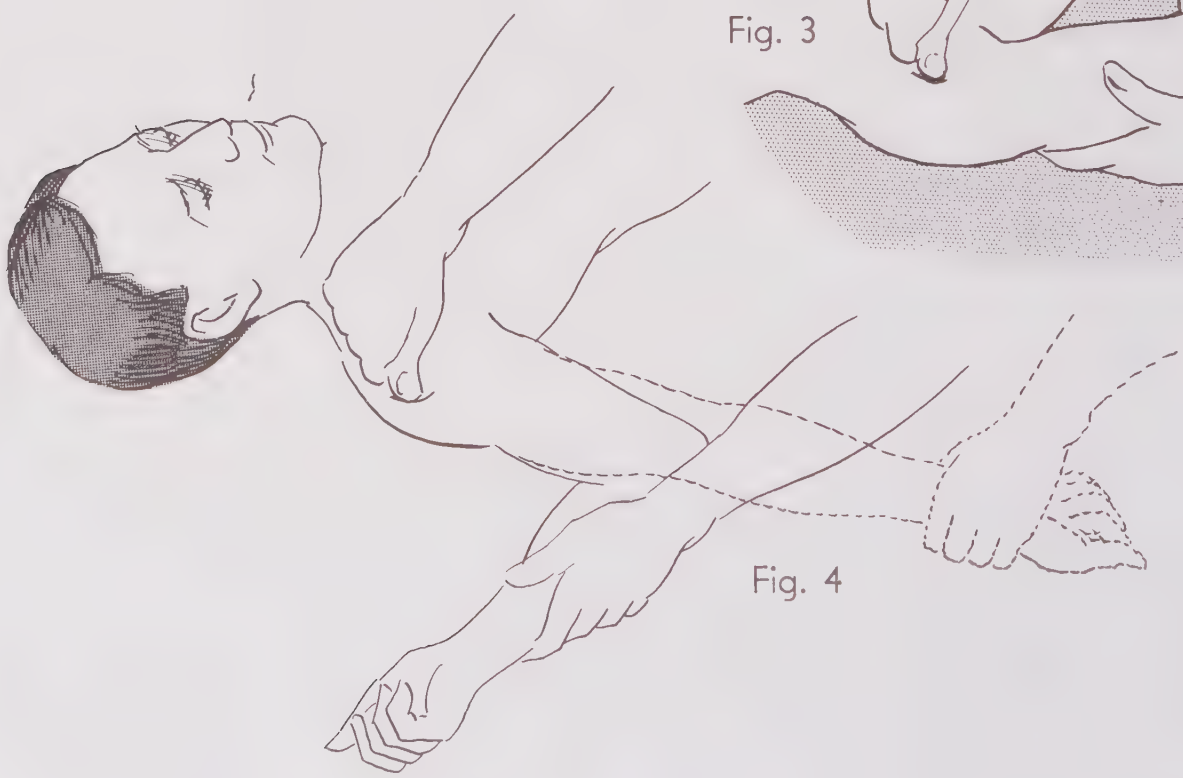


Fig. 4

CHART NO.52 EXERCISE FOR OPENING NOSTRILS AND SINUSES – RELIEF OF HEAD CONGESTION.

A BRAND NEW APPROACH TO EXERCISE FOR OPENING THE SINUSES AND NOSTRILS AND TO RELIEVE THAT STUFFY FEELING IN HEAD COLDS.

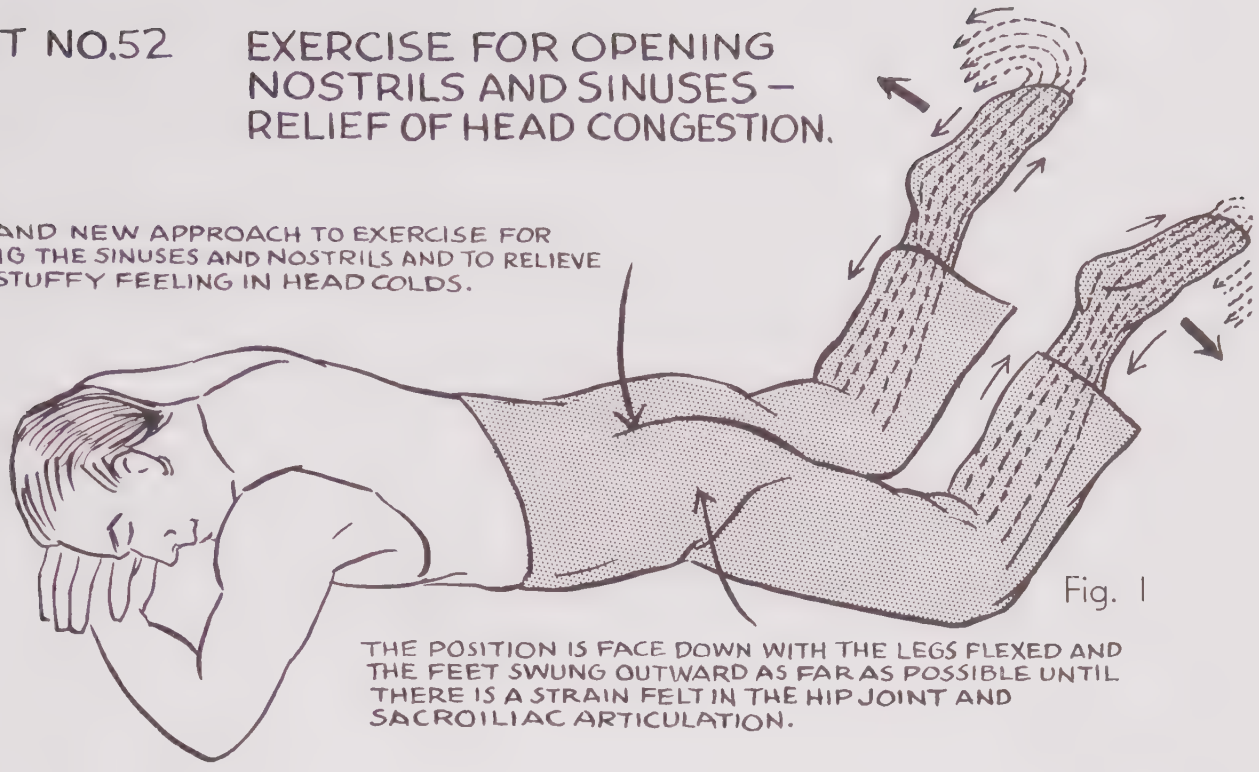


Fig. 1

THE POSITION IS FACE DOWN WITH THE LEGS FLEXED AND THE FEET SWUNG OUTWARD AS FAR AS POSSIBLE UNTIL THERE IS A STRAIN FELT IN THE HIP JOINT AND SACROILIAC ARTICULATION.

THEN SWING THE FEET PAST EACH OTHER MEDIALLY, AND OUTWARD AGAIN. REPEAT THIS FOR 5 OR 10 MINUTES, SEVERAL TIMES AND THE HEAD WILL CLEAR AND THE NOSTRILS WILL OPEN. IT CAN BE DONE ON THE FLOOR OR ON THE BED AND REPEATED AS OFTEN AS NEEDED.

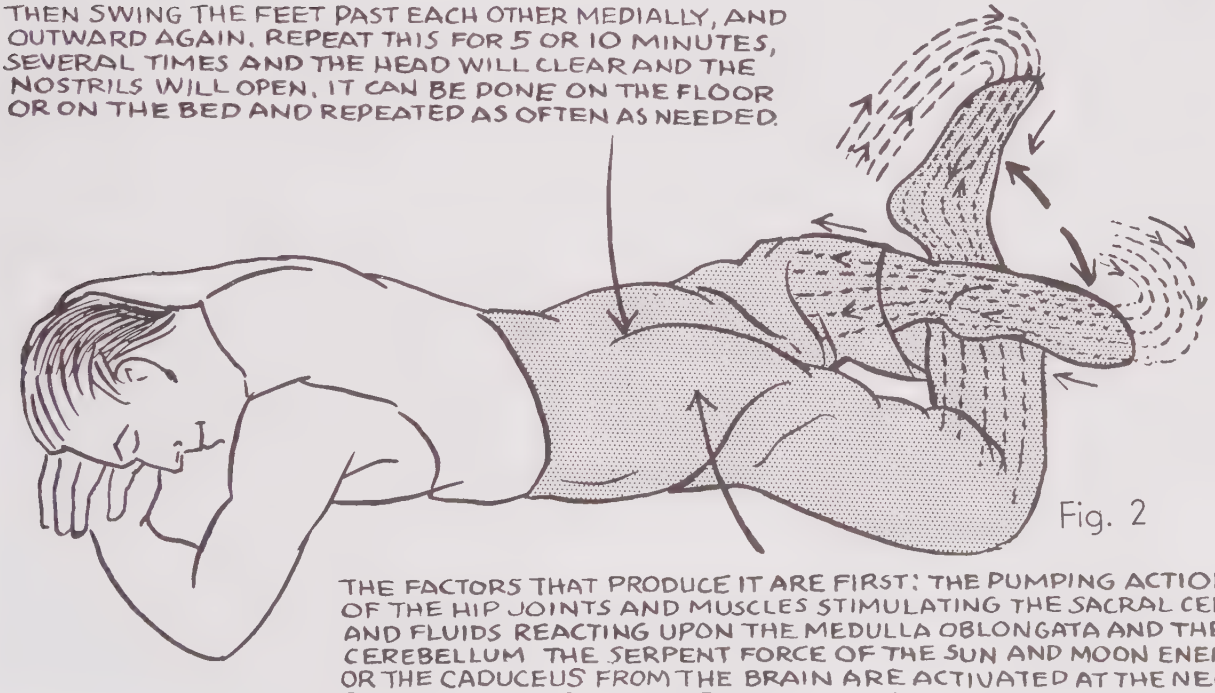


Fig. 2

THE FACTORS THAT PRODUCE IT ARE FIRST: THE PUMPING ACTION OF THE HIP JOINTS AND MUSCLES STIMULATING THE SACRAL CENTER AND FLUIDS REACTING UPON THE MEDULLA OBLONGATA AND THE CEREBELLUM. THE SERPENT FORCE OF THE SUN AND MOON ENERGIES OR THE CADUCEUS FROM THE BRAIN ARE ACTIVATED AT THE NEGATIVE POLE, WHICH OPENS THE BREATHING CENTERS IN THE HEAD.

THE OTHER POINT IS THE FACT THAT THE FEET IN THE MOTION OF CROSSING EACH OTHER CUT THE ELECTRO-MAGNETIC LINES OF FORCE EMANATING FROM THEM, ACTING LIKE A DYNAMO IN PRODUCING A MUSCULAR TONE EFFECT ON THE BODY. THIS DEMONSTRATES THE FACT OF THE INFERIOR PRODUCING AN EFFECT UPON THE SUPERIOR BY THE RETURN CURRENT FLOW.

LEST WE FORGET – WIRELESS ANATOMY COMMENTARY

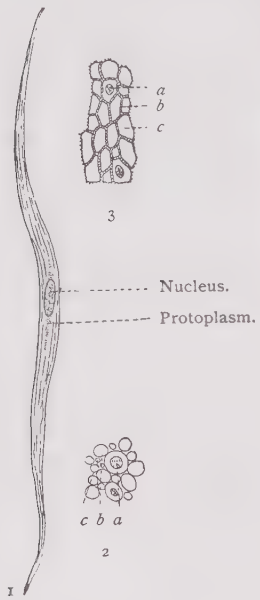
Definitions

Physiology is the science of the activity of living things; anatomy, the structure. An organism is anything that carries out the functions of life. An organ may be defined as a part of the body that has one special kind of work to do. A tissue is a single kind of living material with the power of doing a single kind of work. Connective tissue occurs throughout the whole body, binding together the different parts.

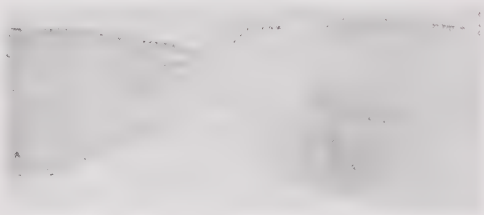
Commentary from a Wireless Energy Viewpoint

The life energy – Prana – is a step-down current from the Eternal Sound Current which supports all living things. The origin of life is in the pattern-field of the mental plane where it splits into potential sensory and motor currents. Its action is in the etheric field (akash), and its center is in that thousand-rayed whirling disk of energy which supports all visible creation. In the body, the heart chakra is the microcosmic life center which draws energy from within its center as the individualized life Prana. Externally, the sun is the source of Prana and life. In combustible matter, it is stored as heat units.

The structure of the anatomy is the field of crystallized energy waves of circles and curved lines of beauty and strength in living forms. The tattwas are the fields of sensory currents and the operation of the five senses. The five motor senses belong to the five Prana currents and the positive pole of action. Organism, organs, and tissues express the field of action of the five states of matter in conjunction with the mind action as the neuter pole, and Prana, the positive motor function, supporting all action.



—Smooth muscle-cells from the intestine of a cat: In 1, isolated; in 2 and 3, in cross-section; × 300. Technic No. 172. At *a* the cell is cut in the plane of the nucleus; at *c*, in the neighborhood of the pointed end. In 3 (from Barfurth) is seen the manner in which neighboring cells are joined to each other by intercellular bridges.



—Striated muscle-fiber of frog, showing sarcolemma.



—Diagram of the structure of the fibrils of a striated muscle-fiber. The light spaces between the fibrils may represent the sarcoplasm.



Longitudinal and cross-section of muscle-fibers from the human myocardium, hardened in alcohol; × 640. The muscle cells in the longitudinal section are not sharply defined from each other, and appear as polynuclear fibers blending with each other. Between them lie, here and there, connective-tissue nuclei.

LEST WE FORGET

Protoplasm seems to be the first mold or pattern of organic matter. A peculiarity of muscle substance is that it contracts in only one direction, while UNDIFFERENTIATED PROTOPLASM CONTRACTS IN ALL DIRECTIONS. Protoplasm is that part of the cell which is really alive;

its movement can be observed under the microscope. No one knows the cause of this motion. Within each cell is a specially dense bit of protoplasm called the nucleus. It seems to be the center of life and activity of the whole cell for if deprived of it, the cell cannot long continue to live. The cell is an organic unit of life's smallest and simplest pattern of living tissue.



Fig. 90.—Muscle-fiber from one of the ocular muscles of a rabbit, showing its free end; × 175.

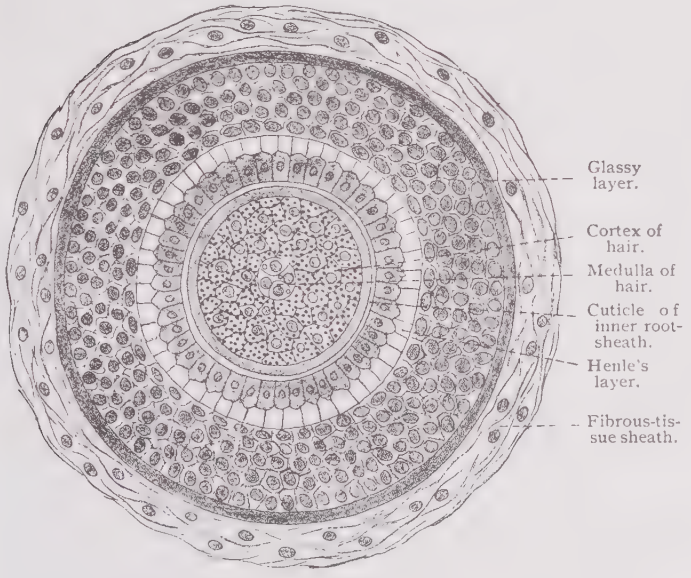


—Branched, striated muscle-fiber from the tongue of a frog.

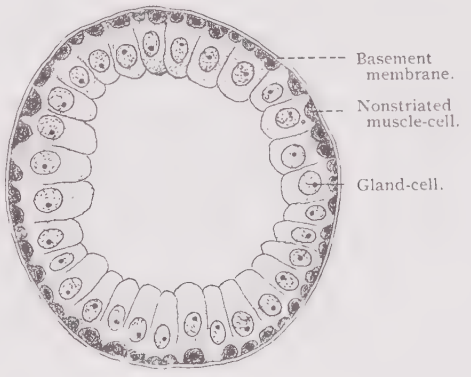
The fibrils of the muscle-protoplasm constitute the contractile part of the muscle-fibre. They are exceedingly fine, and extend the entire length of the muscle-fibre, and consist of a series of minute rod-shaped segments with attenuated ends (sarcous elements), united by shorter and much thinner thread-like bridges, on each of which there is found a small granule or globula.

Free muscle endings seem to have vibratory possibility.

Investigations have shown that the development of muscle continues throughout the life of the individual. Muscular tissue is consequently to be regarded as in a perpetual stage of transition; the destruction and compensatory reproduction of its elements going on hand in hand.

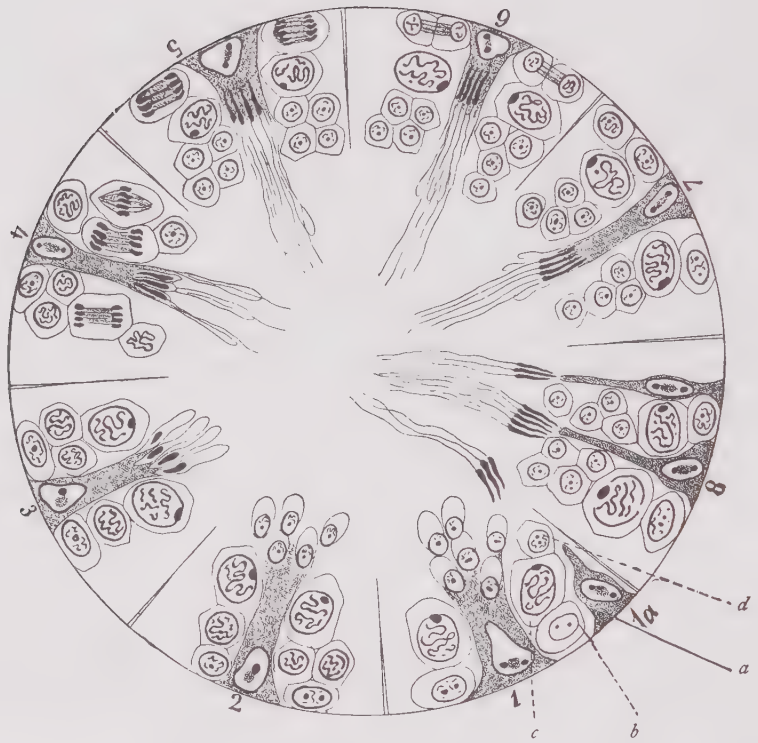


—Cross-section of human hair with its follicle; × about 300.



—Cross-section of tubule of coiled portion of sweat-gland from human axilla. Fixation with sublimate; × 600.

LEST WE FORGET – WIRELESS ANATOMY COMMENTARY



—Schematic diagram of section through convoluted seminiferous tubule of mammal, showing the development of the spermatosomes. The number of chromosomes is not shown in the various generations of the spermatogenic cells. The progressive development of the spermatogenic elements is illustrated in the eight sectors of the circle : *a*, Young sustentacular cell ; *b*, spermatogonium ; *c*, spermatocyte ; *d*, spermatid. In 1, 2, 3, and 4 the spermatids rest on the enlarged sustentacular cell in the center of the sector ; on both sides of the sustentacular cells are the spermatogenic or mother cells in mitosis. In the sectors 5, 6, 7, and 8 spermatozoa are seen in advanced stages resting on the sustentacular cells, with new generations of spermatids on each side. [From Rauber (after Brown) with changes (after Hermann).]

Nature's pattern of seem to arrange themselves in circles or ovals for action and function even in minute structures like spinning wheels of energy, like reflections from the central whirling chakra-pattern of energy.

Protoplasm appears to be a neutral substance where energy can be crystallized into tissues thru a mysterious step-down process from the invisible to the material world. Protoplasm is a neuter pole, therefore it polarizes in all directions. A neuter pole of an energy field attracts and forms its own positive and negative poles. Motion or life must have three poles to manifest or flow around a center, even in an atom. It has its neutron, proton and electrons spinning in its orbit. Gravity is overcome and motion is performed by a positive impulse of energy flowing thru a neuter pole, like a joint in the human body, to a negative pole. The mental pattern is in the seed or the unit structure. These designs of energy patterns are potential, finer forces which can lie dormant for a long time and then sprout. Before there were nerves and wires, there were patterns and lines of force which built them. The origin of the pattern-field in the human economy is laid down in the embryonic stage of the child in the mother's womb. That is the origin of the weaving of energy lines according to a simple principle of definite polarity which carries on throughout life. (See charts in THE NEW ENERGY CONCEPT OF THE HEALING ART, pages 30-31.)

A muscle consists of thousands of minute fibres, each able to contract, bound together in bundles to form fasciculi. Striped muscles include all those over which we have control and which are attached to bones. In the process of walking, nearly one hundred muscles are first contracted and then relaxed in regular order. In throwing a baseball, nearly all of the three hundred muscles of the body are brought into use to some extent.

Muscles function best when warm. Experiments with cold-blooded animals, like the frog,

show that their muscles will contract and relax five times as rapidly when warm than when cold. When cooled to five°F., they will not contract at all, a condition known as cold rigor. On the other hand, if raised to a temperature much above 104°F., they become stiff and will not contract, a condition called heat rigor. The effect of heat upon the muscles of warm-blooded animals is essentially the same, except a few degrees higher in temperature.

The blood flows rapidly in the large arteries, but as they branch, the total area of arteries becomes greater so that it flows more and more slowly, just as a river flows swiftly through a narrow gorge but more slowly when it spreads out into a broad stream. In the large arteries near the the heart, blood flows at the rate of about sixteen inches per second. Farther from the heart the rate is about nine inches per second; in the smaller arteries it is much slower; in the capillaries it flows not more than 1/50 inch per second. After passing into the veins, the rate increases and as the veins merge into trunks and finally reach the heart, it is about as rapid as the arteries that leave the heart. It is in the capillaries that the blood exchanges new food materials for worn-out matter, and oxygen for carbon dioxide. To allow this to take place to advantage a very slow flow is necessary. The length of time required for the blood to make a complete circuit of the body is calculated at twenty-eight seconds, requiring twenty-six to twenty-eight heart beats.

In therapy, these simple facts are important for definite results. Tissue reactions depend upon the conditioning of energy fields and its lines of force which are crystallized into a physiological constitution of organisms, organs and tissues. The established keynote of vibratory energy rate and its polarity acts from the central impulse of origin. In its polarity function it will attract what electrons and finer energy particles it can blend into its own neuter field to sustain it and to keep it in relationship with the storehouse of supply. Inversely, it will react and repel everything else in order to maintain its integrity of attraction.and its specific keynote and function. It will react to gravity and any outside force with which it comes in contact. All therapy is conditioned by this polarity principles of action and reaction. Fine subtle energies and gentle applications of a directional force have a chance to reach the neuter pole without being repelled.

As there are three poles of vibratory keynotes of energy currents, there must be three types of therapy to meet these requirements.

First, there is a neuter or gentle type of application, the Satva principle of truth and balance, to soothe the agitated centers or spinning energy fields. These applications must be fine in their directional force of potential energy, like the lightest touch of a polarized finger to an opposite polarity region, or the essence and spirit of a plant or food, or bathing the body in the finest waves of electro-magnetic force by creating an electronic energy field and allowing the body to rest in it to polarize it with the universal external currents and lines of force. This must be so fine that it is imperceptible to the tissues and does not arouse them to reaction. Sympathy and polarity is its keynote. It must be a magnetic likeness and soothing in action. Comforting suggestions and inspirational uplift will help the mind to concentrate its scattered energy and to repolarize its various centers. The breath contains the life energy and goes to every cell. These impulses travel over the life waves and go deep. Deep breathing with a concentrated idea distributes the impulse of the Pranic mental waves. A balancing of the three poles of the diaphragm can be accomplished by this therapy; the mental, emotional tension release in the upper areas; the head, neck and over the shoulders; the respiratory, emotional energy of life under the shoulders and at the diaphragm; and the vital emotional energy in the pelvis, sacrum, and perineum. Conservation and preservation of energy thru repolarization is the effort here.

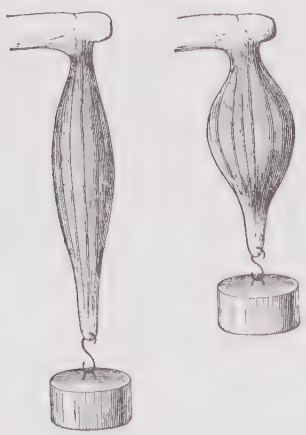
LEST WE FORGET – WIRELESS ANATOMY COMMENTARY

Second, the positive pole of energy is an active, energetic manifestation of life; it is the Raja principle everywhere in nature. It must flow, act, express its potential energy or there is pain thru repression, disappointment, frustration, and inhibition of the circuits. This type of energy flows mostly over muscle tissue to act and express itself. Any therapy designed to assist this function must be active, vibratory, and positive in nature. All stimulating applications are in this field. Vibratory directional force over the muscle involved is the most direct aid. The impulse must have momentum, but no compulsory force which causes a reaction. It must blend into the energy current in purpose, speed, and direction like two rivers joining into one. This has the greatest therapeutic value whether its application is thru mechanical, chemical, thermal, electrical, or nutritive means.

Third, the application of force is that of the negative, Tamas principle - inertia - to scatter, to dissolve, to eliminate. In muscle tissue, this means releasing the hardness and accumulation of carbonized material in the belly of the muscle fibres. Heavy pressure and steady directional force is best for that, or wringing the muscle with a double letter "S" contact to dissipate the dense accumulated material and make room for function and more elastic action. Old age is the evidence of crystallized accumulations and wastes retained in the tissues. The negative pole has slowed down its eliminative, scattering force of energy distribution. It ceases to respond to the positive pole of the life force above. The inertia effect of the negative pole rules by itself, unpolarized, unresponsive to the other currents. This inertia is the most negative block and must be overcome by positive steady force to counteract the resistance and reaction to impulse. This is the type of therapy where there must be a reaction of soreness, due to greater activity of the re-established life force and circulation in these tissues.

These three polarity factors explain balance, action, and reaction in all fields of therapeutics. A clear grasp of these three principles of life, operating in and thru the body, mind, and emotions, makes the doctor more concentrated, more positive and effective to the patient. Life responds to living intelligent impulses of its own kind, besides mere mechanical motion or chemistry. Constructive impulses of healing and repair must reach the central energy and line up or tune in the other fields into its rhythmic, vibratory, radiating keynote called health.

STRUCTURE OF UNSTRIPED MUSCLE



—DIAGRAM
Showing that the muscle shortens though it does not change its bulk when it contracts.

Unstriped, smooth, or non-striated muscles include all those in the walls of the esophagus, stomach and intestine, those in the arteries and veins, and in the contractile parts of the kidneys, ureters and bladder. Unstriped or plain muscles are not attached to bones and are always found in the walls of hollow organs. Although like striped muscles, they appear to act only when stimulated by the nerves; they cannot be controlled through the will and are, therefore, called involuntary muscles. Since they are unattached and in sheets, e.g., those surrounding or running lengthwise of the esophagus, they have no tendons.

Plain, unstriped, non-striated muscle is composed of very small cells or fibres each with a single nucleus. One of the greatest differences between plain, unstriped, non-striated and striped muscles is in their modes of contraction. Smooth, or plain muscles contract very slowly, several seconds often being required for a single contraction, and they may remain contracted

for some time. Voluntary muscles on the other hand, act very quickly both when contracting and relaxing. Because involuntary muscles act so slowly they are very easily thrown into a condition of tetanus. Indeed, so slow is their response to stimuli that in some forms of smooth muscle, one stimulus in five seconds is sufficient to prevent the muscle from relaxing at all.

Curiously, however, smooth muscle has a disposition to act with apparent spontaneity. If a bit of circular muscle of the intestine of some animal be cut out, hung up by one end and stretched by a light weight attached to the other, it will very soon lift the weight and then relax again. The muscle makes these movements over and over again without any stimulus and they continue until the muscle is exhausted or until its unusual exposure results in its death. Isolated from the body in this way, the muscle can plainly receive no stimulus from the brain, and although different kinds of smooth muscle act very differently in this respect, they all have this power of spontaneous movement when entirely disconnected from the central nervous system.

Although in many respects striped and unstriped muscles act differently, yet in others their relations are the same. Both seem to require the stimulus of nerves to make them contract, although in one case the contraction is voluntary and in the other involuntary. Both can be thrown into tetanus by repeated stimuli. Both are affected by heat and cold in the same way. Both become fatigued from long action.

This mystery of muscular behavior to contract without any external visible link of nerve impulse could imply that the finer waves of the Wireless Anatomy of the etheric force is still in action and tuned to these fibres. The central etherid energy field still operates thru all its parts which are of the same vibratory key and substance. The ether needs no wires nor other fields of communication than its own media. Energy crystallizes as matter and conditions it. Only the amount of energy impounded can be liberated from any substance. The electro-magnetic forces of the body have great influence on muscles. So has the Pranic sun energy and its magnetic fields. This phenomena is observed in decapitated snakes, frogs, lizards, etc. As long as the etheric center of any field or organism can spin of its own momentum and convert enough energy from the cosmos thru a suitable media to maintain its local function, it will operate and carry out its specific action – like the chicken heart which has been kept alive for many years. In all organisms there is a superior concentrated pole where the total intelligence resides. Then there are subcenters to distribute this energy for specific local function. And, finally, there are rays and waves of dispersed energy which reach every cell to enable them to function and keep tuned to the whole. Hence, the manifestations of life may be a total or a partial phenomenon.

CARDIAC MUSCLE

In its action, cardiac muscle is unique in several ways; it acts quickly, though not as rapidly as the ordinary striped variety. Unlike either striped or unstriped muscle, it always contracts to its shortest possible length, no matter how weak the stimulus applied to it. It can "beat" when unconnected with the brain, but even then it apparently depends for its impulse upon nerve cells in its own tissue.

Cardiac tissue is unique in that it cannot be thrown into tetanus. As has already been noted, this condition is usually provoked by the rapid recurrence of some stimulus. In heart muscle, however, two succeeding stimuli do not produce any larger contraction than one, and if another is applied just before the muscle begins to relax, it has no effect. As soon as the muscle really begins

to relax, it becomes open to stimulation and if irritated will begin a second contraction before it has fully relaxed from the first. Hence, no number of repeated stimuli can induce tetanus in cardiac muscle; it must begin to relax before it becomes responsive to any outside influence.

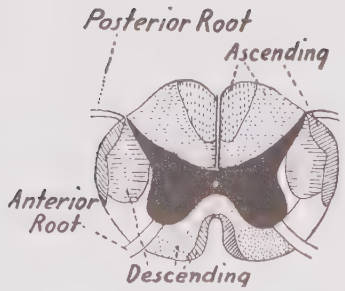
Unlike inorganic substance, muscle increases instead of diminishing in size with use. This is true of other living matter also; e.g., brains, which grow with exercise. No one can explain this characteristic of muscle fibre, though it is inherent in the nature of the substance.

WIRELESS ANATOMY COMMENTARY

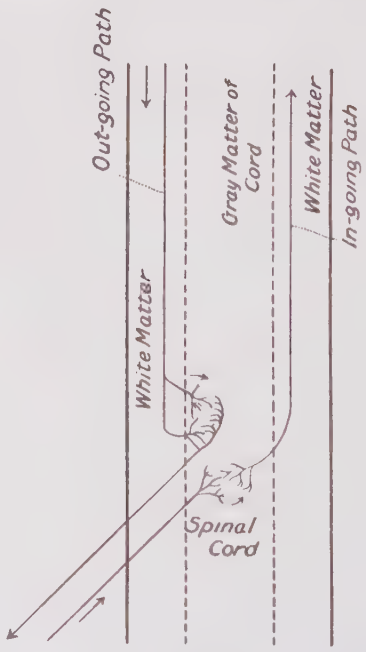
Were it not for this unique arrangement of the cardiac muscles' response, no one would live very long. Being situated in the center of the body, the etheric energy field is of a twelve-petalled circular arrangement, like a wheel and spokes made up of all four elements in their triune action as function. The wheel must turn over completely to get another start or push. The centrifugal action is predominant. The heart is the symbol of life in the temple of the body and the Queen's Chamber of the Grace of Life itself; it is the motherhood of all living things. Life flows and attracts as it acts. The positive pole of the heart is in the optic thalamus of the brain where the soul current of the individual life is maintained and radiated to the heart. The cessation of the life impulse is here bound up with the soul's residence in the life stream. The dweller within the body can withdraw its energy thru the optic center of light and leave thru the crown of the head as an emanation of energy with radiating colors. Liberated energy has color and often sounds like a crackling fire; but our material concept does not extend to the finer energies of man or his soul as the primal essence of all energy. The spasm which the heart is subject to are usually coronary insufficiency – not enough blood to the heart muscle with which to function; or a clot or thrombosis which obstructs the circulation. Gas in the stomach and under the diaphragm often causes pressure symptoms that are mistaken for heart spasms or coronary attacks.

THE MEDULLA

The medulla is connected with the control of respiratory and circulatory organs. It lies beneath the cerebellum and its lower end is continuous with the spinal cord from which it is not distinctly separate. Large bundles of fibres, crura cerebri, extend from its upper end into the cerebrum. The medulla contains respiratory and vasomotor centers. In the medulla is also the cardio-inhibitor center from which messages go over the vagus nerves to check the beating of the heart. Although the above are the most important, there are other centers located in the medulla; but, in general, we may say that the medulla is the seat of all involuntary activities.



—DIAGRAM OF A CROSS SECTION OF THE SPINAL CORD
Showing the parts that carry messages up (ascending) and those that carry messages down the cord (descending). (Modified from Flint and Landois)



—DIAGRAM
Showing the course of the ingoing and outgoing impulses in the cord.

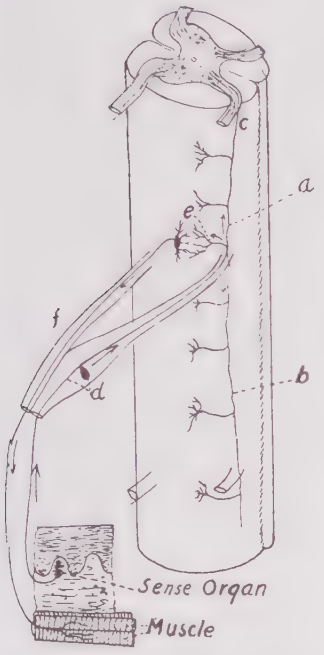


—A BIT OF THE SPINAL CORD
Showing the method of origin of the spinal nerves by two roots.

LEST WE FORGET – WIRELESS ANATOMY COMMENTARY

THE CORD AS A CONDUCTOR OF IMPULSES

Messages sent through the cord pass either up or down in the white matter; but do impulses going up the cord follow the same paths as those going down? This question has been answered by experiments on some of the lower animals which are constructed essentially like man, and also by observation of the results in human beings in which the cord is diseased or has been injured by accident. These observations have shown that if a part of the cord is disabled, sometimes sensation and sometimes the power of motion is lost below the injured point.



—DIAGRAM ILLUSTRATING A SIMPLE REFLEX ACTION
The impulse from the sense organ passes in over the nerve fibre, *d*, and may pass up to the brain over *a-c*. But a part may be switched off through *e* down the fibre *f* to the muscle, causing it to contract without the aid of the brain.

If the power of motion is lost; e.g., the motion of the leg, then the injury must be in a descending tract, where the messages that pass from the brain down to the leg have been interfered with. If the person loses the sensation of feeling so that he has no consciousness of anything that may touch a given part of the body below the injured spot, then it is assumed that an ascending tract has been severed. Any injury on one side of the cord is, as a rule, accompanied by loss of sensation on the other side of the body but not on the same side as the injury. The conclusion is that messages brought into the spinal cord pass immediately to the other side and ascend there.

Curiously enough, however, an injury destroys the power of voluntary motion on the same side as the injury, but not on the other. Hence messages from the brain pass down the cord on the same side as that to which they finally go. These messages from the brain going down the cord cross over from left to right and vice versa, higher up, mainly in the medulla, so that all messages going to either side of the side of the body start from the other side of the brain. Thus, the sensations and motions of each side of the body are connected with and controlled by the cells in the cerebral hemisphere of the other side. Although there are a few exceptions to this arrangement, this is, in the main, the relation of the spinal cord to the rest of the body. There are thirty-one of these spinal nerves on each side of the cord. Five of them unite to make up the brachial plexus.

THE NEURONS AS TRANSMITTERS OF IMPULSES

THE NERVE IMPULSE

We have mentioned the fact that nerve impulses pass over the nerve fibres, and considering the differences in the results they produce, one would naturally suppose that there would be corresponding differences in the impulses; e.g., that the impulse which produces a sensation of light must be very different from the one producing a sensation of sound. This is not the case, however. An electric current through a wire may produce different results according to the different kinds of apparatus employed at the end of the wire; it may ring a bell, or produce light in a bulb, or sound in a telephone; but though the results are various, the electric current is essentially the same in all cases. So in the body, the impulse which travels over a nerve is always essentially the same.

LEST WE FORGET – WIRELESS ANATOMY COMMENTARY

No one need be told that nerve messages travel over the nerves very rapidly. The rate at which messages pass into the central nervous system, e.g., the rate over sensory nerves, is greater than that at which messages pass out over motor nerves. The former travel inward about 140 feet per second, while the latter travel outward at a rate of about 110 feet per second.

But what is the impulse which travels over nerves? There is a chemical, mechanical, and electrical theory of nerve impulses. The nerve impulse differs from electricity in several important respects. It travels too slowly, 100 feet per second being too slow for electricity. If a string is tied tightly around a nerve it will stop the passage of the nerve impulse, but such treatment of an electric wire will not stop an electric current over it. If a nerve is cut and the ends put together ever so carefully, still no impulse will pass over the break. Cutting electric wires in no way impairs them; even though the ends be put together carelessly the current will pass along perfectly, if only there is good contact. Lastly, the nerve fibre is a poor conductor of electricity.

If an electric shock is sent into a nerve, an impulse is excited and travels to the nerve ending; if the nerve is pinched or cut, an impulse starts from the point of injury. If a hot body touches the nerve, or certain chemicals are dropped upon it, they will also give rise to a nerve impulse. In some nerves an impulse is started by light, in others by sound.

In the human body the wireless and wire energy are both the same vibratory impulse of the soul being broadcast from one central station and stepped down and adapted in the local centers of the body. Each tattwa or field modifies and transforms this energy into its own whirl and specific purpose, positive and negative. In the human body the sensory organs are in the front; motor function is mostly in the back or centrally located. Consciousness resides in the light center between the two eyes. It remains there, but it sends its dispersed energy as waves all over the body, crossing, polarizing and depolarizing in a maze of energy waves of light and color. These become localized in each nerve center of an area for specific function below the eyes to support and sustain the body as sensory and motor function. Only the brain has four of its polarized senses near it, in the head as the positive pole. The speed of the wireless perceptions also vary according to function and the etheric energy field which is used as its media, such as the luminiferous ether, the odoriferous, etc.

When mind currents are reduced in vibratory intensity, they also fall into the category of electro-magnetic waves and functions. It is this step-down and the various polarities of currents and functions which makes living conductors of nerve tissue differ from the characteristics of inanimate wires, and its artificially created powerful current. Because of the difference of origin, pressure, speed, purpose and function, sensory conductors behave differently from wires for safety measures alone. Sensory impulses are immediately cut off when a string is tied around a soft living tissue, or when the nerve is cut, or injured. The velocity and amperage of the electric current and the structure of its conductors are so totally different. Conductive capacity also varies, as well as purpose, use and sensation.

Chemistry has as its basis electro-magnetic attraction and repulsion. It acts thru these waves on the energy fields of the body. Thru selection the finer particles are absorbed by the body. The Homeopathic principle of similars is a wise use of the spirit of the drug in the form of a fine etheric energy. Finer energies are more subtle in their action. Muscles move all tissues in function. These can be subtle or gross. It leaves a big field open to be utilized as therapy.

LEST WE FORGET – WIRELESS ANATOMY COMMENTARY

The mechanical approach is not merely the gross bones and the leverage for locomotion, but a refined manipulative therapy of a neuter, positive and negative type of application to influence the energy fields and currents which move all muscles in the body. This can be done thru polarity and lines of force deftly used.

However, the overall picture must be understood as well as the wires and beams, the cables and tubes; and its motive force. Energy is a series of step-downs where the superior and finer rules the inferior and the coarser rates of vibrations and functions. The conditioning increases as the functions become more gross or dense in the manifestation. The only reason why limits are found in organic living tissues that are not in feelingless metal wires is because the latter have no sensory field nor function to perform.

Individualized life and consciousness is the crown of creation for experience thru action and sensation. The cosmic forces are vast reservoirs in which these myriads of units float and recharge their external field by energy from the cosmos thru its spinning chakras and nerve centers to its own keynote and use. The gross solids must be expelled again. These serve as a media of resistance and stimulus of gross action. When the central energy of the soul cannot toil and spin its wheels and shuttles effectively any more to extract what is needed from the outside reservoir, then its link is broken and the pitcher goes to the well no more. The earth elements go back to earth; the air to dust; and the fire to ashes. The vital force of the water principle is withdrawn to the brain from whence it came and departs with Prana, the life principle, and the soul rises to higher regions.

Supplement to

"THE WIRELESS ANATOMY OF MAN"

Book II

Including

TWELVE HAND DRAWN, DESCRIPTIVE CHARTS

illustrating principles and applications of fine atomic forces, centrifugally and centripetally active in the human body as five polarity fields and five polarity currents flowing through them for specific function and expression.

Sensory or negative currents flow inward, to a neuter point of structural energy which is the balancing and sustaining factor in the center of each field. Motor or positive currents flow outward, from the center.

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Contents of Supplement to

"THE WIRELESS ANATOMY OF MAN"

Book II

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CHART 53. CHECKING FOR THE TENSE LEG AND HIP WHICH IS USUALLY THE SHORT LEG AND RELEASING IT BY A TORQUE AND A RHYTHMIC MOVEMENT.

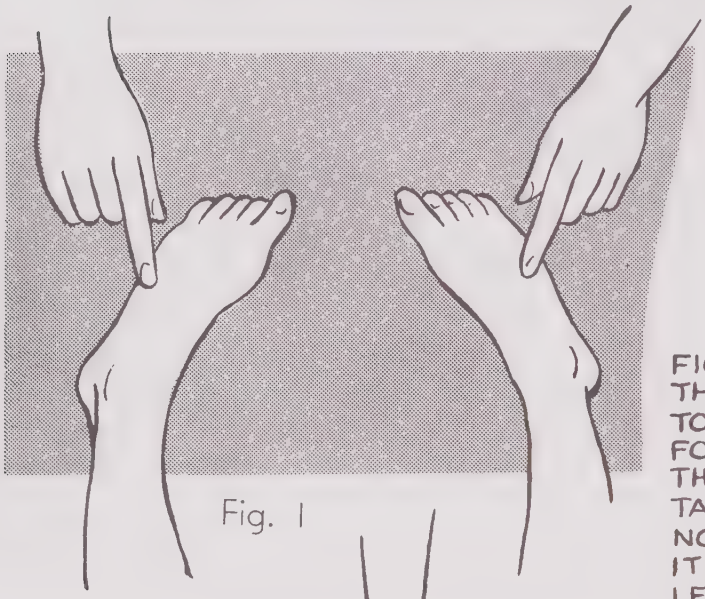


Fig. 1

FIG. 1 ILLUSTRATES THE TEST ON BOTH FEET. ONE RESISTS MORE AND DOES NOT GO FREELY TOWARDS THE MEDIAN LINE WHEN PUSHED GENTLY WITH A FINGER. SOMETIMES THE TEST HAS TO BE OUTWARD AS WELL, TO COMPARE TENSION AND RESISTANCE IN THE OPPOSITE DIRECTION WHEN PRESENT.

FIG. 2 PLACES THE FOOT AND LEG WITH THE GREATEST TENSION, IN A POSITION TOWARD THE MEDIAN LINE, BY LIFTING THE FOOT AWAY FROM THE OTHER AND ROTATING THE THIGH GENTLY TOWARD THE MIDDLE TO TAKE OUT ALL THE SLACK. NO FORCE IS USED. IT MERELY LAYS THE LEG IN THE RIGHT POSITION.

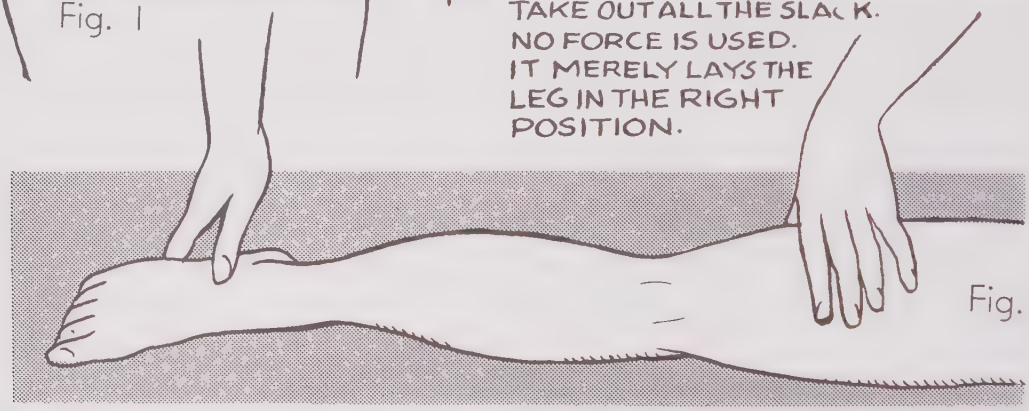


Fig. 2

THE HAND FROM THE FOOT (FIG. 2) IS BROUGHT ON THE INSIDE OF THE THIGH AND HOLDS ROTATED POSITION.

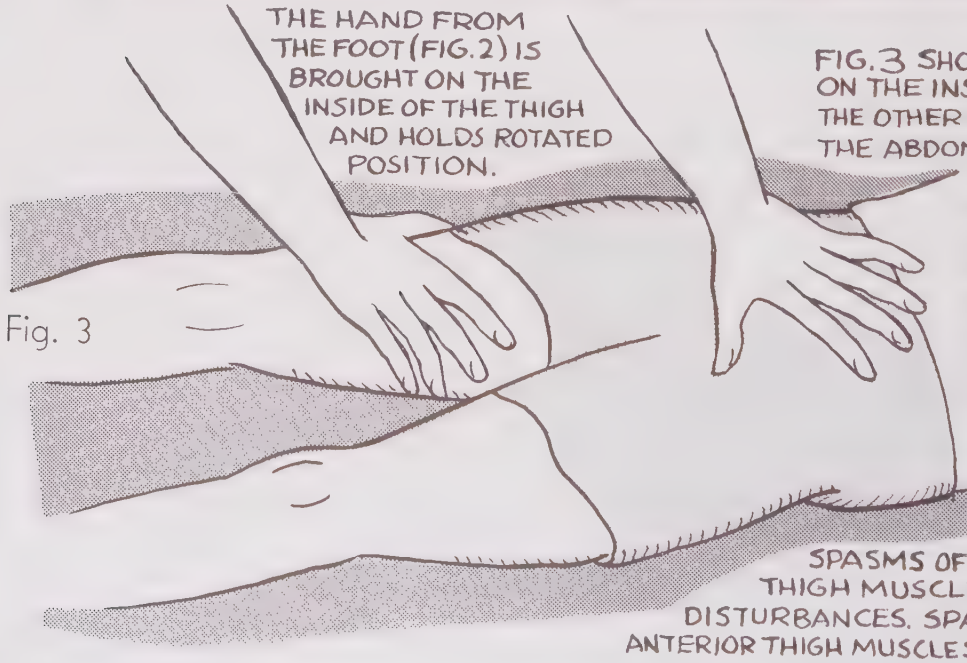


Fig. 3

FIG. 3 SHOWS THE LOWER HAND ON THE INSIDE OF THE THIGH AND THE OTHER HAND SPREAD OUT ON THE ABDOMEN WITH THE THUMB ABOVE THE SYMPHYSIS PUBIS ON THE ABDOMINAL MUSCLES TO CONTROL THE DIRECTION. NOW A LIGHT ROCKING MOTION IS STARTED IN WHICH THE PATIENT'S BODY ROCKS AS A WHOLE UNTIL THE TENSION OF THESE MUSCLES IS RELEASED. THERE IS NO THRUST, NO FORCE, AND NO PUSH.

SPASMS OF THE RIGHT ANTERIOR THIGH MUSCLES INDICATE LIVER DISTURBANCES. SPASMS OF THE LEFT ANTERIOR THIGH MUSCLES A STOMACH BLOCK.

CHART NO. 54. THE OS CALCIS BONE AS THE NEGATIVE REFLEX POLE FROM THE POSITIVE OCCIPUT AND THE NEUTER SACRUM AFFECTING THE POSTURE AND FUNCTIONS OF THE BODY. POSTERIOR VIEW OF LEG DISTORTIONS THROUGH THE FEET.

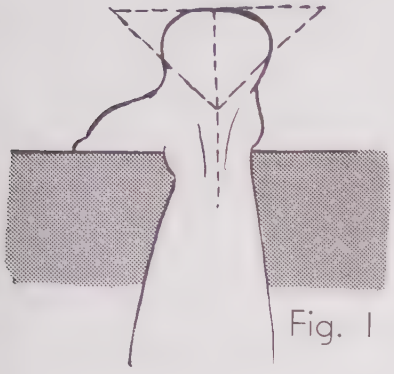


Fig. 1

NORMAL HEEL IN LINE WITH THE LEG, WHICH ALLOWS FREE ROTATION IN EITHER DIRECTION.

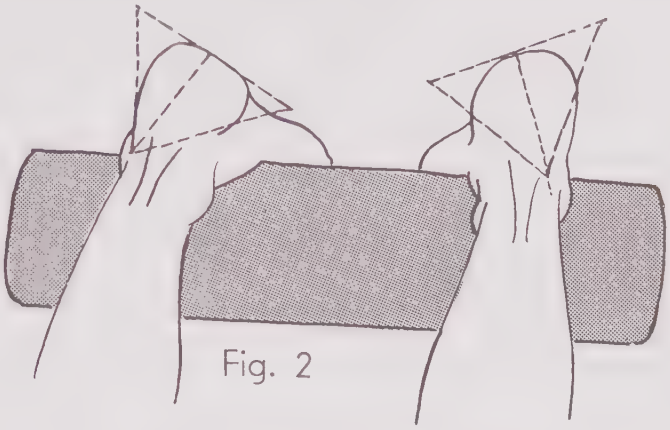


Fig. 2

BOTH HEELS OUT OF LINE, AND EASY TO BEND IN ONE DIRECTION ONLY

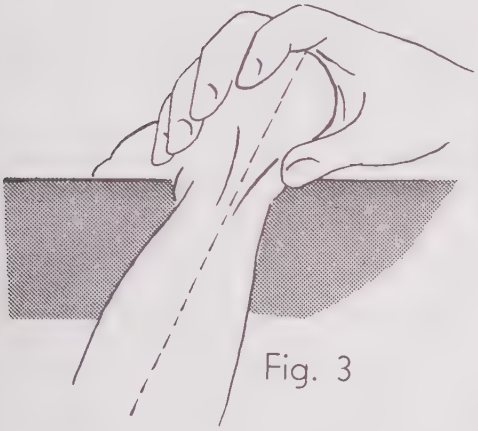


Fig. 3

CONTACT ON THE FOOT, AND THE THUMB ON THE MOST TENDER SPOT JUST ABOVE THE HEEL, FOR REFLEX ACTION, AND BRINGING IT IN LINE.

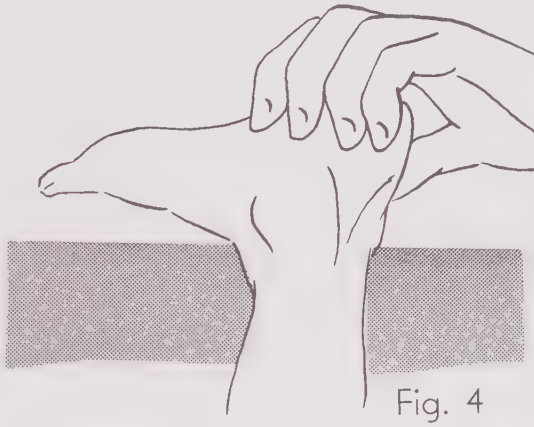


Fig. 4

CONTACT HELD WITH ONE HAND WHILE THE OTHER HAND IS ROTATING AND ROCKING EITHER THE THIGH IN THE SAME DIRECTION FOR HIP RELEASE, OR IS APPLIED TO THE BACK OR THE NECK FOR REFLEX RELEASE BY JUST HOLDING BOTH CONTACTS.

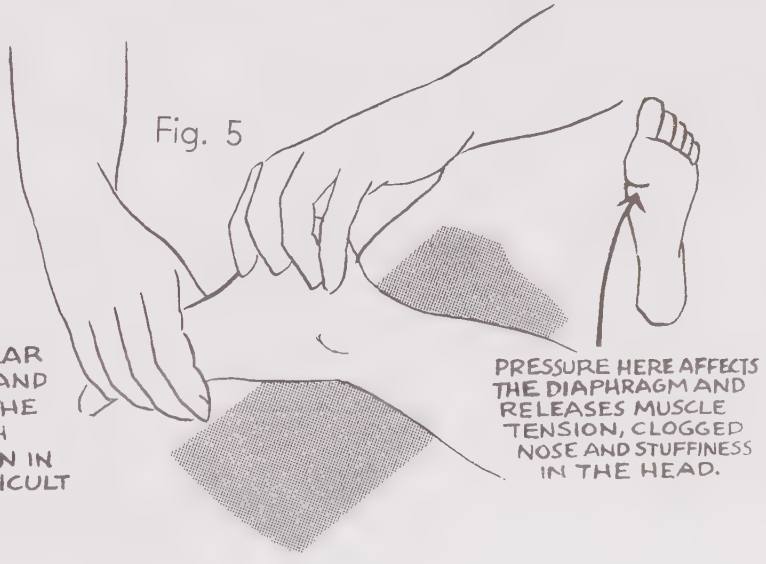
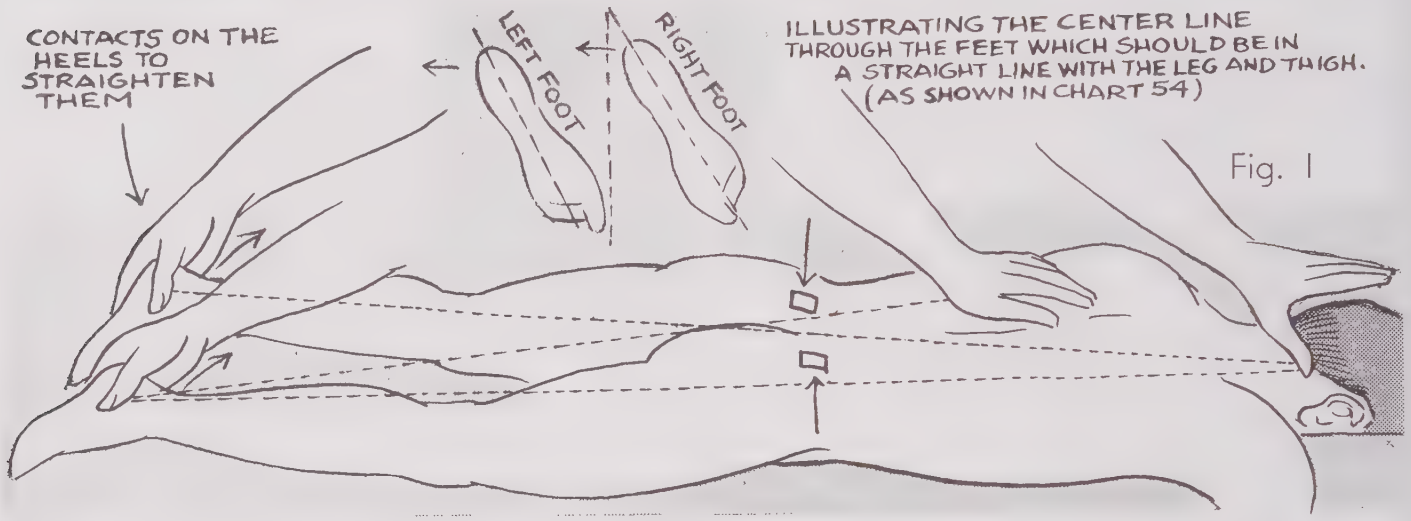


Fig. 5

A COMPLETE FINGER CONTACT NEAR THE HEEL FOR REFLEX RELEASE, AND A CONTACT WITH THE THUMB ON THE DIAPHRAGM AREA, HOLDING BOTH FIRMLY FOR RELEASE OF TENSION IN THE FOREHEAD SINUSES OR DIFFICULT BREATHING.

PRESSURE HERE AFFECTS THE DIAPHRAGM AND RELEASES MUSCLE TENSION, CLOGGED NOSE AND STUFFINESS IN THE HEAD.

CHART NO. 55. ROTATION OF FEET AND THE CORRECTION OF THE OS CALCIS POSITION IN RELATION TO THE HIGH AND LOW SIDES OF THE HIPS, AND THE ENTIRE BACK.



ONE HAND ON ONE HEEL AND THE FOOT FOR LEVERAGE, AND ONE HAND ABOVE ON THE BACK, NECK, OR THIGH WITH A ROCKING MOTION. THIS AIMS TO RELEASE THE INFERIOR BLOCK AND TENSION, THROUGH THE CONTROL AREAS ABOVE, NAMELY THE SUPERIOR POSITIVE AND THE NEUTER POLE ON THE BACK. CORRECTION ABOVE IS APPLIED WHERE BLOCKS EXIST THRU OCCIPITAL CONTACT. THE LEG MAY BE FLEXED TO REACH THE OCCIPUT OR BACK, TO INHIBIT OR ROCK THE AREA. THIS CAN BE DONE ON EITHER SIDE ONE AT A TIME WITH EMPHASIS ON THE TENSE SHORT LEG SIDE.

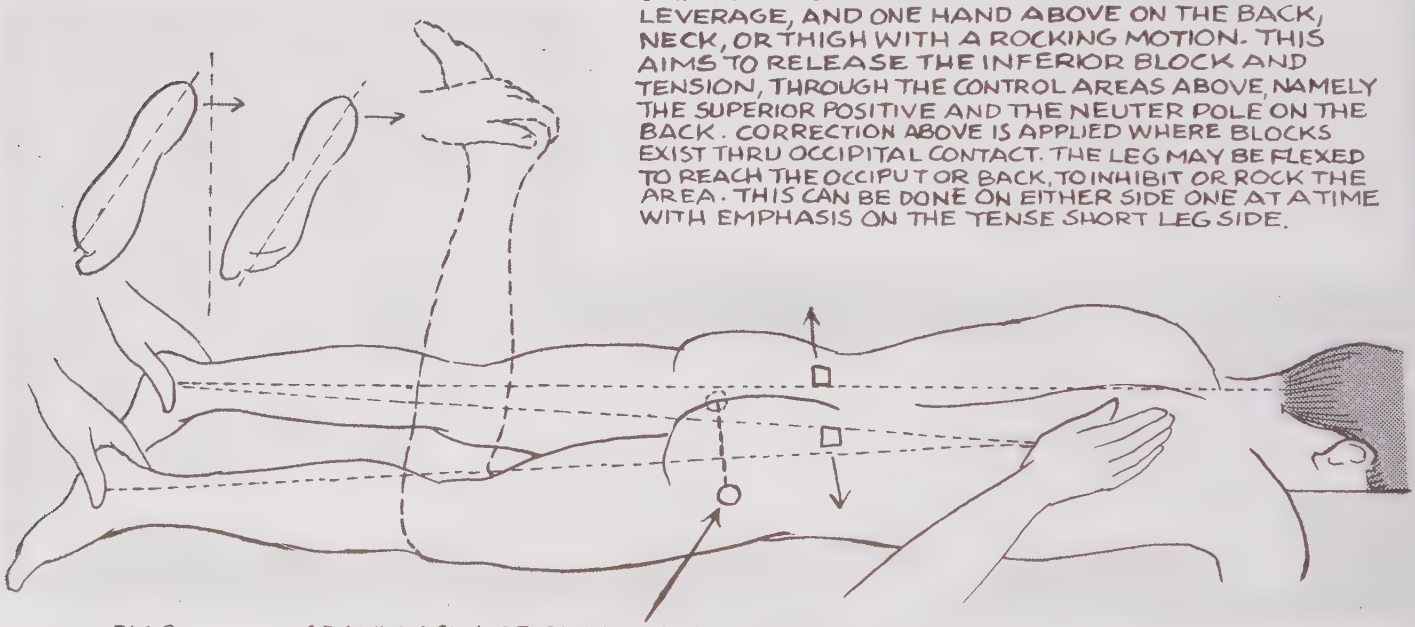
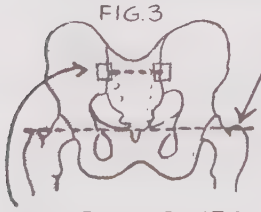


FIG. 3



INDIVIDUAL NEUTER BALANCE CENTER TO THE GRAVITY MOTION CENTER.

GRAVITY CENTER OF MOTION

A STRAIGHT LINE DRAWN THRU THE CENTER OF EACH ACETABULUM GIVES THE WEIGHT BEARING GRAVITY CENTER OF MOTION IN THE BODY. ALL MOTOR IMPULSES OF THE BODY EXPRESSED AS PHYSICAL MOTION, REFLECT TO THIS CENTER LINE. THE BODY MUST MAINTAIN A BALANCE BETWEEN ITS FORCE OF MUSCULAR IMPULSES AND THE CENTER LINE. THE BODY MUST MAINTAIN A BALANCE BETWEEN ITS FORCE OF MUSCULAR IMPULSES AND THE CENTER OF GRAVITY MOMENTUM.

THERE IS USUALLY A HEEL SORENESS AND A SEVERE OCCIPITAL TENSION FOUND ON THE SHORT LEG SIDE. SOMETIMES IT CROSSES OVER FROM ONE HEEL TO THE OPPOSITE OCCIPUT. RAISED PORTIONS OF THE BACK ALSO SHOW THE MUSCLE PULL THERE, WHICH IS RELEASED BY ROCKING AND HEEL LINEUP THIS IS THE POLARITY WAY OF BALANCING BAD FEET BY LINING THEM UP WITH GRAVITY AND RELEASING MUSCULAR TENSIONS THRU THE ELECTRO MAGNETIC CIRCUITS OF THE BODY. IT ACCOMPLISHES MORE THAN MERE HEEL LIFTS AND ARCH SUPPORTS AIM AT.

THIS IS A HIGH POINT IN THERAPY AND EASILY ACHIEVED BY THIS METHOD OF POLARIZING FIELDS AND FORCES.

CHART 56. CORRECTING BODY ROTATION THRU THE HIP JOINT ARTICULATION AND THE OS CALCIS POSITION AND REFLEX ON THE SIDE OF THE SHORT AND TENSE LEG.

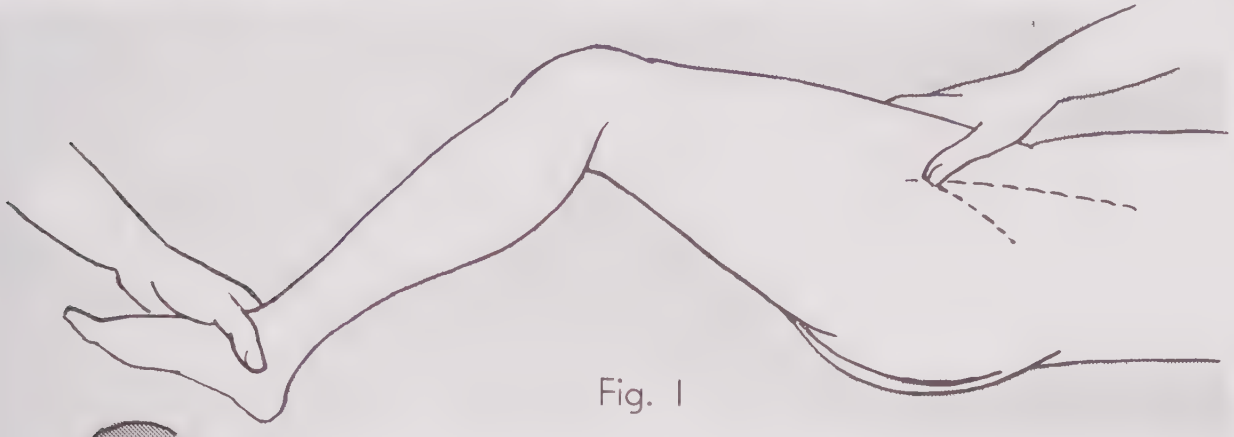


Fig. 1



Fig. 2

THE LOWER CONTACT IS ON THE OS CALCIS AS SHOWN HERE WITH A FIRM CONTACT - BENDING THE FOOT OUTWARD WHILE THE THUMB PUSHES ON THE TENSE AND TENDER SPOT ON THE HEEL BONE TO RELEASE ITS FRICTION AND LINE IT UP WITH THE CENTER LINE OF THE LEG AS SHOWN ON CHART 54, FIG. 1+3. THE PATIENT LIES ON THE SIDE WITH THE SHORT LEG UP SO IT CAN BE TREATED.

THE UPPER CONTACT IS USUALLY FROM THE ANTERIOR AROUND THE HEAD OF THE FEMUR TO THE CREST OF THE ILIUM WHERE THE GREATEST TENSION EXISTS. PRESSURE IS APPLIED ON TIGHT BANDS OF MUSCULATURE AND HELD FIRMLY UNTIL RELAXATION TAKES PLACE. IN THIS MANNER THE AREA AROUND THE ACETABULUM IS RELEASED OF SPASTIC FIBRES. THE DIRECTION OF THE CONTACT IS ACROSS THE TENSE FIBRES FOUND. THE HEEL BONE CONTACT IS HELD AT THE SAME TIME TO ESTABLISH COORDINATED CORRECTION AND ENERGY FLOW BY POLARITY. HOLDING THESE TWO CONTACTS FOR JUST A FEW MINUTES WILL OFTEN PRODUCE ASTONISHING RESULTS. THE SHORT LEG WILL LENGTHEN AND THE BODY LINE UP ON THE GRAVITY STRING WILL BE NORMAL OR MUCH IMPROVED.

THIS CAN BE DONE ON EITHER SIDE OF THE BODY WHERE EVER THE SHORT LEG IS. THE POSITION OF THE PATIENT ON THE SIDE ASSISTS THE OPERATOR IN APPLYING LEVERAGE AT THE HEEL AND AT THE ACETABULUM TENSIONS FOUND. THIS UNIQUE MOVE OF DOUBLE CONTACTS CAN BE APPLIED TO OTHER BONES IN THE FOOT AND THE GLUTEI FIBRE TENSIONS. THERE IS AN ENERGY CURRENT FLOW ESTABLISHED IN THE PATIENT THRU THE RELEASE OF PENT UP WAVES IN THE HYPER TENSED AREAS. BETTER CONDUCTION IS ESTABLISHED THRU POLARITY CONTACTS.

FIG. 2 ILLUSTRATES GRAVITY PULL FROM THE HEEL BONE THRU THE SACRO ILIAC ARTICULATION TO THE OCCIPUT BY TWO STRAIGHT LINES. THE DOTTED LINES ILLUSTRATE ENERGY WAVES RADIATING FROM THE OCCIPUT PLUS MUSCLE PULL ON EACH SIDE OF BODY THRU THE HIP JOINTS, WHICH PRODUCE TONE AND CORRECT POSTURE OR DISTORTION OF THE BODY IN RELATION TO GRAVITY. THE EXTERNAL LINES OF POSTURE ARE FROM THE OCCIPUT THRU THE HIP JOINT TO THE HEEL ON EACH SIDE.

CHART 57. POLARITY CONTACTS ON RIB HEADS AND SPASTIC SHOULDER MUSCLES FROM POSTERIOR TO ANTERIOR TO CLEAR BLOCKS OF DIGESTION AND LIVER FUNCTION.

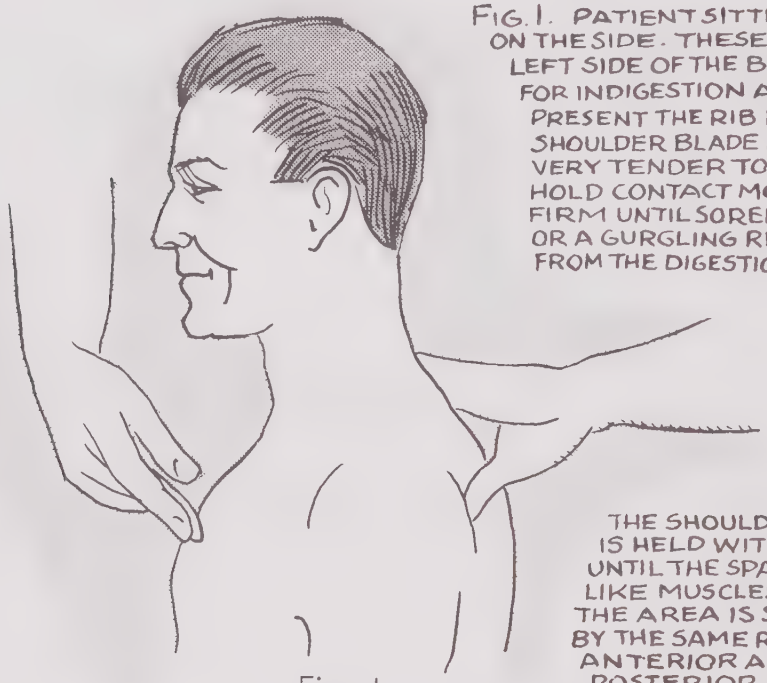


Fig. 1

FIG. 1. PATIENT SITTING UP OR LYING ON THE SIDE. THESE CONTACTS ON THE LEFT SIDE OF THE BODY ARE MOSTLY FOR INDIGESTION AND GAS. WHEN PRESENT THE RIB HEADS AND SHOULDER BLADE MUSCLES ARE VERY TENDER TO THE TOUCH. HOLD CONTACT MODERATELY FIRM UNTIL SORENESS IS LESS OR A GURGLING RESPONSE FROM THE DIGESTION IS HEARD.



Fig. 2

POSITIVE CONTACT FINGER OF THE LEFT HAND FOR ANTERIOR CONTACTS.

THE SHOULDER CONTACT IS HELD WITH PRESSURE UNTIL THE SPASTIC OR ROPE LIKE MUSCLES SOFTEN. THE AREA IS SUGGESTED BY THE SAME RIB HEADS ANTERIOR AND POSTERIOR.

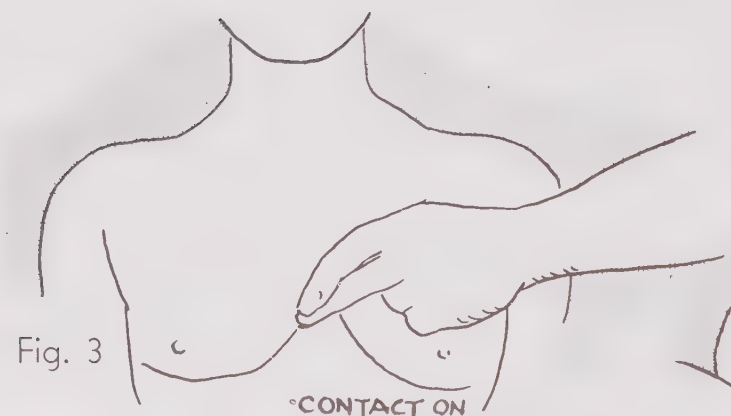


Fig. 3

*CONTACT ON ANTERIOR RIB HEADS

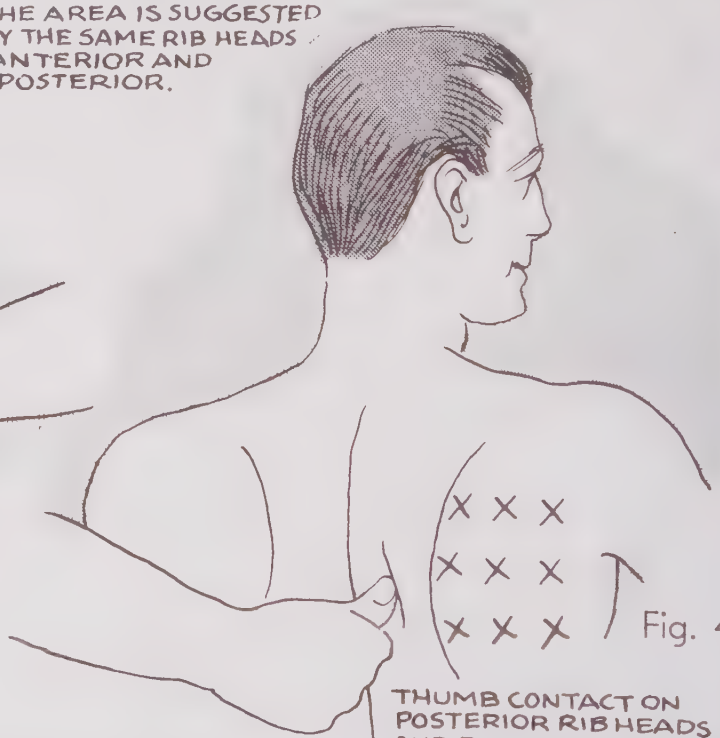


Fig. 4

THUMB CONTACT ON POSTERIOR RIB HEADS AND POINTS OF THUMB CONTACTS ON SPASTIC MUSCLES ON THE SHOULDER BLADE.

O NEUTER
— NEGATIVE
+ POSITIVE

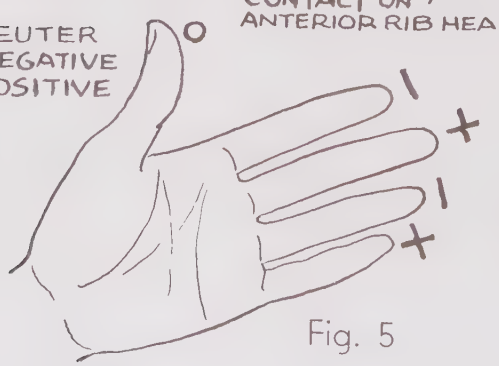
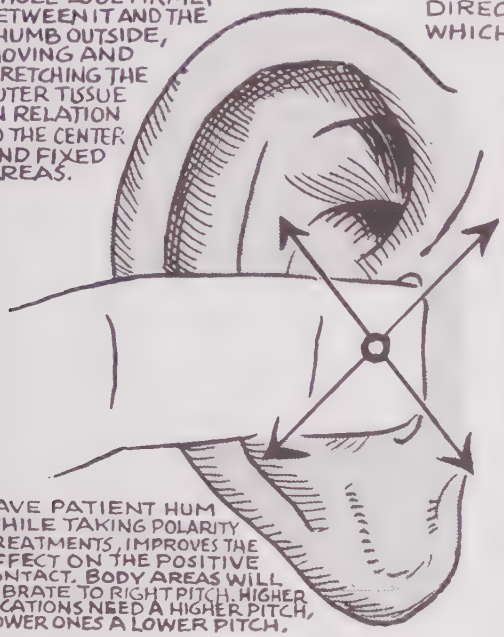


Fig. 5

ENERGY FLOW IS PROMOTED BY POLARITY CONTACTS FROM POSTERIOR TO ANTERIOR.

CHART NO. 58. THE EAR CANALS AS THE SUPERIOR CENTERS OF GRAVITY IN THE HEAD, AROUND WHICH LOCAL CIRCUITS WHIRL.

TO INCREASE THE CENTRAL FUNCTION OF EAR, ONE FINGER CAN BE PLACED INTO THE EAR CANAL, GRASPING THE WHOLE LOBE FIRMLY BETWEEN IT AND THE THUMB OUTSIDE, MOVING AND STRETCHING THE OUTER TISSUE IN RELATION TO THE CENTER AND FIXED AREAS.



HAVE PATIENT HUM WHILE TAKING POLARITY TREATMENTS, IMPROVES THE EFFECT ON THE POSITIVE CONTACT. BODY AREAS WILL VIBRATE TO RIGHT PITCH. HIGHER LOCATIONS NEED A HIGHER PITCH, LOWER ONES A LOWER PITCH.

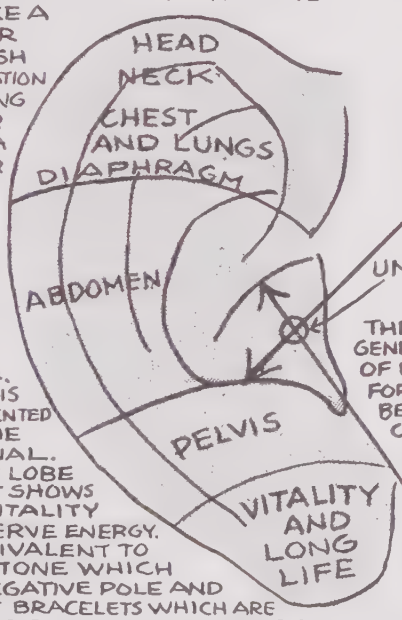
FIG. 1 SHOWS THE CENTER OF THE EAR CANAL WITH ITS FOUR MAJOR DIRECTIONS OF GENTLE FORCE WHICH MAY BE APPLIED TO ILLICIT REFLEXES IN THE BODY. THE EAR CANAL IS THE POSITIVE POLE OF THE CENTER OF GRAVITY IN THE BODY. NORMALLY IT IS CONTROLLED BY THE SEMI-CIRCULAR CANALS AND FLUIDS THRU THE SOUND MECHANISM OF VIBRATORY WHIRLS AND IMPACTS. REFLEXES FROM THE BODY ALSO AFFECT IT. THIS CENTER HAS THE SAME RELATING POSITION TO THE HEAD AS THE UMBILICUS HAS TO THE BODY IN RELATIONSHIP TO PARTS ABOVE AND BELOW IT. THE MOTOR CENTER IN THE BACK RESPONDING TO BOTH, IS BETWEEN THE 2 ND AND 3RD LUMBAR VERTABRAE. IT IS A STRAIGHT LINE THRU THE SENSORY UMBILICAL CENTER TO THE POSTERIOR SPINAL CENTER WHICH IS THE PHYSICAL WEIGHT AND GRAVITY CENTER OF THE BODY.

FIG. 2 GIVES TWO GENERAL LINES OF FORCE APPLIED TO THE ANTERIOR FOR SENSORY REFLEX RESPONSES.



THE TREGAS OR SMALL LOBE CAN ALSO BE GRASPED FIRMLY, STRETCHED, AND ROTATED WITH EXTENSION RELEASING ENERGY BLOCKS FOR BETTER FUNCTION OF HEARING. THESE MOVES HAVE DEFINITE REFLEXES THROUGH SOUND WAVES ON THE CENTRAL CORE OF THE BODY'S ENERGY COLUMN.

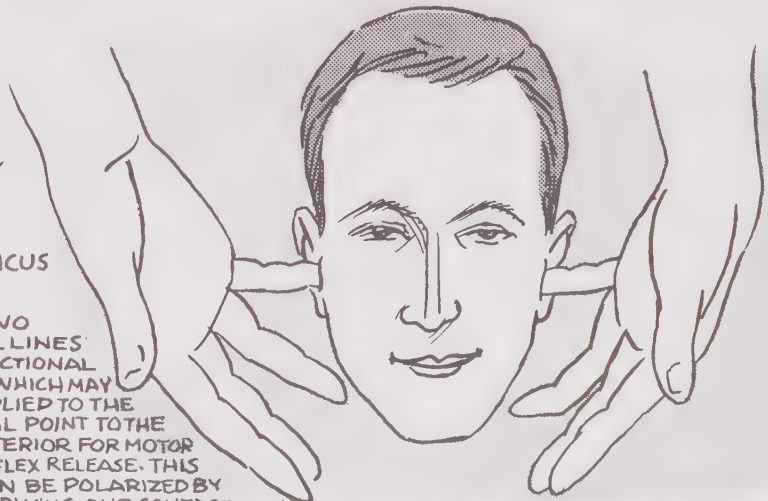
FIG. 3 GIVES THE RERRESENTATIVE AREAS OF THE BODY ON THE EAR. REDNESS, DISCOLORATION IN ANY ONE AREA CAN BE A DIAGNOSTIC CLUE, LIKE A WHITE OR YELLOWISH DISCOLORATION IN THIS LUNG AREA FOR PNEUMONIA AND OTHER LUNG DISEASES. THE ABDOMEN IS REPRESENTED IN THE MIDDLE AREA OF THE EAR. THE PELVIS IS REPRESENTED BELOW THE EAR CANAL. A LARGE LOBE BELOW IT SHOWS GREAT VITALITY AND RESERVE ENERGY. IT IS EQUIVALENT TO BUTTOX TONE WHICH IS THE NEGATIVE POLE AND THE WRIST BRACELETS WHICH ARE THE NEUTER POLE AND INDICATORS OF VITAL FORCE. A PERSON WHO HAS BOTH CAN GO THRU AN ILLNESS WITH MORE ENERGY AND REACT BETTER TO THERAPY THAN THOSE WHO DO NOT HAVE THAT INHERITED SHARE OF VITALITY. THIS SIMPLE OBSERVATION IS OF VALUE TO THE DOCTOR. EARLOBES, WRIST LINES, BUTTOX TONE, SPELL RESERVE ENERGY.



UMBILICUS

THE TWO GENERAL LINES OF DIRECTIONAL FORCE WHICH MAY BE APPLIED TO THE CANAL POINT TO THE POSTERIOR FOR MOTOR REFLEX RELEASE. THIS CAN BE POLARIZED BY APPLYING ONE CONTACT ON ANY ANTERIOR PART OF THE BODY WITH A POSITIVE FINGER.

FIG. 4 SHOWS THE DOUBLE APPLICATION OF THE LITTLE FINGERS IN THE EARS TO CLEAR LOCAL REFLEXES AND TENDERNESS FOUND IN MOST EAR CANALS.



GURGLING SOUNDS MAY BE HEARD AS ABDOMINAL REFLEXES RESPOND FROM THIS AREA. IT IS A VALUABLE AID TO RELAXATION TO CLEAR THE POSITIVE SOUND AREA WHIRLS AND FIELDS. SEE CHART NO. 8. CRANIAL BONE CORRECTIONS HAVE THEIR KEY CENTER HERE THRU THE SPHENOID BONE. TEST FOR DIRECTIONS BY THE REACTIONS IN ANY OF THE FOUR MAJOR LINES OF FORCE SHOWN HERE.

CHART NO.59. PRINCIPLES OF LOCAL WIRELESS CURRENT FLOW IN THE BODY AND HOW IT CAN BE INFLUENCED BY POLARITY CONTACTS TO FLOW FROM THE CIRCUMFERENCE TO THE CENTER.

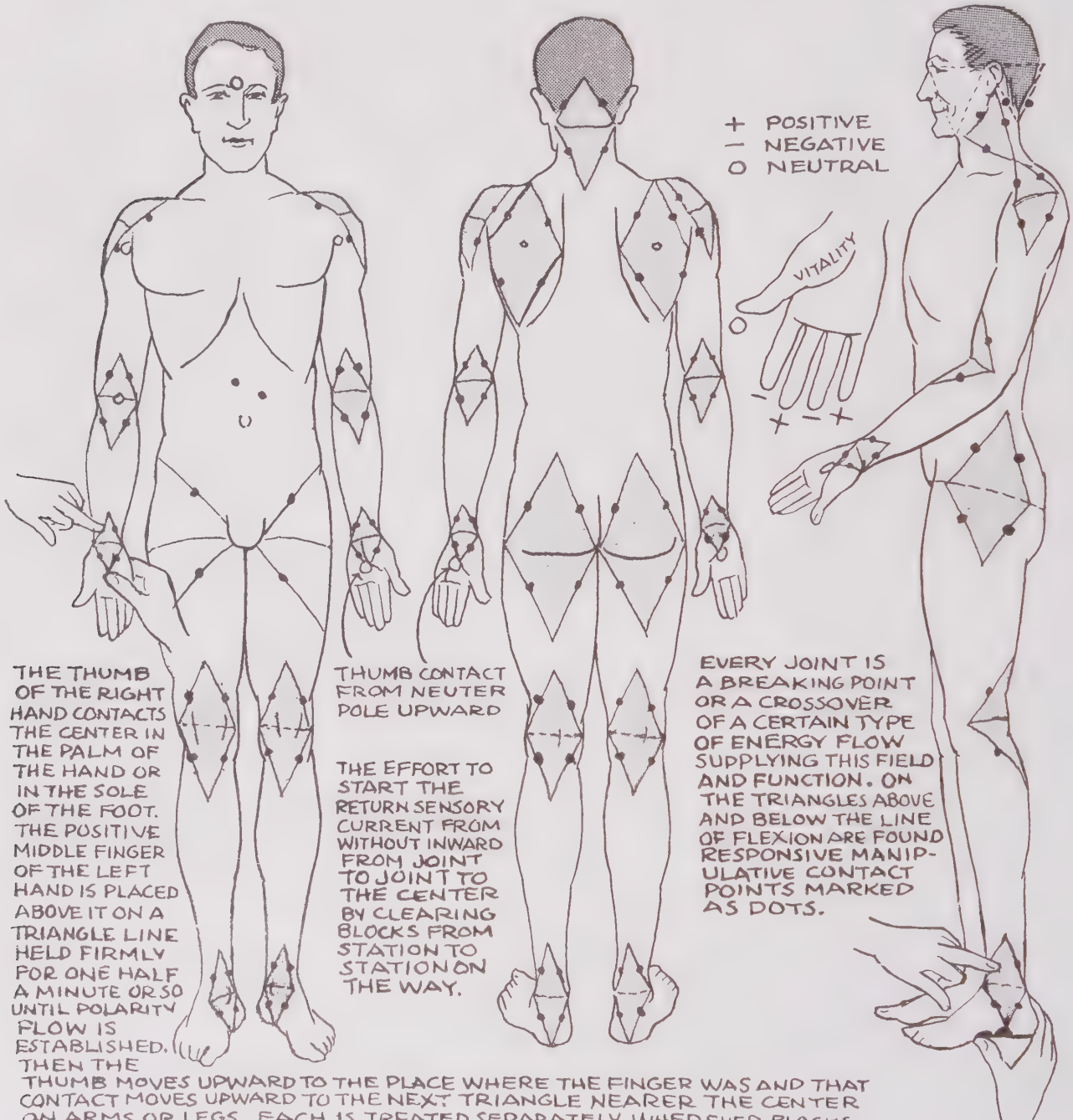
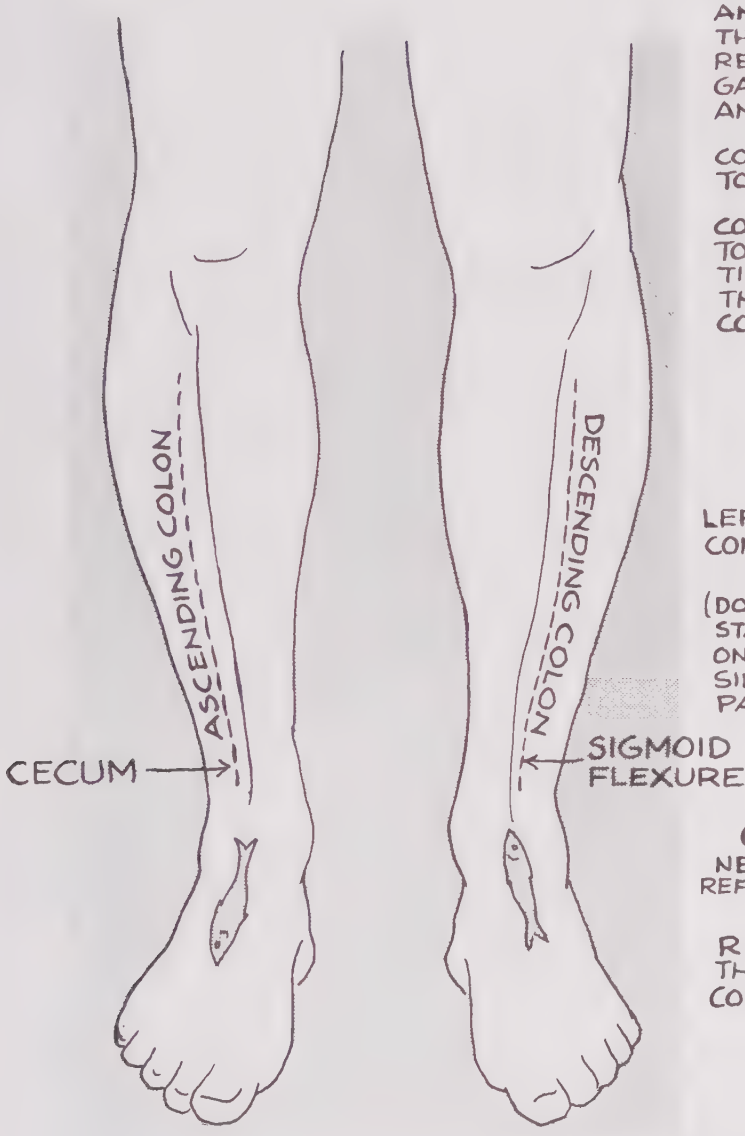


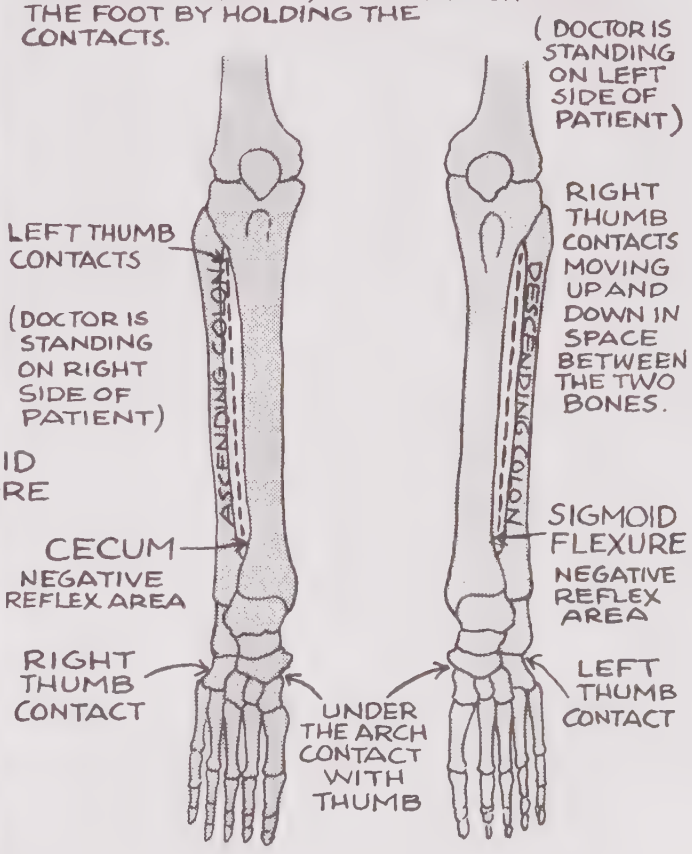
CHART NO.60. THE NEGATIVE REFLEXES OF THE COLON FOUND IN THE LEGS BETWEEN THE TIBIA AND THE FIBULA.

THE NEGATIVE POLE OF THE COLON IS IN THE LEGS AS ILLUSTRATED. ACHING LEGS AND KNEE JOINT PAINS ESPECIALLY ALONG THE OUTSIDE OF THE SHIN BONES ARE COLONIC REFLEXES OF IRRITATION, STAGNATION AND GAS PRESSURE. THEY CAN CAUSE HEADACHES AND HEART SYMPTOMS.

CONTACT 1. FROM THE ARCH OF THE FOOT TO THE COLON REFLEX AREA ON THE LEG.

CONTACT 2. FROM THE OUTSIDE OF THE FOOT TO THE COLON REFLEX AREA BETWEEN THE TIBULA AND FIBULA, ALSO STRAIGHTENING THE FOOT BY HOLDING THE CONTACTS.



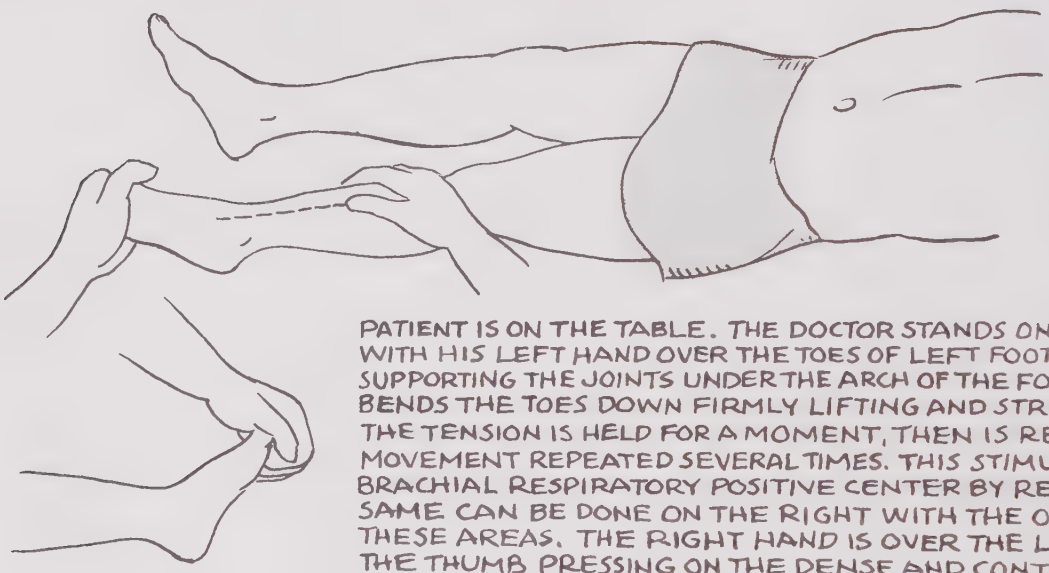


MANIPULATIVE MOVEMENTS IN THE DIRECTION OF THE ENERGY FLOW ARE SOOTHING. MOVEMENTS OPPOSITE TO IT ARE STIMULATING IN EFFECT.

ON THE RIGHT LEG ANTERIOR THE ENERGY FLOWS TOWARD THE FOOT ON THE LEFT LEG ANTERIOR – AWAY FROM THE FOOT AND UPWARD. FISHES SHOW ENERGY FLOW ANTERIORLY.

CONTACT 3. CONTACT ON THE SAME COLON AREA ON THE LEG MAY BE HELD ANYWHERE ON THE DOTTED LINE AND ANOTHER CONTACT ON THE COLON ITSELF CAN BE MADE TO BALANCE THE NEUTER POLE ABOVE WITH THE NEGATIVE BLOCKS BELOW TO ELIMINATE THEM. THE OBJECT IS POLARITY OF CURRENT FLOW NOT MASSAGING. ALL CONTACT SHOULD BE MADE WITH THE SAME ATTENTION AS STRIKING KEYS ON THE PIANO OR TYPEWRITER.

CHART NO. 61. CO-ORDINATED POLARITY STIMULATION OF THE AIRY REFLEX CENTERS IN THE ARCHES OF THE FEET WITH THE COLON AND ITS REFLEX CENTERS IN THE LEGS.



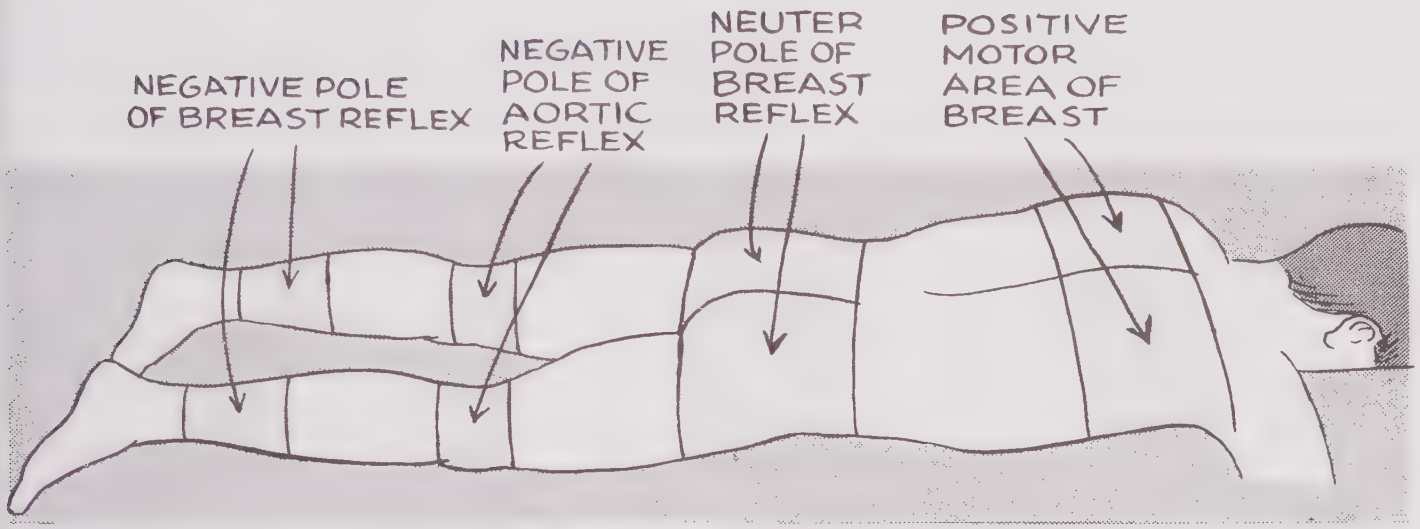
PATIENT IS ON THE TABLE. THE DOCTOR STANDS ON THE LEFT SIDE WITH HIS LEFT HAND OVER THE TOES OF LEFT FOOT, THE FINGERS SUPPORTING THE JOINTS UNDER THE ARCH OF THE FOOT. THE CONTACT BENDS THE TOES DOWN FIRMLY LIFTING AND STRETCHING THE ARCH. THE TENSION IS HELD FOR A MOMENT, THEN IS RELAXED AND THE MOVEMENT REPEATED SEVERAL TIMES. THIS STIMULATES THE BRACHIAL RESPIRATORY POSITIVE CENTER BY REFLEX ACTION. THE SAME CAN BE DONE ON THE RIGHT WITH THE OPPOSITE HAND ON THESE AREAS. THE RIGHT HAND IS OVER THE LEFT LEG WITH THE THUMB PRESSING ON THE DENSE AND CONTRACTED TISSUE BLOCKS IN THE COLON REFLEX AREA BETWEEN THE TIBIA AND FIBULA. COORDINATED ACTION IN THESE TWO AREAS SEND THEIR REFLEXES TO THEIR RESPECTIVE POSITIVE AND NEUTER AIRY CENTERS ABOVE FOR BETTER INTAKE OF OXYGEN AND ELIMINATION OF CO_2; ALSO RELEASING GASES FROM THE STAGNANT NEUTER COLON.



THE DOCTOR STANDS ON THE LEFT SIDE OF THE PATIENT AND HIS LEFT HAND IS OVER THE MIDDLE OF THE ARCH OF THE LEFT FOOT AND THE THUMB MAKES A FIRM CONTACT BELOW THE LEFT ANKLE ON THE OUTSIDE OVER THE REFLEX AREA OF THE SIGMOID AND THE PSOAS MUSCLE. SEE CHART 17, PAGE 24, BOOK 2. THE FOOT IS ROTATED OUTWARD AND HELD WHILE THE RIGHT HAND THUMB AND FINGERS CONTACT THE AREA OVER THE SIGMOID OR PSOAS MUSCLE ON THE ABDOMEN. THIS CAN BE USED ON EITHER SIDE FOR THE RELEASE POLARITY CURRENT REFLEXES. THIS ARCH CONTACT CAN ALSO BE USED IN CONNECTION WITH WORKING THE COLON REFLEXES BETWEEN THE TIBIA AND FIBULA. AS THE DOCTOR STANDS ON EITHER SIDE OF THE PATIENT THESE CONTACTS BECOME THE NATURAL POSITION FOR THE HANDS WITHOUT CROSSING THEM OVER EACH OTHER.

FOR PROSTATIC AND UTERINE TREATMENTS THE LEFT CONTACT GOES A LITTLE LOWER ON THE HEAL WITH THE RIGHT HAND OVER THE MUSCLES OF THE SYMPHISIS PUBIS.

CHART NO. 62. NEGATIVE AND NEUTER REFLEX AREAS IN THE BODY FOR THE TREATMENT OF LUMPS IN THE BREASTS, ALSO AORTIC REFLEXES IN THE LEGS.



THE BREASTS ARE SECRETORY GLANDS ON THE ANTERIOR SUPERIOR PORTION OF THE BODY. THE MAMMAE HAVE A DIRECT REFLEX TO THE UTERUS IN THE FEMALE AND TO THE PROSTATE IN THE MALE VIA THE FINER CENTRAL CORE WIRELESS ENERGY CURRENTS OF THE CADUCEUS. THE NEUTER SENSORY REFLEX OF THIS WATERY TRIAD IS IN THE PELVIS ANTERIORLY AND IN THE BUTTOX POSTERIORLY AS A MOTOR VITAL REFLEX. CONGESTIONS, LUMPS AND VERY SENSITIVE SPOTS IN THE BUTTOX HAVE A RELATIONSHIP TO THE BREAST AND ITS STAGNANT AREAS. THE MOST NEGATIVE POLE IS ON THE BACK OF EACH LEG AS MARKED HERE, WHICH GIVE DIRECT REFLEXES TO THE BREAST AND THE NIPPLES. THESE AREAS ARE USUALLY VERY TENDER ON THE LEGS. WORKING ON THE LEG AREA WITH ONE HAND AND ON THE BUTTOX OR BRACHIAL AREA WITH THE OTHER, POLARIZES THE ACTION IN THESE TWO FIELDS. WHEN THE SHOULDER AREA IS INCLUDED AND AND THE REFLEXES BALANCED WITH THE NEGATIVE AND NEUTER POLES, THE BREASTS FUNCTION BETTER BY THE WIRELESS CURRENT FLOW. WITH THE PATIENT ON THE SIDE, A GENTLE ROCKING MOTION IS THE PROCEDURE ON EITHER TWO AREAS AT ONCE. OR WITH THE PATIENT LYING FACE DOWN, A GENTLE ROCKING MOTION HEADWARD IS APPLIED BY ANY TWO CONTACTS.

THE BREASTS ARE NOT TREATED DIRECTLY. THE CALVES OF THE LEGS WILL ACT AS A DIVERSION TREATMENT WHEN HEAT OR COUNTER-IRRITANTS ARE APPLIED. BLISTERING IN THIS AREA GIVES EXCELLENT REACTIONS BECAUSE IT IS IN THE NEGATIVE FIELD WHERE THE REAL CLOGGING EXISTS IN THE ENERGY FIELD AND IN THE TISSUES.

THE BACK OF THE KNEES ARE REFLEXES OF THE ABDOMINAL AORTA. OFTEN WE FIND AN ENLARGEMENT THERE OF THE TIBIAL ARTERY WHICH THROBS. ON THE LEFT LEG IT INDICATES BACK PRESSURE IN THE ABDOMINAL AORTA AND HEART DAMAGE. THE THROMBOSIS IS CAUSING SUFFICIENT PRESSURE TO DILATE THE ARTERY HERE LIKE A BULB. IT SHOULD BE SUPPORTED BY AN ELASTIC BANDAGE, AND THE RESISTANCE AREA POLARIZED. IT IS USUALLY BELOW THE DILATION WHERE THE THROMBOSIS IS ACTIVE IN ARTERIAL OBSTRUCTION. ABOVE THE DILATION OR ULCER IN VENOUS OBSTRUCTION LEECHES APPLIED TO RELIEVE THIS BLOCK BELOW THE ARTERIAL DILATION IS THE ONLY LOGICAL PROCEDURE. THIS HAS TO BE REPEATED SEVERAL TIMES BECAUSE ARTERIES ARE LOCATED DEEPER AND DRAINAGE THROUGH THE CAPILLARIES MUST BE RELIED UPON. THE KING OF ENGLAND HAD AN ARTERIAL THROMBOSIS. THE NEUTER POLE AREA AROUND THE UMBILICUS SHOULD BE FREED.

CHART NO. 63. THE IDEAL POSTURE AND ROCKING BALANCE STRETCH FOR THE RELEASE OF THE DOWNWARD AIRY CURRENTS OF ENERGY IN THE BODY WHICH GOVERN ALL EXPELLING FUNCTIONS OF GASES, LIQUIDS AND SOLIDS. FREES THE BACK PRESSURE FROM THE HEART.



THE OBJECT IS THE RELEASE OF BLOCKS IN THE TISSUES BY MOTION WHILE THESE FIELDS ARE IN PROXIMITY UNDER A POLARITY ACTION AS WELL AS A MUSCULAR PULL. TONE AND FREEDOM IN THE PELVIS IS THE OBJECTIVE. THIS VITALITY RELEASE IN THE MOST VITAL FIELD IN THE BODY AIDS HEALTH. THE POSTURE IS EASIER WITH SHOES ON AT FIRST. TRY BAREFOOTED LATER AS IT GIVES MORE STRETCH. CLOTHING MUST BE FREE. ONLY PRACTICE CONQUERS AND ACCOMPLISHES. THREE MINUTES SEVERAL TIMES A DAY GIVES GOOD RESULTS.

WHEN A PERSON FEELS TIRED, RESTLESS AND CANNOT RELAX TO GO TO SLEEP OR FEELS INDISPOSED IN ANY WAY IT MEANS THAT THE ENERGY CURRENTS OF THE BODY ARE NOT OPERATING AS THEY SHOULD. THERE IS INTERFERENCE DIFFICULT TO INTERPRET. WE FEEL WEARY. TAKING THE POSTURES FOR JUST A FEW MINUTES EACH, WILL START THE CURRENT FLOW AND WILL MAKE RESTING A REAL PLEASURE. FEET SHOULD BE FLAT ON THE FLOOR.

THIS POSTURE IS THE FINAL STAGE OF MANY GENTLE EFFORTS OF SQUATTING WHICH STRETCHES THE MUSCLES BY DEGREES AND NOT BY FORCE. FOR THIS POSITION THE FEET ARE FAIRLY CLOSE TOGETHER TO OBTAIN MORE SUPPORT ON THE COLON FROM THE THIGHS, FOR THE FINAL STRETCH WITH THE BREATH FROM THE INSIDE. THE DOWNWARD FORCE - CALLED APANA - IN THE EAST IS ACTIVATED BY THIS POSTURE. GRAVITY ASSISTS THE ELIMINATION OF LIQUIDS AND SOLIDS. THREE AIRY FIELDS IN THE BODY ARE ACTED UPON AT ONCE IN THIS FINAL STAGE, WHICH MAKES THE DOWNWARD CURRENTS OF ENERGY MOVE BY REL'ASING THE MOST NEGATIVE AREA BLOCKS FIRST IN THE CALVES OF THE LEGS. THE NEUTER POLE OF THIS AIRY PRINCIPLE IS IN THE COLON, WHICH BECOMES A STORAGE FOR GASES, PRESSED BY THE THIGHS, AND THE ARM PULL INWARD ON THE KNEES. THE POSITIVE POLE IS THE CHEST, AS THE INTAKE. THE BRACHIAL PLEXUS IS THE GOVERNOR. THE ARM PULL MUST STRETCH THE AREA BETWEEN THE SHOULDERS SO IT IS FELT. THEN A DEEP BREATH CAN BE USED TO STRETCH ALL THE SPINAL MUSCLES FROM WITHIN AGAINST THE HEAD, PULL FORWARD, ON ALL THESE TISSUES. THE RESPONSE WILL BE FELT AT ONCE, EVEN VERTEBRAE WILL ADJUST THEMSELVES NATURALLY AS BY AN INNER LIFT. GASES WILL ROLL, AND LIQUIDS AND SOLIDS FOLLOW THE AIR BLOCK RELEASE. VITAL FORCES ARE FREED TO MOVE AS THE FIVE VITAL WINDS IN THE BODY. A ROCKING MOTION IS NOW ADDED FORWARD AND BACKWARD AND FROM SIDE TO SIDE AS WELL AS A TURNING ROTATION IF POSSIBLE.

CHART NO. 64. A POSTURE STRETCH FOR YOUTHFUL ELASTICITY THROUGH THE RELEASE OF VITAL FORCE AND BLOCKED ENERGY CIRCUITS IN THE HEAVY PELVIC MUSCLES, FREEING THE HIP JOINTS BY GENTLE STRETCHING THROUGH ROCKING MOTIONS.



THIS POSTURE FREES ENERGY IN THE PELVIS WHICH CAN BE USED BY CONTACTS OF THE HANDS AND THUMBS ON THE POSITIVE POLE OF THE HEAD FOR THE RELEASE OF REFLEX ACTIONS ALMOST ANYWHERE IN THE BODY IN SELF TREATMENT. THE TWO THUMBS ON THE BRIDGE OF THE NOSE, AND HAND TOUCHING THE FOREHEAD AFFECTS THE CENTRAL AREA OF THE BODY. A ROCKING MOTION ACTIVATES ALL THESE CONTACTS. THE HANDS CAN BE PLACED ON TENDER SPOTS ON OPPOSITE SIDES OF THE HEAD, IN FRONT AND BACK DIAGONALLY OPPOSED AND HELD WHILE ROCKING AND STRETCHING IN ALL DIRECTIONS FOR RELEASE. IT CAN ALSO BE USED FOR HEAD MOULDING IN THIS MANNER. FINGERS CAN BE LOCKED OVER THE TOP OF THE HEAD TO MOULD THE PARIETALS. IT IS POLARITY REACTION WHICH IS THE ACTIVE FACTOR IN ALL THESE RESPONSES. THE AREA UNDER THE LOWER JAW GIVES DEFINITE PELVIC RESPONSES, FOR TONING OR RELEASE OF TENSION. USING THE LEFT THUMB OR THE FIRST AND RING FINGERS FOR TONING CONTACTS. THE RIGHT THUMB AND SECOND OR THE LITTLE FINGER POSITIVE RELEASE THE ROOF OF THE MOUTH GIVES A RANGE OF REFLEXES THAT ARE ASTONISHING. ONE THUMB FITS PERFECTLY ON IT WHILE IN THIS POSTURE. THE RIGHT THUMB WILL OPEN THE SINUSES INSTANTLY AND HELP DRAINAGE IN COLD ETC. STOMACH REFLEXES CAN BE ELICITED AT ONCE, IF YOU REACH BACK FAR ENOUGH. THE TONGUE ALSO HOLDS A HOST OF REFLEX RESPONSES TO CONTACTS. A FEW SECONDS ON THE RIGHT REFLEX DOES WONDERS.

THIS POSTURE IS STARTED WITH THE FEET FARTHER APART THAN THE POSTURE DESCRIBED IN CHART NO. 63. JUST COMFORTABLE TO ACCOMPLISH A STRETCH AND MOTION ON OPPOSITE MUSCLES AND TISSUES. THE PERSON EASES INTO THIS POSTURE SLOWLY AND GRADUALLY, WITHOUT FORCE, KEEPING THE HEELS ON THE FLOOR. THE ARMS ARE PLACED ON THE INSIDE OF KNEES, THE HANDS ARE CLASPED, PUSHING THE KNEES APART GENTLY AND COMFORTABLY UNTIL THE STRETCH IS FELT IN THE THIGHS AND THE HIPS. THE THUMBS SUPPORT THE HEAD WHICH IS BENT FORWARD. NOW A GENTLE ROCKING MOTION IS STARTED FOR BALANCE OF FORCES AND THEIR RELEASE IN MOTION. FORWARD, BACKWARD, FROM SIDE TO SIDE AND ROTATION IF CONVENIENT. TWO OR THREE MINUTES SEVERAL TIMES A DAY ARE SUFFICIENT FOR FINE RESULTS. THE HIP JOINTS WILL BE FREED AND THE SACRO-ILIAC ARTICULATIONS AND THE LUMBAR VERTABRAE WILL BENEFIT BY THIS POLARITY NORMALIZING MOVEMENT. DEEP TENSION, SPASMS, AND TISSUE STAGNATIONS WILL DISAPPEAR. THE ELASTICITY OF THE STEP WILL COME BACK AS WELL AS THE PLEASURE OF WALKING. BENEFITS WILL BE FELT BY YOUNG AND OLD ALIKE. DAILY PRACTICE DOES IT. WASTED AND FLABBY TISSUES WILL BE TONED AND TAKE ON A NORMAL APPEARANCE. THE SAGGING BUTTOX WHICH IS THE SIGN OF VITAL EXHAUSTION WILL BECOME NORMAL AGAIN, THROUGH PERSERVERANCE OF PRACTICE, AIDED BY QUICK COLD SHOWERS OVER THE BUTTOX AND HIPS. FOR THE SHORT TIME AND EFFORT SPENT IN THIS VITAL POSTURE, VITAL EFFECTS WILL BE NOTICED BY EACH PERSON, YOUNG OR OLD. SYMPTOMS AND PAINS WILL CHANGE WHEN LIFE CURRENTS FLOW AGAIN. THE FLUSH IN THE CHEEKS WILL BE FELT IN THE POSTURES. THE SPARKLE IN THE EYES CAN FOLLOW IF CONTINUED. A YOUTHFUL LIFE AT 65 IS POSSIBLE THROUGH POLARITY ENERGY CURRENTS FLOWING IN THEIR FIELDS AGAIN.

Commentary on Book III
Polarity Therapy

Book III was originally titled **Polarity Therapy & Its Triune Function** and was described by Dr. Stone as "A Course in Triple Polarity applied as a New Manipulative Therapy". Indeed, this book can stand on its own as a brilliantly clear presentation of Polarity Therapy for the general reader. The comprehensiveness and depth of the theoretical basis of Polarity Therapy presented here is exceptional. Dr. Stone brings Polarity Therapy and all the healing arts into a modern context, challenging the narrow views and outdated theories of much traditional allopathic medicine and psychiatry.

For example, he shows the limitations of the materialistic worldview and how its application in the healing arts has prevented the development of a unified therapy that is truly appropriate to man's complex multi-dimensional nature. Dr. Stone writes, "This book is an attempt to reveal the underlying principles of all therapies, whether mechanical, structural, chemical, electrical, thermal, bacteriological or psychological."

However, this book is by no means only theoretical; for it includes some of the most practical material in all his writings. Most of the twenty-five new charts included in this book illustrate specific therapeutic methods, and the section on Polarity Diet (and the relation of the four elements to diet) is accessible and immensely useful for <u>all</u> readers, whether or not they are professional practitioners of the healing arts.



Dr. Stone lecturing about energy, sound,
& vibration in the early 1970's.

POLARITY THERAPY
& Its Triune Function

A New Manipulative Therapy

Illustrated by Harlan Tarbell, D.N.

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

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INTRODUCTION

This book is an attempt to reveal the underlying principles of all therapies whether mechanical, structural, chemical, electrical, thermal, bacteriological or psychological. The FOUNDATION FOR ALL THERAPIES naturally rests upon the constitution of matter itself and its manifestation in organized forms as motion and function. Even when Nature is better understood, it does not free man from its laws and the conditions of matter. In order not to make this treatise too long, the many details of application of Polarity Principles have been avoided. Details cannot fit every individual, but principles and essences presented with a broader viewpoint of application and use in life are helpful to every seeker after Truth whether he be a physician or a student of life.

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. Results which are obtained in all the various fields of medical, drugless and psychological applications indicate that a hidden agent--a principle in man and in the forces of Nature's energies--is the active factor overlooked by schools of science and theories taught today.

The problem of healing involves the harmonious relationship of man's inner energies to those of the without. The struggle is as old as mankind. The ideas and applications vary with each cycle and consciousness of individuals and races. In the early days the viewpoint was from within outward, from the energy centers within to the effects without.

Even though present systems have their origin in the previous ones, the underlying principles are practically forgotten, cast aside or declared unscientific today because the problems are now approached from a purely external angle, evaluating symptoms and phenomena as of immediate importance, instead of the causes which produce these effects. Present-day research is bent upon details of particulars without taking into consideration the finer types of forces which motivate the particles. In such a confusion, conscientious minds of thinkers and researchers will naturally look for an answer that could do justice to all and shed light on a dark road of misunderstanding and persecution of one group by another.

Necessity is the mother of invention. The expectation and the cry of suffering humanity brings to light, through effort, many new ways and means to solve the demands. Osteopathy, Chiropractic, Naprapathy, Zone Therapy, Suggestive Therapeutics, Psychiatry, Christian Science and many other new systems, beliefs, and ideas are in use today and favored by the public with a popular response.

While the well-established Allopathic and Homeopathic principles of medicine are diametrically opposed to each other, there is a Polarity principle which unites them both as outgoing and ingoing energy. It is the finer essence which is the principle of Homeopathy as brought forth by Dr. S. Hahneman. Its keynote of "similia similibus curantur" – like cures similars – is directly opposed to the Allopathic principle of "contraria contrariis curantur" – contraries cure opposites. The fact that both methods produce results and exist side by side proves that the centrifugal current of quantity has curative effects in opposites while the centripetal current of quality or essence has curative effects in similars, as illustrated in Chart No. 2 of this book. BUT THIS NEW FACTOR OF POLARITY IN ACTION HAS NOT BEEN REALLY UNDERSTOOD NOR APPLIED TO THE FULLEST EXTENT IN ANY FIELD OF THERAPY.

An inquiring mind wonders which is right and why. However, there is a mental solution to

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all problems. The mind immediately answers this for each individual by the assertion, "That which I believe, is right". Mere assertion proves nothing. The logical answer would be, "That which serves best, is best". And the law of survival seems to substantiate this. Results speak for themselves. Theories and assertions are of little use to a person in pain or physically incapacitated.

The Ayurvedic system of medicine which originated in India about six thousand years ago was based on the understanding of the forces in Nature as the storehouse of energy which pervades all created things and relates to them in definite extensions of lines of force, the WHOLE to each unit. These forces are also in miniature, in a polarized form, in man. Whenever that polarity of exchange was broken by excess or over stimulation of one of the currents in the fields of energy, the original Ayurvedic practice was to employ an opposite force as a remedy. Weak fields were also built up by similar essences found in foods, herbs, etc.

More science and logic was embodied in the theory and practice of the Ayurvedic System of old than it is credited with today. Much of its real art is lost or overlooked in the present-day practice of this system. It was based on a deeper understanding of life and its values embodied in all things in the universe. No superstition was involved in its simpler forms of effective application of the principles of Polarity. When the art was lost and the principles were neglected, then, like all things neglected, it lost its following in a world of purely material scientific research.

There are many active principles of finer essences which are not to be found in the gross field of chemistry. Homeopathy proves this point clearly by the use of finer essences which cannot be traced by means of gross chemical analysis. But these essences work on the inward cycle of currents, in the centripetal force, where the quantity factor stops and the quality or essence factor takes over and flows on inward, toward a neuter center where neither the positive pole nor the negative one predominates but both are balanced in a neuter center of receptivity before being emanated again as Polarity Currents for definite action.

In India a complete art of Homeopathy related to the Ayurvedic principles has been built on the finer essence of matter and its triune action. And this is effectively used in some parts of India today.

In the Drugless field of Manipulative Therapy, the fundamental principles are also the energy fields and forces in POLARITY action and their balance. But to the best of my knowledge, no one beside myself has set forth these ideas and a therapy based upon this foundation.

The mechanical basis of a nerve pressure producing a functional distortion has served well in many schools of physiological therapy of adjustment and manipulation. However, there are many factors which fall short of their goal in theory and in actual practice.

A new viewpoint and emphasis are needed for greater effectiveness and deeper synchronization of all of man's energy fields within himself and their structural balance with the earth's gravity as well as the finer fields of energy supply from Nature. In present-day research, only gravity and the chemical and mechanical factors are investigated. The other, finer forces in Nature have not been mentioned or considered in the same manner, even though they are more important because they are the finer and more potent energy fields.

INTRODUCTION

Nearly all thinking persons, and especially doctors, want to understand the mystery of man and of the universe in which he lives, moves, breathes and has his being. It has been stated many times, now and in the past, that man is a microcosm or a microfilm of the macrocosm; but how this is possible or why, has never been elucidated. We realize in a vague sort of way that we are linked to Mother Nature, affected by and dependent on her forces for our supply, but how close that connection is and its finer essence by which we are actually sustained in every breath of life, has not been explained.

Physicians and scientists have failed to clear up this problem and produce sense out of the confusion of opposite and similar principles operating in Nature and in man. Merely denying or ignoring a problem or a fact solves nothing, whether this be in the realms of mind, emotion or matter. The thorn or obstacle which is not resolved or removed remains an enigma to challenge man, in the application of the principle of brotherly love to men. Yet, strange to say, even clear thinkers line themselves up on one side or the other, identifying themselves with either view and challenging all comers by assertions, resistances of various measures, but not with a solution to the problem. And so we have innumerable schools of thought and theories, for lack of the GRAND TRUTH which would set both sides free through the understanding of all phases of life. Truth existed even before the creation of our little earth.

If man's thinking were impartial, especially in relation to the deeper problems of life, he would act according to the best of his ability and then stand aside and let the results speak for themselves. Impartiality is a rare accomplishment among men and requires, first of all, a larger vision of life with a deep insight into the finer Nature of things, plus a great toleration which is born of understanding and humility. This is possible only when love and service to our fellow men are the motives in the search for the true viewpoint of action.

LIMITATIONS IN MATTER

From the enthusiasm with which the new ideas are presented in this book, it could easily be inferred that the author believes in a Utopia where there are no conditions and limits to health and well-being here on earth; that everybody should be healthy, wealthy and wise. If some one would lay down definite rules for this purpose and enforce them, it would interfere with the freedom of choice and arouse violent resentment. Even the very purpose of our being here, to learn the lessons of life through resistance in matter, would be frustrated. How can we ordinary mortals learn without the play of opposites and without toys and blocks which tumble and must be built up again? Only those who have risen above the world of opposites in all their conscious functions abide in pure love and bliss, but they are not ordinary mortals.

Rest and peace are possible only in the perfect neuter balance existing in the Essence of all things, but not in their appearance as positive forces and negative crystallizations which build these fields of matter. Truly, bliss resides at the very core of perfect equilibrium, out of which the creation was manifested. It is also present at the very core of man's being, like the stillness in the depths of the oceans. For man to reach this state, he must follow the middle way of Truth and rise above these opposites and limitations.

This earth was intended as a "Kindergarten" of experience for all souls inhabiting it. Otherwise, how could they learn their lessons from experiences in contact with solid matter which is definitely conditioned, limited and fixed in its vibratory manifestation. Matter is composed of many parts and particles which have their law of change and mutation and constantly swing from one pole to the other in their spinning variations. Night and day, morning and evening, winter and summer, rain and sunshine, etc. are all necessary in this earth life or we could not exist here as living beings.

Obviously, the learning of lessons through the play of matter is the reason for our being here, and not easy sailing in pleasures without experience and resistance. Only from resistance and the impact of energy upon matter can we learn the nature of these forces when they are slowed down in their vibratory spinning combinations where they appear as solids and semi-solid forms. Freedom of play, of choice, of action and reaction is the only way in which we can enjoy ourselves and learn like all children do. As long as we learn from life and forget ourselves, we are growing and living. But when the mind demands and becomes egotistic in its successful experience at play, when it wishes to set up its own rule and conditions, then it suffers from the impact of cross currents of forces which it opposes by its efforts and plans.

Life is a song. It has its own rhythm of harmony. It is a symphony of all things which exist, in major and minor keys of Polarity. It blends the discords, by opposites, into a harmony which unites the Whole into a grand symphony of life. To learn through experience in this life, to appreciate the symphony and lessons of life and to blend with the Whole, is the object of our being here.

To learn to control our own mind is the real purpose of all experience, because the mind is the neuter agent of the very Essence of all matter in motion. All training, all experience, and even the suffering in life, have only one objective and that is to enable us to learn to control the mind substance within ourselves. It is the most subtle and intangible form of matter, like an airy nothing which pervades and rules all things. All conditions and limitations are produced by mind essence and substance. The molds of pleasure and pain, health and sickness, etc. are formed by our own thought patterns of harmony, limitations or discord.

LIMITATIONS IN MATTER

If we cannot learn the lessons of life from our play with gross matter and its conditions, how are we going to control our thinking which shapes and forms this subtle essence into living conditions and surroundings? Is the Creator cruel or kind when He endeavors to teach us the Universal Harmony of Life and relationship of things by giving us free choice? We either learn and go on fulfilling our destiny in this "School of Experience" or we stand still and bemoan our fate while life passes by. We either face facts in Truth and Reality on the mount of wisdom through devotion, love and understanding, or we behold only a rear view of Life after it has passed. The latter is what happens most frequently and gives rise to the saying, "If our foresight were only as good as our hindsight" we could really do things and progress.

How true this is we can see in our daily life. Because we have self will and desires which are out of tune with Life and its Grand Symphony, we cannot see or perceive these lessons at once. Only after many trials and errors do we realize the foolishness of our own will and ways which attract more than we can balance, and bind us to our limitation of thinking and the accumulations which worry us. If we could impartially observe how Life is manifested by the Creator and why, we would see that all things are done for us, like in any kindergarten, to furnish the material which helps to bring out and express the latent quality in the children.

Jesus taught this Grand Symphony of Life in lessons of Love and the renunciation of the self. It is our self-will and ego, with its desires and cravings for its own selfish purpose of sense enjoyment, greed, fame, etc. which causes so much suffering – physically, mentally and emotionally – because it is opposed to the laws of balance in creation and the provisions laid down by the Creator. Self-will and mere sense pleasure will end in suffering through bitter experience in this Kindergarten of Life.

Only on this earth is the fulness of experience possible, because all phases of matter – subtle and gross – are represented here, plus the emotions and the mind to act and react in those fields. When we experience the results of some of our desires, let us not feel sorry for ourselves in suffering nor forget the grand opportunity thus presented to learn our lessons here. Rather let us benefit thereby and find the Path of Liberation from all this limitation of mind and matter in the depths of our being.

The triune Polarity Principle is an active factor in the very process of creation. Even in the ideal conditions of Paradise there were created a tree of Life, a tree of Knowledge of good and evil and the snake as the tempter. The negative pole is ever a temptation to the positive pole to flow downward, into the negative field of expression and experience. The reflection or image draws on the Reality for its support. The eternal Sound and Light currents support and sustain all creation. When these are consciously reflected upward in man's subtle energy essence, then starts the Ideal Path of Understanding, Illumination and the Homeward flight of the Soul.

THE THREE BODIES OF MAN AS THE BASIS OF POLARITY PRINCIPLES IN ACTION

That man has a physical body of solid and simi-solid matter is well accepted, analyzed and represented by physiological, structural, mechanical, chemical, thermal, electrical, psychological and bacteriological fields of science and their tests. If this were all that man consisted of then no unknown problems and factors of health and dis-ease would torment mankind and the good doctors who try to solve such problems daily.

THE THREE BODIES OF MAN
AS THE BASIS OF POLARITY PRINCIPLES IN ACTION

The five physical senses and the body seem to be self-evident as the grossest factor of life by which man exists and acts. The question now arises, what animates these forms and what makes them live and function differently? If we shut off the breathing for a few minutes only, life departs from the entire organism which seemed so strong and active a few minutes before.

Is this subtle form of life which inter-penetrates the entire physical body, including every cell and structure, not another body or form of life more refined and etherial in essence than this gross form of matter? Obviously it is, since it is the life form in the gross, which inter-penetrates it and is represented at every point and function. This vital layer of wireless rays of energy waves is the breathing and living form of energy within the gross physical one, just as a hand fits within the glove and animates it. When we speak of a living creature, we have in our mind a form and a life. But how many of us have ever thought of a living body as two poles of one form – the life principle as the positive pole and the form principle as the negative pole?

This vital form of life is of a finer substance and superior to the physical. It is independent of the grosser form. It is the vehicle of finer energy waves and currents which enliven the grosser particles of matter and its fields of pattern forms. Could we accept a lifeless, material form as a being? Would we think of a Zombie without intelligence as a human being?

The gross body is made of two pattern fields or halves. The right half of the body is a positive pattern field in total, made up of subsidiary fields. The left half of the body is a negative pattern field, having subsidiary polarity fields in its make-up. The upper portion of the body, above the diaphragm, is the positive field equivalent unto the heavens which give air, warmth and energy for the sutenance of life. The diaphragm is the firmament which separates the above from the below and is its neuter field; the portion below the diaphragm is the neuter pole equivalent to the earth which nourishes all creatures, just as the neuter pole in the body nourishes all cells. The pelvis is the negative pole.

The vital life-breath current flows through all three fields and polarizes them into active functions. The current crosses over in each field or oval of matter space in the body, producing a neuter center of function in each field. These fields and their circles or ovals and centers are clearly illustrated in Book II, Chart No. 1, and in Chart No. 6 of this book. By linking these five ovals in a connected line or current and crossing them over at each center, the mysterious serpentine force of the Caduceus is brought to light. This is the oldest symbol of the chain effect of the vital body in the gross physical one, and it is the sign and symbol of the physician from ancient times up to the present.

The wise men of old understood clearly that it was the vital life breaths which animated and controlled the gross physical body and its function, by the finer forces of Wireless Polarity. This energy current links the opposite fields and multiplies its force by cross-over in each Polarity Field, and steps down each current for specific function in the finer essence, active in the grosser fields. The ancient physicians tabulated the effects of this life force of the sun by noting the breaths and pulse beats which varied with each field and current flowing through it, and each was recognized by its quality and kind.

The physical body as the negative pole of the fields of action has been briefly described. The vital body as the life breath has also been duly considered as the positive pole of action,

moving through the negative fields. Now comes the third or mental body as the neuter pole of action, which can affect the whole from any standpoint because it is the center core of all neuter fields and forces in the body and in Nature. Even as the vital body blends with the physical in every cell of being, function and structure, so does the mental body, as the finest essence and phase of matter penetrate every tissue cell of the entire body, in normal health.

Every tissue cell has a mind, as a diffused particle of the central mind. The mind, as the neuter pole, animates the other two forms or bodies for its use and the purpose of expressing the mind in and through matter. If this were not possible, the soul, as an eternal energy spark or unit, could not live in a house of matter and vitalize the mind and, through it, the step-down stages of energy currents into fields of POLARITY FUNCTION, as expression of life in and through the body.

Life proceeds from within outward and from above downward. It is in this manner that these three bodies are created: First, in fine patterns of mind energy; then in less intense currents of vital force, stepped down to the gross body and its related energy fields of action.

In the path of the currents of life, obstructions appear from many causes. Dis-ease or interrupted currents follow the life currents, for without this flow of energy there could be no disease or pain nor health and happiness. The former is but a negative manifestation of the positive phenomena of life in motion and expression. Deep causes start in the finer energy fields and manifest in the lower or grosser as obstructions. Even external happenings have deeper roots in the mind, but we are not conscious of them.

POLARITY PRINCIPLES IN ACTION

The active principle in Polarity is the Great Truth of Life Itself. Nothing lives unto itself alone. There is always a Source, a cause, an effect and a purpose in all living things. This principle in life is Polarity, with the center as a neuter essence, also a positive and a negative pole of action of energy currents as manifestation. This triune arrangement is the basis of all matter in motion and expression, even as the atom is the unit of it. Energy whirls and currents establish fields of action in their crystallizing effect which look like solid or semi-solid substances to our five senses and our mental perception.

In dealing with personal problems of mind and matter, especially in health and therapeutics, we have forgotten the fundamental principle upon which matter rests in all of its manifestations; namely, energy fields and polarity functions, such as the atomic research has revealed to us.

Everything is triune in life and nothing stands alone. No matter how often we forget it, it still exists as the most fundamental law of life and motion and is the very foundation of creation. Nearly all Sacred Scriptures are based upon a trinity of action. Such being the Reality on which our belief is founded, how can we forget it so completely in everyday life and thought? The answer is that our minds are not linked to causes; they are trained and conditioned to act and think from effects only.

The desire of wanting things immediately and taking every shortcut that appears possible is the habit of our daily life and thinking process. The mental drive behind all our impulses and actions is far greater than the control over our mind and emotions. The desires and impulses are

so dominant that we rush into things before we realize it. We see only one objective; the one we want! The reactions are the disillusionments and sufferings in life, fear being the greatest one of them. It is the slow and hard way to learn realities which rule and govern life and matter. However, it is easier to learn it in the beginning through deeper understanding than at the bitter end of this "Kindergarten of Experience" by the trial and error method.

If we take the time to observe facts and learn from life, much can be gained to enrich our minds and make the daily routine easy. The difficulty is that amusements rather than facts seem to attract the conscious mind in its play night and day. When the real problems arise, such as ill health, we hope that some doctor has all the answers and remedies for us, regardless what we may have done to bring this about and what we, ourselves have to do in remedying the situation.

Understanding the laws of life and matter in motion can give us an intelligent view of the overall picture in dealing with the problems of life manifested as illness and dis-ease. In this grand viewpoint, there is room for every therapy, every approach to the problem, without dissension or confusion. All branches of the science of matter in motion fit into the Polarity Principle of function and energy flow through fields in the body.

Cause and effect is the law of motion. Two ends and a middle or a center and a circumference are the geometric fields of Polarity in which motion takes place and is expressed as dynamic action. The principle of Polarity could be used as an intelligent foundation factor of agreement and procedure in all fields of therapy. Then the active agent or cause would stand out clearly, revealing when and why a certain method or remedy produces good results, no matter in what type of therapy it is employed.

True art, in any field, expresses a thing in its entirety. Then the real nature of the thing is known, understood, and blends with all the other factors. If the constitution of life and matter is regarded only from its external effects and its solid and semi-solid appearances, how can it embrace the Whole – when three of the finer constituents of matter are omitted? It is the gaseous, the radiating light waves and the thermal energy fields and currents, plus the etheric essence, which link all polarized energy rivers of matter into ONE WHOLE again.

In my books, "The New Energy Concept of the Healing Art" and "The Wireless Anatomy of Man", these ideas are set forth as principles. They begin with the basic relationship of the embryo in the mother's womb where these currents weave as patterns of energy threads to build the brain, the nerves, the blood vessels, tubes and tissues of the body, establishing all the chemistry and function.

The central polarized energy current of the Caduceus is given as the major step-down current from the ultrasonic energy flow which is actually the soul of man in this mortal body. It is the real polarized life in it and motivates it, after having built it as a vehicle for experience and experiment of expression and sensation in a world of matter. The Caduceus is the symbol of the airy life currents in the breath, which polarize one side of the body with the other and the above with the below in each major field as a positive and a negative current. Thus the soul or spirit energy is stepped down through mind and senses for grosser contact with matter, through delicate lacework of tissues, in which life – as sensory currents and motor energy – can function and feel action, sensation and reaction.

POLARITY PRINCIPLES IN ACTION

The soul has its special seat in the brain, above the foramen of Monro and the middle commissure, but it traverses the whole cerbro-spinal axis – up and down – as a very fine Sound Current – in the central canal of the spinal cord. A stepped-down phase of this current which is related to the respiratory function and the manifestation of life in the body, is called the Kundalini force in eastern terminology. It flows in the very center of the spinal cord. Its negative and structural pole of impulses is in the sacrum as a potential motor force, and in the generative system as a potential seed power and sensory energy field of creativeness. In the Bible, the terminal end of travel of this functioning force is called "the foundation of the deep".

The involutionary cycle of mind energy is completed through the embodiment of its total pattern energy current in the seed of each living thing. This stepped-down, descending, airy life force is referred to as the serpent in Paradise, which is the field of etheric essence. The "tree of life" symbolizes the spinal cord. The sensory currents, with their double chain of ganglions of the sympathetic nervous system are represented by the Caduceus, in their finer aspect of this dual serpentine force. Truly, the body is the house of the soul, the Temple of God!

The origin of the four polarized principles or rivers of life flowing out of the one river from Paradise is clearly given in Book I. The four rivers are currents of energy in the constitution of the cosmos and in man, through which we continue to attract substance from the without as we did during the period of gestation in the embryonic stages while living on the mother's life blood and supply currents. When the umbilical cord is cut, the babe is ushered into the outer world of the cosmos to draw its breath directly from Mother Nature, on whose bosom we live and crawl like infants, eating and drinking from Nature's storehouse of solids, liquids, air and sunshine, plus all the finer currents in these elements of Nature.

Every plant is a living soul, in a more limited form, and has an evolution. This fact was a real science of cosmogony in old Sacred Scriptures, relating the unit to the whole. I had many hand-drawn charts made in my efforts to clearly illustrate this function and the picture of Polarity in its five fields in the human body in order to demonstrate the direct application of POLARITY TECHNIQUE. Polarity currents and principles were constantly kept in mind in designing the illustrations.

The foundation, as illustrated in the charts and books containing them, is so simple and is brought forward step by step and stage by stage. If a student once grasps the idea, the whole picture of life can unfold in its many varied principles and usefulness of application in therapy and in life in general. All that is necessary in order to comprehend this is to study and think over it from the simple fundamental basis of five fields of matter as well as the five sensory and five motor currents going over these fields in three modes of motion: Positive, Negative and Neuter. Once this simple idea is mastered, a whole new concept is possible.

It seems so strange that this should be hard to assimilate as a fact. We constantly function through five senses and think nothing of it. Their sensory action we can name, but we are at a loss to enumerate their corresponding five motor actions which fulfill and express the sensory fields of perception. The life functions by which we exist are given very little time and study. We never think about these real facts of life until they strike us in the face or fell us by illness. Life is not understood and laws are transgressed, causing suffering by their reactions.

In the books containing these charts, the physical facts and the transcendental energy cur-

rents have always been compared and mentioned side by side so as to keep our feet on the ground. In "The Wireless Anatomy of Man", ten additional pages of descriptive Anatomy, Physiology and Histology are quoted, together with cuts from old and well-recognized authorities, in order to unite the idea of a solid physical concept with which we are familiar, with an Energy Current Concept which currents were present even before the physical could be manifested. Soul energy was a Reality before there was even a trace of the notochord or the arteries or tubes for carrying fluids in the body. The idea of a beginning with Pattern Energy at work is hard to convey in actual useful application. Yet it is no more of an assumption than the plans of an architect in any field or in the atomic construction in principle and essence, as the unit of all matter.

POLARITY IS TRIUNE ENERGY IN MOTION

Polarity is the principle of the Triune essence and energy in all created things. It is energy in motion, expression and sensation.

Energy must have a center to move from and an objective to flow to. The positive pole, in its outward flow, is expressed as motor currents; while the necessary return flow, the centripetal current or the negative pole, is expressed as sensation. The source or reservoir of the energy is in the center or neuter essence, the neutron or nucleus from which it proceeds and to which the currents must return in the unit and in the cosmos. The source of supply of energy is from an internal neuter center, around which the currents flow or spin, like the protons and electrons around a neutron. Energy in motion anywhere must have this triple action in order to function.

Organized energy is polarized. It proceeds from a central source as centrifugal motion and flows through external fields and bodies as the objective of creativeness and maintenance. Energy, in motion from its center is the centrifugal, flying-out force in Nature and in all creatures. The essence of the positive pole is motion and expression.

There must be an objective or a purpose for all this movement of energy as organized force, flowing from centers everywhere to circumferences, from the within or neuter fields of source, to the without or outer fields of organisms in space. And for what purpose, we may ask, is all this display of energy as creation – as universes – constellations – stars – suns – planets – moons – and finally as minerals, vegetables, animals and human beings? This is Nature's play of energy circuits as Wireless Currents everywhere, from the tiniest atom to the Great Universes.

The purpose is for the experience of souls embodied in forms and placed in outer space of matter and resistance in order to gain awareness through perception and action, for the fulfillment of consciousness as a unit.

The Human Body as Living Energy Fields: In this atomic age of science we realize that matter itself is but a mass of spinning energy particles which appear as solid substances. In reality, they exist as such only because of constant flow of energy currents between all parts and portions. As soon as that circuit is interrupted, changes begin to appear which, in the human body, are interpreted as pain or dis-ease. The interrupted current cannot reach the core to flow through and out again. In the meantime, the opposing currents pile up energy particles at the point of interruption and act as blocks in the area where they occur. This pressure of energy particles in any of the five fields of matter registers as intense pain, or obstruction of normal

energy flow, called dis-ease.

Growth is a building process and an increase of energy flow. It is harmonious and pleasant as it gathers attraction on its way. Its action is attraction from the center – attracting new particles of spinning ions and electrons to its field in an orderly fashion, according to its key-note and definite pattern design. As long as the inward bound magnetic pull can attract and hold new building blocks and add them to its field, the building process of growing and maturing is active. This energy whirl of lines of force links everything to its inner center of life which keeps the particles supplied. The center, in turn, receives its energy from the source through its inner link with cosmic neuter forces which, in turn, proceed from the Giver of all life.

POLARITY AS THE MAGNET OF LIFE

Polarity is really the law of the finer relationship of beings and of things. It is the principle of attraction and repulsion, in every field of life. Not only is it the foundation of chemistry, but the chemistry of life, everywhere. In its subtle elements, it formed the basis of the alchemy of the ancients.

The value of any object depends on its polarity and the intrinsic usefulness, beauty, nourishment and service it represents. Man's whole life, his happiness and well-being depend on his rhythmic balance of relationships without and within himself. He is constantly attracted or repelled by things, by surroundings, by other persons, by food or drink, in their polar action of either a stimuli or a depressant. Sensation itself depends on POLARITY. Pleasure and pain are its two opposite poles. Polarity is the primal momentum of matter in motion. Every sensation, action and impulse can be broken down in the final analysis as Polarity impulse.

Mankind has long sought for a law which would explain his behavior and relationship to things in this world and the next – the grosser and the finer. Science has brought chemistry to the front to explain many things in relation to our living. Food and drink, drugs and poisons, all depend on the law of polarity, which is the one point on which the whole question hinges.

Can we absorb external energy factors of food and drink essences into ourselves by attraction? Can we assimilate them so they give a pleasant effect, without too great a reaction? If so, they can be used as building blocks in our body, emotion or mind fields. One field alone does not make the polarity action complete in a human being. Autonomic action alone is not sufficient for an intelligent creature like man. If he is swept along by mere physical attractions into actions of satisfying them, he usually wakes up with the thump of a reaction! There were some other factors of Polarity within himself which he was not aware of, which now come to the front and arise into consciousness. It is this point which is always the pain factor. A mental pain can be far more devastating than a mere physical pain. The belly ache caused by physical overindulgence has its definite physical reactions, and is limited in time and area by the amount of energy it takes to expel the un-assimilated material called waste products or poisons.

In the emotional field it also rests on the fact of an un-assimilated sensation. It is an object of Polarity as real as the food which could not be digested nor absorbed as a useful constituent of the physical body. The emotions also have a body or field of action in sum total. Were it not so, we could not sense pleasure or pain so keenly.

Human beings are highly emotional creatures but intelligence and mental action form the

real keynote of man's body. Without that stability of Mental Polarity action, man becomes a victim of every emotional wind that blows. Opinions, thoughts, ideas, ideals are as real factors in life as the food we eat. Wars are fought over ideas. Man resents that with which he cannot agree or assimilate into his mind. Polarity again is the final key.

Why do we behave in this manner? Mental suffering through indigestible ideas, orders or compulsion of thoughts through mind energy, may be repelled by the revulsion of the whole being. These are the real basic factors of indigestible parts of mind-matter and are more powerful in arousing Polarity than physical indigestibles.

Polarity is either attraction (pleasure – sensory in-going energy) or repulsion (pain – motor out-going centrifugal force action). The latter depends on effort and tension which are closely linked to pain. If this expelling centrifugal action cannot remove the unassimilable physical, emotional or mental material, then suffering begins through opposing forces in the energy fields. Old circuits are disrupted, tissues and fibres are strained, and functions disturbed or neglected because of diversion of energy currents from this fight to expel the intruder. In this condition, as in war, all home fires are neglected. The issue is vital. It is Polarity as integrity which is at stake for the survival of the individual or the nation as a whole.

Principles of life are the same for all beings, and Polarity is the most neglected root-cause of them all in our physical, emotional or mental well-being. It sums itself up into Polarity Principles as the attraction of the Essence within to the substance without, necessary for the maintenance of health and life of the individual on this earth. This is the relationship of the individual to the cosmos.

When mankind has obtained physical security, then his real problem is, what can he do with it? Man must act in his own sphere or field of his three bodies – the physical, the emotional and the mental. Without these three dimensional functions, he is not man, the intelligent being. After he has conquered his environment for his physical needs, the problem of Polarity begins. How can he be happy except by expressing himself as a triune, integral being, the very purpose for which he was endowed with a human body and mind.

Man is creative by nature. He extends himself into his environment or world. He expresses his being by self-preservation, by perpetuating himself through offspring and by creative ideas or intellectual pursuits in any field of endeavor which expresses his Polar affinity of an ideal within. The former are purely animal qualities while the latter can be accomplished by human beings only, and tend to enrich the individual and his environment. Whether this creation be mental, emotional or mechanical, does not matter. No matter which way the consciousness (the soul) or the mind (which is the soul's agent) turns for expression of ideas, it is all Polarity in action as either centrifugal or centripetal motion of energy.

Since life in all its action is a triune Polarity function, and can be reduced to such simplicity, why do we go so far afield to solve our problems, and in theory only at that? We suffer if our difficulties or chaotic energy currents are not reduced to assimilable Polarities in any one of our three bodies or energy fields of action.

The idea of three bodies or fields of expression may seem new, but it is not an invention of mine. It is as old as mankind. The Trinity Principle of every religion bears evidence to this fact. If Deity is triune, man must be, since he is an exact image of his Creator. It is merely a

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fact overlooked by our material research and our over-emphasis on matter and a material body only. This narrow trend of thought has caused much confusion and suffering.

Our research in Psychiatry would benefit greatly if we could reduce this jumble of man's mental-emotional impulses to an exact science of mental-emotional anatomy, co-ordinated with the physical one. Then a sound Psycho-physiology and even a Pathology of these finer energy fields could be established. This would be a great step forward in the science of understanding the mystery of man's complex being, which defies all present man-made rules and findings.

The reason for so many exceptions to all rules formulated for application as solutions and remedies, lies in the complexity of man's three fields or bodies of action. Man has been making allowance for or taking into consideration only one of these fields, and even at that, the most material one – the gross body which we see. The life which animates this shell of matter has always been a mystery and will continue to be so until science enlarges its vision of man's being. Atomic research pushed man into the energy field of consciousness. How long will science cling to the idea that man's material body is the whole of man and rules his life?

Man expresses energy every second. This being a fact, there is a great need to relate man to his energy Source, or at least to his fields of action and expression in a co-ordinated manner like science has reduced the mysterious atom to its component particles and made use of same as the greatest discovery of the age. Is man less important than his countless atomic particles which make up the house he lives in? Will the intelligent people of the world ignore all the facts of progress in relationship to man until an avalanche of hypnotism, mediumship's control and other such negative approaches sweep mankind backwards into a medieval state of consciousness?

Is there no art or science which can rescue mankind from such an approaching fate? Someone will say, "Yes, we have the answer. It is religion." Then the next question is, "Which one?" Is man just an accidental being, rushed here onto this earth without a definite path, procedure or purpose? Could it not be possible that by understanding the process of the unit, it could be related to the Whole in which it must live, move and have its being? Or is it possible that such an ageless, established process could be without an art or science of its own in all its steps of becoming a human being? It is true that philosophies are many but facts are few; however, if in our mental Polarity equation, we did not have an open field for the facts which always existed, then how could we absorb any one of them?

Polarity not only starts our day, but our very life on this planet, with the first breath we inhale. From then on, the rhythm of breathing in oxygen and energy from the air by this central attractive process of our individual mechanism, the centripetal energy field, and living by it, is the primal process of being a soul in a living human body.

For every inhalation there must be an exhalation, or the rhythmic sequence of Polarity is broken and the cycle of respiration of energy absorption through the airy medium is in trouble! In asthma and in pneumonia this energy field becomes a problem, and the oxygen tank is not always the answer. Shorts in energy circuits in the body must be found and re-established as definitely as the short circuit in the house lighting. Merely lighting a candle as a substitute does not solve the problem. Man has a wireless energy arrangement similar to that of the atom and the universe. It is far better to find and understand the cause than merely relieve symptoms. The art of understanding any problem must be sought for its own sake and not merely for gain. Art and science must not sell their birthright of independence to any external authority.

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Life proceeds from within and simply manifests in the without. So we must seek life in its inner unfolding stages of appearance or our conditioned observation fails to give us a full view of the over-all process. The five conditions of matter must be duly observed and intelligently related through the five senses. Naturally, that means individual research, impartiality and painstaking effort in energy fields rather than only in the field of material liquid and solid substances as we previously believed. Such a change of thought means growth and growing pains. That is why it is not popular. As always, a few pioneers must labor so that many may enjoy the discoveries and comforts of life.

Few there be who find life itself. The perception of that essence is too rare in our material-concept atmosphere. No one can give it to us from the outside. It is a discovery of life revealing itself to the devotee of real search and unbiased observation.

POLARITY IN ITS SIMPLICITY

Attraction is one phase of Polarity in all its manifold functions. This pull starts from a given center, object, or being, and draws unto itself. This is a unit action of one thing, large or small. Each object and body in Nature is held together by the same law of Polarity or attraction. Opposites attract on the ingoing waves and repel on the outgoing currents, such as the top and the bottom, the center and the circumference, the within and the without, the "I" and the "you." Love itself is an attraction in one direction – toward its center.

No matter how long or how short a stick is, there are always two ends and a middle; or a central core and a shell, if the object is round. This is Nature's arrangement of spinning particles in the process of forming bodies and objects. The end and the center must constantly be in communication with each other, through currents of living energy particles, in order to function and exist as a unit of perception, intelligence and motion. This pattern of energy flow as circuits exists in all things and establishes lines of force which react to Nature's own cosmic fields. In this manner we have either resistance (as repulsion), or holding by its own center of attraction, like in Nature. Individual attraction is the effort to get or draw from the universe, or from one part to another.

Polarity is the magnet of life and motion everywhere. The orbits of the solar systems and planets are governed by its laws. The atom is the tiniest speck of matter and is also subject to its rules, in the whirl of its minute energy particles of positive and negative polarity around a neuter center. Energy can move or flow only when it is attracted to or repelled from its centers. These polarity areas in the human body are finer energy fields, different from the nerve centers or conducted currents through the nervous systems which are stepped-down, specialized circuits through a switch arrangement in the brain. Before there was even a primitive streak in the building of the human embryo, a Polarity action of finer lines of force was at work according to a definite mental pattern.

MENTAL PATTERNS OR BLUEPRINTS: The human embryo has a definite mental pattern which directs the energy whirl of protons and electrons in their course. The design was originated by the Creator. Each creature has a different pattern and vibratory keynote. However, in the process of building or forming the pattern body, "it does not yet appear what they shall be." There are stages when it is hard to distinguish one pattern or kind from another because of incomplete arrangement of Polarity function. The central axis and the poles are its keynote. When

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the pattern is completed, the specie or kind is clearly revealed.

Present-day science knows these steps and stages of embryonic growth well and has many observations on the subject. But to see the over-all picture of the patterns in their Polarity value and practical application of the same in the science of the healing art has escaped their keen interest. We value the mutations and daily changes, but by-pass the laws of the formative principle by which they occur! Up to this time, no one had formulated this idea of Polarity and related it to the function of the very Essence of matter, in the field of manipulative therapeutics.

Ancient writers were aware of and recorded this relationship of the energy fields of the Macrocosm and its forces with the energy fields of the Microcosm, the individual. But in our outward search for external data and details, we overlooked these promptings as old-fashioned gibberish of an occult lore, the science of which was lost and the art forgotten! Leonardo Da Vinci still understood this art and used it in all his marvelous discoveries, anticipating most of our modern inventions.

LIVING IN NATURE: Man knows he lives in an external world and is dependent on it for his sustenance and livelihood. The struggle is often so intense that he forgets the finer existence as a causative factor. With all the artificial improvements of our Atomic Age, we have so covered up the primal principles of Nature that we fail to recognize them when presented in a simple way.

Minds are bent on complex phenomena and their details. Simple truths which are changeless are forgotten or derided in our search for underlying facts and principles. And so we struggle on, looking for new values and things, ignoring the "diamonds" in ourselves and in our own backyard. We just haven't the time for it! The complexity of our thinking does not permit straightening out any of these paths that wind and wind and look like long distances of travel at great speed. We are going places fast in circles, and our problems increase as does the tension of our life, in spite of all the modern conveniences. The purpose of life is utterly forgotten!

RELATIONSHIPS: We know there is a relationship of the outside world or universe with ourselves, but haven't the interest to see it in its fundamental simplicity of four polarized principles which are constantly weaving and functioning and look like a host of agencies at work – within and without. This eternal time-clock of action of primal principles and the simple constituents of energy and patterns ticks on in ceaseless rhythmic cadence. They are primal constituents and functions of matter, as finer polarized energy essences and regions. They existed before man and do not depend on his wisdom or promptings.

The relationship of the unit to the whole is a vital matter of survival. The universe is the reservoir or source of our supply. That is definite. Our life on this planet depends for its existence on our ability to draw from it each moment exactly what we need. In this Polarity action of supply and demand, we are akin to all living things. Not only the useful plants but also the weeds draw on and extract from the earth the precise chemicals they need and convert them to individual building blocks for their own use. This takes place in all the four natural elements of solids, liquids, gases and energy or warmth, without which no plant or living structure can survive.

These simple facts have been overlooked and relegated to the background of antiquity,

like an unsolved riddle. That our very life depends on these blue chips in motion, does not alter the facts! We see only what we like and what appeals to us. We are fascinated by effects and accept them as causes. The supply of our very breath, caloric energy as warmth, liquids and solid foods, clothing and shelter are factors of health, happiness and existence. The function of these four primal energy currents which must flow through us every second in order that we may live, is overlooked. Our health and life depend on this simple energy play of Nature's finer forces, but we perceive it not!

The four energy principles in active motion appear as a multitude to us because they function in every field. And so we struggle and pray for the many things, and forget the simple active factors and constituents. Finally, in our rush and effort for the supply of many things and satisfactions, the body can no longer attract from the earth the elements it needs because of lowered vital attractive power or Polarity pull. Then the body goes back to earth from where its solid elements were drawn. That cycle is completed.

The same cycle is accomplished in the airy principle of the breath, which goes back to dust, while the combustible principles of organic substance are reduced to ashes by the fire element in Nature. The water element, as a symbol of the spirit or soul in the body, goes back to God Who gave it.

STRUCTURAL POLARIZATION

All the forces of Nature are operative in man, in minature, like a tempest in a teapot. The currents within man travel over definite fields and parts of the body, each with a specific function. The fields have polarity as a structural balance of the superior to the inferior and a middle or neuter position. This is clearly set forth in a precise manner in chart No. 4, Book II of my course for doctors, and chart No. 3 in this book.

Structural polarization by means of current flow is an important factor. Fields become obstructed by gross matter, like the muscle tissue by carbon and acid deposits, as well as other waste products. The blood stream as a whole is subject to similar accumulation of waste matter through the inability to separate the grosser from the finer, due to a lack of complete digestion, combustion, and oxidation of particles which enter the blood stream.

These simple facts are recognized by every Nature Cure doctor. But how to make use of Nature's finer forces of energy currents and Polarity function is a new field of thought and application. Even though these subtle factors are the active agents behind every Nature Cure principle, they are not recognized as such when they are hidden behind one of their Polarity agents in Nature, such as water-cure in its manifold applications of grounding by walking in Nature's dew, or as mud in packs, etc. In diet, including the use of herbs, etc., all these factors are active agents through the energy currents latent in them and through the Polarity principles which relate them to man. Mind repels the grosser and attracts the finer essences and uses them as building blocks. Attraction rules this choice.

By recognizing and understanding the active principles involved, the principles in Nature Cure can be clarified and the applications simplified. A clearer understanding makes the study more interesting for the doctor and the patient.

STRUCTURAL POLARIZATION

In the manipulative field these factors are even more noticeable in results compared with mere mechanical adjustments or therapy. Each application should re-establish the flow of the finer currents, which often can be felt by the patient as a glow of warmth or tingling sensation. Instructions for treating are clearly given in my courses for doctors which contain many charts and a full description of the application of POLARITY TECHNIQUE. This book is offered to illustrate a few additional principles in their active application and in detailed explanation.

THE IMPORTANCE OF THE BRACHIAL PLEXUS

In severe illness there is a lack of life force in action. The severity is measured by the degree of obstruction of the life current. What is this current? Where, in the body, can it be released most effectively and simply, in a few minutes? As doctors and thinkers we ask ourselves this important question and are amazed at what we have missed by not knowing 'Nature's Mixing Bowl' of life's forces and the law of Polarity.

Three energy principles unite in the heart to form the mystery of 'The Holy Grail', known as the life principle in the body. The watery or liquid form of matter is represented by the blood which is circulated by polarity energy in the chalice of the heart. This is cooled and refreshed by the air and oxygen of respiration, and is heated and agitated by the fire of life and emotion, to circulate and impart life to every cell in the body. The brachial plexus is the motor-respiratory center which governs this function of Polarity.

Usually, persons of an emotional-mental type suffer most from inhibition of this flow of energy, either through tension or exhaustion. In acute illness, the brachial plexus is the general keynote to health and recovery. The sicker the patient is, the tighter are the shoulder blades on the ribs. I discovered this about thirty-five years ago while attending a wealthy banker who had been given up to die before the case was referred to me. He had arthritis and was in such pain that he could not sleep nor rest; drugs did not help. He had three doctors and nurses and they were unable to give him relief.

When I took the case, I observed the limitation of shoulder movement and tried to get my hand under one shoulder blade in order to give him a little release, ease of breath and motion. Then and there I realized how the life principle was bound down, restricting oxidation, circulation and motion. His shoulder blades were so tight on the ribs that I could not possible get under with even one finger! I started gently by movement in every direction until I could get the little finger under and gently lift the blade to free the brachial plexus. This simple procedure gave such relief to the man that he could rest and sleep, which helped his recovery more than all the drugs administered by the other doctors or any manipulation I could have given him.

The famous surgeon, Dr. Cryle, also found the importance of the brachial plexus in his research and used it in his way. When he went to Africa to hunt lions, he aimed at the brachial plexus instead of the heart or the head of the beasts. This again proved the principle of the mainspring of this triple energy in action. No respiration results in no life, no motion! The brachial plexus governs this vital life center which is more easily accessible under the shoulder blades than at the spinal centers.

Releasing tension in the sensory field, by lifting the scapula, is like giving wings to a bird. Life soars when the wings can move. Only this is the vital energy as the triple life princi-

ple or the neuter essence hidden in the oxygen of the blood, which is the secret of respiration and oxidation of every blood cell. Physical life is not possible without it. It manifests in a triune field of matter. The blood is the liquid conveyor and the negative pole of the air or oxygen. The energy unit is the life in the breath, plus the heat or caloric energy as a fiery conveyor, the positive pole of the life principle.

These three elements of air, fire and water were the basis of the Ayurvedic Medicine of old in India and the lost healing art of the present age. Close observation of the pulse beat, in all its phases, was considered diagnostic of the proportionate flow of the three energy currents. These are the mysterious elements of sulphur (as fire), mercury (as air), salt (as water), spoken of so highly by the great Swiss doctor and philospher named Erastus Bombastus Theophrastus von Hohenheim, better known as Paracelsus the Great Healer and Occultist of the sixteenth century.

VIEWPOINTS ON THERAPY AND PROGRESS

THE MECHANICAL ASPECT OF VERTEBRAL ADJUSTMENT TO GRAVITY: Every joint is a neuter point where polarity currents of a positive and negative variety cross. This makes it a neuter field and a fulcrum for flexion to overcome gravity by muscular contraction. However, it will be observed that it is not gravity, but muscular contraction which primarily controls this relationship of the joints. The polarity principles of the electrodynamic forces within the body determine the tension in the fields of the superior or positive pole action to the negative or inferior pole of action in the human body. Gravity comes in later as a relationship of action and motion when the body is in an upright position, overcoming gravity through joint action leverage and muscular contraction. Then it becomes a mechanical factor of leverage force plus weight. More weight of active tissue gives more power to pull a similar weight in relation to gravity or the foundation fulcrum, or grip on that basis for the lift or pull, like the tread on tires.

THE PLUMB LINE is at least as old as the pyramids. The plumb line indicates the relationship of a horizontal base – representing the earth or foundation – to the upright line of force as the supporting beam from north to south – head to feet – as the shortest line of gravity pull. For checking the body's muscular contractions in relation to gravity by the plumb line method, the feet are placed in a square angle like a cross, and the plumb line should be in line with the center part of the board. Then minor deviations of angles and joints are clearly discernable against this background of a central line in perfect relation to the gravity pull. This is also referred to in Book I, and is illustrated in charts 10 and 11 in this book. This employs the principle of the square of matter (the cross) in relation to motion and balance. In sum total, it is a relative viewpoint of the body of matter in relation to the earth-field of matter in its position for motion and overcoming gravity by the shortest line of force to the earth. It is more of an indicator of motion capacity and relationship of parts rather than a standard of health in general.

Each individual has a gravity center of his own, relating all polarity fields and functions to his central core of being. It is the neuter pattern field of mind action in expression of sensation and motor actions to fulfill desires and impulses, sensory and motor. The capacity of sensory and motor currents is determined from within their neuter field of being, mind and consciousness. It is this factor which makes the individual a free unit of being, having a selective choice in the primary fields of pattern. What it likes, it attracts; what it does not like, it repels. After that first choice, all impulses and forces come under the law of polarity and the five modes of motion or expression in matter.

VIEWPOINTS ON THERAPY AND PROGRESS

From the outside observation inward, toward the center or cause of action, we have first the solid and semi-solid sphere of manifestation with which we are so impressed that we accept most findings here as causes, whereas they are actually mere effects, such as a tumor, or a vertebra out of line, or a malformation, etc. proved by x-ray examination. These appearances as evidence of a current distortion in the polarity fields of action are given primary importance as causes of pain and dis-ease. And the removal of this mere evidence is supposed to remove the cause!

According to reasoning and the science of atomic findings of wireless whirls and forces of attraction and repulsion in the body, this does not hold true. The effects of the tremendous destruction of atomic repulsions are not causes, no matter how impressive. A direct intervention here will remove effects and some symptoms of them, but not causes. The polarity currents which caused these abnormalities, still continue on their way of flow because the forces are not balanced or changed in polarity function by mere removal of effects. By dealing with the effects or symptoms only, or suppression of symptoms due to causes not understood in the process of Nature's building blocks of energy particles and fields in constant whirls of action, the obstruction of which is the real cause, one correction necessitates continuous applications.

The atom is truly a microfilm of Nature's forces and functions. It represents all the forces in the solar system of matter, in minature, as the force hidden in the solid appearance of matter.

Surgery, chemistry and mechanical corrections are the three most outstanding efforts in the healing arts of today, to balance or correct the effects of polarity in action in the body, expressed in the field of solids or semi-solids as imbalance – called dis-ease (of current flow).

But how can we cover the field of causes when we deal primarily with effects and their visible manifestations, carefully tabulated by x-ray findings only and by chemical and electrical analysis of effects? And we would definitely consider anyone unscientific who did not follow this established course of routine for checking up external findings and analysis of the solids and fluids of the body of any person under examination for any dis-ease or illness.

In external science of research pertaining to other fields of manufacturing or economic developments of nations and races, the early era of time was expressed in warfare by the use of the catapult, the bow and arrow, and the spear and shield as the purely mechanical factors. With the utilization of gunpowder and explosives, another era of warfare and business was in progress. Then the cannon and the force of propulsion behind the rifle ball changed the whole art of warfare and development in business and commerce on this globe. The chemical field of explosive development went on and found its finality in the block-busters delivered in Europe in World War II.

The development of the steam and gas engine was an important step, forcing progress all this time and making slavery impractical and unprofitable. But most of all, it opened the field of transportation by rail first, then gradually by motor and air. This airy epoch evolved into the atomic one which we are in today. We are in what is called the Iron Age of mechanical, chemical and atomic advancement plus intellectual stress. Atomic science is so new and all-embracing in its findings that it reveals itself daily in new forces discovered and greater speed in the air, with more constructive and destructive power and possibilities.

This brief survey shows that mankind has not had time to change his line of thought over

to acceptable values of progress in professional and commercial fields – much less to extend this idea to the healing arts of today. The material body concept still rules supreme instead of taking into consideration the energies which built the house according to the mental patterns of the soul which is the tenant in this house of clay known as the body. The energies of the airy principle in matter and in the body, plus the atomic energy radiations as electromagnetic fields, have not yet found acceptance by present-day science and research in the healing arts, for man's benefit. The very thought that man's body is a product of Nature in energy fields, as atomic units compiled in a form by attractive forces, is a strange and unassimilated idea so far.

That man must have air, food, liquids, clothing and warmth from the outside is accepted in so far as solids, liquids and air are concerned. But the idea of the atomic energy fields of exchange in these conveyors and by direct absorption, is still a brand new idea, awaiting acceptance. Man is considered more or less an independent unit. His dependence on exchange of energy in the wireless field of Nature, like a receiving set in a broadcasting field, is still a new idea. Even his grounding to the earth is overlooked – plus his possibility of direct perception and absorption of energy.

Harvey's discovery of the circulation of the blood was slowly accepted by science. But the idea of a constant interweaving of wireless energies through fields in the body of man in relation to the cosmos, is still in the stage of being resisted. The atoms – yes; Nature – yes; these can be tested and proven. But man is too complex, even as a material being, to be proven by crude machines or instruments which man has made up to this time. At present man has to be convinced from the outside by necessity or force. Intuitional, direct perception within himself is not yet granted nor recognized by the research methods of today, regardless of the doctrine of the right of individual selectiveness, freedom of thought, independence and equality.

The necessity of air from the outside for every breath we take is freely conceded. But any similar constant exchange of the finer forces of Nature with man is questioned and doubted because our research in this direction has not yet been developed. All accepted findings are still based on the old concept of matter and its most external, gross findings and tests. So far, all that is considered is a purely outside reaction of effects upon effects and not the person as a whole at all. That is really what holds back the physical progress of man. He himself is not represented in the search. Only his symptoms and effects are over-valued without relationship to the real underlying causes of energy flow and its blocks or obstructions.

The mind takes up the symptom pattern as a cause and intensifies it by focusing the attention on the symptom. The usual result is fear, the negative factor of dis-ease. Often the mind centers on the symptoms and emphasizes their importance to such an extent that the mind needs curing from such symptoms, galvanized into it as a fear pattern, even after the physical condition has changed for the better.

In our haste to measure and test the findings of external symptoms, only the solid and liquid aspects of matter are included. The airy principle, in its positive effect as life energy intake, and in its negative effect as gases in tissues which block the energy current's flow, are utterly forgotten because this is not yet a part of the present-day methods nor is it considered as a dis-ease factor in the minds of physicians and scientists. So no remedy has been developed to relieve these painful conditions.

VIEWPOINTS ON THERAPY AND PROGRESS

We speak of the benefits of sunlight on vegetation and the body, but the energy principle in the sunlight, with its life-giving vitality which mingles with the air and oxygen and gives warmth and life to the blood and tissues, has also escaped our attention because it is too fine a nature and we have no instruments to evaluate its effect as the fire of life and the vital principle in the breath which is the driving power behind all the body's actions, secretions and functions in general.

It takes a broad, impersonal and active mind to include new fields and find answers to unsolved problems. Only the true pioneers undertake the clearing of new fields and ploughing the rough terrain so others may sow and reap.

IN DIS-EASE the finer currents are not flowing through the denser fields of the body, or they are blocked and act excessively at the points of resistance, which appear as symptoms and intense, acute pains. This clearly indicates that the best therapy is that which balances the forces in that particular individual with his inner center of gravity, around which these currents revolve. In this manner the normal attractive power of the current is re-established with the Whole. The outside cosmic field is the reservoir where this supply comes from for the function of the denser particles of matter, which keeps the body as a unit representative here among all the five aspects of matter in their three modes of motion.

As long as man's body is considered as merely matter and tested only as such, it comes under the law of gravity, as does all mass and weight when in action in relation to the field of gravity. If this were true and all-inclusive of man, then the body would consistently respond to established routine methods the same as matter does, and there would be no problem whatsoever. Results could be calculated with true precision as in all fields of mechanics and chemistry. But, alas, when dealing with the constitution of man, we know from sad experience that this is not so. There are other factors involved which have not yet been recognized by science, nor have they been evaluated or tabulated.

These unknown factors are the problems in the healing art of today because they are not represented in our field of findings nor in the application of therapies. The purpose of my writing is to bring all factors concerned to the surface where they may receive attention and be included in all fields of the healing art. Nature is impartial and all-inclusive; it has no favorites. Only those who adapt themselves to the law and the Truth of life and being are the recipients of her benefits.

COMPARATIVE VALUES OF PRINCIPLES IN THERAPEUTICS

If man had only a material body, then all measures would fall within the limits of the senses and their application to mechanical and purely chemical tests. Then our present-day procedure and precision would work out fine. Since this is not the case except in the shortest vision and in very few instances, we know there is something amiss which constantly sends us off in search of new methods and therapies, new remedies and serums to combat the unknown factors or keep them in check by repeated doses or applications of remedies or physiological corrections. Some unknown factor fails to co-operate and stay within the bounds of balance. Thus the body remains unstable and in the field of symptoms of suffering. Would it not be reasonable to assume that this unknown or hidden factor was overlooked in all our calculations and tests which we have applied so far?

This observation is not only logical but is also self-evident. Proper representation was one of the main struggles of our early North American civilization. And this struggle continues, even in arts, science, therapies, theories and principles of life. Our very concept of equality is based on the representation of all factors involved. True growth includes new factors which have come to light in the change of development or which had been overlooked by the pressure of denser and more impressive representation of volume or quantity rather than quality and finer essence.

CAUSES AND EFFECTS

Causes of dis-ease are in the essences, as current repulsions in the mind, the emotions and in the fields and functions of the senses. The body shows but the effects of these wars of depolarized forces active within.

Thought currents are patterns of inner unseen energy fields. Emotions are inner sensory light waves of high potency, in the ethers, which sweep everything before them like a flood of waters. The senses are the servants of the house which is the body. They waste the energy of the soul in riotous living and excesses. When the store of reserve forces is spent, then there is a want of positive energy and a cry for more is manifested through pain and dis-ease by the depolarized energy currents. Energy is the motive power for every function, whether it be constructive or destructive, pleasure or pain.

Energy, like money, is a medium of exchange in any field of endeavor or sensation. It can be wasted so easily under any excuse of bad habits of every sort, in mental, emotional and physical excesses or strains and in sensuous pleasures. This viewpoint is true to life, to action and sensation and the only logical approach which links living causes as unperceived factors with their depolarized effects of discord as pain and dis-ease. If this were not true, life would be unjust and illogical.

The only reason why some persons can go on a merry bent of squandering the precious energy stores is because of the reserve they brought with them as their share of the inheritance from the Father's house. By the same token, in cases of previous expenditures in the life of the soul's wanderings, there is less reserve, less to draw on in this life for some than for others, and everything seems to go wrong at the least deviation from a given course. These persons have to be so careful, yet things go wrong in spite of it. Those are the lessons to be learned, in patience and humility, which try the heart and mind of the traveler in this vale of tears. Only devotion, faith and more humility can be of real help here. All other short-cuts are but temporary escapes and illusions. When the soul matures, then the mind, emotions and senses are controlled and rid of their extravagant habits of squandering the Lord's gift of precious life energy, the heavenly heritage.

When the individual is really sincere in seeking the Path of a balanced life, he will find it eventually. The change will be gradual because there are many drags of the old habits and ways. But when the soul's course is once set by determination and devotion to a goal, this becomes the North Star of a superior magnitude of POLARITY which will by-pass all other influences and planetary forces and sail right on. With proper guidance, the soul forces of our life must take over and steer the course of the ship of the body, mind, emotions and senses.

The real spiritual energies of the soul are faith, love, devotion and humility. There are no

CAUSES AND EFFECTS

greater energies than these in any universe. Knowledge which is based on the mind's action and experience is ever a babe before these exalted realities.

When such a course has been found through God's Grace, devotion to Him and adherence to genuine principles, then such a life is blessed in every breath of its existence. Faith moves mountains of obstacles from the Path of such a blessed soul every day of his life. He may suffer, but it is in love and devotion and the consciousness is not ensnared by these end products of old debts and effects of previous actions.

Life is just. Indebtedness must be paid, otherwise the universe would be unbalanced by causes without effects, which would nullify the very purpose of creation. The soul is placed here to learn through experience and that would not be possible in a world without cause and effect. Pleasure is followed by pain and pain is followed by pleasure – in one form or another, according to the law of compensation.

SUMMARY OF BASIC PRINCIPLES IN THE USE OF POLARITY TECHNIQUE

Polarity Therapy and action deals not merely with the gross anatomy and physiology but with the fine energy currents in the body, where the root causes of the dis-ease or disturbance may be found and treated.

These five separate currents which make a complete circuit on each half of the body, flowing near the surface, from the head to the five fingers and to the five toes, are sensory currents. See charts 3, 5, 6, 7, 8 of book II. These flow in a straight line and can be treated with good results, especially at their terminating poles, as powerful sensory reactions for relief of stagnant sensory energy blocks.

These five sensory currents themselves do not cross over, so as not to mix sensory impressions. But, for best results in therapy, they are used as bipolar contacts – either from top to bottom, or reverse, or from side to side, depending on the direction of flow of the currents treated.

Also, excellent results can be obtained by a contact with the finger and thumb of one hand on the toe of one foot of the patient, and with the other contact on the corresponding joint and toe of the patient's other foot. The doctor stands at the foot end of the patient, firmly holds and gently pulls at the point of contact at the same time. This polarizes the current of one side with the other side and elicits quick and favorable responses from the corresponding reflexes.

The same can be done with the fingers on each hand of the patient, for polarizing the neuter pole in the extremeties. When the doctor stands at the head of the patient, similar response may be elicited through the positive pole by making contacts opposite to each other – from side to side or from the front to the back or diagonally – anywhere on the head, depending upon the reflex that is to be reached and relieved.

These bipolar contacts are very effective – from the feet, up or from the head, down – as they link both sides or anterior and posterior reflexes depending upon the type of contact, as illustrated in the charts.

All deep currents cross over in every field, as shown in chart No. 1 in this book and

charts 1 and 2 in book II, and wherever the Caduceus currents are illustrated in these books. When the need for deep effects of polarization is indicated, these particular currents are treated by a contact on one side and one on the other side, or anterior and posterior, as the case may be – in the same region or above it, and below it. The "X" in each circle shown in figure 2 of chart No. 6 in this book illustrates this idea. A cross-over contact in local areas is very effective. And to polarize that area with an inferiorly or superiorly located area also gives good results.

There is an unlimited variety of POLARITY contacts, depending on the current of energy and the particular area to be polarized. In fact, most bipolar contacts commonly used in manipulative therapy owe their success – not to the manipulation itself, but to the POLARITY reflex stimulation which is produced by the contacts which the operator uses for manipulative purposes only!

CRANIOPATHY, applied on adults, owes its fine results to specific polarity reflexes on the head alone. Adult cranial bones are quite firmly interlaced by their sutures. However, the brain expands and contracts in rhythmic movements, especially in the daytime and under stress. Then the sutures act like hinges. Even the lightest contacts give good results in the energy fields here.

THE SORE SPOTS found on the bones of the head or anywhere are due to depolarized energies, acting as stagnant blocks in the vital field beneath the bone. All body areas and functions are represented in the brain. Sore spots indicate these reflexes when they are found on the skull. This has been illustrated in various charts in these courses.

Impulses act through the bones. Bony positions depend upon the tension in the energy field with its structural energy currents. The bones themselves are given too much importance in such a vital field. Bones are not causes, but are effects in the body economy. Trying to position them by external force, without changing the Polarity action in that field, would not be successful nor do any bones stay in position when so adjusted.

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

CHART NO. I

PSYCHO-PHYSIOLOGICAL KEY CHART ANCIENT AND MODERN FOR

POLARITY THERAPY

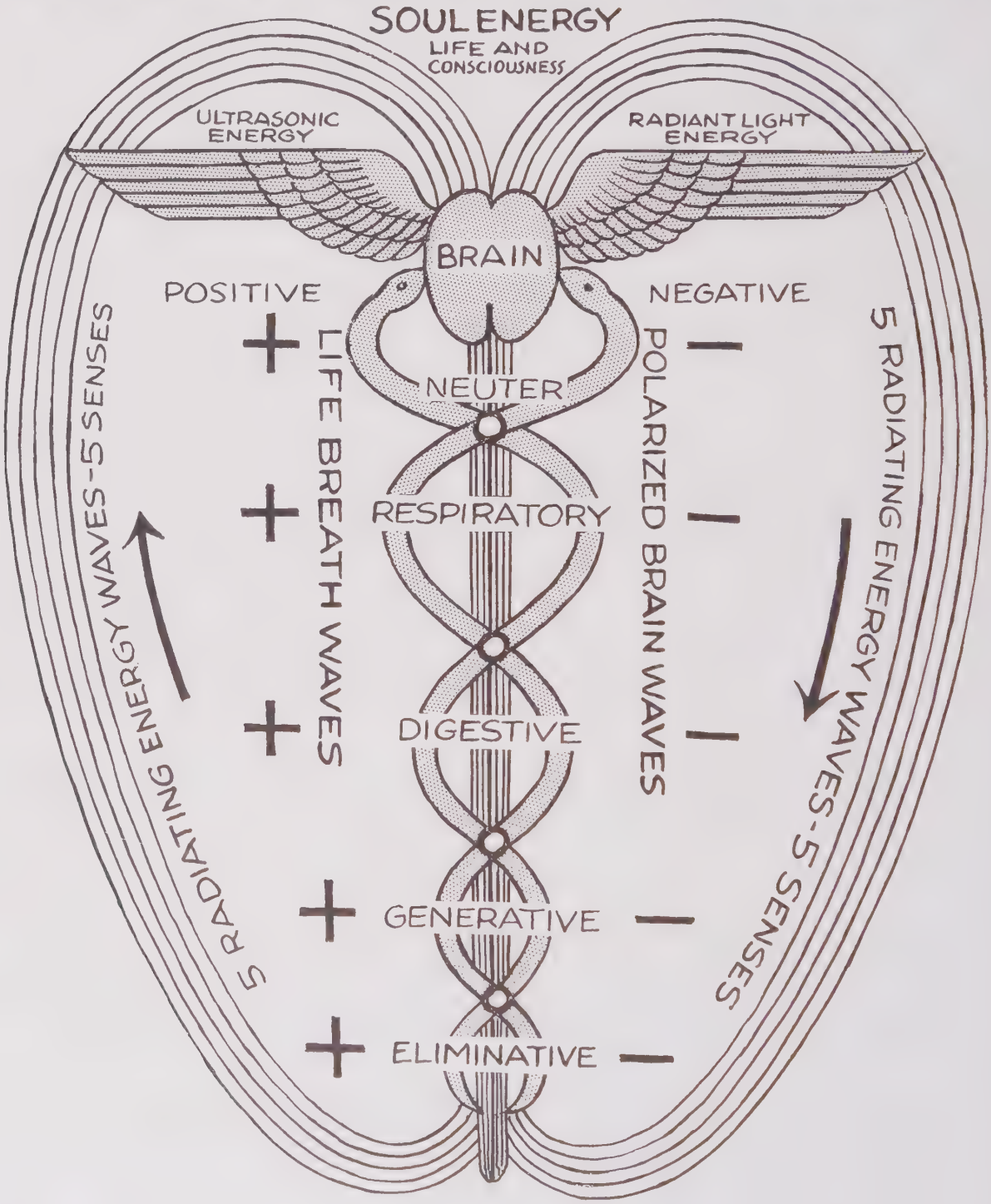


CHART NO. 1

In the writings of Aristotle and in the Hindu texts of the Charaka and the Susruta, the heart was considered the central organ and the seat of consciousness. This was based upon the fact that the heart center with its twelve petals or branches of psychosomatic importance in connection with the two sympathetic chains and their ganglions was found to be the center of egoistic sentiments of affection and attachment, of fear, hate, doubt, remorse, pride and conceit.

But in the Tantric writings (as in Galen) the seat of consciousness is placed in the brain or rather in the cerebrospinal system. The soul which is the primal center of consciousness in the body, has its special seat above the foramen of Monro and the middle commissure, but traverses the whole cerebrospinal axis - up and down - along the central canal of the spinal cord called the Shushumna.

In this chart the Shushumna is illustrated by the heavy line in the very center of the upright spinal column and cord. It terminates as a microfilm of potential energy in the seed power mechanism in man. All living things which bear seed after their kind have this power of perpetuating themselves. With few exceptions, vegetation usually bears its fruit and seed upward.

The central line in this chart brings out the thought of the emanation or projection of energy from above downward and outward. Hence, we have the old Hermetic axiom, "As above, so below. As within, so without." In modern language, the good author James Allen said, "As a man thinketh so is he." This, in brief, illustrates Nature's arrangement of the flow of finer forces. The end of the involutionary cycle is wrapped up in the seed power as "the foundation of the deep" from where it can start other cycles of manifestation.

In this symbolism is wrapped up the mystery of how the one energy can become many beings and lives. The one in the many and the many in the one are wrapped up in the manifestation of the seed power as One in All -- the secret of the heights in the depths of being, and the deep reflecting itself in the heights.

The deep calls unto the deep in this mysterious power of creativeness in all things. The descending energy is a vibratory Sound Current in its positive primal action. The reflecting energy is a radiant Light Current in all things. In this manner "The Light from above shineth into the darkness and the darkness comprehendeth it not."

The deepest psycho-physiology is explained in the Bible, but mankind has not understood. Modern science finds its depth in the details of matter, like the atom; only these end findings of matter are never assembled into a complete whole again. Man's mind and thinking process is caught in the circumference of the manifestation of endless varieties of particles. The comprehension of a return current, back to its Source, is lacking.

Although man knows that the sensory currents all flow back to the center from where the energy emanated, he does not follow that path in the over-all picture of Life in the individual or in the cosmos. He is still caught in the motor-current cycle of the centrifugal force. The grand middle path of the neuter energy core as a unifying principle and the way back home to the Source, has eluded the mind of man. The Light shines but it is not reflected upwards; only matter seems to have the light of interest and attraction for man. The vibratory activity of the Song of Life is in the heart and center of all things but it is not heard by mortal man. Even Job said, "And the Pleiades sang together." In the great and in the small, "Life is a song". Man would be so

CHART NO. 1

much happier and feel at peace if he would trust this Omnipresent Life Energy and not be utterly caught and bound up in external details of self and selfishness of the material existence.

The sign of the Caduceus - the central staff with the wings attached to the brain - gives a clear idea of the findings of old as the keynote of the psychosomatic constitution of man. It was the insignia of the physicians of old in many countries -- in India, in Egypt and in the Middle East -- and is also used today, but its deeper meaning has been lost. It called attention to the most ancient findings of early civilizations, which findings were left to posterity in the form of pure symbolism and geometric designs. And the astonishing thing is that we are beginning to find out similar facts in the researches with the atomic viewpoint of energy fields and whirls, with Polarity potentials and relationship of parts, instead of merely material ideas of solids and connection by material wires and conveyors or tubes. Primary energy is wireless. Ancient anatomy and physiology was based on these whirling fields of energy in matter and they were known as 'Chakras'. The wings attached to the Caduceus and the cerebrospinal nervous system gave the impression that the psyche or the soul and mind force was literally sustaining this system in the air by the large wings of the fabulous bird, the Roc. Such stories always had hints of real significance when the key to their application to the body or to life was understood.

What does it mean to us now, literally applied in terms of psychological value? This hidden symbol tells us of the true nature of the soul and its forces. Man is not a worm of the earth, held down by gravity and controlled by it, if he can but learn to spread the wings of his soul and raise his consciousness in the body by his higher mind and soul force and live thereby as a daily Reality, not as a mere belief or a theory.

The Totem pole of our early American Indians contains the same symbolism and mystery. The large wings of the thunderbird (like the Roc) on top of the pole signify the over-spreading energy of soul and mind power. The soul itself is symbolized in the cerebrum, the top of the brain where the spiritual faculties reside. The symbols in between are similar to the Chakras of the Tantric system of old, as found in India. In fact, Dr. James Churchward, the noted archeologist, found his first traces of this symbolism in a temple in India, located in a valley where a branch of the Brahmaputra River has its origin. He traced the symbols to the Easter Island and then all the way up to Alaska. The understanding of such universal factors will open the mind of man to universal concepts of principles. Then man will discover his own potentiality of the inner powers of his being and will not remain bound by mere material observations and possessions held in the grip of gravity here.

The double chain of ganglions of the sympathetic nervous system -- one on each side of the spinal column -- is mostly a sensory and structural mechanism, as it and the medulla oblongata govern the autonomic function and the repair of the tissues and organs.

This is illustrated by the two serpents on the staff of the Caduceus. It is a dual force of positive and negative life breaths which are conveyed to all the tissues of the body. There is a crossover in each oval cavity of which there are five in the human body, according to the five-fold energy fields in Nature, which are built into the constitution of man as receiving sets or fields for the operation of the five forces or broadcasting wave lengths in Nature. By their crossing over in each field, a neuter center of function is established therein. These centers connect by ramification of nerve fibres with the cerebrospinal system.

CHART NO. 1

It will be noted that in this cross-over of currents, the polarity changes through each field of action - BUT THE LEFT HALF OF THE BODY REMAINS NEGATIVE AND THE RIGHT HALF POSITIVE IN SPITE OF THE CENTRAL POLARIZATION. See chart No. 1, figure 5, book II. This life breath augments and stimulates all function and sustains it. By crossing over, it is stepped down, used, and it multiplies its action in various functions and details of supporting the tissues in their pattern of activity. In this chart and in No. 2 of book II, the principal functions of each oval cavity are clearly enumerated according to their physiological expression.

The upright staff of the Caduceus represents the fine energies of the Tree of Life, which becomes the spinal cord and column. After these finer currents of wireless energy have established nerves, arteries, veins and connections for themselves, it is hard to imagine that anyone would think that they then would cease to exist or to operate. The fact that after a radio broadcasting station is built it not only continues to exist, but operates by wires and by wireless currents, is generally accepted. It is even so in the human constitution which is an intricate receiving set for the cosmic forces which sustain man. The finer mechanism of it is wireless and is also conducted by wires and conveyors for the specialized stepped-down function of organs. It is dual in action -- receiving and broadcasting -- in its own fields.

Even as we need a radio set to condense and reproduce the patterns of energy broadcasted as sound or light waves, so does man have both mechanisms and a screen in the various sensitive tissues of the body. This is a startling new idea when applied to man's anatomy and physiology. But upon deeper reflection, we know that man could never have built the radio or any other invention, if the principle did not already exist and operate in man himself and in the cosmos. Man merely tunes in and copies the Universal Pattern and ideas and adapts them for his own use.

The five oval lines of force which enclose this grand symbol of Life and Breath are the five specialized sense organ waves of electromagnetism which flow over the human body in opposite directions on each half of it; on the right side, down in front and up in the back; on left side, up in front and down in the back. See charts No's. 3, 5, 6, 7, 8 in book II. The sign of Pisces (two fishes) swimming in opposite directions, also gives a hint of the flow of this psychological force. These are direct currents for the five senses and they do not cross over, otherwise there would be a confusion of the five special senses.

Both, man and animal, depend on a clear sense perception for their safety and mental integrity. One of the senses usually predominates in beings other than man. Birds, like the eagle and the hawk, soar at great heights but keep their keen vision on the ground. Other animals depend upon the sense of smell or hearing for their major sense of informing them of danger, of food supply, etc.

These electromagnetic waves pass over the body, extending approximately one-half inch over the surface of it. They are of a magnetic sensory attracting nature and convey definite sensory impulses from within outward and from without inward. They flow over the five fingers as their neuter pole of expression, and over the five toes as their negative pole of motion. These are the living wireless waves of energy by which zone therapy produces its phenominal results. It is too bad that only five arbitrary lines on each half of the body were considered in applying that therapy, as the success could have been much greater if the foundation currents and their Polarity function had been known.

CHART NO. 1

In my text books No. I and II, these principles are fully illustrated in hand drawn charts. The principles are based upon an integrative system of structural and functional relationship of currents. The instructions for determining the direction of travel of these waves is also clearly demonstrated in charts No's. 3, 5, 6, 7, 8 of book II.

This symbolic key chart of Polarity Principles brings to our attention the grand, over-all picture of the relationship of man to this universe, and a clear structural relationship of parts to each other. It is all based on the laws of the Trinity Principle in operation. Man's construction and function is similar to that of the atom and the universe. He is between these two poles. Man can express the heights of the Infinitely Great and the depth of the infinitely small atoms which are the constituents of his being.

The soul is the essence of being and life in the body, and functions through the brain and the center of the spinal cord, to the end of the coccyx, as dual neuter energy. The arms and legs are levers of polarized expression for skill and motion.

The cerebrospinal fluid seems to act as a storage field and a conveyor for the ultrasonic and the light energies. It bathes the spinal cord and is a reservoir for these finer essences, conducted by this fluidic media through all the fine nerve fibers as the first airy mind and life principle in the human body.

Through this neuter essence, mind functions in and through matter as the light of intelligence. That is why it is the ruler of this fine energy in the fields of function. Mind energy is a reality, as much as and even more potent than atomic energy. A mental block is often a very serious matter. Who can restore the mind function or balance?

The soul acts through mind substance, energizing the polarized fields of the brain for specific function and motion. The sensory fields are in the front and on the top portion of the brain. The motor fields are in the back and the bottom portion of the brain. Waking consciousness resides in the anterior part of the brain, at a point between the two eyes and immediately above the bridge of the nose. In sleep, this essence descends to the lower centers. This describes a living physiology of energy function.

In this chart the life principle of the soul is expressed by its two wings as ultrasonic energy or positive action, and as radiant light waves or negative energy of perception and conception of ideas and impulses. This is the principle of sight and memory as stored impressions, like a photographic process. Physical functions are stepped-down currents from the primary energy, through conveyors (such as nerves, arteries, veins and lymphatics) for specific action.

Obstacles are God's design
To make a man with a spine.

CHART NO. 2. OPPOSITES POLARIZED. DIAGRAM OF THE PATTERN OF LIFE FORCE AND THE TISSUE CELL.

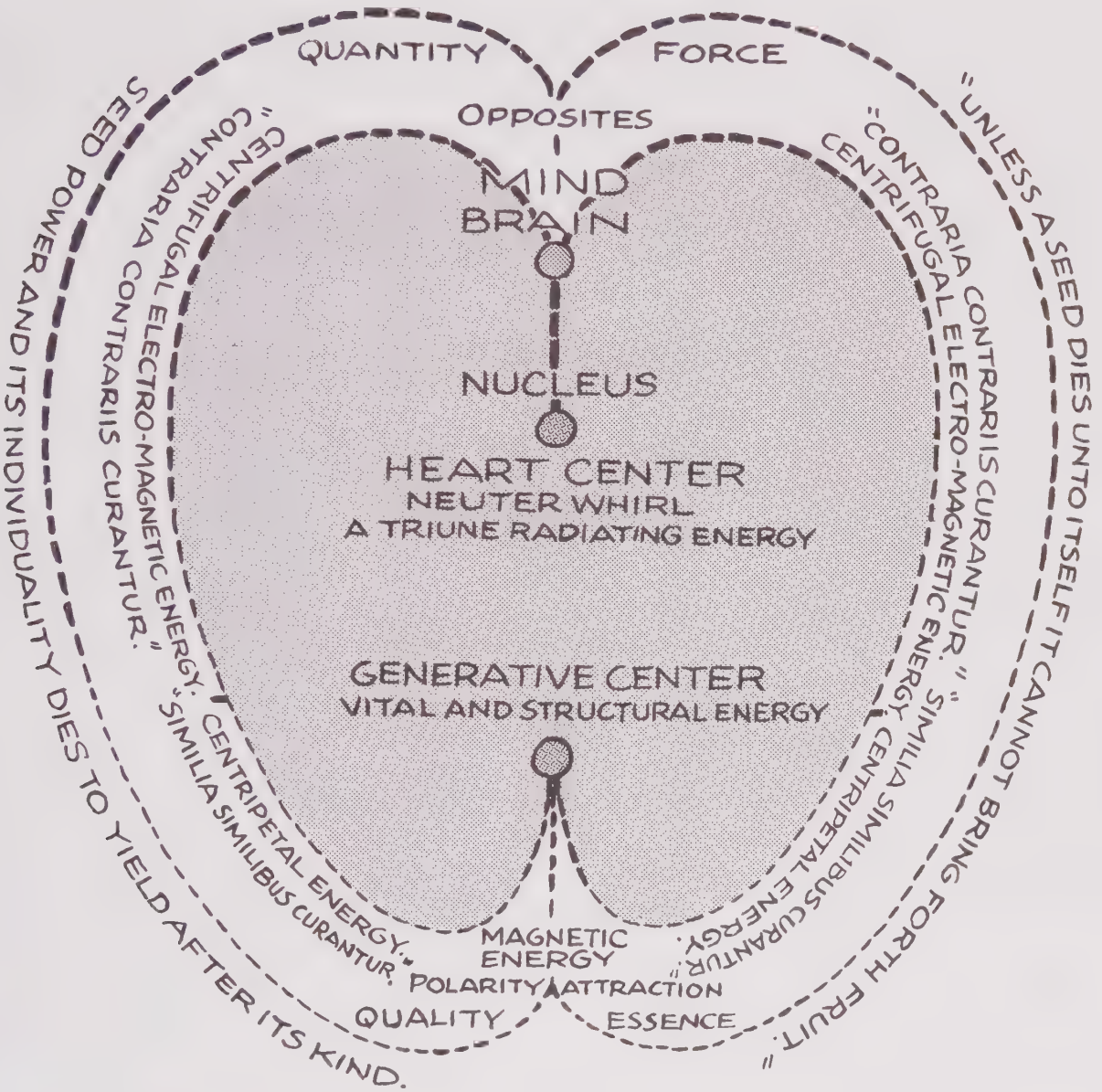


CHART NO. 2

This chart is really an extension of chart No. 1 and of the ideas and principles illustrated therein. The centrifugal and centripetal currents as opposites are the central theme of balancing all equations and controversies in therapies. By the skill of the hand and understanding, both can be used to good advantage.

Chart No. 2 gives a diagramatic picture of the life current arising from the triune heart center, going up to the head - the directing center or governor of action - and flowing down in an inward sweep of the attraction toward the center from the outside. The generative system is the creative and procreative center of the microfilm of all energies of the body in their finer pattern form or essence in the latent seed power.

This brief outline gives the design the shape of the heart because it is the life circuit. It also represents the individual cell in general, as the smallest particle of living tissue, acting as a life unit.

Of centers, three are given here as the most vital: The head, the heart and the generative system. These are often symbolized by the story of the three wise men of old, looking for the King as the newborn life essence in the blood stream. After all, life is closer to us and more real than history; and life's process is vital to us for our understanding and well-being.

To balance all opposites and controversies would be a great boon to mankind. A deeper viewpoint through better understanding of life would lead to a growth of intelligence and a larger vision. The polarity of forces in their outward electric energy potential and in their inward magnetic potential of attraction explain the diametric opposites of the principles and the practice of Allopathic medicine and Homeopathic application of essences in their minutest quantities of a drug or herb.

According to the Allopathic principle a quantity and force opposes and neutralizes a similar quantity or force in volume. "Contraria contrariis curantur." "Opposites are cured by opposites." While the Homeopathic principle of "Similia similibus curantur" asserts that likes are cured by similars. But here the essence or the center of the thing is stressed in its inward, penetrating or centripetal current instead of volume or quantity. It is more etheric in vibration and its penetrating magnetic effect through the neuter fields of the body. This therapeutic principle works on the inward arc of the currents, while Allopathy acts upon the outer current of the centrifugal energy field. In the Ayurvedic medicine of India, metals had to be burned or overcome in their gross nature by the juices of certain plants and by fire before they could be employed as remedies which the body could absorb. Metals were not used in their crude form in Ayurvedic practice. This came about later, during the middle ages in Europe.

The blood is the conveyor for the life current. This finer essence is made up of three primal principles of matter in its manifestation:

1 - The AIRY essence is the breath of life which flows in the conveyor of oxygen in the air and in the blood stream. Nothing can live without air, but the chemistry alone does not comprehend nor rule this essence which merely flows in it and through it. This is the Mercurial (mind) Essence spoken of by the alchemists like Paracelsus. It is the neuter pole of all living beings and things, as the geometric lines of force of patterns and ideas. It sustains all life by its universal current of the same essence. Man cannot give it nor manufacture this essence.

CHART NO. 2

Only the conveyor or the more solid form of the gas can be stored or extracted from the air or other substances by a chemical process. In itself it is like an airy nothing which rules the world. It is the mental energy which shapes the pattern of things to come.

2 - The WARMTH of the blood is part of the FIERY nature of the universal heat principle and essence of the sun. Sulphur expresses the essence of fire in alchemical terms. It flows in the media of the red cells of the blood stream. Mars and iron, in their latent forces, are the attraction and ingredients as conductors of warmth and life energy.

3 - SALT represents the third essence as a combination of liquids and semi-solids. The fluidic portion of the blood is the serum, and the white cells act as the conveyor of the watery essences in the universe and in man. Other fluids of the body also come under this classification. Lymph and mucous secretions anywhere, as well as internal secretions in the body, are included here.

The physical materials are only the conveyors of the energies which created them and support them throughout life. The energies do not desert their creation. If they did, the creation could not survive in manifested forms. The Homeopathic principles constantly refer to this vital essence as the real actor and factor which must be impressed by remedies of a fine enough nature to be attracted and digested by the essence in order to benefit the body.

The same vital principle is the real foundation of a scientific POLARITY THERAPY based upon the electromagnetic forces in man and their polarization through its fields as body areas. This deals with individual energies beyond the principle of gravity and the mechanical equations as therapy. Essences are the life principle whereas mechanics deal with the relationship of fields to the gravity of the earth.

The pulse beat depends upon the afore-mentioned three essences in the blood for its vibratory rhythm and quality. In times of old, the entire value of taking the pulse was to find out which currents were in excess and which were lacking and thus balance these three forces by the Ayurvedic principles employed.

The excess of the AIRY force in the blood makes a fast and zig-zag or crooked pattern of the pulse beat. It resembles the movement of a snake.

When the heat element of FIRE is in excess in the pulse, it is restless and jerky or jumpy like a frog pattern.

When the WATER of salt element predominates in the circulation, the pulse is slow, weak, restricted and soft.

The ancients speak of some six hundred varieties and combinations of pulse beats observed by them. By giving the opposite foods and herbal remedies, balance was re-established in the life currents and essences and the weakness was strengthened by supplying its need.

In the manipulative field POLARITY THERAPY is applied through the use of the electromagnetic currents of the wireless anatomy and physiology. The fields of the patient's own body are used with their centers of energy to polarize the excess current flow and stimulate the latent

CHART NO. 2

one. By removing the energy blocks in this way, the current is freed of excess accumulation locally and is balanced naturally. The excess may also be freed or moved by impulse directed with the current flow for a soothing effect and overcoming of local blocks in the circulation.

The negative poles in the body are the most frequently obstructed areas. These are to be looked for first, and released. Then the positive pole is activated and freed to send currents over the wireless circuit which has been mended by removing the breaks and obstructions.

Energy flows like water and has been likened to it in most ancient writings and in our Bible. The seas spoken of in sacred scriptures are the essence fields in space of finer vibratory activity where organization and polarization goes on constantly, out of the sum total of energy which lies at the feet of the throne of the Lord, as chaos or darkness. Organization, by geometric lines of force directed from the center of intelligence above, creates sound vibrations of an exalted variety which express themselves as polarized light waves of that sphere. Sound is positive creation: "The Lord spoke, 'Let there be light!'" Light is the negative sphere of created essence or the reflection in which everything appears. It is a heavenly photography which produces the cinema of creation in a finer and grosser media of density as matter.

The dual currents in Nature were always expressed by the serpentine force of the airy energy waves, crossing and re-crossing its fields, and vitalizing and multiplying its particles. Air is life, and the finer essence in it is the life spirit in the air, the 'Ruach' of the Cabala. This dual serpentine force was the sign of the physician of old as the staff of Hermes, the god of Wisdom and the Caduceus as his symbol. POLARITY THERAPY uses both currents, the centrifugal and the centripetal, in each field, as positive and negative applications (see chart No. 1 in book II): also the direct waves of sensory perception as illustrated in charts No. 2, 3, 5, 6, 7, 8 of book II.

Man, being a composite being, can direct forces of the universe within himself. That is his universe or world to conquer. Nothing else in life is as important to man as discovering and controlling the life forces in himself through inspiration and a higher vision, by which he may control his own mind, emotions and the senses. Physical well-being depends on these living forces of primary importance much more than on the shell of the gross organism, called the body.

As we think - we are at that time. As we feel, so the whole world seems to feel. The body consumes food, but the spirit in the body lives by faith. Which is the greater force in life? The body acts, but faith can sustain the mind and emotions in any crisis. Faith and attention give power to any remedy taken or used. "Thy faith hath made thee whole" is no idle saying. In life this holds true more than we realize. Man conditions himself constantly and becomes ill thereby because he becomes negative and attracts negative forces and breaths of life from the universe. He blocks his own polarized fields by negative emotions and mental outbursts which upset the chemistry in many of his polarity fields. The balance must be restored if the person wants to be well and happy. As the causes are not merely physical, so the remedies cannot be all just material medicine or food and drink. Here causes and effects must meet in the same vibratiory field to be effective. "Like cures similars".

The real doctor, using POLARITY PRINCIPLES IN PRACTICE, whether it be in the manipulative field or in medicine, sees all this at a glance and has it in mind when he administers to the patient. His aim is to balance all fields, if possible. The superior - the mind currents

and their direction of flow - should be balanced with the emotions, the middle or neuter pole of the highly impressive fields of imagination. Finally, the imbalance of the physical organs, joints and muscles which have stopped their normal action in response to this internal tension and depolarizing effect, can be corrected.

The body suffers as an innocent bystander, not as the causative factor. But it gets all the blame because effects and end products accumulate there as precipitates of highly emotional chemical action. The doctor will find that patients who have no interest in following instructions for health, and go on in their own merry or morbid emotional bends of mind, are hard cases to deal with and seldom respond to any type of therapy. When the mind does not come along with the body, no real polarization is possible by any method: Suppression of symptoms - yes; temporary relief - yes; correction - no!

It is really the life principle within which suffers and is the actual patient; not the physical body which holds the bag for the dumping of these precipitates of emotional excesses. It is also the energy in the body which is being spent for these extravagances of the senses, whether they be pleasures, greed, self-pity or grief. So it has not its normal forces to draw on for function, which is the most vital factor in health and dis-ease. Truly, the sins of the actor in the body find him out and he suffers for it through the body. "Thy sins are forgiven thee" is an illuminating statement. Diseases are not as much physical as we think nor as it would appear. We see the effects and wish to get rid of them. Causes are hidden factors.

In order to successfully practise the art of POLARITY THERAPY, the physician must cure the nature of the disease and thus become a real doctor of the active principles operating in man and in Nature. In attending to the grosser fields, the finer essences of Nature must not be neglected. POLARIZATION is based upon the life essence as the real factor which works in the body and through it. This life essence must flow as polarity currents in order to maintain good health.

Life is from within out. External trauma and effects are in the fields of the external nature, of mechanical skill and principles. But the within rules the without. All external happenings are precipitated by unperceived, internal (mental-emotional) causes. All healing comes from within. No matter how skillful the surgery or bony adjustment may be, the real agent that does the healing of any wound or infection or distortion, is within the body of the patient; not in the remedy. POLARITY alone, in its manifold field of applications, can bring this agent into action.

Nature has paths of wireless and conducted currents over which energy flows. Energy must be induced to flow and the way must be prepared for it, by any method of healing that is employed. Success depends upon this culminating effect of energy flow to re-establish the norm. The dual characteristic of the currents implied in POLARITY THERAPY is evident by the very nature of the circuits. The outward force must flow from and return to its center for the completion of sensation and expression as sensory and motor action.

But in the deeper fields of essences conducted by the wireless currents, this is not all. The patient's own negative impulses of feeling and thought, such as fear, hunger, hatred, envy, etc., have their devastating effects upon the polarized circuits, through their superior or positive position in the vibratory scale of energy waves. There are no sensory nerves to conduct these impressions to the heart center as hurts. And they can hardly be removed by anyone except the

CHART NO. 2

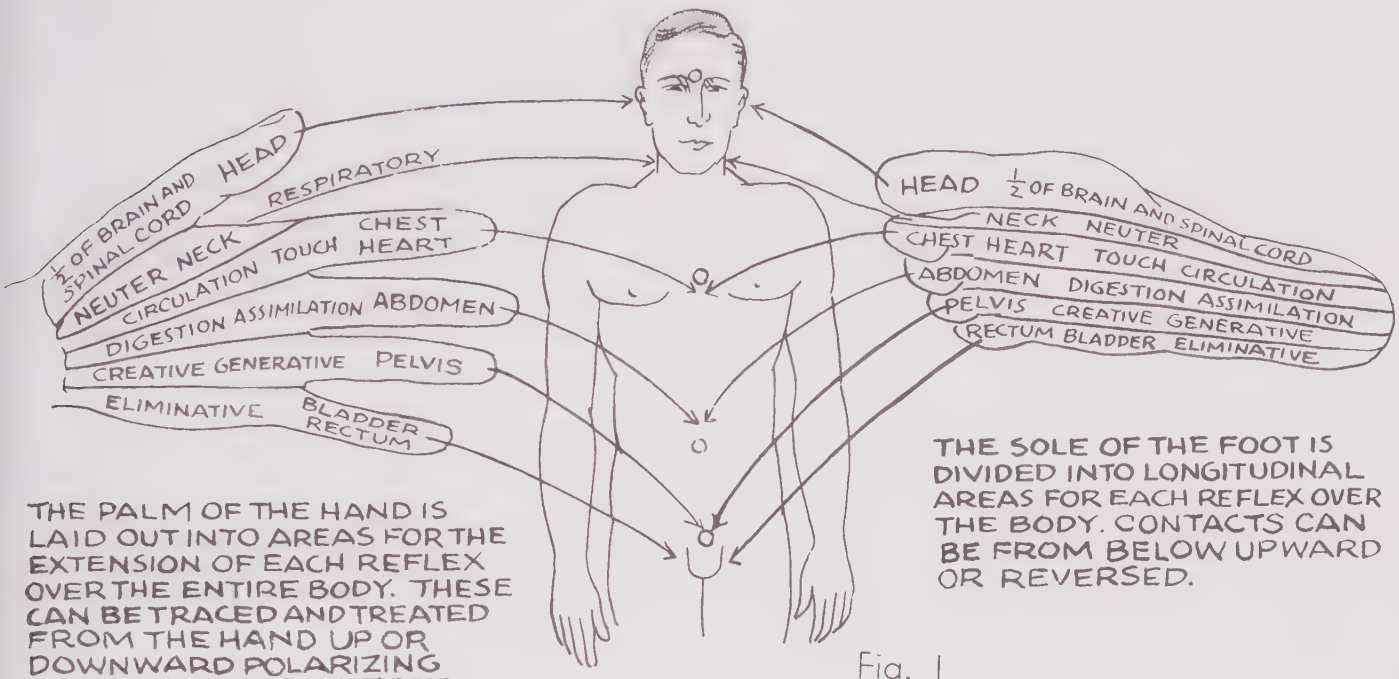
person himself, who allowed them to lodge there. No external force or application can compel here. Only understanding and love can melt a frigid heart and disposition. The same is true of mental blocks. They are all-powerful in their disorganizing effect because the mind rules the body through the senses, consciously or unconsciously, whether we are aware of it or not.

When the effect has taken place in the body structures, it must be removed as blocks locally and centrally, in the negative fields and the positive expressions as well as in the neuter center. When the POLARITY opposites have been cleared, the middle ground is easily changed because the opposites control function in the fields of expression, whether they be sensory or motor. THAT IS WHY A POLARITY VIEWPOINT IS SO HELPFUL TO DOCTORS IN ANY LINE OF THERAPY.

The outward and inward currents must move in all fields if there is to be health and happiness in that body. Fine currents of application are for the fine fields of sensation. The coarser currents are for the coarser fields of motor expression. The doctor must be a physician of Nature indeed and in truth to cover all phases of energy flow.

As the heart center is the pivot for the circulation of these energies in the blood and through it, it becomes the control center for these energies. A contact with the positive right-hand with the neuter thumb over this center, and a negative contact anywhere in the body, can do much to alleviate pains which are the expression of energy blocks in the circulation. A complete system of POLARITY REFLEX ACTION can be set up and traced by any physician interested in it. It is truly amazing what relief can be obtained by releasing energy currents which have been totally overlooked by material science.

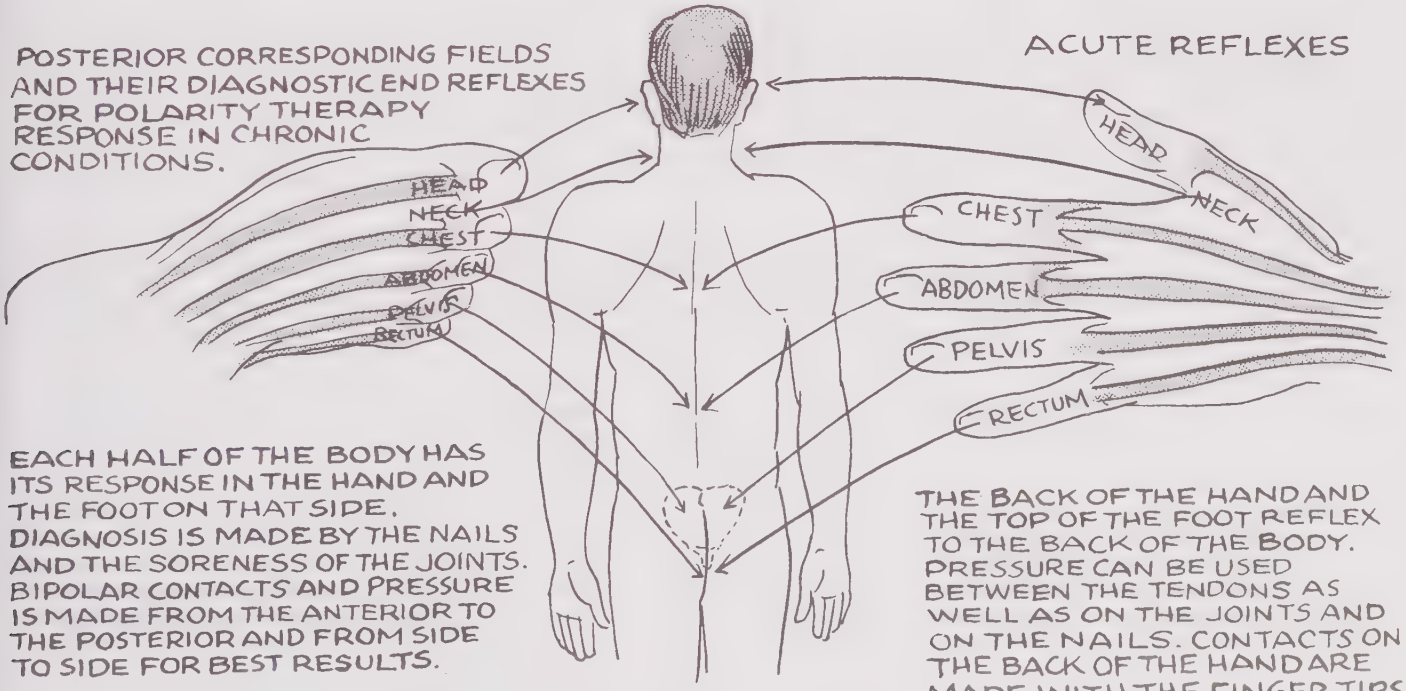
CHART NO. 3. COMPARATIVE DIAGNOSTIC REFLEX AREAS OF THERAPEUTIC IMPORTANCE. THE STORY THE HANDS CAN TELL ABOUT POLARITY THERAPY. SUPERIOR-INFERIOR LOCATIONS OF BODY OVALS AND THEIR WIRELESS CIRCUITS FOUND IN THE HANDS AS ACUTE NEUTER REFLEX AREAS AND IN THE FEET AS CHRONIC NEGATIVE SYMPTOMATIC REFLEX AREAS.



THE PALM OF THE HAND IS LAID OUT INTO AREAS FOR THE EXTENSION OF EACH REFLEX OVER THE ENTIRE BODY. THESE CAN BE TRACED AND TREATED FROM THE HAND UP OR DOWNWARD POLARIZING WITH THE HEAD OR FEET.

THE SOLE OF THE FOOT IS DIVIDED INTO LONGITUDINAL AREAS FOR EACH REFLEX OVER THE BODY. CONTACTS CAN BE FROM BELOW UPWARD OR REVERSED.

Fig. 1



EACH HALF OF THE BODY HAS ITS RESPONSE IN THE HAND AND THE FOOT ON THAT SIDE. DIAGNOSIS IS MADE BY THE NAILS AND THE SORENESS OF THE JOINTS. BIPOLAR CONTACTS AND PRESSURE IS MADE FROM THE ANTERIOR TO THE POSTERIOR AND FROM SIDE TO SIDE FOR BEST RESULTS.

THE BACK OF THE HAND AND THE TOP OF THE FOOT REFLEX TO THE BACK OF THE BODY. PRESSURE CAN BE USED BETWEEN THE TENDONS AS WELL AS ON THE JOINTS AND ON THE NAILS. CONTACTS ON THE BACK OF THE HAND ARE MADE WITH THE FINGER TIPS AND THE THUMB ON THE PALM OF THE HAND.

Fig. 2

CHART NO. 3

Chart No. 3 shows a brief outline of the finer wireless energy whirls in the human body, behind the nerve centers, and their action as conductors of energy. Centers are indicated by circles. The head, the heart and the generative system are the principal centers of life.

Below the center between the eyes, the energy fields are purely physical, for physiological function. Diffused consciousness from the cerebrum resides in each center and field. By this and their specific nerve connections with the back portion of the brain, function is accomplished in each department.

In the finer whirl of these centers, in addition to functioning as conveyors of the nerve currents, lies the essence of the electro-magnetic field, where specific vibratory wave lengths rule without conductors. This finer phase of energy is very necessary to tune the sensitive energy fields of the body into Nature's reservoir for their maintenance. This principle is as essential to action as the wireless broadcasting wave is to radio or television performance over the stepped-down condensers of radio or television boxes which are symbols of the body.

Man and his centers are expressed in motion and skill through the hands, the feet and joints. Polarity reflex contacts can be made on this circuit to influence the body centers, through the neuter pole of the hands and through the negative poles of the toes and the soles of the feet. The current flows naturally through the hands in the expression of skill and sensation of touch, as the neuter pole which expresses the mind and brain energy. These currents all flow back to the center and can thus be used as conveyors of impulses through manipulation and contacts in each field, to affect the vital center involved and thereby balance its action. IT IS A DRUGLESS APPROACH TO THE PRINCIPLE THAT LIKE CURES LIKE IN ITS CENTRIPETAL FLOW.

The feet and the toes are the extremities of the negative pole in the current flow where most of the blocks are formed by precipitation. Releasing the blocks usually present at the junction of the positive, outgoing motor and the negative, inflowing sensory return currents is therefore a very important factor in POLARITY THERAPY BALANCING of these two forces. Precipitation occurs most often here because of the great distance from its invigorating center.

Conscious control of these centers through the finer fields is possible by much and long practice, which has been demonstrated by the Hindu Yogis. But this is not recommended as it is not really to the advantage of the souls in this age nor is it advisable to take over the subconscious functions consciously, in our busy everyday life.

ALL CENTERS BELOW THE EYES are for the physical well-being only when properly used. THEY HAVE NO SPIRITUAL VALUE. By developing them one may attain psychic power, but no soul lift to the higher realms. It is therefore a waste of time to try to develop them or to make use of them for any purpose other than normal physical health.

This deeper understanding of the wireless function behind the conducted energy fields is very important in order to balance them when upsets or obstructions are present, and thus gain release from interference of energy flow. It is real physiological psychiatry to know the currents and step-down mechanisms of the mind through brain function. The understanding of these currents is the real basis for a deeper therapy than the merely physical or chemical applications.

Life operates by finer forces primarily - like the atom - in man and in Nature. We come

closer to causes by the comprehension of the vital principle which animates man. Therapeutic selection and application becomes much easier and less puzzling. To illustrate this point, the hand is used to connect these deeper centers with the surface, in their natural relationship of expression and reflexes. In manipulative therapy, the hands fit naturally on any part of the body when the contact is correct.

The hands are the neuter poles of the human body. That is why they are so pliable, dexterous, demonstrable for art and expressive for the mind to use in all functions of mental and emotional expression as skill in drawing, sculpture, etc., in manipulation and as mechanical ability to build things. Their relationship to the main centers of the entire body is clearly illustrated in the chart. The thumbs reflexly express the head, in a horizontal representation; the right thumb reacts to the right half of the head and the left one to the left half of the head. Any reflex pain or distortion of energy waves here has a head reflex, and can be treated by contacts to both the head and the thumb - the positive and neuter poles - as a polarity factor for balancing currents.

FINGER NAILS AND TOE NAILS: The finger nails become important factors as reliable indicators of acute conditions while in chronic conditions the evidence can be observed in the toe nails which are in the negative pole of the feet. Deep ridges or bulgings in the thumb nail often indicate a dormant ear condition coming into active expression on that particular side, depending on whether it is the right or the left thumb. This is especially so if the nail of the big toe on that side has been split for some time. The toes are the negative poles of these indicators and signs may be present for a long time there before the finger nails show evidence of trouble. When that happens, the condition is becoming active, from a dormant state. A split finger nail indicates a serious acute condition in the area of the body represented by that particular finger.

Dryness, brittleness, split nails, nails receding from the flesh - all have a definite meaning and are of real diagnostic value when they can be positively linked to one particular body area and function. The condition can thus be located and something done about it. This simple method is specific and does not reveal too much to do at once and so does not confuse the issue, which is generally the case in diagnosis through the iris of the eye, the positive pole of polarity reflexes.

The bones and the joints of the fingers and toes often give a hint in diagnosis, where everything else is obscure and indefinite and the patient merely exists and suffers. This is Nature's own finger of diagnosis and indication, and not mere theory. It reveals the disrupted relationship of the extremities on the surface with the centers of energy within, in the particular region specified by the finger or the toe. IT IS THE REAL ALCHEMICAL ASTROLOGY OF ENERGIES AND THEIR RELATIONSHIP OF SOURCE, AND THE CAPACITY OF THE INDIVIDUAL TO DRAW ON THEM FOR THE MAINTENANCE OF LIFE. NAMES OF THE PLANETS ARE USED AS CHARACTERISTICS OF THE CURRENTS BETWEEN THE STOREHOUSE AND THE INDIVIDUAL. Blockage of this circuit is the precise nature of the disease in the vital economy of man's essence and the essence of the universe in which he exists, like a child in the mother's womb. It has been truly said "Closer is he (essence of life) than breathing; nearer than hands and feet.

By study and observation any doctor can verify the same and make his work interesting, more natural and successful through finding and correcting causes of energy blocks. DIAGNOSIS IS A REAL FACTOR IN EVERY TYPE OF THERAPY. Many a time the good doctor could do much more for the patient if he knew where the real trouble was and had the key to its POLARITY

CHART NO. 3

application for release of energy blocks or pain. The key and specific directions for application of POLARITY THERAPY are contained in books I, II, III and IV, as well as in the supplement to book II.

The two thumbs and the two large toes are respective zone areas of the head, in their general horizontal position, placed on the body as shown in this chart and as may be compared with chart No. 2 in book II. The space between the thumb and the first finger is a link area, like the neck and reflexes to it. It is a vital neuter space of the 'Pranic' life force in the neck and it links the thumb base with the Mount of Venus and the person's own individual vital force. This has a definite reflex representation to the neck and the brachial plexus which is the respiratory center.

This is valuable information in treating heart attacks, even in spastic angina pectoris, because respiration governs the heart function. Do not forget the big toe on the left foot and the space below the big toe joint on the top side of the foot and inside of the leader between that and the second toe, for its contributing reflexes, as illustrated in the chart. Very often it is here that the real block is centered because of old neglects of symptoms and a lack of clear information on the sequences of true polarity functions.

Freeing the diaphragm by contact under the floating ribs on both sides and under the sternum is very important to release the blocks in the three functions associated with the blood stream; namely, respiration, digestion, and the watery lymph function of the liver.

NO ONE POLE RULES ALONE. When this is realized by the good doctor and the patient, they will not feel the let-down that the application of zone therapy alone gives when treatment of one pole by itself refuses to give the desired results. The operator's right hand should be on the most negative pole - the toes; the left hand on the neuter pole, in the middle or, on the neck or head if the aroused current is strong enough to carry through that far. If it is not, merely go a little above the lower contact, establish a current between the two hands by kneading and pressure, then proceed in this manner up to the neuter center pole, thence to the positive pole above that.

CENTRIPETAL APPLICATION OF POLARITY THERAPY is for all subnormal or negative conditions which need stimulation for the return energy currents, such as infantile paralysis, flaccidity, lack of tone or strength, etc., where much stimulation is indicated regardless what type of therapy is used. In this instance heat may also be used to keep alive the dying tissue and for drawing the energy to it.

CENTRIFUGAL APPLICATION OF POLARITY THERAPY, from the head down and from within outward, is indicated in all acute and painful diseases where the outgoing currents have run into blocks and obstacles, and this back-pressure registers as pain and acute aggravation. The aim here is to remove the current blocks by increasing the flow from above downward and from within outward, with the life currents. This not only soothes but overcomes obstacles by POLARIZING THE CURRENTS IN THE BODY from station to station, by re-inforced physical, mental or emotional stimulation and by the application of heat for expansion and relaxation. Rheumatic conditions, lumbago, neuralgia, etc., come under this category.

TREATMENT: The position of the hands in the application of the CENTRIFUGAL POLAR-

CHART NO. 3

ITY TREATMENT: The positive hand or finger of the operator is on the superior region which is the positive pole, to strengthen the current impulse by the indicated manner of stimulation in order to speed the current on from its accumulated, back-pressure location. The negative hand or finger is placed on any of the inferiorly located regions, negative to the superior or positive pole, to draw the current from the positive contact. Then the left hand descends further down to the neuter pole and finally down to the negative pole, to complete the circuit. The right hand may also descend, to lessen the distance after the current goes through the superior poles treated. The application of the hands is in a positive manner, a firm grip or pressure type manipulation of physical energy expenditure rather than a mere magnetic contact. Like poles repel and like applications repel. A positive action in the contact stimulates flow through its repelling force. The object is that the currents in the patient's body should be aroused to complete their own circuits. A good manipulation of Polarity Centers is sometimes painful and far removed from the languid relaxation associated with magnetic treatments.

ALL ACUTE AND PAINFUL CONDITIONS are treated with the current flow, usually from above downward. ALL CHRONIC AND SUBNORMAL CONDITIONS are treated beginning at the extremities, in an upward and inward direction, to augment the weakened return currents. That is where a heat lamp, shone on the bare feet of the patient while getting a treatment, is a great help and stimulates the current flow at the lowest point where the greatest resistance exists, especially when the feet are cold. It aids any therapeutic application EXCEPT in acute conditions with a fever, because infra red or any heat lamp applied to the feet will raise the temperature by augmenting or stimulating the ingoing current.

The index finger of the left hand and the second toe of the left foot deal with the heart center and the bulk of the 'Pranic' life force in circulation. The position of this particular finger and toe, especially the condition of the first joint of each and the nail are of diagnostic interest. Sometimes the finger is turned or crooked. This indicates strain except when due to injury. Let each doctor observe and study his case with reference to the finger nails and joints of the region to which the case history points. If it is too involved, use chart No. 4 in book II for regional POLARITY findings and correlations. Dis-eases usually manifest themselves in three - superior, middle and inferior - areas at once; but the manifestation is greatest in the blocked area. This must be located and balanced.

The middle finger represents the digestive region as a whole. It is the Saturn finger which devours its children. Life lives on life in order to survive! The liver is well represented in the right middle finger as the Saturn or melancholy influence and disposition. The first joint, and the arthritis in it, tells the whole story of a liver disturbance. A sluggish liver has not enough of the fire of life (Mars or Vulcan) to digest and consume its food particles and change them into active bile fluid for function of the bowels. The bitter principle in food acts as a stimulus to the latent fiery nature which is too sluggish in its function. POLARITY THERAPY may be employed here with great benefit to the patient. Watch the finger nail for abnormalities and note the degree of inactivity here in such cases. The first joint of the middle finger of the right hand represents the liver, and the first joint of the middle finger of the left hand reacts to the stomach.

You can easily check the local circulation in any corresponding area through the circulation under the representative finger nail. Merely squeeze the sides of the tip of the finger and see the red circulation under the nail. Then watch the after-glow or retained circulation. Compare this with other finger nails and see what the condition reveals. The doctor's work can be most in-

CHART NO. 3

teresting and helpful by close observation of Nature and its function in man in health and in dis-ease.

The third or ring finger reveals the Sun energy influence on the individual vital force, in the generative organs. The ring is the symbol of marriage and union of this force in the male and female aspect, as positive and negative polarity joined into one, necessary for reproduction of offspring. The condition of this nail and finger can reveal much of the state of health of the pelvic organs. Also, the lines of the bracelets immediately below the hand indicate pelvic reflexes, whether strong, weak or broken. This is a valuable indicator in women patients as it reveals whether or not there is capacity to bear children without difficulty. Weak and broken lines in the bracelets indicate obstacles and difficulty in this respect. Ridges or split nails on the ring finger indicate bladder or uterine trouble in the female, also prostate trouble in the male.

The little finger is the Mercury finger and is the messenger of the forces from above. It represents the rectal center and tells its story of energy flow through proper elimination, condition and function.

POLARITY CONTACTS on any finger or toe, and over the local area it represents, will elicit definite response by improved function through polarizing the circuit of energy flow.

HORIZONTAL LINES OF POLARITY flow from east to west and return from west to east again; from the front of the body to the back - as sensory impulses - and from the back of the body to the front - as motor impulses. The function of these currents is mostly automatic or unconscious and is for body maintenance.

VERTICAL LINES OF POLARITY flow from the north pole of the head to the south pole of the feet and return to the head again. Please refer to charts No. 3, 5, 6, 7, 8 of book II. These are mostly special sense functions for daily action.

When exhaustion takes place through too much strain or outside tension, then the intersecting lines block each other and the energy fields and currents are in trouble. FOR GOOD RESULTS, these fields must be relieved of the obstructions and correlated through POLARITY PRINCIPLES which may be applied in any or all types of therapy. This, in brief, is the story the hands can tell of POLARITY AND ITS VITAL FORCES OF ACTION.

The blood contains three active vital currents which animate it and produce the circulation which makes it the life-giving fluid to every cell in the body. These three fluidic currents of energy respond to and are the messengers of the three vital centers in the body. The head, with the brain and nervous system, gives the AIRY energy its basic field of operation. It is the airy mind principle and intelligence of the soul which circulates in the blood stream as a pattern energy, like the sensory pattern in the finger tips. It is the 'Word' of life as the ultrasonic sound principle, breathed into man at the time of Creation. This makes him a living human being, the mortal house of a soul.

This energy current is also charted in the palm of the hand of man as the head line, a further pattern indicator of the mind energies in addition to the finger print patterns, and they are different in every person. The head line is the second line in the palms of the hands. The clearness, the depth of this line, its course and the length of it give a fair indication and micro-

film of the conscious mind currents operating in that person. Ovals or cross lines are energy block indicators which limit the expression of the energy action, or cut across the field and sever the line, causing interruption of flow, and denote crises in the life and fate pattern of the individual. Squares also have their meaning of balancing or protecting effects.

Science accepts the cardiograph, encephalograph, finger prints, etc. Why not give life credit also for its own method of recording its various graphs in the space of the palms of the hands? Is life itself less important than the machines which man has created to measure such things? Or have we insufficient facts to enable us to interpret life's own recordings intelligently? Has this art been lost and misused by chiromancy or palmistry? Truth shines forth in reflections, and even misuse, words and systems cannot cover it utterly.

The warmth of the sunlight is the FIERY principle of energy in the blood stream which warms every cell of the body. Sunlight and warmth are radiating light waves which give feeling to the emotions, to desires and also impetus to action. Love, temper and temperament are its keynote. These were expressed as Venus and Mars in the cosmogony of old which dealt with the psychological energy in the cosmos and in man. The erythrocytes or red blood cells with their iron and oxygen contents tell the vital story of life's pattern of hopes and ambitions in every person. This is the heart line and is charted across the palm of the hand. It is the first line, immediately under the mounds of the fingers where they join the hand. The heart line expresses the pattern of the heart as a charted course to see and to study the life currents. No mirror is as accurate as these chartings of life on the neuter pole of the hand of each person. Animals do not have these recordings. It is a superior type of handwriting on the wall of space in each one's hand, to enable that person to see and understand Life. The Patriarch Jacob used it when he described the characters and qualities of his twelve sons.

Again, this line has its value in depth, length, curves and interferences as happenings in Life. I am merely calling attention to energies of life and their own recordings in the body if we are interested enough to observe them and learn to understand ourselves. We often look into the mirror to see how our clothes fit, or how the complexion is, but what about our inner complexion of Life and how does it sit in our hands and on our brow? Is this important? Or is man merely a clothes rack for display? We can fool others but not ourselves. Bitter are the tears of a neglected life. We pray for more life, then pass it by in all its phases and simple splendor. Life knows us, but we do not know it. It is possible to understand Life and know it if we give it the same attention and energy of application as we do our pleasures and non-essentials. Then we need not cry that Life has passed us by.

The vital energy in the generative system is also represented in the blood stream as the fluidic WATERY principle of the moon, to balance and cool the fiery energy fields in space and in man. In its more material aspect it is the chemistry principle of all fluids of the body as well as the blood stream. The serum, the white cells, the fibrin, the albumin, the internal secretions and the skin and mucous membranes all belong under the vital energy of the waters of life itself. In the cosmos it is also the mother principle of forms and structures as bodies for many types of souls on this earth. This is a combination or balancing effect between the air and fire energies. The result is a stepped-down fluidic media of circulation where all three energies are represented and sustain a further stepped-down crystallization of more solid materials, as the body structures. Such is the story of Life and its relation to form and action, readily revealed to us if we but place our attention on Life as the star actor and main pole of our existence.

CHART NO. 3

The line of life is the third main line in the plam of the hand of man. It has its origin with the head line and swings around the base of the thumb in a majestic arc at the foundation of the Mount of Venus. It usually unites the fate and health lines unto itself near its apex. It proceeds from the airy head principle and measures the degrees of life, like a thermometer in our hand and we see it not, but go our way until the Monitor calls a halt to our heedless or reckless adventure which we call life.

We admire intellect, but we have not the time, the interest nor the understanding to see its gentle sprouts in our own hands. This degree of intelligence, bestowed in our hand by the Giver of life is far more valuable to us actually than the diplomas on the wall. What the Giver of life bestows is a reality and must be earned. It crowns every one of our efforts and struggles as we ourselves write them in perspiration and in blood on the pages of life and, when the emotions are involved, also in tears and frustration. By struggle through resistance, we write living pages in the book of our own life.

It is my endeavor to interpret the handwritings on the walls of tissues in our lives into actual values and lessons of application which may help anyone who uses them in an intelligent effort, the same as is put forth in the learning of a trade or a profession.

SUMMARY OF CHARTS 1, 2 and 3

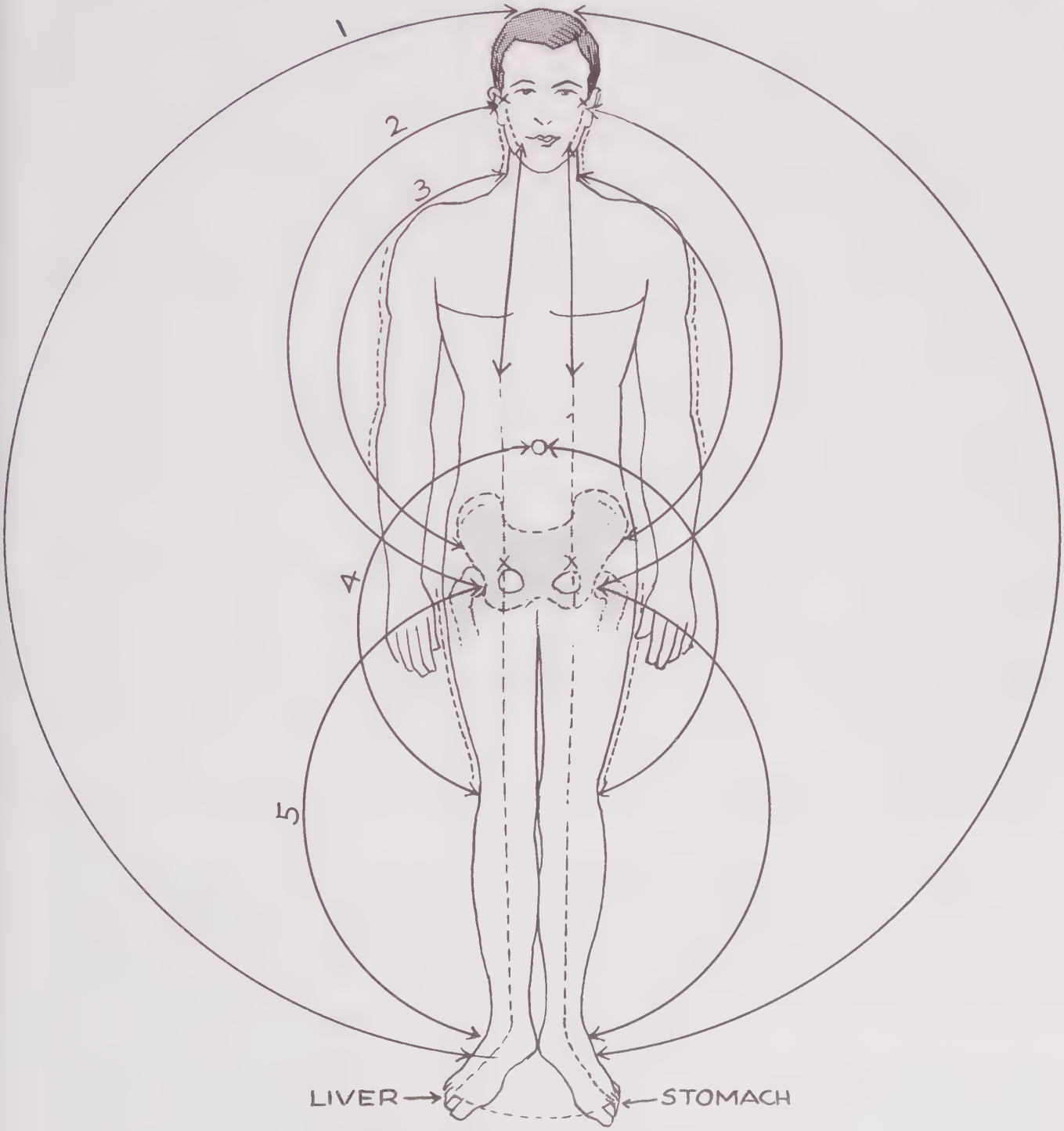
The heart center with all the radiating life energy is like a fountain which supplies the body with the water of life, the fire of warmth and the breath of life to sustain, rebuild and nourish all parts.

This is also the center of feeling and deep emotion. Respiration is closely connected with the emotional impulses and the heart beats. The diaphragm is the respiratory muscle which separates the chest cavity from the abdominal cavity. The right and left phrenic nerves supply this muscle. Contacts under the floating ribs, immediately below the diaphragm, similar to that shown in figure 5 of chart No. 8, have a powerful and highly beneficial effect on this whole vital function. A contact made with the little finger close to the ribs may even give a splenic energy block release for throat trouble and in fevers, via the etheric energy of polarity reflex as well as the phrenic nerve. The reflex is often felt in the throat and relieves the dryness there as well as the accompanying symptoms of watery eyes and nose. In heart trouble and respiratory blocks and also for release of indigestion and liver function, the seat of the trouble can be found and released by the application of POLARITY THERAPY at this and its corresponding centers.

The negative pole of the heart's sensory center is located in the perineal floor. These muscles synchronize with the diaphragm in the function of respiration. Contacts here are valuable in pelvic conditions and emotional frustrations, also in pregnancy. The PERINEAL TECHNIQUE is completely covered in books I and II.

The centers in the brain and their energy blocks which register as sore spots on the skull can also be polarized and released by Polarity contacts with this neuter radiating heart center. The occiput forms the positive pole of a broad triangular space which covers the motor area and centers of involuntary function above, co-ordinated with the sacrum and structural correction are important here. These are given in this book and book IV, entitled "The Mysterious Sacrum".

CHART NO. 4. GEOMETRIC ANTERIOR AND LATERAL POLARITY REFLEXES AS POTENT SUPERIOR AND INFERIOR CONTACT POINTS POLARIZING THE SUPERIOR POLE WITH MIDDLE OR INFERIOR POLE.



POLARIZED CIRCUIT BY HOLDING BOTH TOES SIMULTANEOUSLY.

CHART NO. 4

In this chart areas of opposite polarity in the body are presented in circular diagrams as a geometric relationship and balance of body parts in action and reaction. It is another approach toward simplification for the purpose of easily memorizing these relationships in the body.

CIRCLE No. 1 extends from the sides and the top of the head to the sides and the bottom of the feet. These are geometric opposites, like the two ends of a stick. As one end is moved, the other must go in the opposite direction in proportion to the length of its leverage and movement of energy stress. Even though there is no direct nerve connection nor is the rigidity present as in a stick, the geometric force moves just the same through wireless waves and produces corresponding polarity reflexes. Many drawings illustrating this principle may be found in book II. This is a lateral presentation of corresponding opposite POLARITY fields. They are very useful as reflex applications in POLARITY THERAPY.

CIRCLE No. 2 connects the mandibular joint in front of each ear with the hip joint and the acetabulum as a reflex pole on each side. Test contact can prove their relationship when either is painful or in trouble. THE TOP AREA IS ALWAYS THE POSITIVE POLE, AND THE LOWER IS THE NEGATIVE POLE.

CIRCLE No. 3 relates the side of the lower portion of the neck and part of the brachial plexus to an area just above the hip joint, in the soft tissue, as a reflex. Release of tension in the lower field will improve the upper condition. These fields of two reflexes, above and below, give the physiological basis for the restriction of respiration such as is encountered in all pelvic injuries because of the lack of muscular support.

CIRCLE No. 4 gives the umbilicus and the knees as corresponding reflexes. This is a new approach to the problem of correspondences in the body through geometry. Tests will verify both contacts as effective in therapy. The umbilicus is the physiological center of the body. The knees are the main flexors of the body. The fires of life, digestion and motion are correlated in the knees. It may again be pointed out that all contacts are bipolar in POLARITY THERAPY, one hand being placed above and the other below, on the opposite center. The energy can be directed either up or down or from side to side, according to the placing of the hands. Currents flow from the right, positive hand to the left or negative hand.

THE STRAIGHT LINE on the left side of the body connects the jaw reflex as the positive pole for stomach response to the neuter pole.

In front of the ear, above the arrow point of circle No. 2 is located the faculty of alimentiveness. A mild holding contact on it on the left side of the head and one active lifting hold under the floating ribs below the stomach will elicit powerful reflexes hitherto unsuspected. Some gaseous eructions and stomach coughs have their origin here. On the right side, the same area in front of the ear and above mandibular joint, has its polar reflex to a center in the liver region which will respond when a contact is made under it, beneath the floating ribs, with the other hand.

THE DOTTED LINES along the outside ot the thighs, shown in the upper portion of circle No. 5, are also potent polarity reflex areas for the digestion. The fascia lata is concerned here. It becomes so rigid in indigestion that it seems like a board on either leg where the energy block exists. This area on the left leg is a stomach polarity reflex and the same area on the right leg reflexes liver obstructions. The electromagnetic energy in these fields is not powerful enough to

cope with the load placed there because of stomach or liver upsets. When the energy cannot flow through, the strain in this tension field is referred to the other poles as blocks or obstructions.

Numbness in the arms has a similar origin in the digestive region and can be traced to over-eating or digestive obstruction. All these troublesome symptoms can be treated and relieved by POLARITY THERAPY, by using the causative pole, tracing its effects and removing the block there also. Energy must flow through its neuter pole to be balanced. All obstructed current flow registers as pain.

There is a similar location on the pubic bone as the inferior pole of the stomach reflex. The "X" indicates a sigmoid reflex in this dotted line extending to the third toe on the left foot. Test all three - positive, neuter and negative poles - for soreness and response in cases of stomach trouble. It is surprising what these geometric polarity responses will do even in the most stubborn case, when they are found and the blocked energy field is released. The application is very simple, as shown in many instances in this course and in books I and II.

THE STRAIGHT LINE on the right side of the body connects a positive reflex center in the jaw and in the mandibular joint with the liver as the neuter pole of response, and a similar negative reflex pole area located on the pubic bone, as shown in the diagram. The "X" indicates the cecum in line with this reflex of the liver, reached through the toe. The dotted line in the center of the leg extends to the third toe on the right foot as the negative pole of the liver and jaw reflex. POLARITY THERAPY applied accordingly is a valuable liver treatment. It has been proven many times. It is not be be confused with the gall bladder treatment which is clearly given in chart No. 7 of this book. The areas vary somewhat because the gall bladder and the duodenum are fiery reflexes, nearer the middle line, while the liver and the stomach are watery polarity reflexes, located more laterally.

Both third toes can be held at the same time for polarization and reflex response. Hold, stretch and release them in rhythmic intervals until the soreness is less and a good response is obtained.

CIRCLE No. 5 links the hip joints with the ankles, as a reflex representative area from a lateral viewpoint. This is a generally accepted co-ordination, indicated by pelvic reflexes around the ankles.

The arrows shown at the end of each circular line indicate centers, and the dotted lines are areas for contacts in POLARITY THERAPY. Sore spots are evidences of energy blocks which need to be released.

CHART NO. 5. POSTERIOR LATERAL GEOMETRICAL POLARITY REFLEXES AND CONTACT POINTS FROM SIDE TO SIDE, AND THE SUPERIOR TO THE MIDDLE OR TO THE INFERIOR, STRAIGHT, OR CROSS OVER.

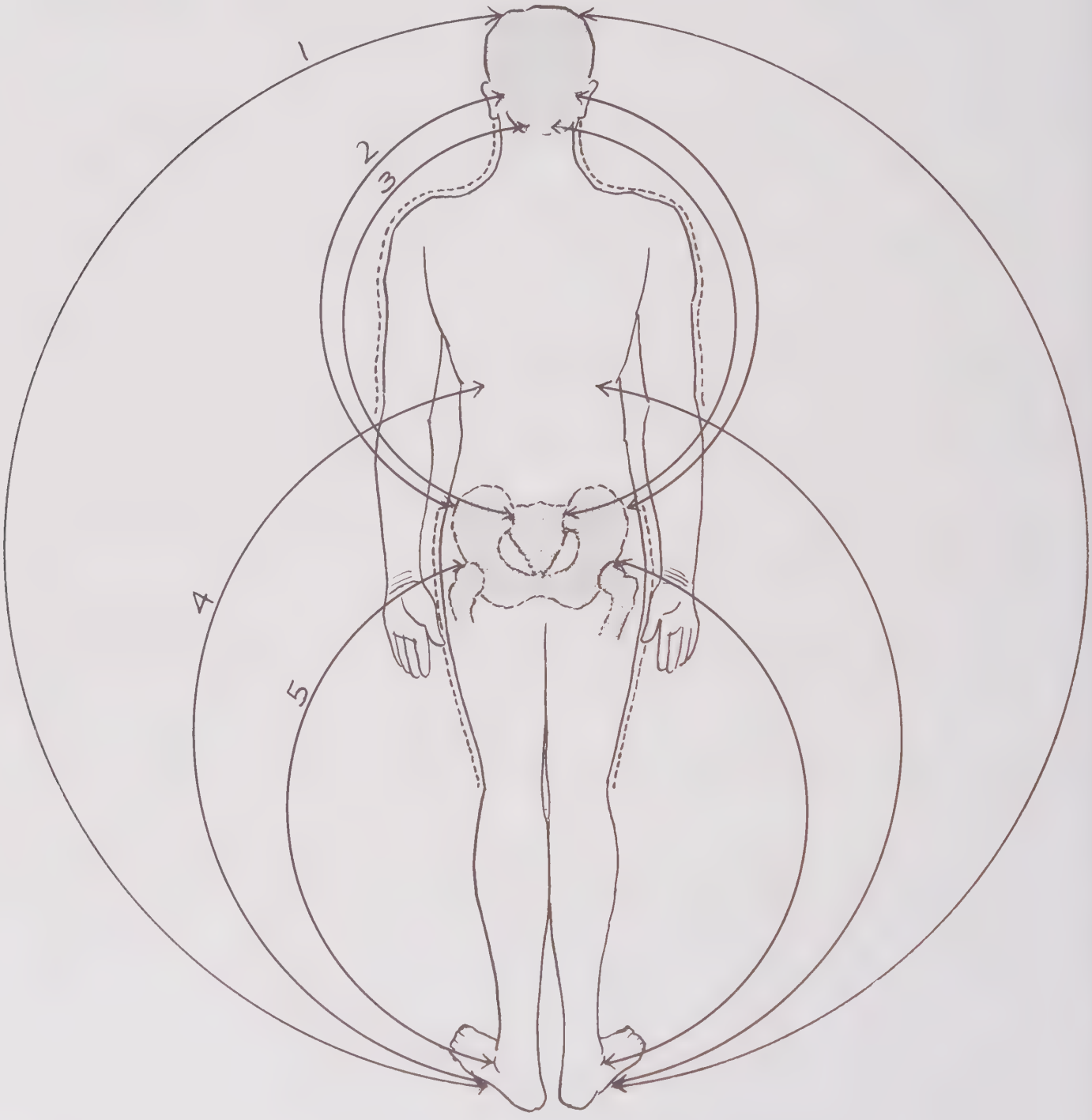


CHART NO. 5

CIRCLE No. 1 illustrates the relationship of the top of the head with the bottom of the feet – from the center of the top of the head to the center of the arches of the feet. Chilling this area of the feet usually results in severe head cold symptoms, and in women patients this produces uterine congestion, the uterus being the neuter pole in the vertical lines of force with polarity reflexes to the top of the head. There is also an indicated relation between the back of the head and the heels.

CIRCLE No. 2 relates the temporal bones to the innominate bones on each side. Loss of balance through the action of the semicircular canals in the temporal bones might have its origin in the innominate and its articular relationships of polarity energy circuits. This polarity reflex is present in cases of ear trouble, whether it can be found or not. The very shape of the ear shows POLARITY association with the similarly formed innominate. The temporal bones are the ear bones. Motion, emotions and ear-wagging in the animals have a definite relationship to each other.

CIRCLE No. 3 establishes a POLARITY relationship of positive and negative poles between the foramen magnum articulation and the center of the sacral articulation with the innominate. This is a very vital correspondence and most useful in therapy. In another place in this book the treatise on the Sacrum deals further with this POLARITY relevancy and its application.

CIRCLE No. 4 shows an unsuspected reflex between the kidneys and the feet, on the sides below the ankles and on the bottoms. For home therapy, hot applications and poultices to the bottom of the feet, in the respective area or in general, will draw from the kidneys. This knowledge is most helpful to the doctor in treating acute kidney conditions and even in coughs and lung conditions. Grandma used to apply hot onion poultices to the feet and cure whooping cough by mildly blistering the feet. This is POLARITY application through the AIRY TRIAD OF THE KIDNEYS AND THE LUNGS. Direct POLARITY application would give even quicker and better results. POLARITY THERAPY should be repeated until all pain is gone out of both areas, above and below, and the symptoms are cleared.

CIRCLE No. 5 indicates the line crossing the bracelets of the wrists, from a posterior view, connecting the associated reflex area of the hip joint with the ankle joints. The wrists, ovaries and testes also have a functional reflex in the bracelets of the wrists, anteriorly, just above the hands, where the line of circle No. 5 crosses in the diagram. This is useful in diagnosis and estimation of vital force as pelvic function in pregnant women, as previously mentioned. Curved-in or broken lines indicate great difficulty in childbirth, and a cesarean may be necessary. It is good to know and be prepared.

Capacity of any field or organ is expressed in lines of force in its corresponding reflex centers, as their silent wave-length recording, like handwriting on the tissue walls. Knowledge of this is a great aid to the physician in rendering most effective service, and raises the public's estimation of his knowledge and skill. This is priceless information, especially in the field of obstetrics.

The dotted lines along the neck, the arms and the thighs depict the polarity reflexes on the outside of the body, viewed from the back. They represent the outer negative pole, associated with the inner side of the thighs and the anterior portion of the neck, shown as dotted lines in chart No. 4. Both, the inner thigh area and the outer tension blocks, must be released to balance the current flow and eliminate the pain caused by this obstruction of the energy which results in tension in the fields concerned.

CHART NO.6. PRIMARY FIELDS OF SPACE CIRCLES AS BODY CAVITIES WITH THEIR CROSS OVER POLARITY LINES OF ENERGY AND ONE NEUTER CENTER IN EACH. THE CHEST REPRESENTS THE PHYSICAL FIELD OF AIRINESS AND RESPIRATION. THE ENERGY ASPECT OF THE AIRY ELEMENT IS USUALLY ATTRIBUTED TO THE MIND, THE BRAIN, AND THE NERVOUS SYSTEM, PRIOR TO PHYSICAL FUNCTION

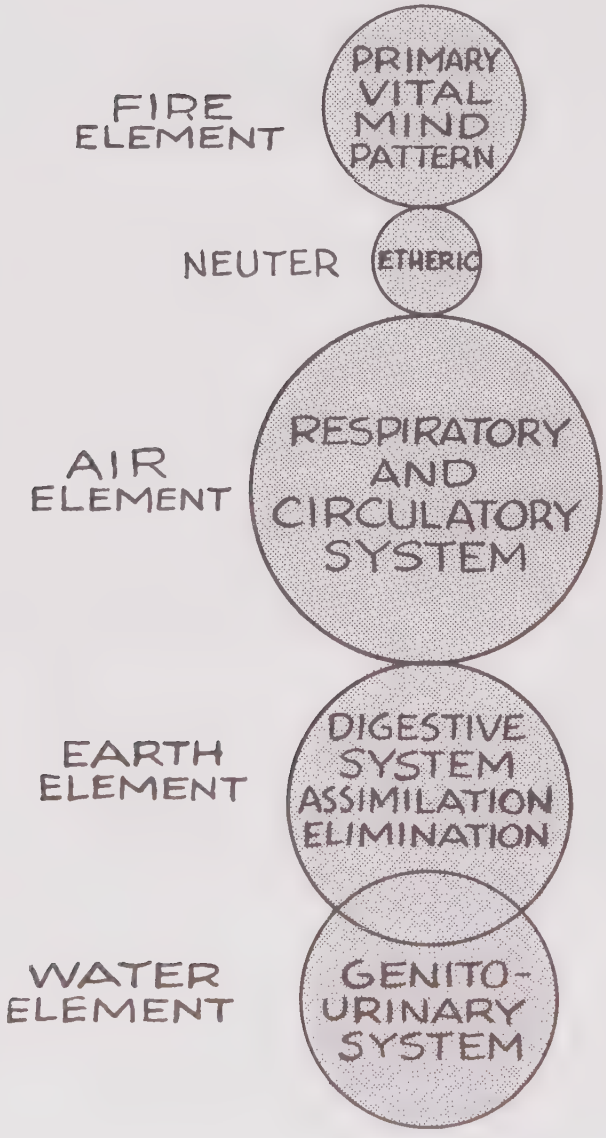


Fig. 1

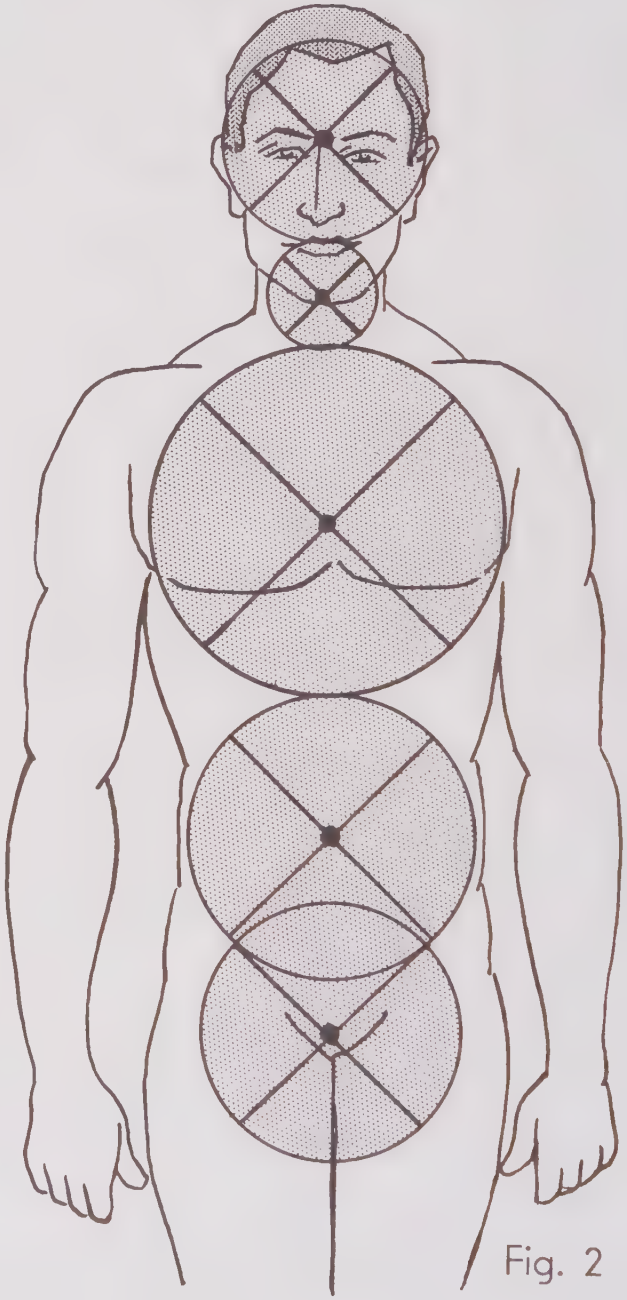


Fig. 2

CHART NO. 6

Figure 1 portrays the five forms of matter, operating as five fields, building the human body. The body cavities are the potential fields which contain the vital organs of function.

Figure 2 depicts the application of principles illustrated in figure 1 by placing them in the respective cavities of the body. Matter, in its finer essence of etheric function, whirls in circuits by enclosing space for specific expression of stepped-down energy from a high potential of mind energy, through etheric, gaseous, liquid and solid forms of matter as polarized fields, and functions as structural energy expressed through sensory and motor currents. The center of consciousness of all fields resides in the neuter point between the eyes. This explains the energy field idea, made up out of space by the primary energy currents which encircle space and build in it, like a bird makes a nest. Space existed before there were organized forms with fields, organs, nerves and functions.

There is always an accumulation of energy at the centers, where the POLARITY currents cross, as illustrated in figure 2 and in charts No. 1 and 2 in book II.

Each field will be recognized in its function, as it is given throughout the book and well illustrated in charts No. 1, 2 and 3 in book II. Each field has a vibratory keynote of its own as well as specific POLARITY currents for action. The physical aspect of the field is the negative phase. The positive, wireless energy which flows over it is the positive pole in each field. That is why two illustrations are given in this chart.

The cold earth must be activated by the fire of life and warmth in order to function. In the same way, the driving vital force, active in the circulatory system, is a fiery energy; while the fine mind energy essence floats in the cerebrospinal nerve fluid as an airy nothingness which gives direction and intelligent perception to the nerve cell actions as sensory and motor impulses. This subtle, hidden energy in the nerve fluids was called the alchemical function by the medieval doctors, such as Paracelsus.

Ayurvedic medicine of India also associates the brain and nerve functions with the airy element of the mind by looking at it from the one polarized neuter center within from which all external forms originate and emanate. In the Ayurvedic system the circulation and the respiratory functions were classified under the fiery element because of the sustaining warmth and the fiery energy and warmth in the blood stream. There is no contradiction whatsoever; it is merely a matter of looking at it from the center outward, or from the outside in.

To avoid confusion, I have taken the latter view in presenting the external relationship of parts because it is much more in keeping with our western viewpoint of anatomy and physiology, as follows:

1 – The superior (the brain, etc.) as the positive pole. The airy mind pattern energy.
2 – The middle (the sustaining principle of life) as the neuter pole. The sensory energy of warmth and emotional feeling. (The heart center)
3 – The inferior, the negative pole, as the result or culmination of all the currents' travel and the crystallization of the energy essences into physical fluidic essence as seed power, seeds and fruits which express the sum total of the original pattern in form. (The generative center.)

This is how Polarity starts as energy flow in the very pattern design in the beginning of

CHART NO. 6

embryonic life. How can we neglect such an important factor which builds the form around a central life axis to function in and through it as long as life abides in that form.

Mind is the neuter pole of all the five energies and fields in the body. It is the fire of intellect called 'chit' in the Vedas, the light of perception, recollection, plus reason or comparison, also the I-ness of ego, which dominates all action as the executor of motor energy. Mind is the agent of the soul as a mediator or neuter field between soul and matter. It is the switchboard of life's intelligence and action.

The first ring at the top of each figure illustrates the mind essence as the subtle airy element and the active agent in the cerebrospinal nerve fluid, in its high vibration as sensory, sound and light waves. This is a step-down current from that of mental perception. It is classed under the fire element here because action and motor force are its outstanding physical characteristics.

All five circles or ovals have a triune function and the five energy currents of matter weave through each in their rotation and flow of exchange of energy through the whole being. Each oval or circle is like a universe with its planets. Forces of similar quality flow in the constitution of man as vibratory essences. Each circle, as pictured, has a keynote and a special sense which predominates and characterizes its function—five circles, five senses: (see chart No. 2 in book II.)

1 – The most outstanding sense in the head is the sense of sight. It is a sensory function with motor power of direction through the mind forces and light waves.

2 – The sense of hearing also has its center in the head, the same as all the five senses, but the motor expression of it lies in the throat, as the power of speech. Real sound is the etheric principle which is a neuter essence and has its location in the throat region, as the link of the superior and inferior regions in the body. That is why so many reflexes lodge in the neck as a typical cross-road of currents.

3 – Sensation resides in the heart region of the chest, as feeling and the sense of touch.

4 – Smell has its sensory roots in the nose and it resides in the digestive region, in the fermentation of foods.

5 – Taste has its origin in the tongue and resides in the watery element, the generative system.

1 – In the human brain is centered the entire universe in a microfilm pattern arrangement. The great universal mind and the small individual mind have much in common. All inspirations come from above. Mind is the primal energy of patterns, ideas, designs and geometric relationships through the corresponding lines of force, of form and of structures, with that of its own keynote pattern. "God geometrizes."

This co-extension forms the first link as the essential POLARITY principle in all things. The infinitely great and the infinitely small are polar opposites in this wonderful creation of ours. If man could only realize the limitless possibilities in this wonderful arrangement! Mind contains all external creations. Man can tune in to the high or the low frequencies, as he directs the lines of force of his mind into that of the Universal, through concentration. As we call, so is the echo. The fruits of our own thoughts – good and bad – come back to us like a boomerang,

sooner or later.

Man does not create original designs. They are all but copies out of the universal storehouse, existing somewhere in action. Selection and direction of attention form the secret of this tuning into the universal storehouse. This may be likened to a radio frequency, but the mind does not stay put. It wanders. So the frequency and the universal broadcast which we cannot reach by our wandering lines of force are not heard and its mysteries are not seen. Man has no idea of the full extent of the latent wonders in creation and in himself.

2 – The neck cavity is the second circle and forms a neuter link between the head and the body. Currents from above and from below must cross here in this neuter etheric field. That is why so many Polarity reflexes are felt in the neck. It is literally a field of "sticking the neck out" into cross-currents of energies. Powerful reflexes can be found here for POLARITY balance with the above or the below.

3 – The respiratory and circulatory systems represent the exchange of the airy element of life in the individual with that of the universe. Ayurvedic medicine calls it "Prana". It is also the "Ruach" (spirit of life) mentioned in the Cabala. It becomes the heat principle through its oxidizing power. This latent energy must reach every cell of the human body and link it to the universal essence in order to continue its existence in this world. Breath is life. Circulation represents warmth and sustenance by carrying the life breath. The essences of food substances carried in the blood stream are concentrates of the four grosser elements in nature.

4 – The digestive system is the sustaining function of the body. A fiery energy digests the food, and the abdominal cavity is like a pot.

5 – The generative circle is the water essence field of the entire body. That is why it is capable of representing the fluidic picture of the entire essence of the body in the seed power, as a specific pattern after its kind. All functions of secretion and skin actions have their roots and causes here. Do not overlook this point. Establish a functioning balance here when skin symptoms are present. The sacrum contains the reflected motor force of this energy from the brain as a coiled vital force called the 'Kundalini' energy in eastern terminology.

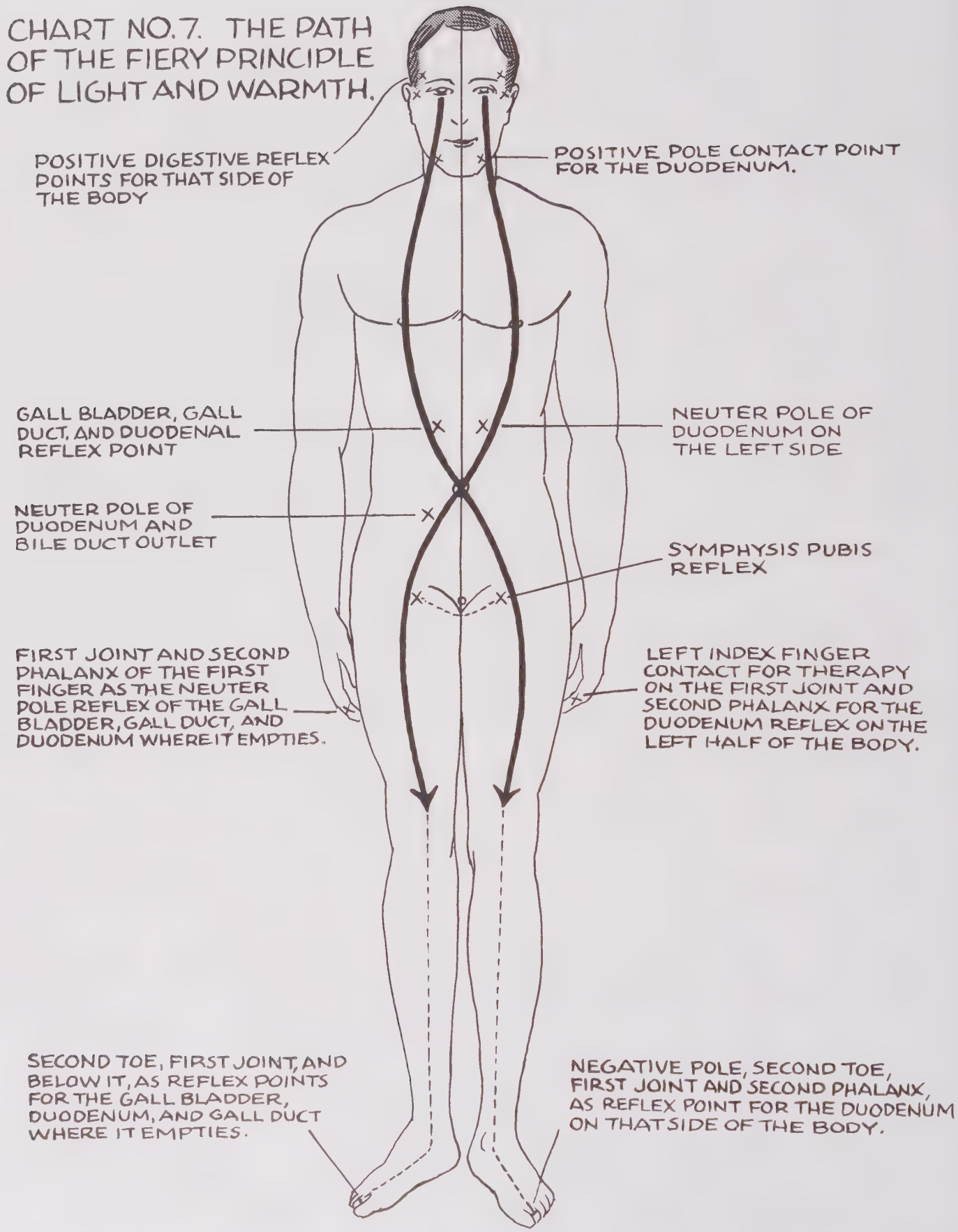

CHART NO. 7. THE PATH OF THE FIERY PRINCIPLE OF LIGHT AND WARMTH.
POSITIVE DIGESTIVE REFLEX POINTS FOR THAT SIDE OF THE BODY
POSITIVE POLE CONTACT POINT FOR THE DUODENUM.
GALL BLADDER, GALL DUCT, AND DUODENAL REFLEX POINT
NEUTER POLE OF DUODENUM ON THE LEFT SIDE
NEUTER POLE OF DUODENUM AND BILE DUCT OUTLET
SYMPHYSIS PUBIS REFLEX
FIRST JOINT AND SECOND PHALANX OF THE FIRST FINGER AS THE NEUTER POLE REFLEX OF THE GALL BLADDER, GALL DUCT, AND DUODENUM WHEREIT EMPTIES.
LEFT INDEX FINGER CONTACT FOR THERAPY ON THE FIRST JOINT AND SECOND PHALANX FOR THE DUODENUM REFLEX ON THE LEFT HALF OF THE BODY.
SECOND TOE, FIRST JOINT, AND BELOW IT, AS REFLEX POINTS FOR THE GALL BLADDER, DUODENUM, AND GALL DUCT WHERE IT EMPTIES.
NEGATIVE POLE, SECOND TOE, FIRST JOINT AND SECOND PHALANX, AS REFLEX POINT FOR THE DUODENUM ON THAT SIDE OF THE BODY.

CHART NO. 7

The illustration given here is of the FIERY principle as it functions in the human body.

The superior pole is manifested in the light of the eyes and descends over the region of the heart and chest as respiration and the fiery warmth in the blood, to supply every cell of the body. It crosses over in the abdomen in the region of the umbilicus, where it becomes the fire of digestion in the splanchnic area and in the solar plexus. It centers especially in the duodenum as an emotional seat of the fire principle; also in the gall bladder and duct as the organ of anger, jealousy, envy, hatred and bitterness. Its third function is action and motion which are expressed through the skill of the hands in the neuter pole and as running through the action of the thighs. The thighs express this definitely in the motor field as the negative pole. When a horse runs away, if his eyes are covered by the hands of the rider, he will stop at once. These psychological qualities were expressed as planetary characteristics in alchemical writings because truth had to be veiled. Planets also radiate energy waves as their keynote of action.

In headaches, in hemicrania and when there is the pulling and straining sensation in the eyes, even with glasses, as if they were being drawn out of the head, it is the fiery circuit which is disturbed. The head symptoms are but reflexes from the neuter pole of the gall bladder and the duodenum, where the real trouble is located. Emotional stress is the hidden background of these recurring symptoms. This is verified by gas pains, abdominal cramps and indigestion symptoms. Belching is a sure sign of it, when enough action is present to get this symptomatic relief by moving the accumulated gases.

In such cases everything goes to gas because there is not enough of the fiery power present to carry on the complete process of digestion. Foods may even remain in the stomach, undigested, for days. Even skillful and careful work over the liver area, anteriorly and posteriorly, does not release the cause of it; but it does help to bring up the gases and relieve the head of gas pressure through belching.

By experience and diligent research I have found that the liver and stomach are not so much at fault here as it seems. They only lack motive power to do their work because the emotions have diverted the energy. The real block is in this fiery element which is stuck in the gall bladder and the duodenum, into which the common bile duct empties. Abdominal work helps but does not get the quick nor lasting reaction as does the POLARITY REFLEX from the negative pole. In this case it is the negative pole that is blocked, which does not allow this current to return in its circuitous sweep from top to bottom and back again. The exact spot is the first joint of the second toe, near the big toe on each foot.

This reflex area is entirely new in its application as a specific for these symptoms and for obtaining immediate relief. The POLARITY area is different from the actual liver and digestive one, which is usually the second finger and the third toe for the liver, stomach, colon and digestion in general. Here, it is the fire element, in its active natural response, located nearer to the middle line of the body.

Each one of the four polarized elements has a positive pole, a neuter pole and a negative pole. Therefore, all action is triune. Whenever they move, or wherever these fields are, they must be related to each other by POLARITY FUNCTION AND CURRENT FLOW to obtain best results.

Chemistry also works through Polarity attraction and repulsion in each field in the body, by

CHART NO. 7

selection of material attracted by these organs. BUT POLARIZING THE CURRENTS THEMSELVES BY REMOVING THE EXISTING BLOCKS THROUGH SIMPLE CONTACTS, gives fast and favorable results if the exact blockade is found. This can easily be traced by the current flow in that area, the five divisions laterally (see charts 3, 5, 6, 7 and 8 in book II), and the superior and inferior location of structural polarity fields as shown in chart No. 4, book II. Also please refer to the charts on page 31 of book I which explain the origin of these four elements in their embryonic development and the organs which they build and over which they flow.

A little reflection will pay the doctor well in enabling him to do better work with the expenditure of less effort. Also the keen interest that real research work brings about makes the mind grow and keeps us young and happy. An interesting life, coupled with the proper attitude, is a happy one.

This chart reveals the path of finer psycho-physiological energy in the human body. It belongs to the Wireless Anatomy series. Principles and locations are outlined here, and the applications are given in the charts following this one.

CHART NO. 8. PRINCIPLES OF CHART NO. 7 APPLIED AS THERAPY. POLARITY CONTACT POINTS FOR GALL BLADDER, GALL DUCT AND DUODENUM, TO RELEASE ENERGY BLOCKS.



Fig. 1

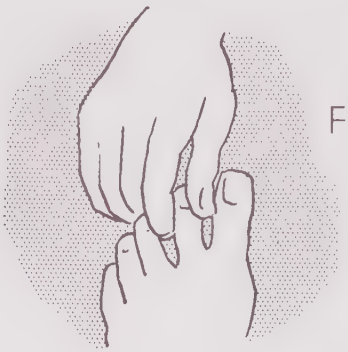


Fig. 2



Fig. 3



Fig. 4

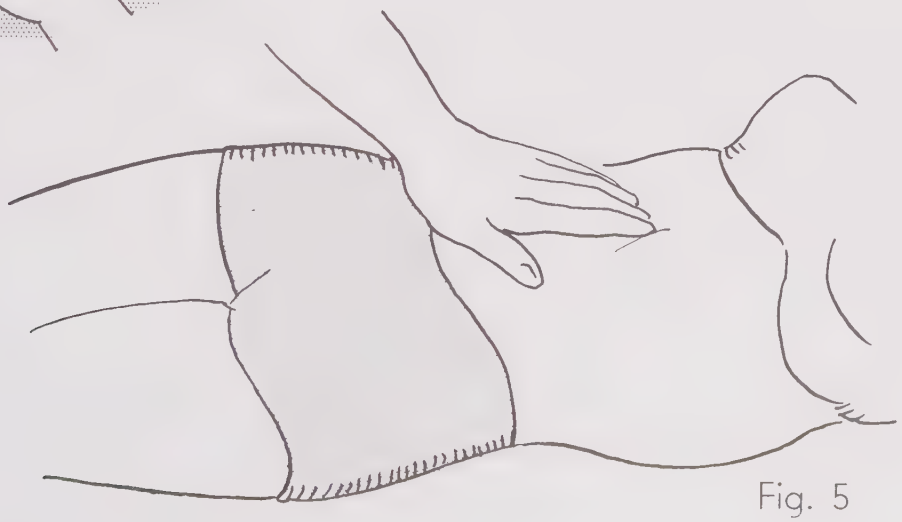


Fig. 5

CHART NO. 8

This chart illustrates the application of the principles explained in chart No. 7 for specific gall bladder and duodenal polarity reflexes.

TREATMENT

Fig. 1: Have the patient lie on the back. The doctor stands at the foot end of the table and firmly presses the first joints of the second toes of both feet, grasping each between the thumb and first finger of each hand, holds them firmly and pulls in order to release the joint. When the block is released by this gentle but firm stretch, the joint clicks during the stretch. The one with the greatest trouble requires a longer time and sometimes several applications before it will click. Normal joints click easily without pain. The first joints of the second toes on both feet are very sore in gall bladder and duodenal obstructions. There will be plenty of emoting and squirming on the patient's part, but if the doctor will presevere for one minute at a time, with one minute or so interval in between for rest and a healthy reaction, the corresponding organs will respond by gurgling once or more and the patient will immediately begin to feel better. The pain at the point of contact will also be less each time the contact is made, and by and by it will completely disappear. This double contact has a polarizing effect by balancing the currents of one side with the other, plus the top and bottom polarity reflex responses.

The contact is first on the anterior and posterior surface of the second toe of each foot, at the first joint, as previously mentioned and as shown in fig. 1. Second, on each side of the same joints on both feet as shown in fig. 2. Hold each contact for about one minute, relax and repeat until good relaxation and response takes place. This should be repeated about three times during one treatment. The lateral contact elicits a different polarity reflex than the anterior-posterior one.

The contact on the first joint of the second toe of the right foot is for the gall bladder, gall duct, and the portion of the duodenum where it empties, on the right half of the body. The contact on the first joint of the second toe of the left foot is for the duodenum, which is located in the left half of the body. Sometimes one organ is in greater trouble than the other, hence the first joint of the toe on that half of the body will be more sensitive and painful.

Fig. 3: Identically the same contacts will be made on the first joints of both index fingers to polarize the neuter reflexes of these areas in the body.

Fig. 4: Shows the contact for polarization from the superior reflexes (the right hand on top and side of the forehead) to the jaw, at a point of the gall bladder polarity reflex on the right side, and on the left side for the duodenal reflex. The operator stands on the left side of the patient and spreads out his hand in a bipolar contact from one side of the head to the other. The left thumb fits the jaw, and the fingers make a firm contact under it to support the thumb pressure. Hold it for one minute. Then change the jaw contact to the right side, hold firmly for one minute. The head contact remains steady and unchanged during both of these jaw contacts. The currents will flow from the head to the jaw because the right hand is on top, emphasizing the outflowing currents to the organs and polarity reflexes.

Then the doctor stands on the right side of the patient and places his left hand on the top of the forehead and his right hand on the jaw areas. The currents will flow upward to the left hand and augment the sensory return circuits in the patient's body.

CHART NO. 8

Fig. 5: Next, a gentle, double contact can be given for a POLARIZING effect, and this is a combination of the contacts shown in figures 2 and 5. The first finger and thumb of the doctor's hand firmly holds the sorest second-toe joint (it is the soreness which determines whether the contact should be on that particular joint of the right foot or the left, and it is the most painful one which is to be held); the other hand lying flat over the area of the gall bladder and the duodenum, with a gentle, upward movement. The other side of the body may also be similarly treated.

Then a gentle stretch of the head as shown in chart No. 25, figure 3 in this book is all that is needed.

These cases do well with hot drinks containing a little honey or sugar to pacify that fire element. In such cases foods and drinks containing roughage cannot be tolerated because colitis is usually associated with the severest symptons of this kind. These chronic cases are, as a rule, born with this deficiency; hence, the relief that can be given by the application of POLARITY THERAPY will be much appreciated because it is rare and hard to find.

In these conditions the shin bones may also be found to be very sore because the shin bone is the specific polarity reflex of the airy principle of the colon area, and is given as a separate treatment in chart No. 9 of this book.

CHART NO. 9. POLARIZING PAINFUL ENERGY BLOCKS IN THE LONG BONES OF THE LEGS.

SPASTIC MUSCLES OVER THE ANTERIOR SUPERIOR SPINE OF THE ILIUM CAUSE THE ANTERIORITY OF THE INNOMINATE AND THE SACRUM. THE POSITIVE POLE IS THE TENSION OVER THE SHOULDER AND ON THE OUTER ARM MUSCLES ON THAT SIDE. BOTH AREAS MUST BE POLARIZED BY FIRM PRESSURE CONTACTS SIMULTANEOUSLY FOR RELEASE.

SEE CHART 13 BOOK 4

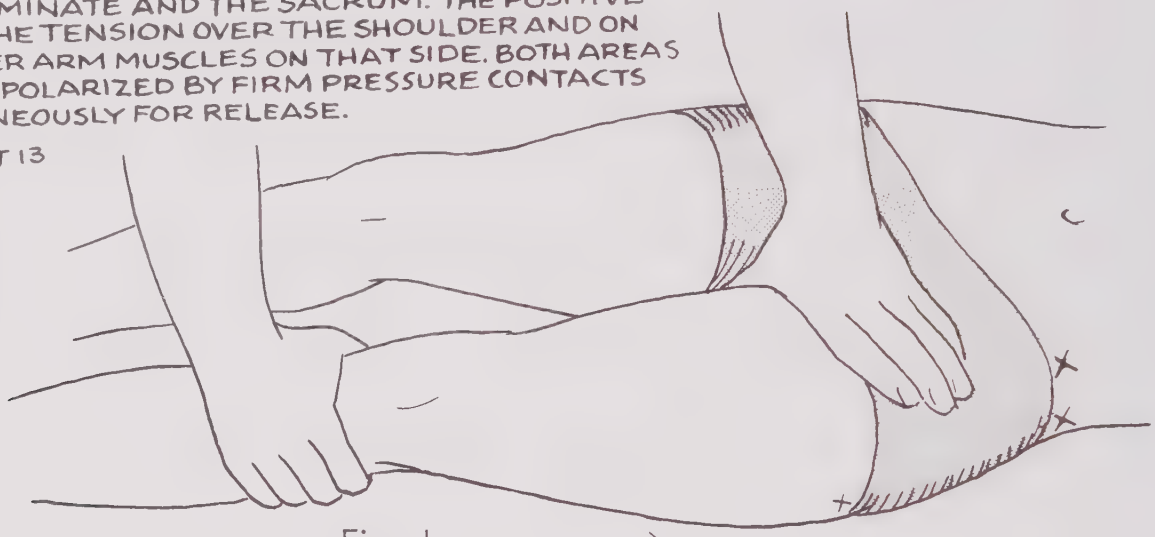


Fig. 1

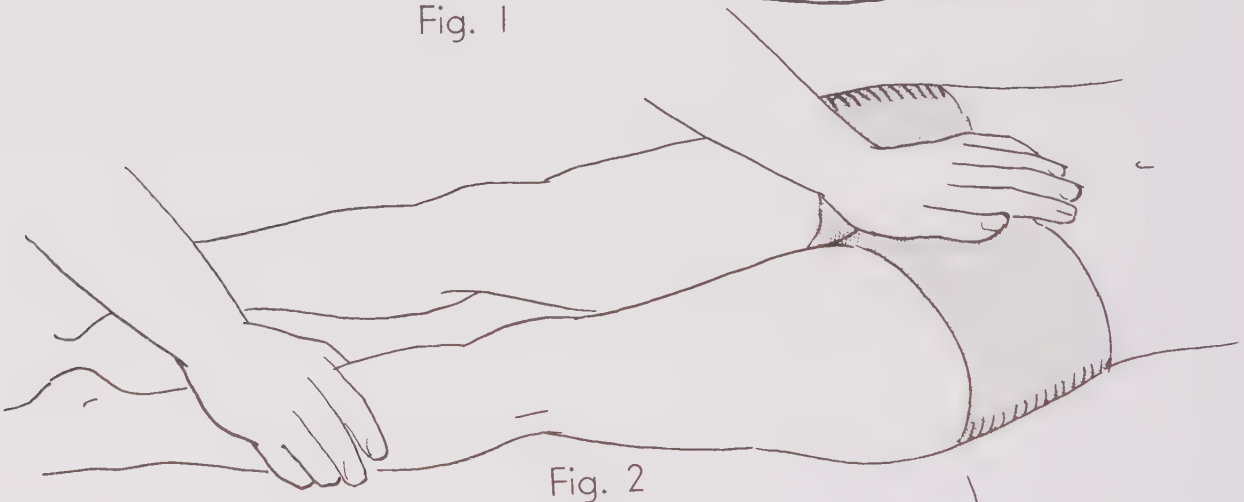


Fig. 2

THE INNER MUSCLES OF THE THIGH ON EACH SIDE HAVE A RELEASING EFFECT ON PELVIC ORGANS AND MUSCLES. LIKE THE PERINEUM, THEY ALSO HAVE A POLARITY REFLEX TO THE THROAT AND NECK MUSCLES. FIRM POLARIZING CONTACTS HERE ARE VALUABLE FOR THROAT AND NECK RELEASE. ESPECIALLY IN TORTICOLLIS

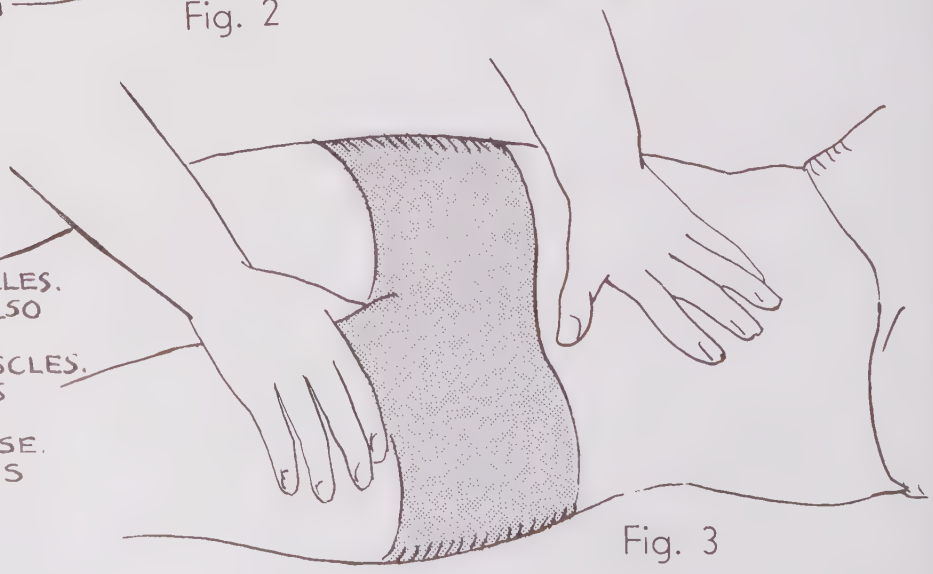


Fig. 3

CHART NO. 9

Pains in the long bones ordinarily indicate anemia, exhaustion, lymphatic stasis or lack of vitamin C, calcium, manganese or sodium; however, the periodic recurring pains in the arms or legs, especially at night, are usually due to neuralgia. The pains come and go. They usually come on after the body has been exposed to the least chill or slightest draft. Even at night the pains continue like in rheumatism.

A poor digestion is the background of these symptoms. In such cases gas is present in the legs or arms, which allows but a moderate circulation. The least amount of draft stagnates the gases and neuralgic type pains appear.

The old-time remedy for this was warmth by wearing woolens and red flannels. Heat or warmth tends to alleviate the pain, and may be applied in the nature of a heat lamp or electric pad, or hot vinegar and water compresses, etc. A counter-irritant like Capsicum, hot mustard or horseradish plasters are old-fashioned remedies. They give relief but do not correct the cause. The function of the liver, gall bladder and digestion in general must be improved in order to overcome this hypersensitiveness and recurring tendency to congestion. This may easily be done by the application of POLARITY THERAPY.

TREATMENT

In the case of soreness in the shin bone, the doctor stands on the opposite side of the leg he wants to treat so he can better contact the inside of the leg with the grip of the thumb and fingers in a firm kneading twist of the hands on the knee and thigh, in opposite directions.

FIGURE 1: The thumb and fingers of the doctor's left hand cover and firmly hold the tendons and muscles of the inner side of the thigh with an outward rotational move. The right hand makes firm gripping contacts anywhere below the knee, with an inward twisting motion.

FIGURE 2: When treating the left leg, the doctor's left hand is gently placed on the left side of the pubis in a lifting, vibrating, upward directional move. The right hand grips and kneads the calf muscles in an outward twisting motion.

FIGURE 3: While the thumb and fingers of the doctor's right hand grip the thigh muscles firmly in an upward vibrational move with an outward twisting hold, the left hand lifts the abdominal tissue over the umbilicus in a gentle grip and holds it for one minute.

These contacts are repeated until the release of obstructions is assured. When treating the right leg, the doctor stands on the left side of the table. The procedure is the same.

This and other Polarity Applications may be concluded by polarizing the head of the patient from side to side and diagonally, from the anterior to the posterior. For this the doctor stands at the head of the table, using one hand on each side where soreness is found.

If the pain in the bones is too severe and has been present for a long time, it may be necessary to apply leeches over the area and on the calves of the legs to withdraw the stagnant blood which is loaded with gases and waste products and thus enable fresh blood to circulate. For this application, see chapter on "Leeches" in this book.

CHART NO.10. BODY POLARITY AND GRAVITY TEST BOARD

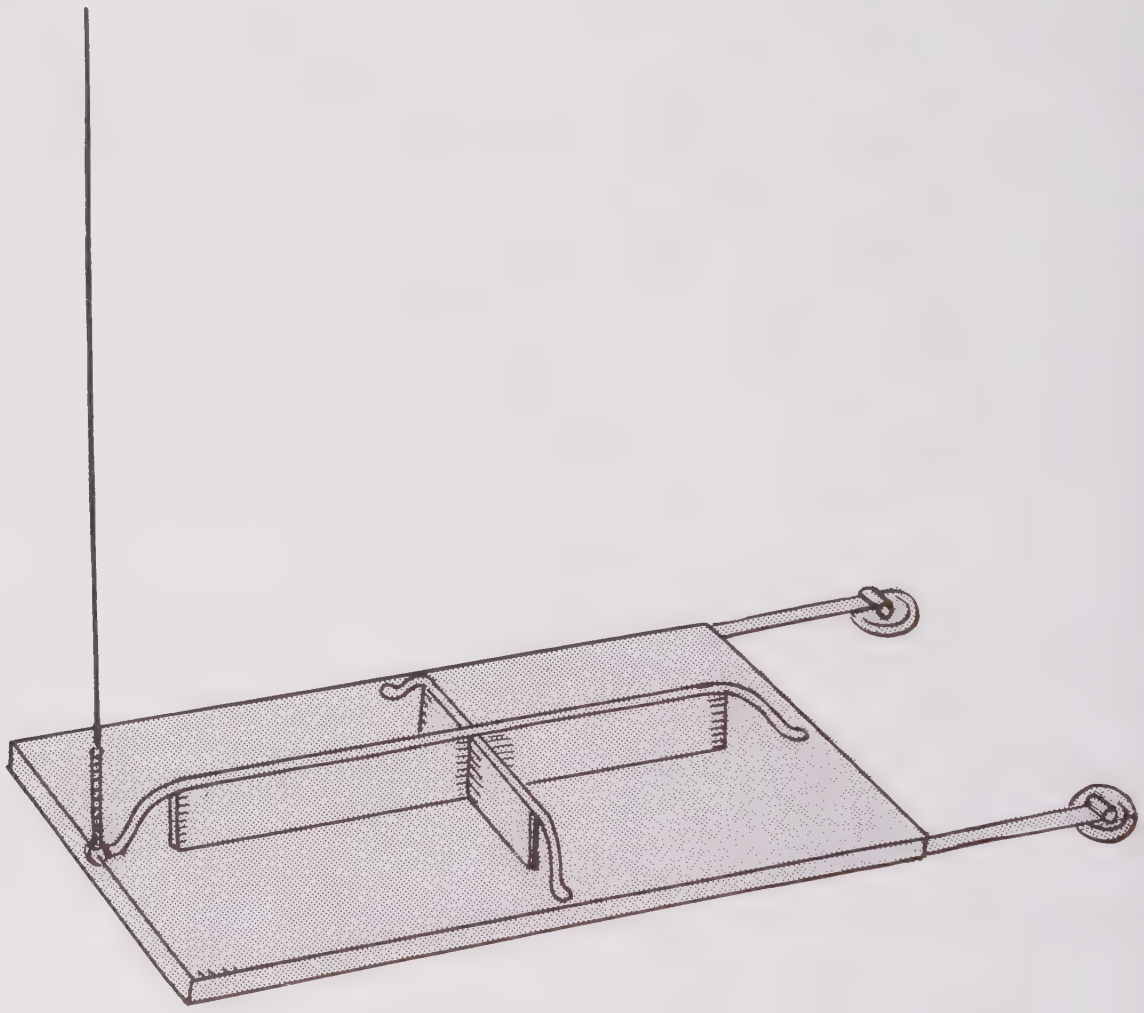


CHART NO. 10

The principle used in the test board is as old as the pyramids. The board shown in this chart is two feet long and one foot wide. In the center of the board is a cross divider - one lengthwise and one crosswise - at perfect right angles. A string, with a heavy plumb bob at the end of it, is suspended from the ceiling and is positioned exactly where the point falls on the center line at the end of the board. Then the string is fastened. The position of the board is then marked on the floor with indellible ink, so water won't affect or remove the markings. In this way the board can be quickly replaced exactly where the plumb bob indicated it to be correct, no matter how often the board may be removed for cleaning purposes.

The little suction cups at the ends of the rods extending from the board, hold that end on the floor. This board can be raised for cleaning or leaned against the wall if space is needed.

The length of the board is for the purpose of a clear view of the line-up of the patient with the center line of partition, and to give room behind for the string, so the patient does not touch it.

The test board in the illustration has a little iron pipe over the right-angle partitions to hold them firm. This is not necessary. A 1'' x 2'' wooden strip, securely fastened to the center of the board and one at right angles to it will do very well. A line drawn in the center of the long strip would give the line-up for the string.

TO CHECK THE LINE-UP OF THE PATIENT: The doctor sits on a stool, facing the line which is suspended from the ceiling, and lines his sight up with the center line always. The patient stands on the front half of the board, as is clearly demonstrated in chart No. 11, with the back toward the doctor, heels snug up to the back stop of the center divider on the board, and the feet in a natural position, without any effort to place them or line them up with the center of the board. The knees must be free. If they interfere, then the feet should be separated but at an equal distance from the center on each side of the divider, and the heels remaining snug against the back stop.

EXAMINATION: The pulse should be taken BEFORE placing the patient on the board for checking the line-up. Each pulse beat relates to an energy field in Nature. Much that has been overlooked by the western world for centuries, can be discovered in this field alone. Details on the pulse are given in the explanation of Chart No. 2 in this book. Next, the blood pressure should be taken to note the tension in the fluidic circulation. This reveals to the doctor an important point on whether it is advantageous for the patient to take hot baths for the relief of high blood pressure, or cold showers over the spine in cases of low blood pressure.

The gravity principle of the earth is used in every construction job, even in the laying of bricks and all the superstructure. A right angle is the shortest line to the earth in its gravity pull. The plumb bob test string represents this line. The patient is placed with the back toward this line for comparison and check of the central axis of his own gravity to that of the earth. By doing this, the comparison reveals the imbalance of the person's own gravity structure. This imbalance limits his motion and function, even though he is not in action or under the pull of gravity outside.

The person's own center of gravity in relation to his inner forces is far more important than the center of gravity outside. Merely measuring man's relationship to gravity is not sufficient.

CHART NO. 10

The line-up has been used in this manner for a long time and it has been found wanting because the relationship of a living being is quite different than an inert mass. The purely mechanical principles do not suffice here. After many years of checking and using this simple device, I stumbled onto the idea how this could be used in measuring the POLARITY FIELDS OF THE BODY AND CHECKING THEIR RELATIONSHIP WITH EACH OTHER against the background of the earth's gravity.

The earth's gravity force does not rule man. It only conditions him when his own gravity fields are out of balance. Man is an integral unit, having a central gravity line of force of his own by which he acts and around which his forces spin as the central orbit of his being. Man overcomes gravity through leverage of bones as extension levers with joints, and muscles and tendons as cables which operate them.

True, man is dependent on Nature for everything for his survival and existence on this earth. The air he breathes, the warmth of the sun or its crystallized deposits as oil, coal, wood, etc., the water he drinks and the food he eats. All this relationship is also a gravity principle which links man to Nature, even more closely than the earth's gravity. But much of this has been ignored in therapy. If the good doctors would take these more important factors as seriously as the gravity of the earth, they would find some astonishing forces at work in man and in Nature by which he is really bound and conditioned. And these are the points I have endeavored to bring to the attention of the healing art.

Even the atomic energy field extends man's researches only to the POLARITY FORCES latent in matter without conductors. To apply the same research and importance to man as a human being is even more essential because it deals with life itself and its polarity action. The finer energies in Nature are wireless and less conditioned than the specific, stepped-down forces.

Mechanical principles depend on gravity. Chemistry depends on the polarity principles of attraction and repulsion in the field of matter. My earnest endeavor has been to extend this field of POLARITY influence to the manipulative art, where it could equally cope with the wonders of the influences of chemistry for the benefit of the body, but without the risks that are often involved in the use of chemistry.

Real knowledge can be tested and proved in practice, whether it be in a trade, a profession, in mechanics or even the endless field of therapeutics. A larger vision expands the mind and the emotions so they can come to maturity with the growth of the physical body. The dweller in the house of the body is the real being and more important than the house. His relationship to the body is most vital for expression and function in this world of experience, sensation and action. For best results there must be a balanced relationship of the fields of action, thought, emotions and gravity, which can be easily done by the proper application of POLARITY THERAPY.

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

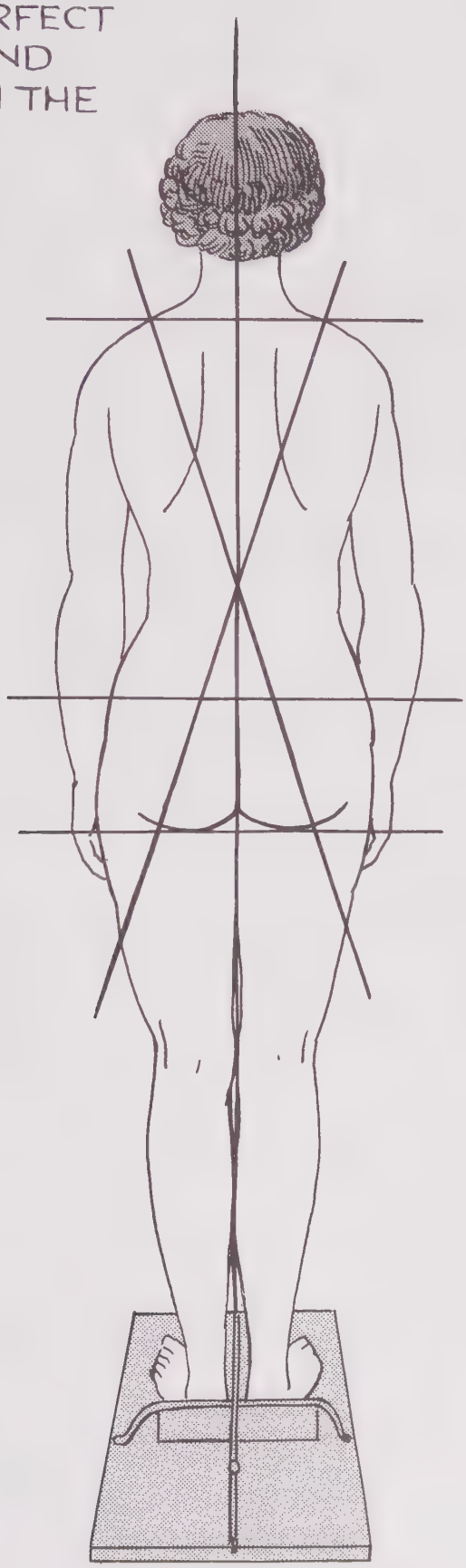


CHART NO. 11

Chart No. 11 depicts the relationship of the central axis of the spine, the head, the shoulders, the sacrum and the legs and feet as a picture of a normal posture. Here is a body balanced in its own polarity field and muscular pull with that of the earth. Freedom of action is possible through perfect leverage.

Please note that the line of the center of the sacral articulation to the middle of the shoulders crosses exactly where the umbilicus would be, if this check-up were taken anteriorly, over the sensory fields of relationship. On the back, it is between the second and third lumbar vertebrae, which represents a straight line through, from the umbilicus. Any deviations from these lines of balance, show the unpolarized fields under stress and pull.

The findings and varieties are many and too involved to picture all of them. The factors behind all this are not only the muscles under tension, but the impulses to these muscles from fields of sensory abdominal reflexes and emotional stress. Bony adjustment and muscular stretch are structural corrections and do not always balance the energy in the POLARITY FIELDS. Cerebrospinal fluid impulses or index pressure are not dependent upon structure normally. Visceral reflexes and emotional impulses are also independent actions in natural life.

Folds and grooves over the liver area or the stomach area on the back are important factors. The lateral spinal curve which compensates these saggings is due to the sacral position and over-all internal stress caused by disturbed vital polarity function in the cerebrospinal fluid of the sacrum. Much can be done here by the use of POLARITY THERAPY, which results in more stable sacral correction. Vital and unconscious impulses which are the driving energies throughout life, lie dormant in the sacrum. The sacrum is the negative pole to the brain. It expresses the motor action of brain impulses. There is an important relationship between the three geometric horizontal lines and the three vertical ones, shown on this chart.

The structural energy control is also in the pelvis, as the pattern of the seed power in its negative polarity action of electronic spinning vortices as Nature's design in all living beings. In the brain it is represented as the pituitary gland, located posteriorly between the eyes, as the positive pole and center for governing the growth of the body. Science has made this discovery in recent years, but not the POLARITY ENERGY FIELDS which synchronize with this function.

The lines on this figure reveal at once the relationship of the above to the below, and the inferior to the superior and the diagonal balancing energy currents.

The horizontal shoulder line and the horizontal line through the center of the sacro-iliac articulation disclose much. This is further illustrated and described in Chart No. 13 in this book.

The third horizontal line, under the buttocks, has a real significance of sacral tilt and lack of internal muscle tone on that entire side of the body. When good muscle tone is present and one buttock is lower than the other, it is usually a sacral tilt. The low buttock is the low sacral base side. Test it and prove it. Correction is not too difficult where there is not too much of a chronic condition in all these tissues.

CHART NO. 12. THE SPHENOID BONE AND THE COCCYX CORRESPONDENCE AS SUPERIOR AND INFERIOR POLARITY REFLEXES.

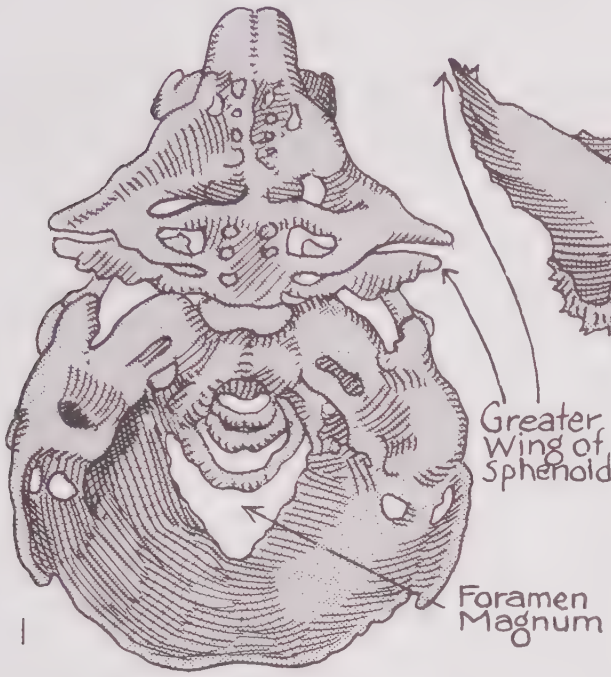


Fig. 1

CHONDROCRANIUM OF A HUMAN EMBRYO

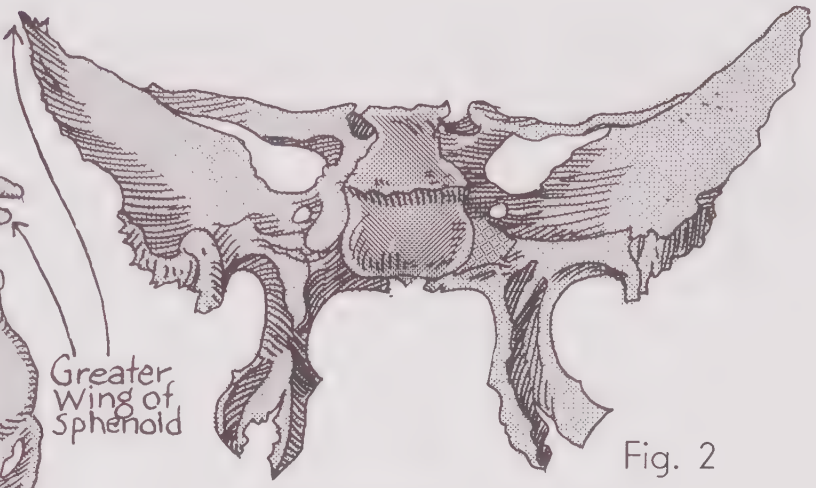


Fig. 2

SPHENOID BONE
Posterior View

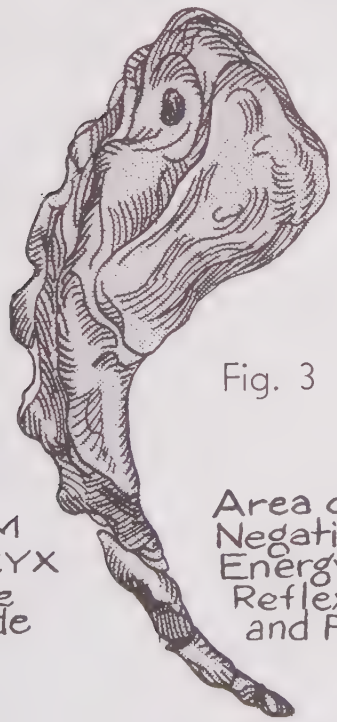


Fig. 3

SACRUM AND COCCYX From the Right Side

Area of Negative Pole Energy Blocks. Reflexes to Sphenoid and Foramen Magnum



COCCYX
Front View

Fig. 4

CHART NO. 12

A graphic description is given here of the sphenoid bone as the positive pole of the coccyx, the sphenoid being located superiorly and mostly anterior while the coccyx is the inferior and posterior extremity of the spine. Opposite polarity and corresponding relationships exist between them.

In physiology, the ganglion of impar is located anteriorly to the coccyx and the superior pole is in the ganglion of Ribes' in the brain. Many surprising beneficial polarity reflexes can be elicited here. The sensory, soft tissue reflexes are used to good advantage in the Perineal Technique, especially in emotional cases and in pain due to pregnancy, as is explained in detail in books I and II.

Neck tension also has its polarity reflex in the soft tissue of the perineum, on either side and below the coccyx, and can be released there. (For coccyx treatment, please refer to chart No. 19 in book II, also perineal treatment charts No. 30 and 31 in book II.)

This polarity combination represents the densest force of vital concentration in the negative pole below and the more rarified life energy of 'Prana' above, in the neck and in the front of the skull, as the positive fields of sensation.

The anterior sphincter has its polarity reflex in the throat. The polarity reflex of dryness, cough and tickling in the throat, when not due to cold, is found in the rectal sphincter. The tightness in the anterior portion of the sphincter muscles is a negative factor of the irritation in the throat and has its positive polarity reflex in the swallowing mechanism. The anterior portion of the throat reflexes to the anterior portion of the sphincter ani, and the posterior portion of the neck to the posterior portion of the sphincter ani. A band of tight muscles under the jaw, as well as the watery eyes in such conditions, are the associated positive polarity reflexes to the throat. The septum of the nose and the nasopharynx have spots of irritation which need to be treated and polarized for best results in such conditions.

The rectal sphincters and the gullet respond to each other as positive and negative areas. The functions of deglutition and defecation are oppoiste factors as positive intake and negative expulsion. The relationship is clear without further elucidation.

TREATMENT: An external contact is made on the tight sphincter ani, anteriorly, first on one side and then on the other, and gently lifted superiorly and posteriorly. The contact is held until relaxation begins. One minute is sufficient for the contact. Then rest and repeat the same as in Perineal Technique. It may be well to repeat that one does not enter the orifice in giving this treatment, as the most sensitive fibers are external, in the skin. Rectal dilation is sometimes indicated and when that is necessary, it should be done with gloved and well-lubricated fingers, and not with harsh instruments.

For Polarity contact in giving the Perineal Treatment, also contact the tight muscle under the jaw, superiorly, above the point of irritation, and hold it for the same length of time with the other hand. (See detailed description of Perineal Technique in book I and chart No. 30 in book II for the release of sensory blocks. For congestion and lumps on the side of the coccyx, see Fig. 3 of chart No. 19 in book II, which illustrates the contacts to be used in Polarity Therapy.)

CHART NO.13. MIND THE PRIMAL CENTRIFUGAL ENERGY OF THE SOUL FLOWING OVER THE FIELD OF THE BRAIN, SPINAL CORD AND NERVES IN THE MEDIA OF THE CEREBRO-SPINAL FLUID AS LINES OF BALANCE, AND STRUCTURAL RELATIONSHIP OF PATTERN ENERGY.

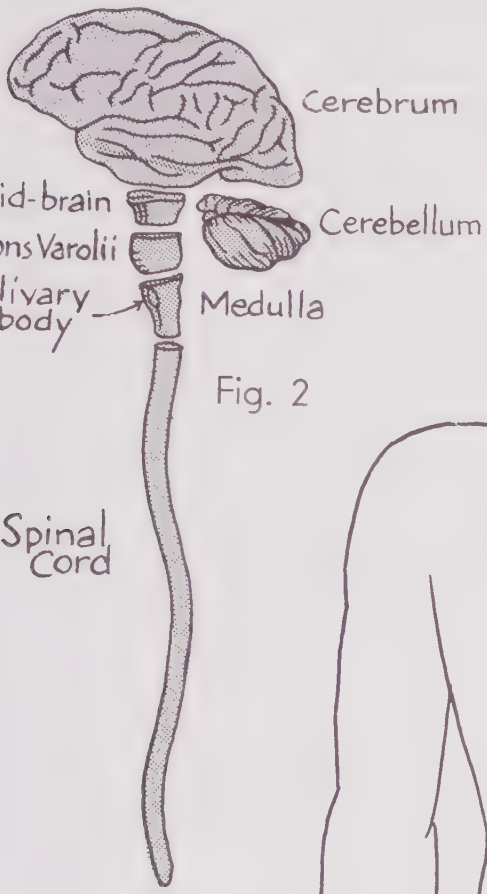


Fig. 2

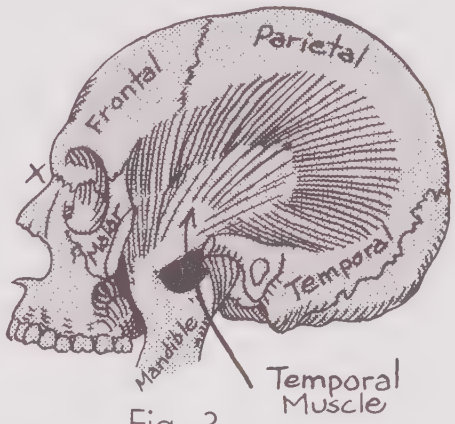


Fig. 3

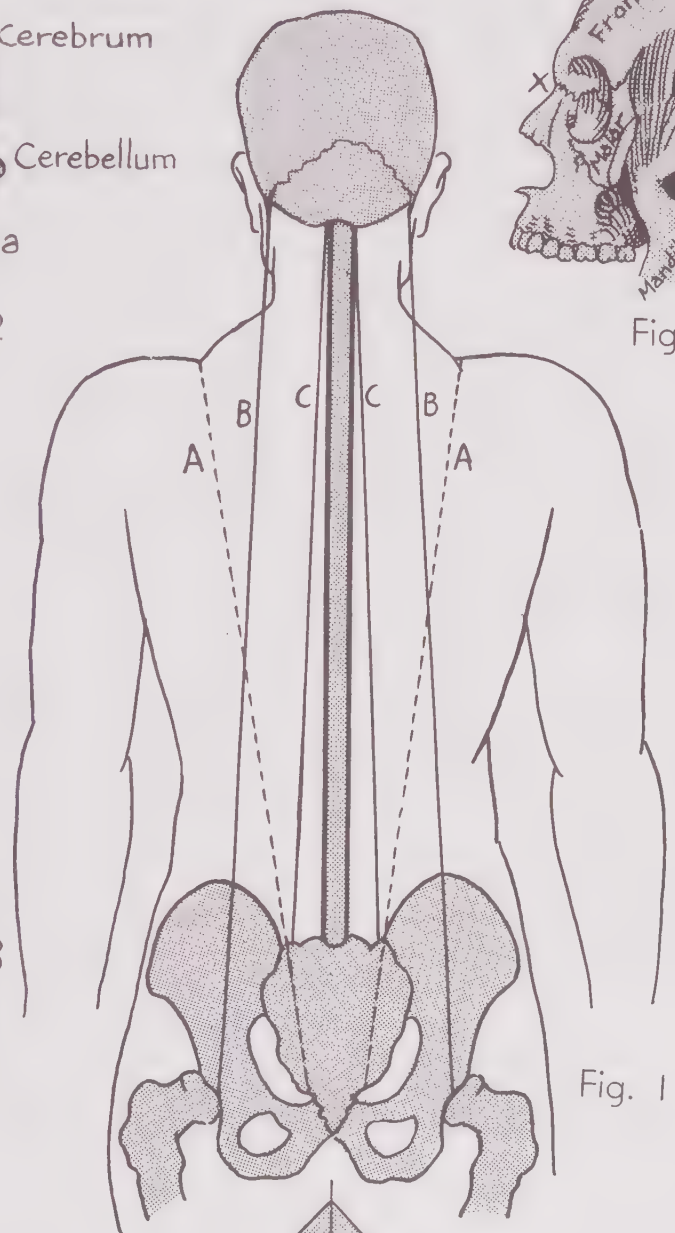


Fig. 1

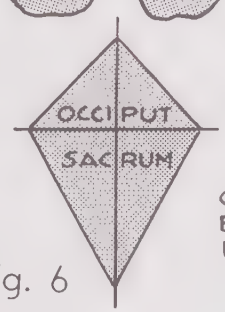


Fig. 4



POSTERIOR VIEW OF BRAIN WITH SYMBOLIC WINGS OF THE SOUL

Fig. 5



GYROSCOPIC BALANCE ACTION IN THE BODY.

Fig. 6

CHART NO. 13

The central figure of this chart shows an over-all relation of the head to the sacrum, as a clock, when compared to that shown in figure 4. The spinal cord represents the pendulum stem, and the weight at the end symbolizes the sacrum, and the coccyx as the tip of it.

All the vital impulses of motor energy which the soul or being brings with it in its life embodiment on this earth, is lodged in the sacrum of that being. The sacrum ticks these off as a vital measuring stick at the end of travel of the cerebral impulses in the head, very much like the works in a clock. The face shows the sensory impressions just as the hands do on the face of the clock. The motor impulses support all sensory impulses which reach it for expression in action. These impulses become actual forces in the finer fields of emotion and mind, in their upward and outward travel in expression. The sacrum moves very little in its two articulations. A lateral tilt or a twist is the usual finding, as anterior and inferior on one side. But the swing of the forces involved may exert an unusual pull on the sacrum and result in exaggerated symptoms entirely out of proportion with its physical position.

The sockets of the two hip joints as shown in line "B" are definitely related to the mandibular articulation of the temporal bone, even as the innominate bone is the negative pole of the temporal bone, as shown in charts No. 4 and 5 in this book. That is why sensation of balance through the ears affects the gravity relationship of the body. It is through POLARITY action of representative fields of positive poles above to negative fields below that these results follow as sequences. It is simple in its structural relationship, but it can hardly be traced by nerve connections, as we have been accustomed. The study of the Wireless POLARITY fields opens up a new vista for the doctor and the patient. The atom is not greater than man. It is but the tiniest particle of the material body.

Line "C" on the central figure of the chart correlates the foramen magnum with the sacro-iliac articulation, which governs the position of the head. The position of the head indicates the position of the sacral base and its muscular tension. The usual lesions are inferior or anterior which not only fail to support the superior structure but draw it down through muscular attachment and polarity as well as gravity pull.

The apex of the sacrum is shown by line "A". It is indicated by the shoulder levels at the center. These lines of index reveal much of the structural imbalance and positioning. They are valuable aids in detecting sacral polarity action in relation to its internal organs and to gravity outside. The mechanical position only indicates the repelling or attracting forces which are in excess on either side as well as anteriorly and posteriorly.

Vital structural and motor forces are locked up in the cerebrospinal fluid in the sacrum, which makes it a key-positioning factor. It is the energy in the fluid that does it, and not the bone.

Fig. 3 shows the mandibular joint in relation to line "B" on the central figure. It also shows the temporal bone and its muscular outline as the positive pole of the innominate bone. The occipital bone as the base of the skull is also shown. It plays a vital role in this relationship through direct muscular attachments to the sacral region below.

The parietal bones as the roof and sides of the skull, carry wireless polarity impulses from each side of the body, and must not be overlooked in correcting lateral polarity reflexes back to

balance. They are the positive poles to the structure below, on each side.

The frontal bones carry sensory anterior polarity reflexes and must also be given proper attention in therapy. They are positive in action and register reflex pains from the abdomen.

The upper maxillary bones are pelvic anterior and lateral hip polarity reflexes.

The articulation (x) between the nasal bone and the frontal bone has a definite reflex to the foramen magnum and its sphenoid articulation through its basilar process. A gentle pressure on either side of the nasal bone has a relaxing effect. When not too tense, it can be slightly moved and a little clicking sound accompanies the movement. This is felt in the spenoid articulation back in the head.

The seat of consciousness is located between the eyes, above this articulation (x). It radiates as rays all over the body, through nerves as wires and through polarity currents as wireless energies. Diffused energy rules the body. The centers in the body have an accumulated force of it as sensory or motor fields.

Fig. 2 shows the entire cerebrospinal system with its inclosed fluid as the central axis and reservoir of the nerve energy, as the airy center of consciousness, looking at it from the inner standpoint of currents rather than the external standpoint of structural fields.

Fig. 5, in the lower left-hand corner of the chart, is a picture of the brain with wings. The wings signify the uplifting soul impulses, capacities and possibilities for each being. The wings are described in detail in the explanation of chart No. 1 in this book.

The gravity line of the sacrum goes through the acetabulum, as shown in the central figure and in chart No. 11 of book II. The sacrum is the vital balancer of the individual energy in relation to gravity. It is the balance wheel of the body's own center of POLARITY, which governs the position of the spinal column through ligamentous and muscular attachments. It is also the center of many vital reflexes in addition to these structural ones. The sacrum is the key triangle of the pelvis, registering all the impulses, reactions and disturbances of the watery element in the human body. Especially the skin and mucous functions are affected by the abnormal actions of frustrated impulses and the structural relationship of the sacrum.

The shorter of the two legs, according to therapeutic measurement, relates mostly to the electromagnetic central-core over-all stress of the individual through the sacrum and the foramen magnum, by internal muscular tension. Structurally, an anterior sacral base is the cause of the short leg, and not a posterior innominate as was usually taught.

Correction of the anterior sacral base is the simple answer to the complicated problems of the spine, the sacro-iliac articulations and the mysterious intervertebral discs which have been held under pressure so long that the elasticity of the structure cannot be maintained by a limited circulation. Pressure and strain have their effects. Much can be done in these cases by means of POLARITY THERAPY and basic balance of natural fields by releasing the stress in the electromagnetic fields and in the structures.

X-rays do not throw much light on these disc problems because the cartilage is not visible

CHART NO. 13

on the x-ray film. The space between the adjacent bones gives the only real clue in these pictures, and the injection of color dye makes the picture clearer. However, that relationship can be shifted by posture and manipulative correction. Many so-called disc cases are really bad, chronic, spastic lumbago cases. Careful constitutional therapy plus local release of the energy blocks, spasms in the muscles and the impeded circulation, has given most surprising results. Sometimes it is advisable to use leeches to withdraw that black, un-oxidized blood sludge out of those spastic tissues and allow fresh blood to do the work. The relief obtained is like a miracle.

Gravity is not to blame in these cases. The body, like an inefficient internal combustion engine, cannot climb a hill against gravity. Even the best of leverage angles must have an internal combustive power behind them to function effectively against gravity. Heel lifts merely shift the weight but do not correct causes in these functional inefficiencies. Sacral base anteriority can be easily detected when the patient stands on the test board. In such cases folds appear on the posterior-superior base side, with a compensating spinal curvature on the opposite side. Corrections are illustrated in charts No. 14 and 15 in this book and in chart No. 19 in book II.

Spinal lateral curves are due to tilts and stress in the sacrum. The patient is laid on the side opposite the lateral curve, with a pillow under the hip to assist sacral correction.

Short legs become long at once under the correct POLARITY THERAPY procedure. When using the test board, PLEASE KEEP IN MIND THE PATIENT'S OWN CENTER OF GRAVITY and all parts relating to it. Gravity only points to the lack of relationship. It is not the causative factor of any of these lesions, as was previously assumed. A mirror is not to blame for a person's appearance, but his habits, thoughts, feelings, excesses in food and drink are real factors. Studying these cases makes the doctor's work interesting and more effective. Test this POLARITY reaction without vertebral adjustment and see how well it works.

The sacrum and its cerebrospinal fluid is the opposite pole of the motor area of the brain: Positive above, negative below. In the seed power in the pelvic sensory field lies the sum total of man's energy heritage. The triangular sacrum was called the sacred bone, as the key to the royal arch of the temple not built by the hand of man.

The position of the atlas is dependent on the sacrum. It will stay where the sacrum permits it to rest. The atlas is a key wedge at the positive pole, and stimulation there has powerful reactions all over the body as well as on the sacrum. But the sacrum is still the keystone to the royal arch of all structural relation and function in the body's own economy and individual gravity field.

The atlas shifts readily as an accomodating wedge for the triple polarity pull between the articulation of the condyles around the foramen magnum, the spine and the sacral base stress. Balance in all three must be affected before the atlas can be normal and at rest. NO ONE POLE CAN BALANCE THE WHOLE. IT TAKES THREE; even as the smallest stick has two ends and a middle. One pole can unbalance the others and cause any disease or structural defect. Correction depends on the balancing of all three factors. All motion is triune: Positive, negative and neuter in its rhythmic energy flow from a center or around a neuter core.

THE METHOD OF LEG MEASUREMENT AS A MEANS OF DETECTING THE TENSION

CHART NO. 13

PLACED UPON THE ATLAS AND THE RIGHT ANGLE OF A CORRECTIVE FORCE, FOR RE-POSITIONING IT:

Here a sensory impulse is checked against a motor impulse for response. It has merit and possibility as a specific procedure. It has to be done most carefully and has many exceptions and deviations. The doctor's undivided attention and the specific sense of touch are essential. All specifics have a limited field of application. Polarity reflexes are involved in all these tests and corrections; but POLARITY IS A UNIVERSAL FACTOR. This is further proven by the reactions obtained by the sensitive touch system for measuring the leg response. When the patient under test wears articles of aluminum or certain nylons, rayons, etc., the test is not successful. Again, Polarity forces in other fields in Nature show their effects on the human body in the fine energy field of wireless anatomy and physiological response. Energies in Nature, like human beings, group themselves by attraction and repulsion.

Fig. 6 has the appearance of a gyroscope with a wider and shorter triangle above, made up of the occipital bone. While the outer appearance is more like the shape of a diamond, it is the automatic faculties located beneath, that have a gyroscopic balancing effect on the entire body. The apex is up and the base is downward. The apex is the positive pole because the vital autonomic centers of the mind and posterior portions of the brain are lodged here as is shown in figure 2 of this chart. The impulses above are expressed as motion through the spinal cord. The cerebrospinal fluid has a considerable deposit in the enlarged portion of the sacrum, as shown in chart No. 11, figure 4 of book II. This electro-magnetic energy tension field forms the negative pole to the brain. The pattern impulses of the vital force stationed here are the principal driving impulses throughout the individual life of man and beast. Unconscious impulses rule the life of all creation. Animals fight over these impulses and the right to exercise them. Pairs of locked horns and skulls often tell the story of such struggles. Then can we estimate what force and drive in that sacrum lies? The ancients pictured it as a coiled cobra, ready to strike, and called it "Kundalini".

The sacrum has its base up and its apex downward, as an inverted triangle. One can only imagine the force of this downward drive of latent energy when an attempt is made to raise it up to consciousness and intelligent control. As the force within is great in its automatic function, so is the position and structure of the sacrum in regard to all motor impulses in the body.

The triangle of the occiput above and the sacral triangle below form a diamond of action throughout the life of the individual. It is literally a gyroscope of all involuntary function. The horizontal level of the sacral base line and the vertical one govern the position of the occiput and the atlas vertebra, as well as the spine itself. The sacrum is the true foundation of the spinal column which really rests upon it and is conditioned by it.

Tests and corrections of the sacrum prove its key position in the whole structural economy of the body. Why it has been so totally overlooked is hard to tell. Is it because it hides modestly between two ear-shaped bones called the innominates? These have been duly mentioned and treated. But the sacrum itself as an independent bone and as the keystone between these two arches was truly forgotten in analysis and therapy everywhere. The ancients knew, but we forgot. The life within and its tension field is even more important than its modest form and position. These two triangles and lines, comprising figure 6, reveal so much and yet conceal so much of life's unknown mystery.

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.

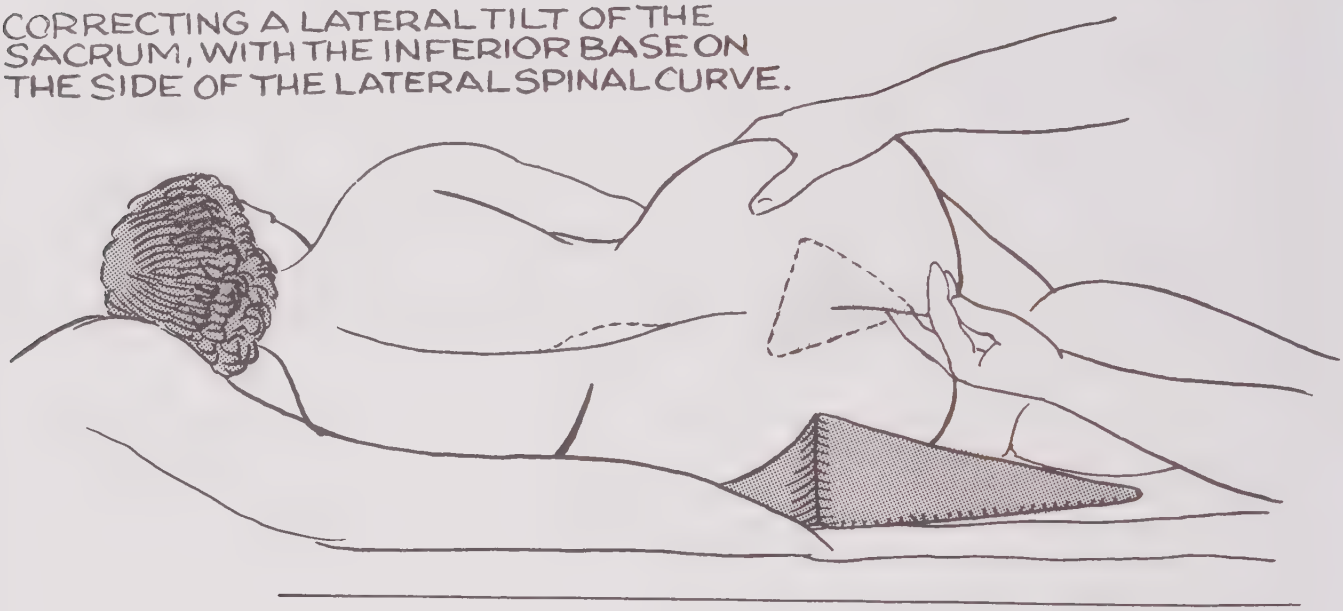


Fig. 1

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

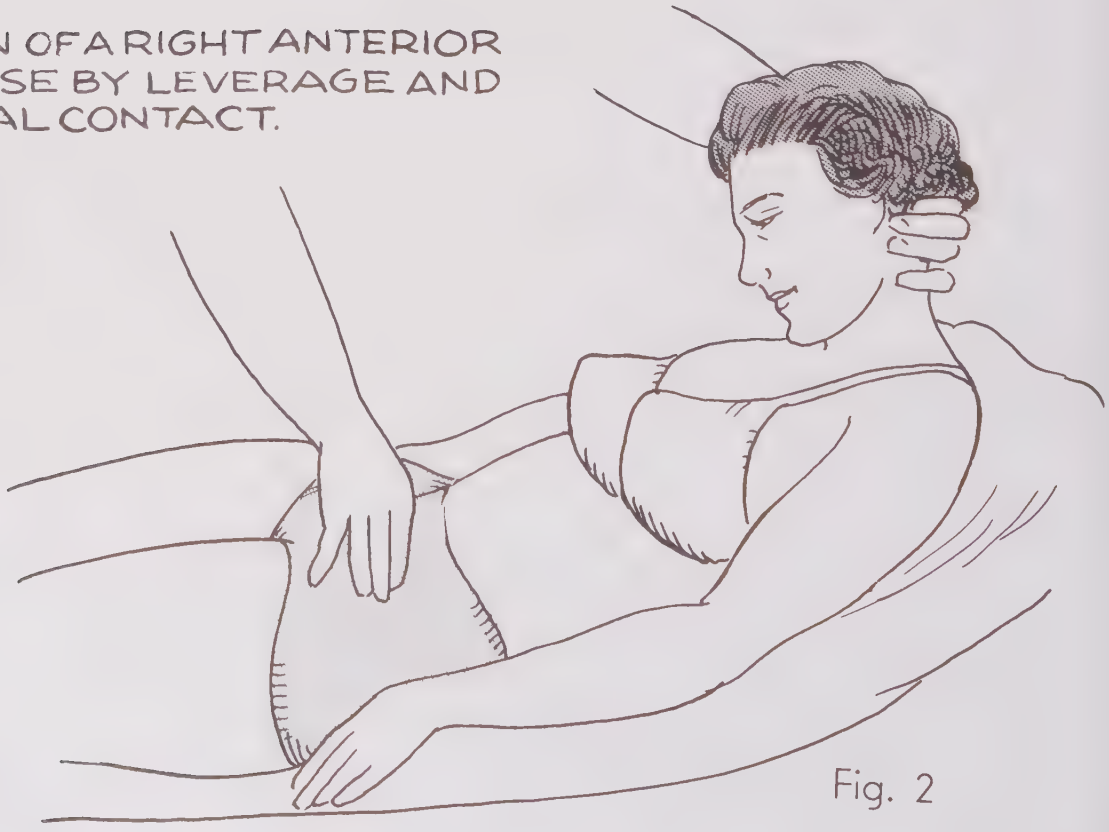


Fig. 2

CHART NO. 14

Figure 1 shows the corrective position and the treatment used in cases where the patient, on the gravity line-up, showed folds and grooves on the left side of the body under the shoulder blade, indicating a superior and posterior sacral base on that side, and an anterior-inferior base on the right side. In such cases, a right lateral curvature of the spine opposite the folds compensates the doubling up of the tissues on the left side.

The operator's middle finger of the left hand contacts the sacral apex from a posterior-inferior angle, then gently lifts and vibrates the base in a superior-posterior direction. Light, rhythmic impulses are used. The right hand is on the innominate, with a gentle hold, in an upward and toward-the-table direction for the inferior sacral base on the right side. The wedge-shaped cushion placed under the hips, as shown in the chart, favors this correction. A similar pillow may be placed under the head to increase the corrective curve of the spine. The higher the curve is located on the spine, the bigger the head cushion should be to assist correction. When the compensatory curve is in the lower region of the spine, the hip cushion should be placed below the hip joint.

In cases where the opposite side is so affected, the patient lies on the right side and the doctor treats accordingly for spinal curvature and sacral base correction. Stubborn fourth and fifth lumbars are usually due to sacral conditions.

This corrective position and treatment restores the patient's own center of gravity as well as his relationship to the gravity of the earth. This can be verified by checking the patient on the test board with the plumb line before and after treatment.

Give this simple, gentle and rhythmic treatment for one minute, then rest one minute and repeat four or five times. Then check again on the test board and note the improvement.

A sacral adjustment may also be given in that position, with the finger contact on the apex of the anterior base side, the thumb on the head of the femur and the knee at right angles to the body, as shown in figure 3 of chart No. 20 in this book.

Fig. 2 illustrates the contact above the pubis and about the center of Poupart's ligament, with the thumb of the operator's right hand over the right sacral base for an anterior correction of it by the assistance of leverage with the aid of the operator's left-hand contact above. The thumb is as close to Poupart's ligament as possible to start with, until contact over the sacrum is made. The treatment is given with the patient exhaling the breath as you gently lift the head and the upper part of the body forward with the other hand. Then relax and repeat about four or five times. Then check the patient on the test board again and note how favorably this correction affects the line-up in general and the sacrum specifically as well as the short leg. This is a powerful move, effective in difficult and stubborn cases where gentle rhythm impulses fail to make a correction which stays put. Chart No. 19 in book II is similar; however, in this book the the objective of correction is the anterior sacral base whereas in book II chart No. 19 shows the correction of abdominal muscle pull.

This may be followed up with a general stretch by means of a gentle, rhythmic pull on the head, which releases the compressed inter-vertebral discs all along the spinal column. This move is shown in figure 3 of chart No. 25 in this book and in figure 2 of chart No. 7 in book IV.

CHART NO. 15. VIBRATORY POSTERIOR SACRAL AND INNOMINATE TECHNIQUE.

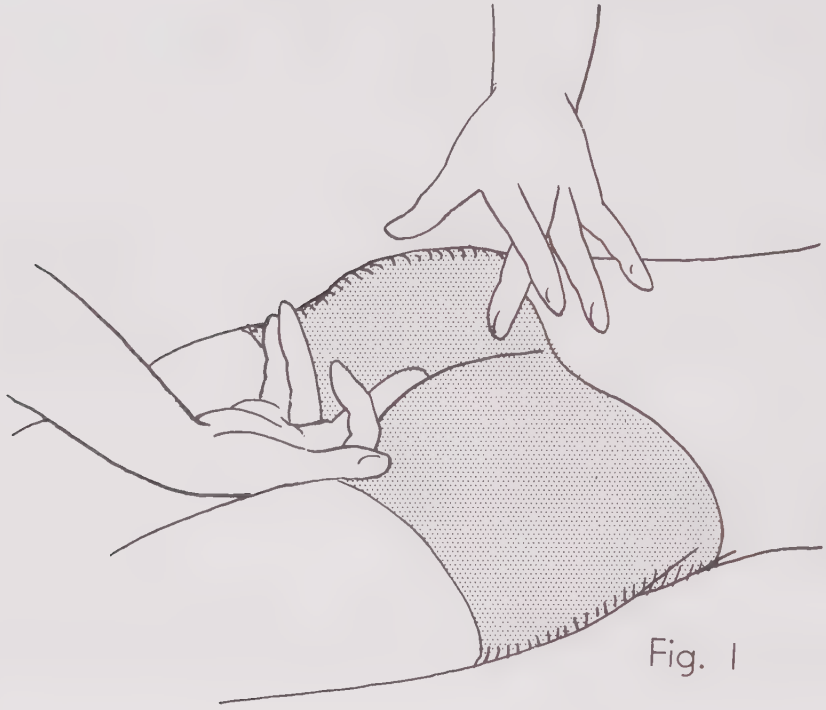


Fig. 1

SACRAL, TEMPORAL AND OCCIPITAL BONE POLARIZATION.

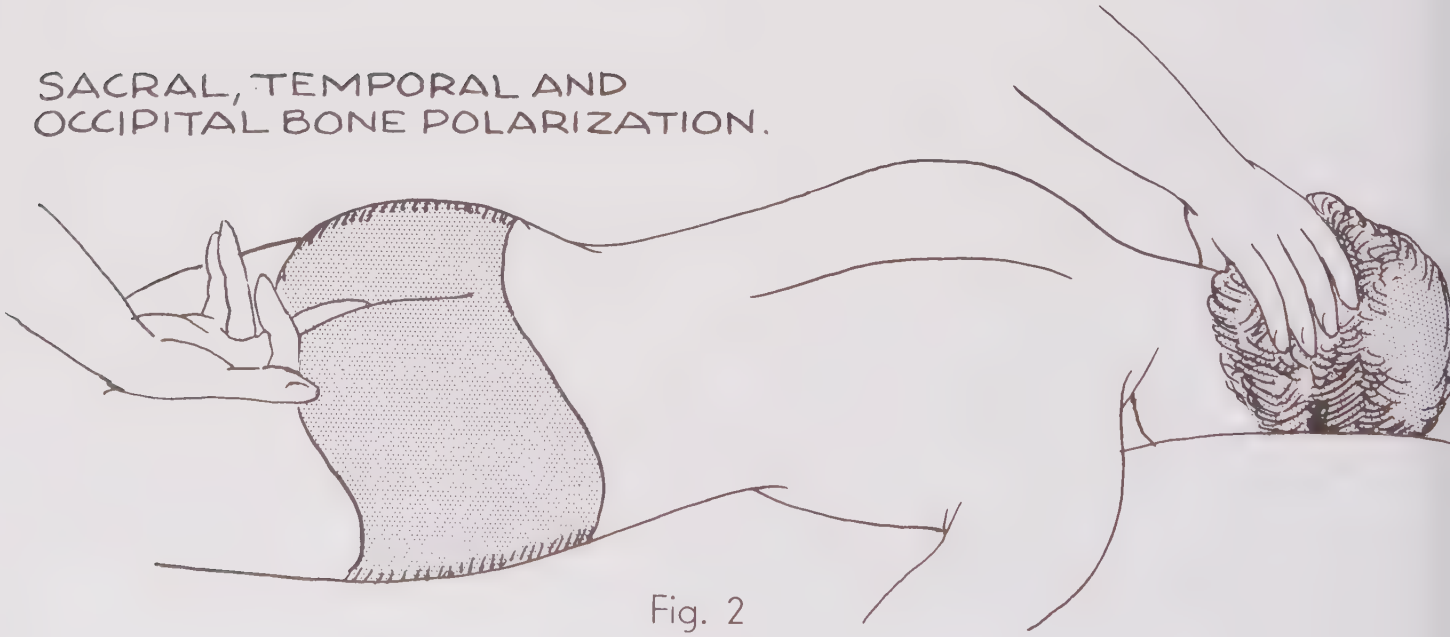


Fig. 2

CHART NO. 15

Figure 1 shows a contact on the sacral apex with the middle finger of the right hand, in an upward direction, for an inferiorly based sacrum with an anterior base. The left middle finger is placed on the posterior-superior spine of the ilium, holding it in its place while the impulses from the right-hand finger gently move the sacral apex superiorly and slightly posterior. This gives the base a superior impulse, with an anterior release from the innominate, by co-ordinating the impulses. This is gentle preparatory correction for bad cases of this trouble with much pain. Please see chart No. 29 in book II for muscular Polarity reflex release.

Figure 2 portrays the impulse and contact directed as a POLARITY BALANCE with the foramen magnum and the atlas, in that area. The lower contact is the same as that shown in figure 1. The upper contact is held still while the impulses are gently directed upward, toward the head by the lower contact. This is a relaxing and balancing treatment of superior and inferior fields by POLARITY THERAPY.

CHART NO.16. INNOMINATE, TEMPORAL AND OCCIPITAL RELEASE

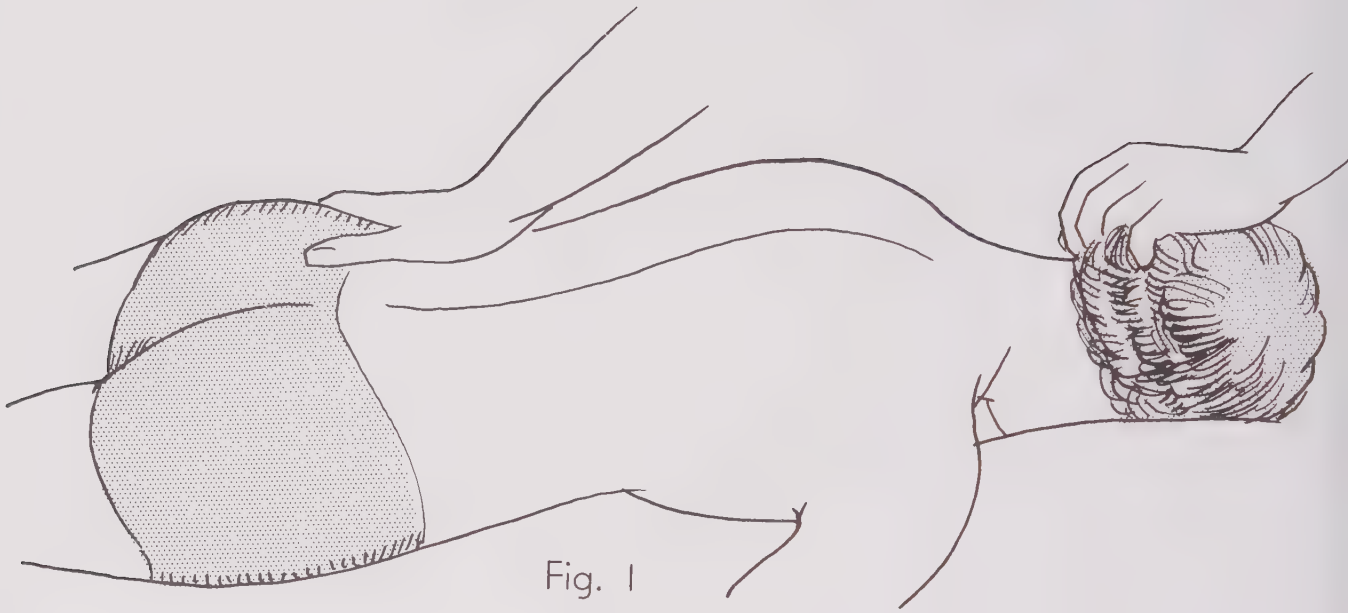


Fig. 1

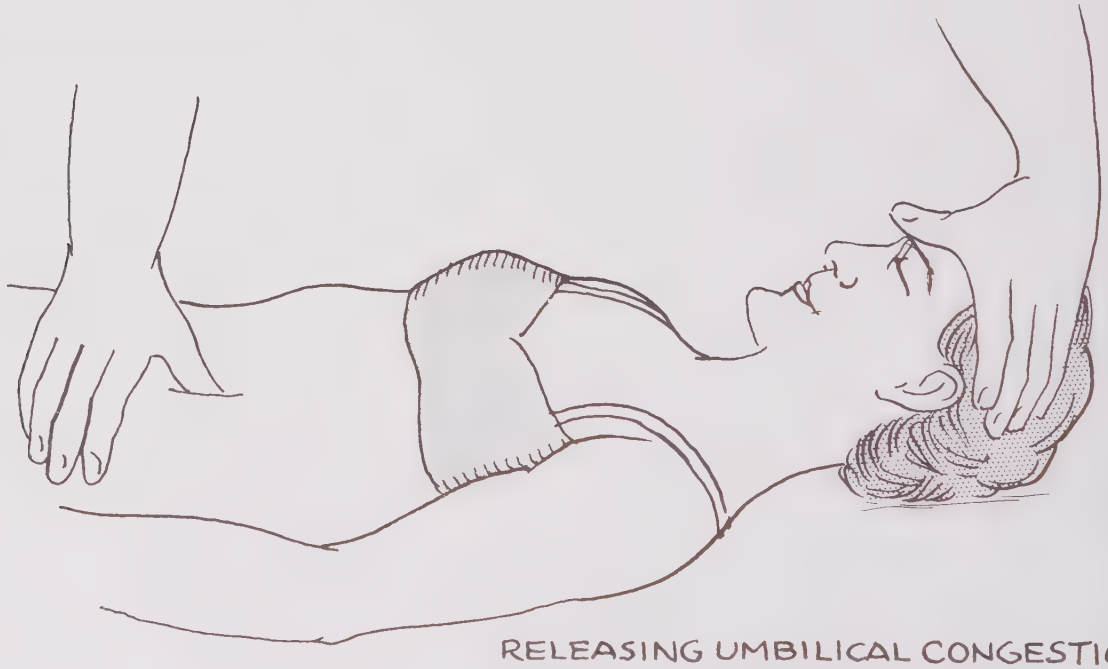


Fig. 2

RELEASING UMBILICAL CONGESTION FOR EYE TROUBLE AND POLARIZING IT WITH THE SUPRA-ORBITAL NOTCH BY A CONTACT OF THE LEFT THUMB.

CHART NO. 16

The contact shown in figure 1 is for polarizing the innominate, the temporal and occipital bones on the left side.

For giving this treatment the doctor stands at the head of the table, to the left side of the patient. The left hand, with three curved fingers, makes a contact directly behind the ear, on the temporal bone and occipital base. The thumb and the little finger are free because they do not fit the precise contact here. The right hand is laid on the left innominate bone and held steady. A slight traction is used for the active contact between the two points and can be held steadily for about one minute for relaxation, or vibrated for one minute if stimulation is desired.

This treatment is definitely indicated in all cases of ear trouble as well as hip pain, distortions and posteriorities. It POLARIZES AND RELEASES both regions for further correction.

The temporal bone is the positive pole of the innominate bone, as illustrated in chart No. 13, figure 1, in this book; also in circle 2 of chart No. 5 in this book.

Figure 2: Manipulating the umbilicus against the tension field, and polarizing the abdominal pole of the fiery power of digestion, with the supra-orbital notch contact for eye strain and tension on either side; a very effective treatment when the congestion or block is there.

A bipolar contact is also possible over the bridge of the nose, with slight lateral and upward movement, together with the umbilical contact with the other hand.

The eyes and the stomach are opposite poles. Proverbially, the eyes are bigger than the stomach and its digestive capacity. Spots before the eyes are also due to liver and gall bladder upsets, when the fire of digestion is overloaded and blocks occur which act as flickers and shutters to the center of vision, the positive pole of the Fire Principle in the body. Digestion is its neuter pole.

CHART NO.17. POLARIZING THROAT REFLEXES FROM THE WEB BETWEEN THE THUMB AND THE SORE SPOTS ON TOP OF THE HEAD ON THAT SIDE.



Fig. 1

BALANCING CURRENT REACTIONS BY PRESSURE CONTACTS ON THE BIG TOE AND THE CHIN ON THAT SIDE.

Fig. 2



Fig. 3

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.

A SPECIFIC SHORT LEG TECHNIQUE

SEE CHART 37, BOOK 2.

Fig. 4

CHART NO. 17

FIGURE 1: The specific polarity reflex for the neck is in the neuter pole of the hands, between the thumbs and the first fingers, in its horizontal representation, as shown in chart No. 3 in this book. Find the sore spot in this area on both hands and hold firmly with both hands for one minute, as a bipolar contact.

Then, with one hand, hold the spot which is the sorest, corresponding to the throat reflex on that side; and, with the other hand, contact the real, positive, tender spot under the jaw, directly above the irritation. Hold both contacts simultaneously for relaxation and polarization as shown in figure 3 for the jaw contact and figure 1 for the hand contact.

It is well to begin the polarization by holding both toes for one minute, to balance the two sides of the body.

Upper dorsal, motor reflexes should also be inhibited or adjusted.

The negative polarity reflexes may be found along the inside of the tendon of the big toe and held firmly as shown in figure 2. But, if this is a digestive major reflex, the negative point will be found in the middle toe and the middle finger tip as a reflex to the upper pole, and the first joint of the second finger as the neuter pole polarity reflex. Treat the affected side by holding the toe joint with firm pressure with one hand and the other hand over the stomach or liver area, or a jaw contact as shown in figure 3. The toe and the jaw are opposite poles for the central balance, and may be held simultaneously as shown in the combination of figures 2 and 3.

Throat reflexes which cause rhinitis and watery eyes can be successfully treated in this way. This may also be a neuralgic symptom, but the background is a digestive irritation of the mucous membranes. Highly spiced or seasoned foods, or a sudden chill may bring on the symptoms. However, merely stopping the irritation by not taking these foods will not clear the UPSET ENERGY FIELDS of their dis-organized polarity in the current flow and this results in recurring irritation.

This is the doctor's field as a balancer of the subtle energy currents. Polarity energy discord is the background of the external physical symptoms. The latter are but the effects of these hidden causes of electromagnetic imbalance of active forces in that field.

Dr. Samuel Hahneman based his entire Homeopathy on this finer observation in his medical practice. Repeatedly, he mentioned the fact that illness is really due to the action of the life spirit, and not to the physical organs of the body.

The alchemists, like Paracelsus, had a similar viewpoint. Paracelsus also hammered forcefully on the idea of the finer forces in Nature and in man. He used similars in Nature which had this particular energy in them. This he most likely brought with him from the Orient, where he wandered from the year 1513 to 1521, for it is exactly as the Ayruvedic Medicine of India taught it. In Arabia, no doubt, he found the Thaumaturgic ideas which used the similars in animals, like the vitamins and glandulars which are extracted from them in present-day practice. But Paracelsus emphasized the ENERGY POTENTIAL more than the chemistry. Yet he gave a powerful impulse to the study of chemistry in Europe in his time and thereafter. He preferred a living chemistry of energies, called alchemy, to the mere material one used now. The alchemist always deals with Life and its ENERGIES in all his research, observation and practice.

CHART NO. 17

FIGURE 2 shows a lateral stretching Polarity contact on the big toe, which can well be used with a slight side bend or pull, away from the foot laterally, to stretch and release that big toe joint, which is supported by the thumb.

Indications: Use this correction pull where the adjustment of the joint of the big toe is not advisable because of soreness, arthritis or extreme stagnation which elicits too severe a reaction. It works very well. It is always best to prepare the patient for a correction where it is needed.

A physiological short leg is found on nearly every patient when the legs are carefully compared. This is a tension symptom of that entire side of the body, according to current obstructions in the wireless circuits of the body. See charts 5, 6, 7 and 8 in book II and chart No. 4 in book IV.

The most inferior and negative central reflex area of the body is found in the big toe. The second joint reflexes to the shoulders and the respiratory mechanism. The transverse arch of the foot is the negative pole of the shoulders.

FIGURE 4 illustrates a move which gives a miraculous reaction from the over-all tension field of the body by releasing the short leg spasm at once. See charts No. 37 and No. 8, figure 4 in book II for the principle of reaction in the over-all Polarity fields. This can be applied to either side of the body and the big toe on that particular side of the body for the short leg release.

TREATMENT: A gentle but quick tap is given to the large joint of the big toe - a little below its center- with the softest part of the operator's hand; namely the cushion below the thumb. The toe is pulled upward and held firmly with one hand while a quick slap clicks the toe joint at the precise place in one instantaneous movement. The speed with which the move is made is very important. It is almost unbelievable what it will do for that short leg at once and a good deal of the correction is often retained.

Use this treatment only on the short leg side for a genearl reaction, unless bunions are present on both feet. In that case, tap the short leg toe last and harder than the other, or repeat, if necessary, to balance them.

Extreme care should be taken with bad arthritic joints and the patient should be prepared for it beforehand, whenever there is much soreness or stagnation in the feet, which is the polarity reflex to a respiratory lock. Proceed with caution. Patients demand quick results, but do not forgive hurts easily. In case of doubt, stretch the toe a little and note the reactions for several visits before making this correction.

This simple correction not only releases the short leg but also stimulates the energies of the central core of the body which have a systemic reaction on the nervous system, respiratory center, and releases the shoulder blades when they are so tight on the ribs that the hands cannot be gotten under for the treatment as shown in chart No. 24 in this book and charts No. 36 and 46 in book II, in addition to being a specific bunion correction.

It would be interesting to observe what this mild shock treatment might do for mental cases.

HART NO.18. POLARIZING
ONTACTS ACROSS THE
PINE WITH A ROTATIONAL
WISTING STRETCH ON THE
IUSCLES OF EACH SIDE IN
PPOSITE DIRECTIONS.



Fig. 1



Fig. 2

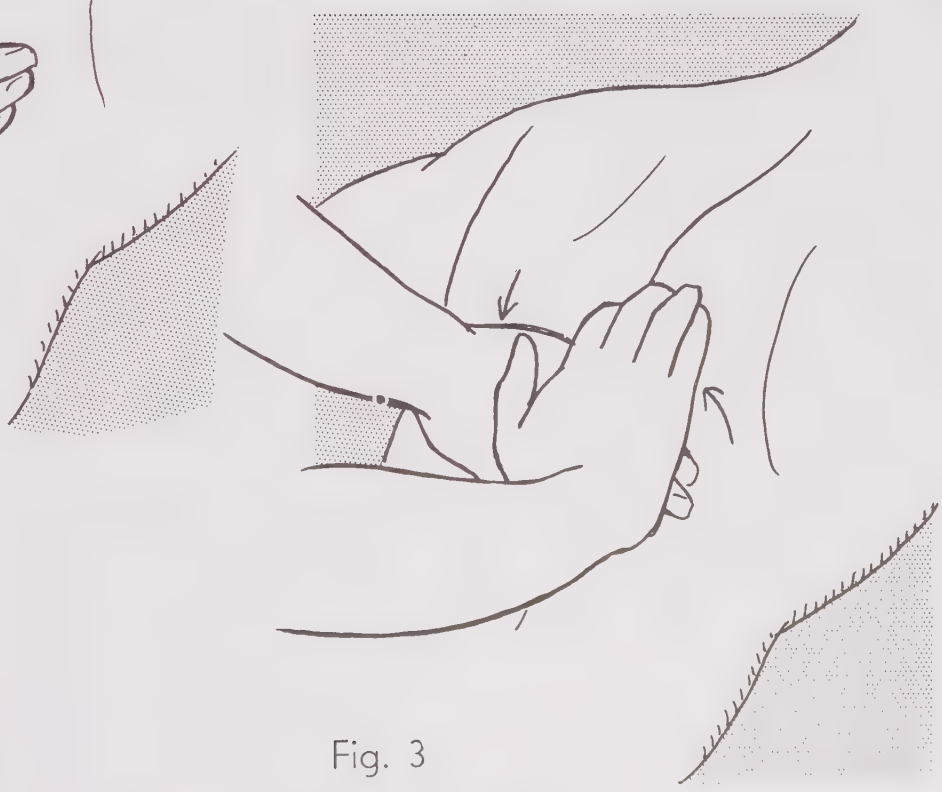


Fig. 3

CHART NO. 18

A double contact is used across the spine, held with a firm and steady pressure, for relaxation of tension and to polarize one side of the body with the other; either with the direction of the surface currents for a soothing effect, as shown here, or in the opposite direction, against the flow of the currents, for stimulating. The contact is held firm and steady until the tissues under it relax. This can be done all the way up and down the spine, especially on the high or posterior side of the body.

As previously mentioned, in POLARITY ACTION, the right half of the body is positive and the left half is negative.

In giving this treatment, the doctor stands on his toes in order to put the whole body impact behind these vibrations, as shown in charts 23 and 24 of book II. The elasticity of the movement, plus the volume of weight potential behind it, makes it a most effective impulse with great therapeutic benefit, but gentle in application.

FIGURE 1 of this chart shows the doctor's left hand laid freely across the spine of the patient. The doctor stands on the left side of the patient, at right angles to the patient for step No. 1.

FIGURE 2 shows how the right hand is loosely placed on top of the fingers of the left hand.

FIGURE 3 shows how the left-hand twist is made, with a firm contact with both hands on the muscle tissue to place one side under tension in opposite direction to the other. The heel of the left hand goes down on the left half of the body while the fingers push the tissue upwards and at the same time are re-inforced by the right hand. The doctor now faces the patient s head, holding the contact firmly in that upward direction, with or without vibratory impulses, for balancing of currents.

CHART NO. 19. ANTERIOR POLARIZING CONTACTS WITH THE CURRENT FLOW FROM HEAD TO FEET.

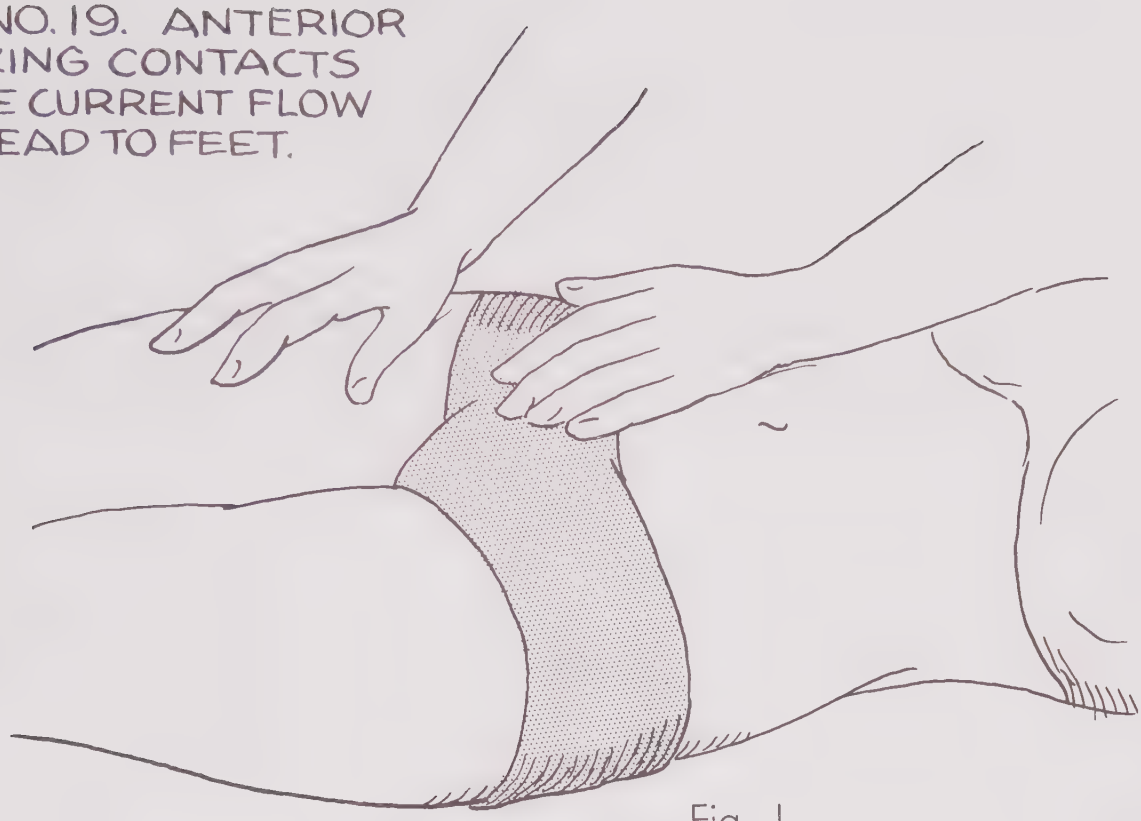


Fig. 1

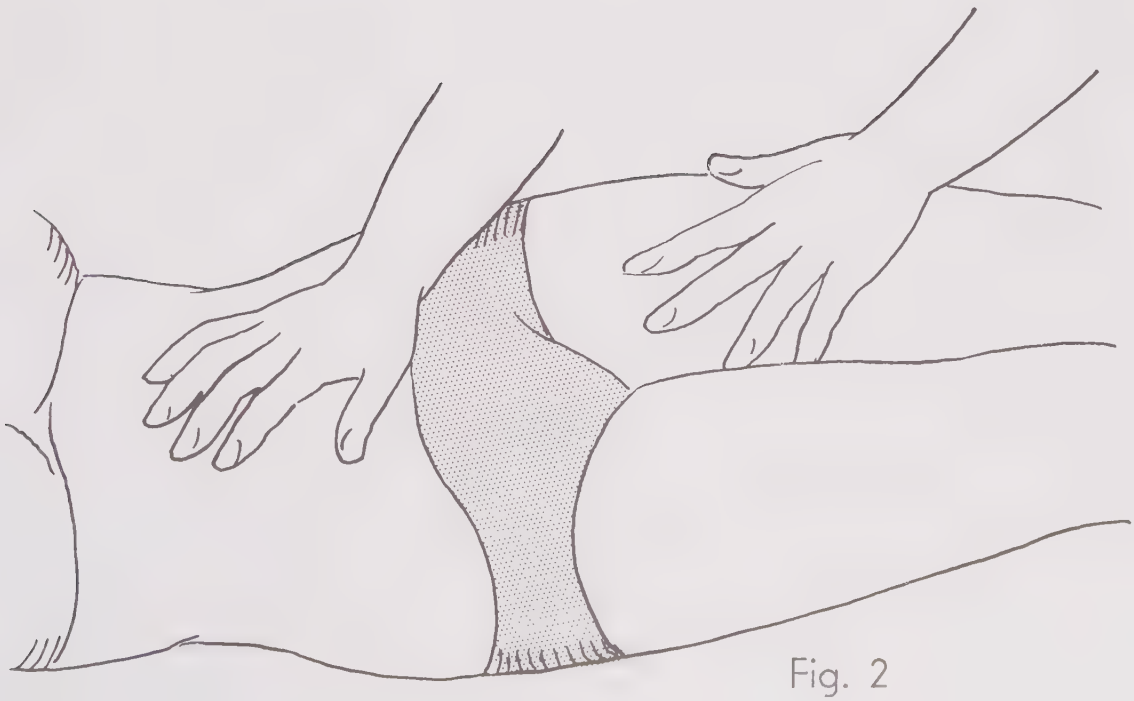


Fig. 2

CHART NO. 19

FIGURE 1 illustrates a soothing contact with the current flow on that side for release of tension and pain in the legs. The left hand is over the innominate and the pelvis, with the fingers on the pubic bone, on that side. The operator stands on his toes and the impulses are very gentle and deep. See chart No. 23, book II.

FIGURE 2 shows a similar contact on the left side, with the current flow of the five sensory waves, for a soothing effect. The sensory currents flow upward on the surface on the left side of the body (see charts 3, 6, 7, also figure 4 of chart 8 in book II) and the contact is with the flow of these currents. Intestines and stomach areas are also benefited by this release, especially if the fingers are spread under the ribs, below the stomach when giving the treatment.

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

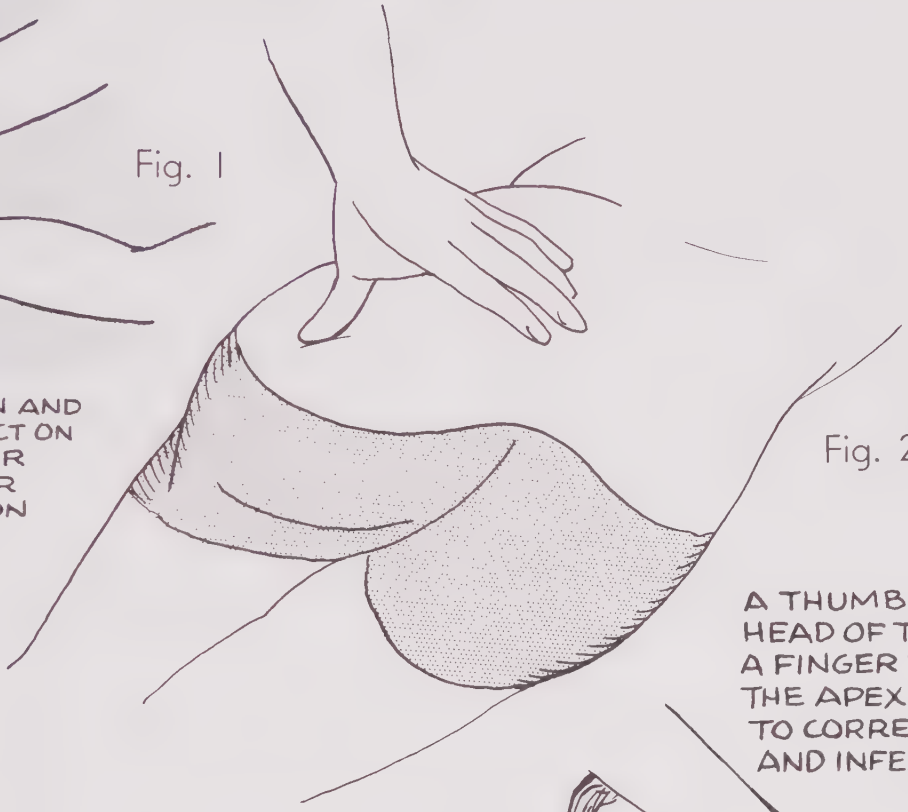


Fig. 2

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

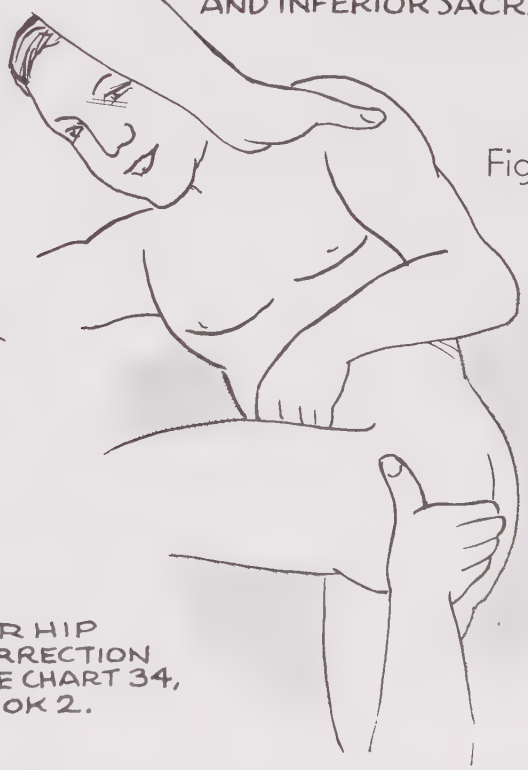
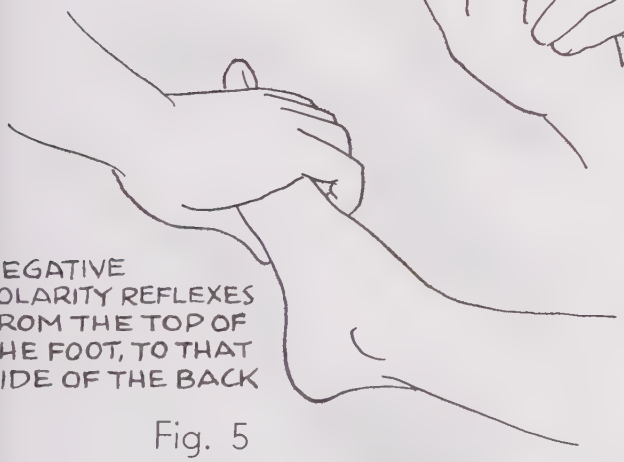


Fig. 3



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.

CHART NO. 20

FIGURE 1: A heel rotation contact for a posterior innominate correction, with the patient lying face-down on the table, and at the same time contacting the head of the femur and the hip, as shown in figure 2, with an outward rotational stretch on both contacts.

FIGURE 2: Emphasizes the thumb contact on the head of the femur for all hip corrections, with the patient lying on the side. See chart No. 34 in book II.

FIGURE 3: This is a new corrective contact for an anterior and inferior sacral base on the side which is on the top as the patient lies on the table. The tips of the middle fingers contact the apex of the sacrum on that side. The thumb is on the posterior part of the head of the femur. The shaft of the femur lines up with the two contacts. This is well illustrated in chart No. 34 of book II. The leg is relaxed and placed a little above a right angle to the body. The operator's left hand is on the shoulder, pushing it back until all the slack is taken out of the body between the two contacting hands. The correction is a gentle push backwards on the shoulder contact, and a synchronized, upward directional move applied on the two light contacts with the right hand. No force is used. The correction is easily made when the lines of direction and the flow of the energy currents are co-ordinated.

FIGURES 4 AND 5: Show polarity reflex areas between the tendons of hands and feet for treating the acute and chronic sore back by means of POLARITY THERAPY. When relaxation has taken place through polarization, then corrective adjustments are easily made, where they are needed.

The top of the feet and the back of the hands are posterior motor polarity reflexes. There is no sensory tissue here for the special sense of touch, and there are no lines from which impressions could be made of the top of the feet or the back of the hands in order to identify the individual. It is the soles of the feet and the palms of the hands that are the front and sensory reflexes of the body. Sole prints identify the individual as positively as the finger prints and the palm impressions of the hand. See chart No. 2 in book II.

ALL POLARITY THERAPY APPLIED TO THE SPECIFIC REFLEX AREAS OF THE SOLES OF THE FEET AND THE PALMS OF THE HANDS ARE SENSORY, ORGANIC REFLEXES. Response will be obtained from the organs represented in each Polarity reflex.

The tips of the fingers and toes and the first joints are extremity polarity reflexes which are most powerful because they are the meeting places of the outgoing and return currents. There is a bending of the currents here, like a loose end, where impressions can be easily made. If you don't believe it, just let someone step on your toes literally and see what reaction it calls forth. That is also why the finger tips are so highly sensitive.

There are horizontal polarity reflex values in the hands and in the feet, as well as vertical ones as shown in chart No. 3 in this book and in chart No. 4 in book II. The contacts are made along side and between the tendons. Study these and test them and you may be amazed what results POLARITY THERAPY applied to feet will yield in chronic cases; even more so than the fingers and hands which are the neuter reflexes in all acute conditions. Treat the sorest ones first.

The emoting done by the patient while you hold one of the polarity reflexes is the 'karmic'

result of previous actions, lodged here as discordant energy factors and condensed crystallizations. Tell the patient that it is literally paying for sins committed when one undergoes the treatment for the release of energy blocks accumulated, like unfulfilled obligations and debts. And this is true more so than we realize. The chapter in this book, on "CAUSES AND EFFECTS," will clarify this.

For lower back and hip pains, don't forget the top of the feet for polarity reflex release. It is most effective, but usually overlooked.

The lateral polarity reflexes of the body are found in the external margin of each foot, near the little toe and its tendon, and between it and the fourth toe.

The tendons of the other toes, and mostly between them, are the polarity reflexes of the back, according to regional representation, laterally and superior-inferiorly, as given in the charts.

The over-all current flow, as shown in chart No. 6 of book II is the correct basis for this observation in diagnosis and in therapy. This has been and can be proved by experience.

GAS RELEASING TECHNIQUES

ACCORDING TO POLARITY PRINCIPLES

As the airy principle is the first essential essence in the life currents in the body, it is also the one most frequently involved in pains as a negative effect. Gas pressure may diffuse and manifest as painful symptoms in muscle tissues, the bowels, or even in the head, very much like a gas bubble in a hot water pipe.

The colon is the largest reservoir of the gases in the body and it represents the neuter pole of the airy principle, and may reflect anywhere in the body as steady gas pressure until released. This may manifest as pains shooting and darting from place to place. Cramps in the calves of the legs are one of the symptoms due to gas in the muscles because of excess gas pressure in the colon.

The colon as a whole, the cecum and the sigmoid are often distended and displaced by excess gas pressure which usually results in head symptoms. All gaseous type patients, with every kind of head symptom, even epilepsy, do well by using quantities of warm water in the rectum – taken directly from the tap, letting it run in and expelling it quickly – as a home therapy, to draw the gases and blocked energies downward. In these conditions the energy seems to rush toward the head, producing such violent symptoms as are found in epilepsy, etc. Therefore, the downward drainage and expelling impulse should be encouraged to counteract the excess upward rush of the downward-flowing energies and gases. These cases are typical colonic type patients because the colon is the gas reservoir for the entire body.

For home treatment, the patient will get best results by taking the warm water, properly tempered, directly from the faucet, through a soft rubber hose, without the use of a nozzle or any type of rectal applicator at the tip which is inserted in the rectum. A mild lubricant or soap may be used on that end of the hose for easy and painless insertion. The water should be running and properly tempered before the hose is inserted. One inch or so is sufficient for the hose to go into the inner sphyncter muscles. This avoids doubling up of the tube or contact against the feces and is easier for the rectal muscles.

The warm water is repeatedly run into the rectum under pressure and is immediately expelled on every defecating impulse. This has a tendency to draw the gases downward by the expelling force and a reacting suction movement which results in stimulating the rectal function. This type of colonic is best taken in a squatting position as shown in charts No. 63 and 64 of the supplement to book II, over the oriental type of toilet. When such is not available, the next best thing is to take the position in the bath tub, taking the water in and quickly stepping to the toilet for expelling. If the defecating impulse is sudden, there may not be sufficient time to step to the toilet, in which case the tub may be thoroughly scrubbed and cleansed after having been used for this purpose.

After taking the warm water into the colon and expelling it, repeat this process until the colon is thoroughly cleaned out. Sometimes the feces that have been lying in the upper part of the of the colon are brought down and expelled together with the excess gas, during this process. Sometimes the water comes out clear for a while before small or large round lumps are washed out, which had lodged in the pockets of the colon. These lumps may be present even in cases where patients have apparently normal bowel movements, which go through and are not obstructed by the lumps lodged in the pockets of the colon. Quantities of water and the patient's own

impulse to expel same, dislodges and flushes these lumps out. The effort tones the muscles. This may be repeated daily or as often as the patient feels the need of it. Sometimes nothing but excess gas is lodged there, making the patient feel very uncomfortable, and the use of the warm water in this way usually brings instant relief.

After completing the flushing of the colon with warm water, some cold water may be quickly used in the same way and expelled immediately. The cold water also tones the rectal tissues and completes the application.

Many chronic, migraine headaches may be relieved by this simple procedure of releasing the gas blocks in the neuter pole of the airy principle.

The positive pole of the airy principle is naturally in the lungs, as the intake of fresh air for the circulation.

The negative pole of this gas pressure is felt in the calves of the legs and the exact area between the tibia and the fibula, which reflexes to the colon.

Excess gas pressure also frequently manifests as pain in the bones, especially the femur and the tibia, as well as in the feet. Many bone pains are due to air stagnations in the Haversian canals, especially in the long bones. Indigestion and excess gas formation may even make the arms feel numb at times, after heavy meals. Spasm in the fascia and the tissues on the outside of the arms, and in the fascia lata on the legs, is a typical symptom of indigestion and gas stagnation. Most neuralgias are due to this cause. Heat applications may relieve, but POLARIZATION CORRECTS THE DISTURBED ENERGY FIELDS. Excess gas must be released wherever the the symptoms manifest themselves. Before this is released, no other treatment or remedy is of much help.

Cramps which come and go, or a "stitch" in a muscle, are usually due to gas pressure. Such airy stagnation often precedes rheumatic symptoms and arthritis, where more solid particles fill in the stagnant fields. Neuritis may be a stagnant airy block, before inflammation of the tissue sets in.

As previously mentioned, the upper jaw bones react to the shin bones, in polarity reflex tracings, and the lower jaw bones react to the pubic bones on each side. "As above, so below." The positive area is reflected in the negative one. WIRELESS ENERGY CURRENTS UNITE BOTH AND CAN RELEASE BOTH THROUGH PROPER APPLICATION OF POLARITY THERAPY.

Techniques for releasing excess gas pressure are given in a series of charts in this book (No. 21, 22, 23, 24 and 25) because more than one area must be treated, depending on where and how intense the blockade or blockades may be. These treatments are best given with the patient sitting in an upright position because diffused gases in the tissues have a tendency to rise for expulsion. When there is enough energy present to expel them downward, there is no difficulty in obtaining relief. But, as gases are often diffused in muscle tissue and elsewhere, it takes a little time to get them to move and collect for release in a hearty belch or natural downward expulsion. These areas must be coaxed through stimulation and relaxation to get them to react and expel the gas gathered there.

GAS RELEASING TECHNIQUES

In office procedure, a simple rectal injection of garlic, onion and parsley juice diluted with three parts water can be given more than once in one treatment. It takes only a few minutes to inject from one to five 2-oz. syringefuls of this mixture, the amount depending on the patient's capacity to hold it. This works much faster than any colonic or enema and it gives instant relief when it is indicated or when the colon is loaded. Best results are obtained by having the patient in the knee-chest position while giving the injection, so the small amount of fluid used can more effectively be dispersed and flow downhill and soften the mass in the colon.

Having emptied out the lower end, the upper reflexes may be stimulated. Have the patient sit by a washbowl or with a pan in the lap. Give the patient plenty of hot water to drink, preferably with a little lemon or salt in it. The operator slips a finger cot on the first finger (second finger may be used, but the first finger is perferable) and reaches back of the soft palate and raises it, as shown in figure 2 of chart No. 25 in this book. Hold this contact gently for a few seconds. It has a powerful regurgitating effect on the stomach, is also a respiratory stimulant, and reacts on the rectum for elimination, if held longer. It is a valuable treatment when and where it is needed. All cases of digestive disturbances, heart trouble and breathing difficulties are benefited by it.

It will be surprising how this simple treatment, together with the other procedures mentioned in this chapter on Gas Releasing Techniques, can relieve the most stubborn and intense headache for a patient in a very short time. The longer the headache has been in progress, the longer will it take the good doctor to release the settled gases. As soon as these roll, relief is obtained. One sometimes has to work a half-hour or more on real stubborn cases. Suboxidized tissues need air and circulation. Treat these cases often until POLARITY CORRECTIONS ARE MADE.

Many times hiccoughs will occur during the process of these gas releasing treatments. This simply means that more gases are present, as the hiccough is a symptom of gas pressure on the diaphragm. Work a little longer and up come the gases!

The patient will be most grateful and will gladly come to the office of the doctor who can give relief where everything else had failed.

CHART NO. 21. STEP ONE IN GAS RELEASING TECHNIQUE. ANTERIOR AND POSTERIOR VIEW.



Fig. 1



Fig. 2

CHART NO. 21

The patient sits on a chair or on the treatment table. The doctor stands or sits behind the patient and places both hands directly above the innominate crest, on the soft tissues of the sides of the body. The fingers dig in, in front, over the groin, with a gentle lifting motion to stimulate the cecum and sigmoid area as shown in figure 1. The thumbs grip the lateral muscles in the back to balance the hand. They also contact the transverse process of the lumbar region, pushing forward in a gentle rocking motion as shown in figure 2. The contact can be moved higher and lower, up and down the spine, accompanied by a gentle, rhythmic rocking motion which helps to expel the gas.

This may be continued as long as the gases in that area can be moved for expulsion. Then change to another location for release. Gas accumulates in pockets and must be located and released from each stagnant pool. It takes time and effort to gather and release these stray bubbles in tissues. But the relief obtained by the patient is well worth the effort.

CHART NO. 22. ACTIVATING ANTERIOR AND POSTERIOR BODY AREAS FOR THE RELEASE OF GASES.

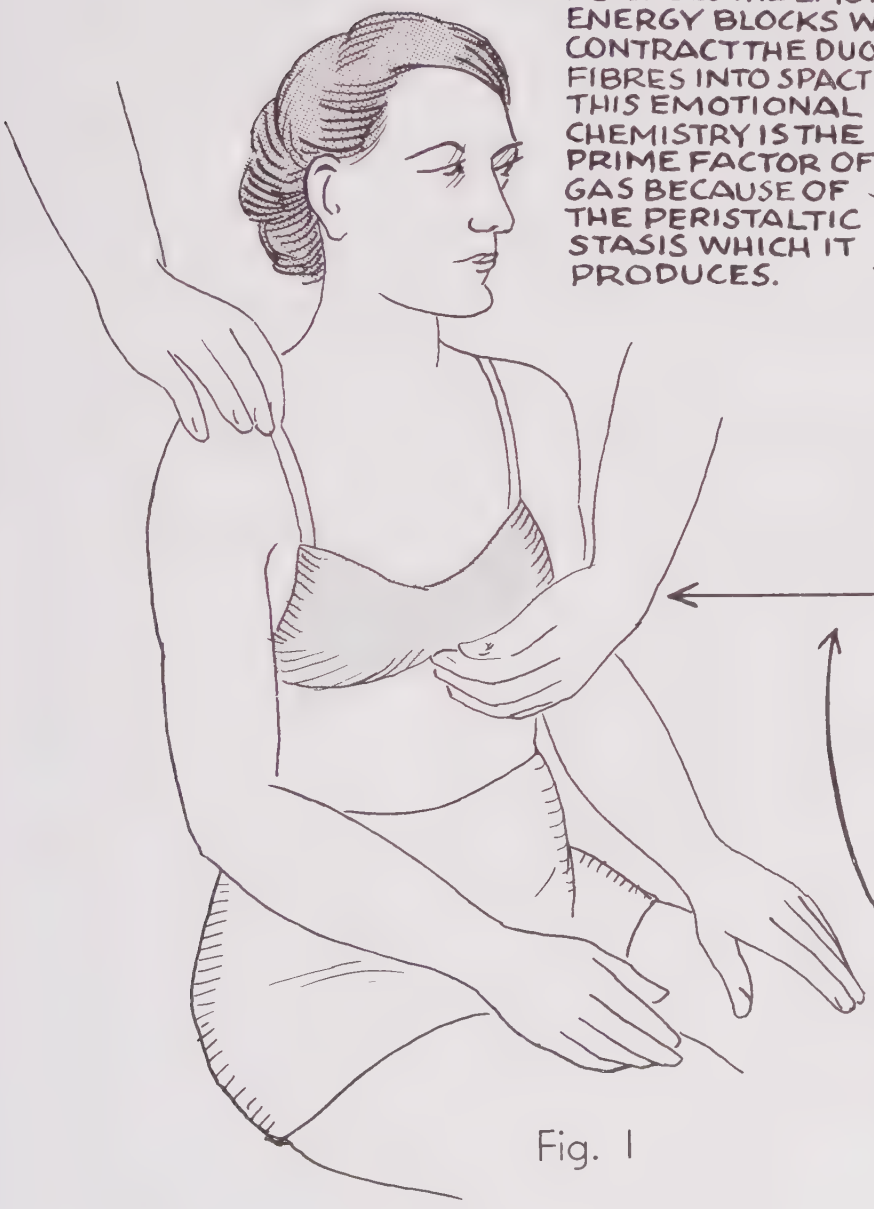


Fig. 1

THE SAME FIRM THUMB X CONTACT ON THE LEFT SIDE OF THE BACK RELEASES THE EMOTIONAL ENERGY BLOCKS WHICH CONTRACT THE DUODENAL FIBRES INTO SPACTICITY. THIS EMOTIONAL CHEMISTRY IS THE PRIME FACTOR OF GAS BECAUSE OF THE PERISTALTIC STASIS WHICH IT PRODUCES.

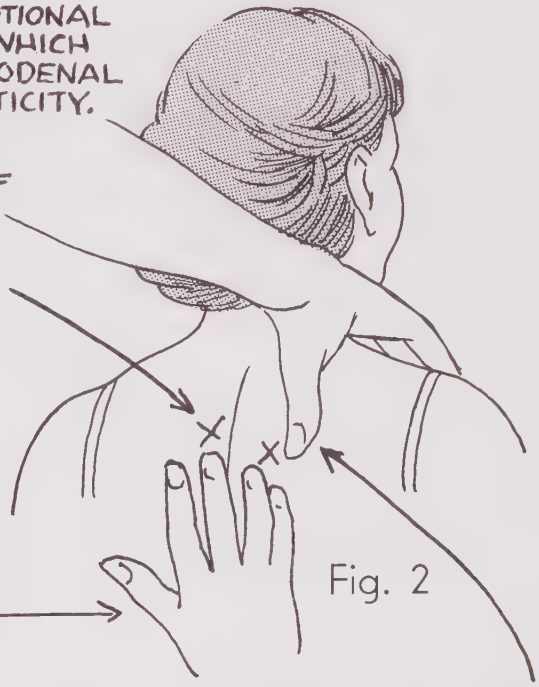


Fig. 2

THUMB CONTACT BETWEEN THE TRANSVERSE PROCESS OF THE FOURTH AND FIFTH DORSAL VERTEBRAE OPENS THE PYLORUS.

A CONTACT IN FRONT AS IN FIG. 1 WITH A FLAT RIGHT HAND POLARITY CONTACT ON THE BACK FOR GAS RELEASE. BRACE THE RIGHT ELBOW ON YOUR KNEE TO STRETCH THE BACK OVER THE HAND CONTACT IN A LIFTING MOTION.

THE SITTING UP POSTURE IS BEST BECAUSE IT FAVORS THE RELEASE OF GASES.

CHART NO. 22

FIGURE 1 demonstrates a double contact for gas pressure release under the floating ribs and the diaphragm. The right hand of the operator is placed on the back of the patient, the thumb pressing between the fourth and fifth dorsal vertebra on the right side, steadily pressing anteriorly, while the left hand supports the abdomen in a steady lift or rhythmic movement upward. This has many other benefits, as mentioned in connection with chart No. 3 in this book. A co-ordinated, rhythmic motion of pressure and lift often releases the gases freely.

This also has a POLARIZING EFFECT from the back motor area to the front sensory area of the body, and opens the pylorus.

The contact and application can be used up and down the spine on the back, as well as from the pubis upward over the entire abdomen, up to the ribs, in a lifting motion. It may be used on either side for gas release, depending on where it is needed.

FIGURE 2 gives a posterior view of the contact marked "X" on either side of the spine.

Pressure on the left side of the back in this area releases the tension in the small intestines.

The straight horizontal arrow shows a combination hold of the anterior and posterior contact employed simultaneously as one move, in a lifting, rocking action for gas release.

In heavy patients the knee of the doctor should support the elbow of his hand on the back of the patient when the back is flexed for rocking or a lift upward.

CHART NO. 23. SHOULDER CONTACTS WITH KNEE SUPPORT AT VARIOUS POINTS ON THE BACK FOR GAS RELEASE.

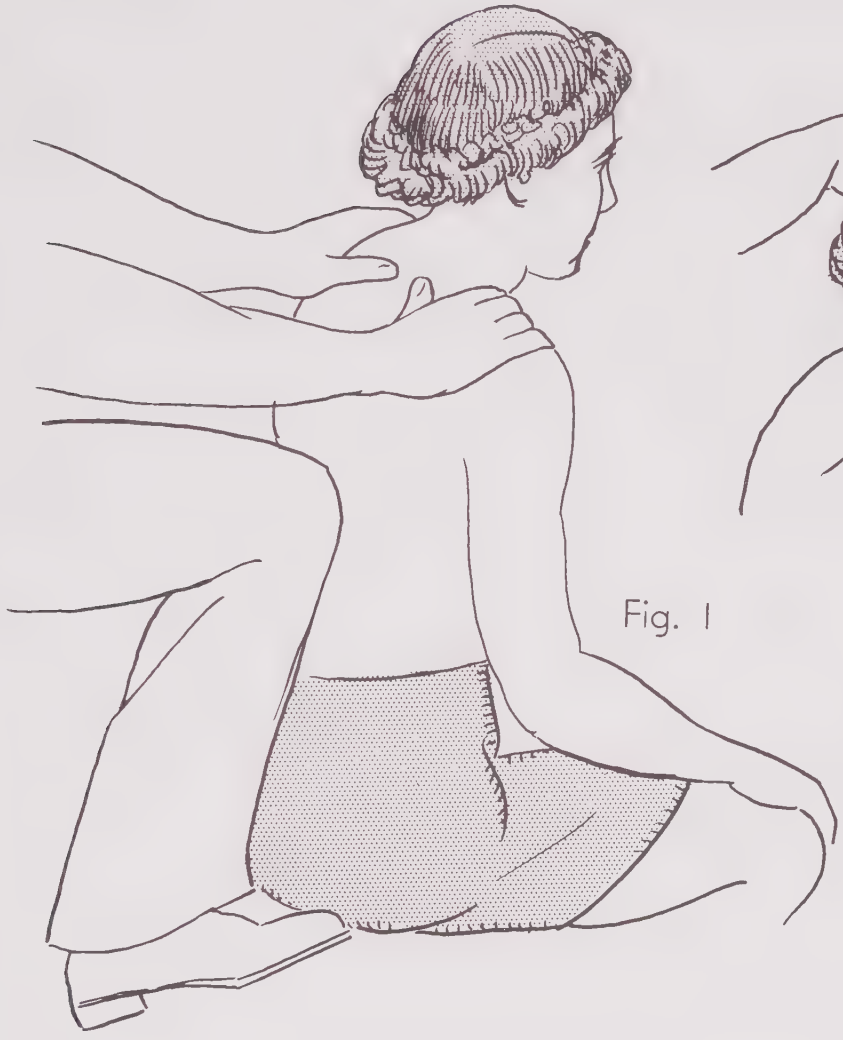


Fig. 1



Fig. 2

A THUMB SUPPORT ON THE NECK WITH A GENTLE HEAD FLEXION TOWARD IT. USED ON BOTH SIDES.

CHART NO. 23

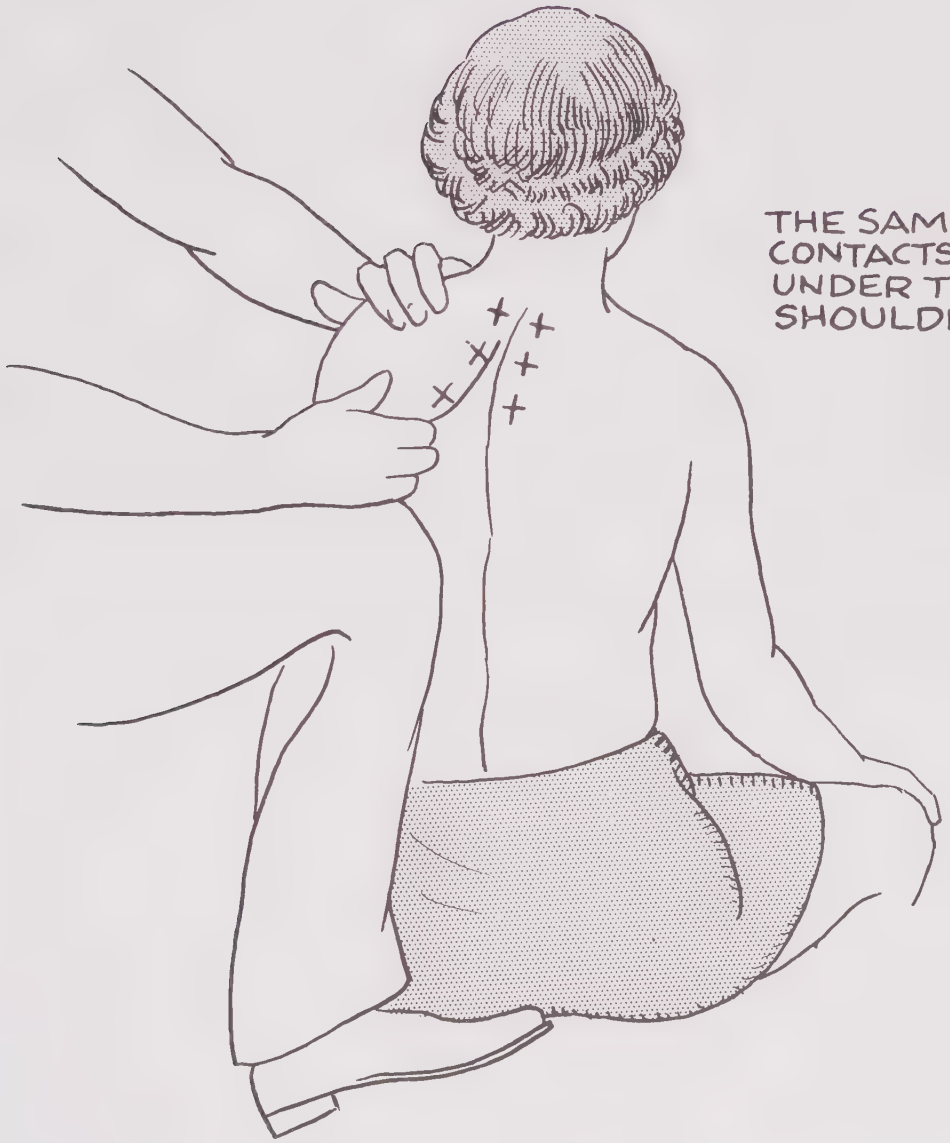
This is an illustration of a double contact on both shoulders, with the operator's fingers stimulating the area in front just above the collar bone, for the pneumogastric and spinal accessory nerves as well as other polarity reflexes from the abdomen, while the thumbs grip the muscles of the shoulder for steadying the hands and completing the polarity contact.

The process is one of holding firmly and gripping the area with also a slight rocking motion. Repeat this several times, BUT HOLD STILL WHILE THE BELCHING GOES ON.

The operator's knee acts as a fulcrum and support against which the back is gently pulled. This knee support is moved up and down the spine, wherever the best results are obtained by the response of gas pressure release. The upper contact remains the same for this particular movement.

FIGURE 2 indicates a thumb contact along the spinal groove on either side, with a gentle flexion of the head against the contact, for stimulation and gas release, especially over the third, fourth and fifth cervical vertebrae for brachial plexus and stomach release as well as the polarity action of the two phrenic nerves on the diaphragm.

CHART NO. 24. CONTACTS UNDER THE SHOULDER BLADES FOR GAS SYMPTOMS AND BETTER AIR INTAKE.



THE SAME LIFTING CONTACTS X ARE MADE UNDER THE RIGHT SHOULDER.

CHART NO 24

This illustrates a contact under either shoulder to relieve the respiratory reflexes of the stagnant gases.

The other hand is placed in front and on top of the shoulder. It steadies the movement while the fingers press on the top of the shoulder to elicit additional polarity reflexes.

This contact is held and the shoulder is alternately raised and lowered until the gases are released.

Contacts are made all around the shoulder blade. The higher the contact the better, only it is more difficult to get under the blade higher up when there is much congestion. It is then necessary to work at it gently until it is possible to get the fingers under the shoulder blade.

The lifting is done by the operator's knee which supports the hand under the shoulder. The operator's toe is kept on the chair while the heel is raised, which raises the leg. This makes the lifting easier for the doctor.

Go from one side to the other and work where the greatest relief is obtained. One or two minutes usually suffice for each area. It can be gone over again and again, as often as necessary, after working on the other areas. Gases must be gathered and released from the local areas before they can be belched up or expelled naturally. It takes much effort and patience on the doctor's part. Gases are unreasonable and contrary like goats.

Most bad headaches, especially hemicrania, are usually due to gas pressing in the head and on the skull, and may be relieved with these gas releasing contacts.

CHART NO. 25. TREATMENT FOR GAS PRESSURE BY POLARITY STIMULATION ON THE HEAD, SOFT PALATE, AND NECK.



CRANIAL SORE SPOTS ARE DISTURBED POLARITY REFLEXES IN THE BODY. THUMB PRESSURE ON EACH SIDE OF THE HEAD, FRONT AND BACK, AND DIAGONALLY ACROSS THE HEAD, FOR RELEASE OF GASES IN THE HEAD. PRESSURE ON TENDER SPOTS OF THE OCCIPUT ON EACH SIDE IS A MOTOR RELEASE FOR EYE STRAIN.

Fig. 1

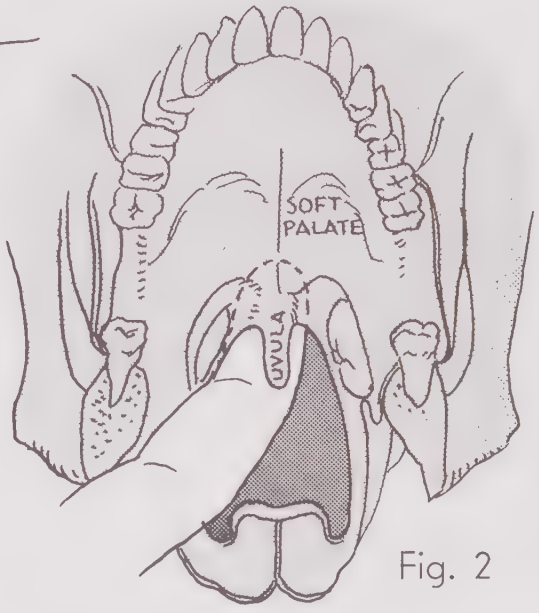
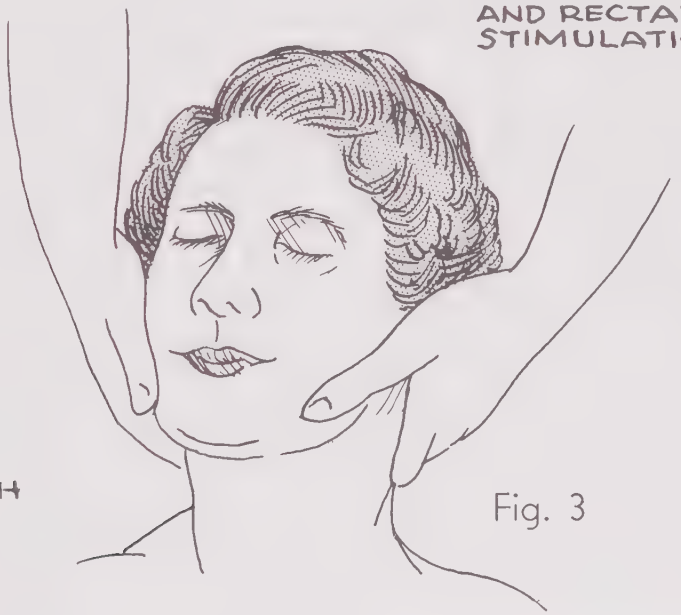


Fig. 2

A UVULA AND SOFT PALATE STRETCH FOR STOMACH AND RECTAL REFLEX STIMULATION.



A ROCKING SPINAL RELAXATION STRETCH

Fig. 3

CHART NO. 25

FIGURE 1 illustrates the head treatment for polarity reflex release of gas pressure in the head. The doctor stands behind the patient and gently places his finger tips under the hair, directly on the scalp. A short, gentle motion is used with light pressure on the scalp. The direction of the move is from one hand to the other, and this is repeated all over the head. Concentrate most efforts on the sore spots found here.

EYE TREATMENT: The center of sight and the motor area of the eye is in the cuneus of the occipital lobe of the brain. Sore spots over the occiput, about its middle region on each side, are polarity reflex areas for the eyes. Marvelous relief can be given to inflamed and watering eyes by this simple therapy. Gas stagnation in this center may be a reflex from the duodenum and the stomach through its mucous membranes. That is one reason why the umbilicus is treated for eye trouble. It is a well-known proverb that "The eyes are bigger than the stomach." This refers to the craving for foods and stimulants.

The treatment may also include draining the head, by tilting it back with one hand on the forehead while the thumb and knuckle of the first finger of the other contact the very sore spots on the middle and lower occipital regions. Hold it a moment, release, then repeat several times. For illustrations of this technique, see chart No. 49 in book II.

FIGURE 2 is a sketch of the soft palate, showing the index finger of the operator hooked under it in a lifting motion to release stagnant gases and polarity reflexes. The contact also raises the uvula, which is the positive pole for stomach and rectal polarity reflexesl This is described in detail in the chapter in this book entitled "GAS RELEASING TECHNIQUES ACCORDING TO POLARITY THERAPY." Rectal dilation is often indicated as a stimulant to activate the negative pole of elimination. As previously mentioned, this should be done with gloved, well-lubricated fingers and not with harsh dilators. Nature responds to intelligent applications; not to force, which it resents and will react violently to it if force is attempted.

FIGURE 3: When the gases have been released and the patient feels comfortable, the general spinal stretch is indicated as the last procedure in this series for stabilizing the relaxation of the entire body. For this particular application the patient lies on the table, face up. It is similar to that shown in chart No. 42 of book II. In this case the contact with the thumbs is on the jaw in order to release the corresponding polarity reflexes. The two middle fingers reach around to the back of the occiput, and the patient's head is slightly tilted forward so the chin is tilted downward. Then a gentle, rhythmic pull and relaxation is repeated again and again, like a rocking motion, until the patient is relaxed. The pull is just enough to move the body of the patient slightly in a gentle stretch. There should be no jerking and no attempt is made at making any adjustments at this time. Whatever adjustment is indicated, takes place automatically while giving this gentle stretch, and that is all that is needed here. IT IS WELL TO REMEMBER THIS POINT IN TREATING ALL DELICATE AND WEAK PATIENTS. To relieve pain by removing energy blocks and pressures is a technique in itself. Structural correction is a physiological procedure for future balance but not for acute pain.

LEECHES AND THEIR VALUE IN POLARITY THERAPY

Atomic research has clearly demonstrated the energy principle as the foundation of all matter. Obstructed energy fields are forces in turmoil and ready to erupt any time, wherever they are. All contending forces leave a residue of refuse and destruction on the battlefield. Even so, do the unpolarized contending forces in the blood stream leave a host of dead red and white cells, loaded with impurity, in any area where the residue may be accumulated after many battles, when the natural forces are not able to cope with them through the usual channels of elimination. The residue is then pushed to an external location, if possible, where there is less danger to the vital force by this blockade. If this is not possible, then there is great danger of serious damage to central organs and to life, as in apoplexy, cerebral hemorrhage and the like.

The application of leeches is an old therapy but no such reason for their use has ever been offered. In fact, blood-letting and leeching was overdone in the middle ages in Europe. The simple theory behind it all was that in the blood was the impurity which endangered life; so they let some out for every occasion, with the idea of purifying and thinning out the rest. The three disease-producing factors were said to be in the blood, and so they were letting it out. The practice was abused because it was not understood. However, when the blood becomes too impure to act as a conveyor of the life forces because of heavy diet and lack of elimination, something should naturally be done about it. Un-oxidized tissue dies of asphyxiation much the same as the sum total of cells – the individual.

Proper diet may prevent further filling up of the blood stream with wastes, but it seldom takes care of the blood sludge which has accumulated. Merely letting out some venous blood from the circulation through venesection is not clearing the deposited accumulation which has been scattered through muscle tissue, like in lumbago and other acute cramps of muscles. These blood particles may even become crystals, so sharp that they cut the tissue cells in which the waste deposits lodge, when the muscle attempts to contract. Be that as it may, the absence of oxygen and the life energy is quite sufficient to cause paroxysm in the affected area, through the asphyxiation of tissue cells. Also, the energy currents blocked there, accumulate sufficient back-pressure for constriction or swelling, through excess of material in the blood which is caught in the tissue cells and cannot escape because the proper solvent is not present to release the chemical block from this accumulation.

The factors are first vital, then chemical through oxygen starvation and wastes; also mechanical in quantity pressure and the sharpness of the acid particles in the tissues. The situation is like a morass locally, or quicksand in a roadbed. The impurity may be so great that this blood could not be allowed in the general circulation without producing a fatal reaction when it strikes a vital center like the floor of the fourth ventricle of the medulla oblongata, or the bundle of His in the heart, etc.

In secondary local conditions of severity and chronic accumulation, the gentle withdrawal of the blood sludge – by the application of leeches – would be a help to the system and a relief to the patient. FRESH BLOOD HEALS BECAUSE IT IS A CARRIER OF THE LIFE ENERGY IN THE OXYGEN CONTENTS OF THE BLOOD. As the blood sludge is slowly removed by the application of leeches, the body manufactures pure, fresh blood to take its place in the circulation; whereas the sludge was stagnating in the local area and obstructing perfect circulation.

Even after the acute stages of cerebral hemorrhage have passed, the local application of leeches relieves the brain tissue of the blood sludge which otherwise obstructs vital brain areas

LEECHES AND THEIR VALUE IN POLARITY THERAPY

and causes paralysis. Remarkable results have been obtained by this application in typical cases, even months after the stroke.

In acute inflammations of the spinal cord, like in meningitis, the application of leeches is very useful to encourage the flow of fresh blood to the inflamed membranes.

Leeches can be used very effectively around old varicose ulcers, on carbuncles, boils, bruises, black eyes due to injury, or anywhere where poisoned or dead blood accumulates and needs to be drained in order to allow the fresh blood to circulate and promote healing.

The point to be born in mind is that the leeches must be applied on the area of stagnation or inflammation in order to drain it of the sludge, and nowhere else. General venesection does not drain blocked local areas. In many instances, the bad-smelling, decayed blood drained out by the application of leeches, plus the relief felt by the patient, would be sufficient evidence to convince anyone of the effectiveness of this age-old therapy, PROPERLY USED. This also points to the necessity of not allowing this blood sludge to flow back into the general circulation. Nature often walls it off as abscesses, boils, carbuncles, etc. when the condition is still in an acute stage.

Leeches are applied to any selected area indicated by the presence of bad blood and its local symptomatic appearance.

The number of leeches to be used for a single application is governed by the vitality of the patient and the extent of the area to be drained. The patient must be under observation for at least six hours after the application, for fainting symptoms or hemorrhage due to badly decayed tissues, as in varicose ulcers. In such cases a natural antiseptic astringent, like Vitaminerals No. 120, and elastic bandages should be kept handy.

The application of leeches is a responsible and tedious procedure and cannot be classed under routine therapy. Sufficient time must be set aside by the doctor to enable him to give the application his entire time and attention.

DIRECTIONS FOR APPLICATION: The surface to be treated should be thoroughly cleansed. The leeches are placed on the area and covered with a cold wet cloth to keep them from wandering about. Give them sufficient time to take hold and fill up. They will fall off by themselves, one by one, when fully engorged with blood. If a few stragglers hang on unreasonably long, sprinkle some table salt on them and they will let go at once. Also, as the leeches drop off, if you wish to see what rubbish they sucked out, disgorge them a few at a time, by placing them in a shallow bowl with a little water in it and sprinkling them with table salt. You can then show them to the patient while they disgorge,and, if interested, the patient can see for himself or herself the amount of black and sometimes foul smelling blood of which they have been relieved. For this one does not need a microscope as it can be seen with the naked eye, without the use of any instrument.

When the leeches have done their work, the area should be washed with liquid green soap and water, or Laronol which is made by Anabolic Foods. This is excellent as it has a lubricating action rather than a drying one which would stop the draining of the small outlets made by the leeches. Sterile gauze is then applied over the area, and thick cotton padding on top of that, so the blood which oozes out of the small outlets won't go through on the clothes and on the bedding.

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This may need changing several times. The draining usually lasts about eight hours. Then the area is merely washed and that is all. If one or two spots insist on dripping at this stage, touch them up with a little V.M. 120, iron solution which should be kept on hand as previously mentioned.

In cases where leech applications are indicated, the results obtained are in a class by themselves. As a prophylaxis, it does not do much for hypertension by actual measurement, but it may lessen the danger of cerebral hemorrhage.

It is not effective in infantile paralysis, but it is effective in paralysis due to cerebral hemorrhage. In such cases the paralyzed limbs are revived as a result of freeing the brain of blood sludge which threatens to drown the normal brain cells and their function. Where the diffused blood of the hemorrhage absorbs naturally, it is not needed. But where paralysis results and does not gradually vanish without assistance from the outside, the application of leeches is of real value to the patient and to the doctor.

POLARITY DIET

REVIEW AND REASON FOR A NEW APPROACH: With so many books available on diet and the actual chemical analysis of food substances, it would appear that all the ideas on this subject were represented and there would be no need for further discussion or writing. However, in daily practice every observing doctor finds diet as a major factor in chronic complaints, and without the correction of such contributing causes, the patient's pains and illnesses continue to recur.

In this field too I searched for many years for a logical denominator which would be a reasonable approach to this debatable subject; at the same time avoiding fads, isms and arbitrary diet rules. Is it possible to answer all these questions in any one book without dogmatism and endless controversy? I claim it is not only possible but simple when the underlying factors are considered which pertain to the whole constitution of matter in motion and in man. All living things have polarity, and either attract or repel. Chemistry itself is based on attraction and repulsion. Diet also is based upon this fundamental law of Polarity.

The constitution of matter is simple in its essence, but very complex in its assembly and combinations. Before our knowledge of complex chemistry existed, there was a simple classification of matter, according to its state of appearance, which explained the type of energy that was flowing through it at that time. Solids, liquids, gases, caloric energy and etheric substances are the five modes of classifying matter according to our five senses and the principles operating in them which attract us to these substances.

The finer energy fields in our bodies need recharging, stimulating and replacing of particles used, such as solids, liquids, gases and heat units, plus the sensitive and artistic appearance and appetizing aroma and style in its service as food or drink, representing the etheric essence. Heretofore, we simply thought of foods as proteins, carbohydrates and hydrocarbon replacements in the body according to chemical classification, as the only necessity for eating. As long as all this can be enjoyed with good health, no question arises and all seems well. But when pains or illness manifest, then we wonder if this pleasure routine of eating and drinking hasn't something to do with it. After all, why do we do it and go to all the expense and effort to please our appetite by seeking new places where new and tempting dishes are served? The mere chemical approach

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does not answer most of these problems, and it is far too complicated and too technical to be the solution to all diet problems, because life is not merely chemistry.

If we study the essence or the energy fields in foods, or the principles of which they are the conveyors, then light breaks on the scene where reason and practice can join hands. The replacement of energy used in the body is sought in the whirling energy particles conveyed through food to the energy fields of the body. This is the primary factor before all other considerations! It is the attraction of POLARITY ENERGY FIELDS which is the essence of the diet problem. Food and drink must be broken down by the body energies first, and the inherent spinning electrons and protons must be liberated so they can be absorbed as building blocks and fitted into the keynote of the body and the different organs of function to which they are attracted.

Polarity in diet appears as a new idea and a strange thought at first. But when we consider that we are attracted by certain foods more than others, it suggests a Polarity force at work unbeknown to us. The appearance or aroma of certain foods, or even talking about them, makes our mouths water, while we do not react that way to other foods. Why do we crave certain things and repel others? Is it not all based on Polarity? The attraction may be psychological as in other preferences for which we have no physical basis. But the fact remains that there is a strong magnetic attraction in us for certain types of food or drink, which is usually not based upon reason, nor is it because the body needs it in such quantities, nor because it is good for us. To cope with such factors is sometimes the struggle of a lifetime; and the strange thing is, persons who have this craving for certain foods and drink not only enjoy them but can tolerate them far better and longer as a steady die than could any other group of persons.

This problem has puzzled scientists and dietitians for many years and the answer is still hidden in a Polarity attraction of something within the person which is also in the food or drink craved. What is this mystery? Is it purely psychological, or is it inherited, or due to early habits? Why does it recur in such a persistent pattern, without rhyme or reason? The answer to this and many other problems which have an electromagnetic basis for their attraction between fields within the constitution of the body and in Nature without, are found in the Polarity fields and as a vibratory keynote in the field of mental craving.

All patterns have their origin in mind substance. Mind also is matter in its finest neuter form. For that reason it has power over matter, through attraction, by re-arranging its pattern form; as the neutron has over the activity of the atom and its component protons, electrons and other positive or negative spinning particles.

THE LINK: It is the pure action of neutronic energy of matter which appears as mind substance and thought everywhere. For this reason, mind is the ruler of the individual. Therefore it is necessary to understand the problem in its step-down sequences from finer causes to material effects. Solomon evidently had this in mind when he admonished, "With all thy getting, get understanding." Through understanding, man can learn by action, experience and sensation in this "Kindergarten of Life."

Even the smallest unit of matter, the atom, works by attraction which holds its particles in the field of usefulness, spinning around a neuter center. This presentation of POLARITY PRINCIPLES IS AN ADVANCE APPLICATION OF ATOMIC SCIENCE TO THE HEALING ART.

Whoever thought that diet itself could be better understood as energy fields of attraction in

eating and drinking? However, in mental and emotional upsets, we do not think it out of place to resort to psychiatry in an endeavor to solve the troubles resulting from our habits of indulgence. Even this approach does not explain the "why" of a certain craving, but endeavors to change the thought pattern.

In this newly-found explanation of mind as the neuter pole of all matter, we bring the two factors to the surface as POLARITY ATTRACTION. Mind patterns always have motives or objectives for their drives. It is either possession, enjoyment or mastery over certain things to which this energy expenditure is geared. The after-effects of these impulses are usually the pains and distresses for which remedies are sought outside of the field of causes.

Simplicity of diet and restriction in quantity and selection is a touchy subject for the doctor to broach to successful business men or women who enjoy eating and drinking as a satisfaction in keeping with their position in life. To even mention physical health through simplicity of diet is often impossible. Yet faulty diet habits are contributing factors in many diseases.

Suffering makes the mind small and willing to do anything for the relief of the pain as long as it lasts. And the very food or drink which causes the pain because of over-indulgence, may be repellent – even as a thought – in the time of suffering from the results, but not after that. Is this not reversed polarity in action? Should we consider it as punishment or merely as a correction of natural forces in action? Whichever view we take, Polarity is the one factor around which all this attraction spins; in the first place as over-indulgence; in the second place as reaction of forces in the system in an effort to right itself.

Is dis-ease a corrective effort of Nature, or a punishment which we must escape somehow? Do we ever escape our thoughts or our weaknesses by travel or by runnnig away from responsibility? Should the good doctor help Nature in its polarizing effort, or oppose and suppress those corrective forces at work with chemistry? These are the problems of our times. The answers lie in the energy field of Nature and in man. The constitution of neither is changed to favor anyone.

Nature has five fields or patterns of manifestation which we know as Creation The five fields are: Etheric, Airy, Fiery, Watery and Earthy. The one central energy or river of life which is the etheric force, flowing out of the etheric realm of Paradise, is the neuter balancing unit force. It is represented by the central core of the body; namely, the brain and the spinal cord and the thumbs and big toes. (Explained in book I.) We are told that this river splits into four heads. Similarly, the four sensory and motor currents flowing over the four fingers on each hand and the four toes of each foot are polarized and sustained in action by the sum total of the neuter current flowing over them and supporting and co-ordinating their action.

Nature splits this central energy field into four heads of manifestation in the outside world:

1 – The first river is the air, the breath of life and the gases it contains, like oxygen, which makes life possible on earth.

2 – The next is the fire of life and warmth, supplied by the sun and embodied in fuel in the earth.

3 – The third is the water principle of fluidity and hydrogen which constitutes about three-fifths of the earth's surface, as seas and rivers.

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4 – The fourth is the solid earth, or matter as we know it and think of it, such as greens and fields, etc. But without the co-operation of all the others, this could not be.

These rivers of energy all depend on each other in interplay of particles and essences for their existence. So also does the health of the human body. We eat the fruits of sunshine, air, water and the earth, but never question the fact why we need them nor what the finer essences or principles in them are which we must have in order to sustain us. "Man does not live by bread alone." All solid, physical food is here implied. There is something finer in us and in Nature. It is the energy essence in the food that supplies our store from Nature's bountiful domain, and this essence is four-fold in Nature's polarized fields.

1 – The AIRY elements of foods are distinguished by their sourness and oxidizing properties. 'Sauerstoff' is the German word for oxygen. All foods which have this in abundance, sustain this element of action in the human body, when taken in moderate quantities and in proper combinations. The intake of too much sour or oxidizing foods, such as acid fruits and their juices, causes an excess of the sour element in the body through fermentation because of lack of oxidation.

Nitrogen is also an element of the airy nature. Rich, nitrogenous foods form excess gas when not digested rapidly. Fermentation is due to indigestion, and gas is a by-product, liberating the sour element and struggling to give it back to Nature.

The airy foods nourish the oxidizing element in the bloodstream and in the nervous system through the cerebro-spinal fluid, by absorption of this fine essence. That easily explains why highly nervous cases are usually associated with gaseous conditions.

Yeasts and their products belong to the group of airy foods. They soothe the nerves, which action, according to chemistry, is credited to the vitamin B contents.

Natural, unprocessed cheeses have the airy quality of fermentation in them. Roquefort, Camembert, Liederkranz, Limburger and all cheeses having a strong odor which is activated by the enzymes of fermentation belong in this category. Apples combine well with these proteins because they are also an airy, brain food. Almonds, pecans, cashews and pignolias are among the fruit proteins containing this airy principle.

All citrus fruits and their varieties come under the heading of sourness, which must oxidize or the excess produces rheumatism by clogging the oxidation and life principle. Lemons, limes, grapefruit, tangerines, oranges, pineapple, rhubarb, tomatoes and strawberries are here included.

Among the dairy products, the sours are Yogurt, sour milk, acidophilus, buttermilk and all its varities of souring essence, which may be too much for the body to take care of when taken daily in quantities. In this respect, the Punjabi's in India have the right idea. Their hot weather drink is cold, fresh buttermilk, yogurt or curd, diluted with four parts or more of plain cold water, and salt is added according to taste. In this way it is highly beneficial through its cooling effect.

Personally, I have seen many cases of rheumatism, lumbago, arthritis and other muscular pains or stiffness and difficulties caused by the excess of the souring principle in the blood because it could not be oxidized in the muscles through action nor by respiration; so it was

deposited as a sour, sub-oxidized material in the muscles and joints where normally lubrication, physical action and elasticity of air should abide. Oxidation and friction consume human joints as well as metallic ones when improperly lubricated. This is an important point which will help to solve many rheumatic problems. The habit of mixing these acids with starchy and rich foods is the worst combination possible because the fermentation has a fine media in the starchy combinations of food, and the end product is rheumatism because of an overloaded liver and other eliminative organs.

I am well aware of the general claim that all these acids are turned into an alkaline in the process of digestion. But Nature decides otherwise when its capacity is overloaded and these sour elements are choked in their oxidizing efforts. They remain acid and form a fermented mixture in the blood stream. Take rheumatic cases off of these sour things, such as citrus fruit juices and sour milk drinks, and the rich foods which ferment and cause another type of sourness, and they will get well. In such cases a diet of leafy, soothing, watery type food is very helpful.

Further, I am fully aware of the claims and practices of putting rheumatic cases on citrus fruits, and sometimes with good results. That is true when the citrus fruits are not mixed with other foods except perhaps olive or almond oil, and are given in limited quantities only, and the patient takes plenty of water - cold when the juice is taken plain, and hot if the juice is taken with oil. This citrus fruit diet is especially applicable to those who are ill as a result of heavy eating of meat and rich foods; but not in cases where there is already an excess of unoxidized acids in the body. A little acid-sour food stimulates oxidation. More than that can be felt instantly in the joints or as a muscular stiffness and ache. I have tested this out thoroughly for years on myself and on hundreds of rheumatic patients, many doctors among them who had overlooked this airy factor of oxidation.

This treatise on airy foods may be concluded by relating actual experience: About thirty years ago, a prominent man who was one of my patients and who would go to the famous spas of Europe every year, came back one year highly enthused about the acidophilus milk dispensing stands along the walks of Cannes. He asked me what I thought of it. I simply replied, "They won't be there next year." "Why do you say such a thing, doctor?" "Because the people will get rheumatism by mixing this acid milk product with their rich diet. Wait and see." The following year when he returned, he said, "Doctor, you were right. There wasn't one acidophilus milk dispensing stand left this year. The people got such rheumatic symptoms that they are now afraid of this drink." Such is the case where a little is good, but too much or the wrong combination is harmful.

2 - The FIERY essence of the sun and heat is embodied in the principle of bitterness in foods, herbs and drinks, which supply the fire element of warmth and life in our constitution All bitters are of a tonic variety and stimulate the digestive function, principally the duodenum and gallbladder (the specific fiery areas), also the stomach and the sluggish liver, the earthy and watery organs of chemistry. Endive, dandelion, escarole, watercress and hosts of other bitter greens and vegetables are stimulants to the digestion.

The fiery and warming foods also include such high-protein foods as oats, peanuts, corn sunflower seeds, soybeans, other beans, peas, lentils, and legumes in general. They have less water in them as they belong to the seed avriety of things with the latent sprouting capacity

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which is the slumbering fiery force, like a motive power, in all seeds. This is demonstrated clearly where a sprout makes room for itself among rocks and even under concrete. It is the fine essence which demonstrates its living power over a lower vibration of inert mass.

The more stimulating fiery foods are most spices, as well as garlic, leek, onions, ginger and the pepper variety of foods. These foods are indicated as a tonic for the circulation, stimulating the fiery nature of the blood for more warmth and action. Among the stimulating beverages are black coffee and tea, having a natural astringent factor. They are classified under the bitter quality. The stimulants act as a lift in low places of the vital economy and should be used accordingly.

3 - The WATERY element in solid foods is distinguished by saltiness, like the sea water. All the vegatable varieties of leafy things have much water in them and the addition of a small amount of salt is needed for proper digestion and assimilation. That is why the deer and other herbivorous animals in general run for miles to a salt lick, in spite of the danger of being killed there. But, again, it is the inner urge of Polarity forces which is even more powerful than the fear of death.

Celery tastes decidedly salty if a person has not used table salt for a while. It is the sodium in the celery which gives it the salty flavor. This is lacking in grasses and that is why herbivorous animals crave salt as a necessary part of the watery element in their diet. In certain diseases, such as high blood pressure and dropsy, where the watery element is in excess in the body, a salt-free diet is definitely indicated. Even the use of celery, cucumbers, etc. are excluded in cancer diets because cancer is pre-eminently a cold, watery disease.

The watery foods are the leafy vegatables, melons, cucumbers, squash, pumpkin, and the water-containing fruits. Milk is also a watery food and therefore causes mucous to form if taken by adults because they do not have the rennet in their stomachs to make cheese out of it and then digest it as a solid protein as all sucklings do.

In diseases of the skin and mucous membranes, foods containing the watery element, which act on the kidneys, should be given. The succulent and leafy vegetables, berries, fruits and melons supply this element in the body's economy. The point here is to flush the accumulated sediments from the membranes.

4 - The EARTHY element in foods is characterized by sweetness. Fats, starches and sugars compose most of this category. The tuber variety of foods which grow underground belong to this earthy classification. Carbon is the element of the earth and adds weight in the foods which contain it in large quantities. It is easily assimilated and slower in elimination. The carbohydrates and hydrocarbons come under this group.

Sweet foods, like honey and sugar containing fruits, come under the earth and water elements in the process of assimilating them into the bloodstream. These two elements join in the circulation as liquids and semi-solids.

Our constitution craves and attracts what we wish to build up or store in the body as essential elements or tissues. For future use it is stored as fat, to be liberated as fuel when needed. If not used, it is a dead weight of earth as carbon.

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SELECTION OF FOOD: The selection of food is according to each one's temperament. The mind must be satisfied with the food and drink. If the problem of Polarity and need is understood, the right food will be selected at the right time, and digested. The body goes through changes like the seasons in Nature. There are times when stimulating and warm foods are best, as in cold seasons. The summer season supplies its own answer in producing luscious fruits and vegetables, which are best taken then as they help to balance the outside heat by their watery essences.

Meals generally should be simple. There should not be too much variety at one meal. The food should be well masticated. Stimulants and spices are specifics, and should be used sparingly, when needed.

Breaking down foods in a liquifier and drinking them does not favor digestion. The proper preparation of food through mastication and insalivation is the first step in preparing the food, through the alkaline media in the saliva, for further digestion in the acid of the stomach. The process of making a correct chemical emulsion, through the body's own juices, is an essential one, so the essences can be extracted by the body as building blocks. The necessary chemical action which takes place when food is properly masticated, is lost when food is prepared and swallowed as a liquid. The mouth is alkaline, and the ptyalin in the saliva is a valuable digestive agent, which has no time to be mixed with liquid food because it passes through the mouth so quickly. Solid foods should be masticated and insalivated. Liquids, like water and some juices, have little solids in them and do not require the action of the saliva on them for the benefit of the body.

The four actions of chemical mutation in digestion are: The chemistry of the mouth is alkaline; that of the stomach is acid; the small intestines are alkaline; and the colon is acid. These four stations in the body are analogous to the four seasons through which the food passes in its cycle of growth in Nature. In this entire process, the four chemical actions, like the four elements, are necessary.

The excellent practice of fletcherizing the food favors the extraction of essences from foods by the body's own essence; namely, its natural digestive juices.

It is the essence in the food which we really crave. The gross particles must all be expelled or they would accumulate and we could not carry on. The gross forms are but conveyors of the life essence within them.

If we need stimulating foods which push out the wastes by their fiery element and motor action, we select the bitter qualities which give tone to the gallbladder, liver and duodenum. Ginger and other spices also come under the fiery calssification as they increase the appetite and aid the fires of digestion in the splanchnic region.

Foods which contain more than one element in them serve those essences in our diet. Naturally, a balance must be maintained or the Polarity may be upset. Too much of any one stimulating food alone opposes the other factors and detracts from their share of energy currents in the body's economy.

Intelligence and the experience gained by the trial and error method act as a safeguard

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for each person. Rules do not apply equally to all ages nor times, to the same person, nor to every temperament and individual. Mere chemistry does not take into account each person's ability to digest and assimilate foods. That is an individual problem which can easily be proved by every one who is interested enough in his or her well-being to observe what agrees best at what time of day and in what quantities. It is simple but it needs close attention and some unbiased observation which every person should give himself in order to remain well under the stress of work.

There are some foods which contain the three essential essences of life which act as catalysts in the blood stream. These three are the sour, bitter and salty essences in the circulation; the Mercury, Sulphur and Salt elements mentioned by Paracelsus.

The airy or sour element promotes oxidation. The fiery or bitter element acts as a tonic and stimulant. The watery principle, as the saltiness of the sea, is the matrix of all structures. In sacred writings it is stated that all physical creation proceeded out of water (even as the foetus floats in the embryonic fluid.) This fine essence of Nature builds new tissues and controls the secretion of all membranes and the skin. It gives structural strength to the body and mildness to the mental temperament, the emotional nature of which is forgiveness.

NOTE: The following four pages were originally published in Dr. Stone's APPENDIX TO THE NEW ENERGY CONCEPT OF THE HEALING ART (Copyright 1956). Most of the other material that originally comprised that Appendix was later incorporated into his other books, and hence the Appendix as a separate publication has been allowed to go out of print.

THE BREATH OF LIFE AND THE CYCLE OF NUTRITION

Air and its latent energy is life to every cell in the human body because this exchange of energy flow links every particle to the Whole. Without it there would be suffocation. The process of breathing conveys this vital energy in the air to every cell in the system through the blood stream and its circulation. It is stated in the Bible (Lev.17:11): "For the life of the flesh is in the blood."

The vital energy of man is a combination of breath - air - (warmth or fire of the sun) and fluids - water - (flowing through his earthy nature). These energy essences lie hidden in the cosmic air. Without these, the body of earthiness and matter cannot live, move or be a vehicle for the consciousness within, which is the living soul in the body. In Gen. 2:7 of the Holy Scriptures we find: "And Jehovah God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul."

"The dust of the ground" is the essence of the earthy principle, which returns to earth at the end of man's life on earth. "Dust" is raised by the wind, when the air moves as energy currents under the impulse of the fiery sun and the expansion of air through heat meeting cold waves of air which are under the influence of the moon energy of contraction. Thus, storms arise and the dust flies! The loose earth is moved by the air in its onward sweep of waves which activate the earth essence by energy stimulus.

These two subtle energy currents of expansion and contraction are pictured as two serpents entwined on a staff, referred to as the Caduceus by the writers of ancient wisdom. The staff represents the spinal cord, called the Tree of Life in the body of man. On the right side of the body the positive energy of the sun prevails. This positive energy is called the 'Pingala' by the Hindus and the 'Yang' by the Chinese. On the left side, the negative energy of the moon rules the body. This negative energy is referred to as the 'Ida' by the Hindus and as the 'Yin' by the Chinese.

This dual energy principle and its secret knowledge was also pictured as the "Staff of Hermes", the god of the Air and of Wisdom. It was the sign of the physicians of old, who understood the workings of these fine energy principles in Nature and in man. When the body is ill, it is out of tune and wave length with these two dual forces in Nature's storehouse and cannot draw on them for sustenance and the impulses of life. It is up to the good doctor to re-establish this broken link of energy currents between the patient's own forces and Nature's supply house.

In illness the rhythm and the wave length of a man's breath is out of proportion to the media of circulation through which it flows. The pulse beat clearly reveals this story. That is why the Chinese of old and all the ancient systems of healing, like the Ayurvedic System of Vedic times, gave such importance to the pulse beat and its meaning. They had an elaborate method of reading the pulse, and knew at once which wind prevailed, which life breath was functioning and which pole of energy was in excess or which one was blocked and needed balancing. This is a lost art nowadays, known and recognized by probably only a single individual here and there, even though the Staff of Hermes is still the sign of the physician. (Please see page 33 of Book I (ENERGY) for the illustration of the Staff of Hermes.)

APPENDIX

THE BREATH OF LIFE AND THE CYCLE OF NUTRITION

The kernel of the story is the fact concealed in the cryptic biblical quotations. Oxidation as an external phenomenon is due to the movement of these subtle, invisible energy currents in Nature and in man. Mother earth also has her pains, such as volcanic eruptions, cyclones, etc. Then the velocity of her pulse beat is out of all proportion and balance, locally or generally, like man in illness.

The part of the quotation, "and breathed into his nostrils the breath of life; and man became a living soul", is a much deeper mystery of the Sound Current Energy also called the "Holy Word of God" by which all things were created. It is the ONE ENERGY of all life, which flows through the brain and the nervous systems of man, and by which he becomes an individual living soul. It is the "Lost Chord" in Nature and in man's consciousness which he must seek and find again to re-unite himself to his Source, from which he has descended like "The Prodigal Son".

The central staff of the symbol of Hermes is the path of the "WORD" of God's major travel in the body, like the trunk of the Tree of Life. It is the energy by which and through which man attracts all that he needs from Nature, like a unit or vital nerve center in the Great Whole. But when man has acquired the power to do so under proper guidance, then he also realizes that it is best to work with Nature and to be in tune with Nature and with God instead of giving in to his own desires to control anything besides himself. When we have controlled our own desires and weaknesses, then everything else falls in line. THAT IS THE SECRET. That is why the truly humble are really great.

In the body the vital air and the circulation entwine the central staff of the Tree of Life (the brain and the spinal cord) like two serpents. They nourish the tissues and thus support the function of the finer airy energy essence of the nervous system and its currents by linking it to Nature outside, through respiration. The energy essence which flows in the center and core of man's being is God's breath of life - The Holy Spirit or Sound Current - which links man to the higher regions and to GOD HIMSELF. That makes man a "living soul". It is the 'ladder' referred to in Jacob's Vision at Bethel: "And he dreamed; and behold, a ladder set up on the earth and the top of it reached to heaven: and, behold, the angels of God ascending and descending on it. And behold, Jehovah stood above it, and said, I am Jehovah, the God of Abraham thy father, and the God of Isaac: the land whereon thou liest, to thee will I give it, and to thy seed; and thy seed shall be as the dust of the earth, and thou shalt spread abroad to the west, and to the east, and to the north, and to the south; and in thee and in thy seed shall all the families of the earth be blessed. And, behold, I am with thee, and will keep thee whithersoever thou goest, and will bring thee again into this land; for I will not leave thee, until I have done that which I have spoken to thee of." (Gen.28: 12-16) This indicates clearly that the human being is a part of God and that he comes to earth for experience only, but comes "again into this land" until his earthly cycle is finished. God is always within each and every one of us. We may forget Him but He never forgets us. When we turn to Him for guidance, then we are automatically in tune with Nature.

THE BREATH OF LIFE AND THE CYCLE OF NUTRITION

The body of dust in which man lives and moves and has his being on earth is supported by the dual currents of the centers of our solar system - the sun and the moon energies and their life-giving currents to all Nature. This is the energy which makes man a living being on earth. This is the earthy man or Adam, according to his flesh and blood, as a human being - not pure spirit, but a mixture of spirit with matter and where matter usually predominates.

The earthy body of man or Adam is linked to Nature by the four rivers of energy which he needs constantly to sustain him in this life on earth. This he has in common with all life and vegetation: Air to breathe, to keep him in this atmosphere as a part of it; warmth and sunshine to expand and live; moisture and coolness to refresh his parched, earthy nature. Solid and liquid foods are also necessary to sustain him and keep him in rhythm with the earth.

Nutrition is a complete cycle of attraction out of Nature's storehouse and the expulsion back to the outside - from the Whole to the unit, and back to the Cosmos. "Perceive ye not, that whatsoever goeth into the mouth passeth into the belly, and is cast out into the draught?" (Mat.15:17).

Natural foods grown on good soil contain all the minerals man needs, as well as the more subtle elements in Nature. Cooking destroys most of the finer 'pranic', vital essence in the delicate structures of fruits, nuts and the more luscious and green vegetation. Grasses, which animals live on, are one of the richest and best balanced foods for the earthy nature. Greens and fresh fruits oxidize easily. They are not as heavy in construction as the proteins, the nitrogenous foods and the carbons.

The proteins of flesh meats and eggs have many by-products in them, such as the purine of uric acid and other wastes of the animal system. These must be eliminated in order to maintain health. Greens and easily oxidized foods are needed in order to help eliminate the waste products. Cheese is a good animal protein which does not contain the poisonous by-products of flesh meats and eggs. A good cheese taken along with plenty of grapefruit or oranges or the juice of same is an ideal combination. That produces oxidation and contains plenty of nourishment without the accumulation of waste and weight.

The carbon foods or starches and heated fats oxidize slowly; hence that is a bad combination along with heavy proteins. It takes longer to break them down and to eliminate the waste. Many illnesses, such as arthritis, rheumatism and a host of pains have their origin in injudicious intake and improper combinations of even the best of foods.

The vegetable proteins, such as the legumes, are highly nourishing but they also oxidize slowly. They should be combined with greens, either raw or cooked. When even the vegetable proteins are taken in excess, they will ferment in the stomach if not properly assimilated and completely oxidized. Acidity due to fermentation causes rheumatism and is always a symptom of sub-oxidation of foods, especially the proteins and starches.

Food and drink have their own cycle of travel. They come from the outside and must be completely broken down by digestion for assimilation and elimination. This is not only true of the solid elements

or the liquids but also of the finer airy and gaseous elements which are liberated in their processing and breakdown in our system. It is essential that every element - gross and subtle - must again return to the outside, to Nature's storehouse from which it came, to complete its cycle or travel. Source and supply or cause and effect complete this cycle.

Only small fractions and particles which the cells have the power to attract and hold are built into the body structure and can be called 'nourishment'. The finer essences are the energy principles in foods. These are far more important than the gross bulk. All moving energy attracts its own as it flows like spinning electrons, the same as in the atomic science. The grosser, denser and artificial foods lack these finer qualities; hence their escape back to Nature through oxidation is difficult and slow. These are causes of residue in the system and in the circulation, which in turn produce obstructions called energy blocks.

This is the cause of illness and disease from outside sources. The other causes of disease are mental and emotional cross currents and frustrations in man's own make-up as 'karmic' reactions of internal causes and external effects; for example: "But the things which proceed out of the mouth come forth out of the heart; and they defile the man. For out of the heart come forth evil thoughts, murders, adultries, fornications, thefts, false witness, railings: these are the things which defile the man; but to eat with unwashen hands defileth not the man." (Mat. 15:18-21)

Life must ever flow as a fountain from within out, and we call the return currents the experience of life. Through pleasure and through pain our consciousness grows in awareness and self-realization. And through faith, love and greater vision it sees its path opening and expanding into the higher regions from where the soul came to dwell in the body. Then comes the path to GOD REALIZATION.

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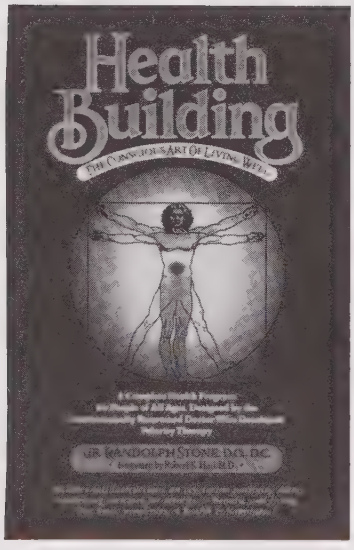
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American Polarity Therapy Association

Statement of Purpose

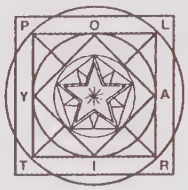
The American Polarity Therapy Association is a non-profit corporation the purpose of which is:

1. To provide an organization for persons engaged in the study and practice of Polarity Therapy as described by Dr. Randolph Stone and to establish standards of competence and eligibility for membership which will confer recognized status upon accepted members.
2. To serve as a communication and support network for Polarity therapists, instructors, students, and any persons having interest in Polarity Therapy.
3. To establish and insure high professional standards for Polarity Therapists. Hence —
   a) To prescribe and uphold a code of ethics.
   b) To establish educational and training standards including required:
      1. curriculum
      2. number of hours of training and practice
      3. continued education
4. To develop the Association as a professional, responsible, ethical body and to insure that it is seen as such by other health professionals and by the general public.
5. To act as an information center, encouraging the availability of publications, media exchange, training, workshops, and conference announcements.
6. To function as a vehicle for research in the field of Polarity Therapy.



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The United Kingdom Polarity Therapy Association is affilitated to the British Register of Complementary Practitioners (BRCP) and the British Complementary Medicine Association (BCMA).

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For a practitioner listing and/or accredited training schools, please write enclosing an A4 SAE.

Practitioner Training



Polarity Therapy Educational Trust UK

Monomark House,
27 Old Gloucester Street,
London, WC1N 3XX, England.
Tel:01483 423352/01803 866294

The Trust established in 1984, provides a quality training in Polarity Therapy incorporating

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- transformative personal work
- a variety of teaching expertise
- comprehensive technical and practical experience
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Health/Bodywork **Volume One**

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

Energy: The Vital Polarity in the Healing Art
The Wireless Anatomy of Man
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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 profou  *s explorations have had on my development and on the growth of my colleagues. ring. I think he is the father of a new field of energetic studies."*

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