About the Author

Dr. Raphael Rettner

is a Palmer College of Chiropractic West graduate and has been in practice since 1982. Dr. Rettner is one of the most highly skilled and respected chiropractors in the United States. He has made numerous radio and T.V. appearances, is the author of *Vegetarian Cooking for People with Allergies* and has produced several DVDs including: *Advanced Healing Techniques, Chakra Armor Release of Emotions and Attaining Nirvana*. He has studied both force and non-force techniques such as Advanced Biostructural Correction, Applied Kinesiology, Body Restoration Technique, Total Body Modification, S.O.T. and over a dozen others. With a combination of creative thinking and an insatiable quest for knowledge, Dr. Rettner has developed several new and exciting chiropractic techniques. Since 1994 he has taught these in his Applied Trigger Points seminar to chiropractors all across the United States, Australia, Canada and England.  

http://www.chirovideo.com
Table of Contents

Introduction .................................................................................................................. 5
Chapter 1: Working With Children ........................................................................... 7
Chapter 2: What Is Life Force? ................................................................................... 8
Chapter 3: Relieving Tension Headaches ................................................................. 9
Chapter 4: The History and Principles Of Polarity Therapy .................................... 10
Chapter 5 Tubal Pregnancy ......................................................................................... 11
Chapter 6: Resonance ............................................................................................. 12
Chapter 7: Protection ............................................................................................... 13
Chapter 8: Trust the Process and How to Pick a Healer ........................................... 14
Chapter 9: The Basic Polarity Session ..................................................................... 15
Chapter 10: Applying Polarity to Chiropractic Practice ........................................ 34
Conclusion: ................................................................................................................. 42
Polarity therapy is a simple and effective method used to bring on deep healing relaxation. It’s easy to learn, subtle, powerful, safe and fun. By employing the currents of life force that naturally flows through everyone’s hands, we can release and balance another person’s energy. As long as that energy is flowing freely, we experience well being and health. I believe Frank Herbert once said that “Life is not a problem to be solved, but a mystery to experience.” On this tape, we are going to explore the mystery of life force therapy and polarity therapy.

I remember it was about 12 years ago when I had my very first polarity session. I was feeling just about my worst that day. A woman named Valerie gave me a polarity therapy session. I felt surges of energy running through my body. I had never experienced anything like it. It was like rivers of energy pouring through me. In the course of about 35 minutes, I went from feeling just about my worst to just incredibly well.

Hundreds of sessions later, I have been so astounded by the kind of results that polarity therapy can provide that I wanted to share this with other people. So I wrote my book, “Your Healing Hands, The Polarity Experience” as a gift and since I wrote it, I have been told by many people they have either received the book as a gift or given the book as a gift. So this e-book is a gift to you and the DVD is a gift to you as well.
When you see the polarity therapy session done, it may look extremely easy. Healing itself is easy. The body knows how to heal itself. For millions of years, we have evolved with the knowledge of how to heal ourselves. We are going to show you those methods so that you can access that energy within yourself. It’s so easy that children have been able to give wonderful sessions.
Chapter 1: Working With Children

I worked with some aphasic children. These children were six years old and learning handicapped. One of the children was having tantrums, what his therapist called hysterical behavior. Every single day this child was kicked and screamed and threw things. I got the other children together and we did what’s called a polarity circle. This is a technique that I came up with and we are going to show at the end of this DVD. I got the children together and we did a session. The child on the table went to sleep within minutes after receiving a session, sometimes sleeping for hours. At the end of the time that the child was sleeping, he would wake up and apologize to the other kids for his behavior. It was incredible. The therapist had never seen anything like it. While the child was on Ritalin and Dilantin for seizures in school, they had no way of helping these children to relax and to feel at ease. Even hypnosis never seemed to work.

We took them over to another classroom where they had developmentally handicapped children. The developmentally handicapped children were totally incapable of speech and most of them had no mobility whatsoever. I got the six-year-old learning handicapped children working on the developmentally handicapped children. What we saw made the staff go into a state of total disbelief. They gave the polarity circle to these children and a child who had had his arm locked in one position since childbirth, for the very first time opened up his hand and moved his arm. All the developmentally handicapped children in the room responded. If six-year-old aphasic children can learn to be effective with this technique, perhaps we all have some ability to do healing.
Chapter 2: What Is Life Force?

I speak about this life force. You can think of it as that spark of life, perhaps the animating current of life. It’s a physiological reality within the body. For countless centuries many different cultures have spoken about life force. They’ve each given it names. In Hawaii the Hawaiians call it mana. In China, they call it chi. In Japan they call it ki. In India, the Indian Yogis call it Prana. Russians in their psychic research call it bioplasmic energy. But regardless of the name, there seems to be a kind of invisible circulatory system that flows through the body. Whenever energy becomes blocked in any single part of the body, we have used things such as acupuncture or acupressure to open up that blocked area. With polarity therapy, we just allow the energy to run through that area. Sometimes we use pressure to open up that blocked area and other times we just have a very light touch.

What we rely on is the body’s own innate intelligence to decide what to do with that energy and where it should go. It’s very easy to experience. I want to give you a demonstration right now. You at home and you in the audience, rub your hands together for a moment. Hold your hands a few inches apart and bring them back and see what you feel. See if you can feel a vibrating or a tingling sensation between your hands. One of you come up here. Put one of your hands between mine. What I noticed is that as I pass over a certain part of the hand, the tingling increases. I’m going to point out where that is. Do you feel it right there? Yes, that’s the spot. When you are working with the energy of another person, the place where I feel the tingling most strongly that vibration corresponds to where the other person is feeling that sensation. During a session that experience of tingling may increase fifty or hundredfold from what we are experiencing in our hands. You will actually feel surges of energy passing between you and the other person.

A lot of people wonder why we haven’t discussed life force in traditional science. There are a couple of reasons for that. First off, life force is not measurable using needles and meters. You can’t weigh it, you can’t measure it. Science only likes to talk about those things that it can measure. The second reason we don’t discuss it is because people have not learned in this culture to differentiate between those experiences that are subtle of your body and those experiences which are very gross. The gross experience of your hands compared to the subtle experience of the tingling is that difference. Most people haven’t learned to differentiate between the two and that’s why we haven’t worked with it.
Chapter 3: Relieving Tension Headaches

This is a technique that you can use to relieve tension headaches. This will work about 80% of the time when somebody has a tension headache. It takes about five minutes to do this session and it doesn’t upset your stomach. I will rub my hands together. Do you have a headache? No. That’s fine, you don’t need to; you will when I’m done. Just kidding.

Take about 10 deep breaths and sigh with the exhalation. I get the energy going. I put my hand behind the back of the head. My left hand about one-half inch away. I have my right hand at the back of the neck and my left hand a couple of inches away from the forehead. I’m just going to relax and feel the tingling and the vibrating. I want you to sigh on exhalation. Even though she doesn’t have a headache, as soon as she started relaxing, I could feel the tingling go on. That’s a very common experience. You may not feel the tingling until the person starts relaxing. You leave your hands in place as long as the tingling and the vibrations are very strong; from two to five minutes. When the tingling seems to subside a bit, you can stop. Most times the headache will be relieved. Not always, sometimes there are deeper headaches, like migraines.

One time there was an M.D. who used to call me into his office to help take away all the migraines from his patients. I worked in his office for about three months. I used to come in about three times a week, working on three or four patients a day. I did a general polarity session that is used for various types of ailments. I didn’t know how long it was going to take to release the migraines. I just kept doing a general session until they told me that the headache was gone. That was my secret; I didn’t stop until the headache was relieved, so we had 100% success with those headaches.

When you are done doing this or a regular polarity session, your hands may feel thick and heavy. So shake off your hands, and rinse them in cold water. It’s like a static energy that goes around the hands and they may feel a bit thick and full. I have heard of a couple of cases where people have actually picked up headaches. Not to worry about it, it doesn’t really matter that your hands feel thick and heavy, just shake them off and rinse them in cold water and you’ll just do fine.

Copyright © 2009 Raphael Rettner D.C. All Rights Reserved. Page 9 www.chirovideocom
Chapter 4: The History and Principles Of Polarity Therapy

Polarity Therapy was started by Dr. Randolph Stone. He was born in 1890 in Austria. He immigrated to the United States. He was an osteopath, a naturopath and a chiropractor. Yet with all his knowledge of healing, he wasn’t satisfied with what he had learned. So, he traveled to France and to China and learned acupuncture and herbology and later he went to the Orient and learned the spagyric art of healing as taught by Paracelsus Von Hontheim which involve subtle electric fields. In over 60 years of practice he developed the polarity therapy system. He retired at age 84 and died a few years later.

**The Principle of Polarity Therapy:** Just as the earth and sun have electromagnetic north and south poles to them, the subtle energy seem to mirror those qualities as well. The top of the head has a more positive charge than the feet. The right side has more positive charge than the left. The principle is that whenever you put the right and left together, like on magnets, you end up with an attractive current that flows between them. Generally speaking, put your right hand to the left side of the person’s body, the left to the right side of the body, and when you are working the vertical center line of the body, have the left hand above and the right hand below.

Now, when we are doing the release moves which are just to open up areas where the energy has become very blocked, it doesn’t matter which hand is doing the release because that’s just to get the energy stirred up and opened. For the rest of the moves where we polarize the energy, you will follow these basic principles of left above, right below, right to left side and left to right side.

What kind of results can you expect? That’s always a really interesting question. What I have found is that the more profound the need of the person is, the more profound the results seem to be. I have worked with a lot of students who would give each other sessions in the classes, and I would try to explain to them, “You have no idea what you are learning.” People say “yeah I do, it makes me feel pretty good.” I said but you have no idea what this is. The point was that not until you start working with people who are really in need do you start discovering how the life force is able to go through the body and do what is needed for the body.

Headers and footers can help make your book more legit. They’re also a great help for your reader, because that is where your page numbers are going to be.
Chapter 5 Tubal Pregnancy

When I was first studying polarity therapy, a woman came into an herb store and said to me “Do you have any herbs to help me move a tubular pregnancy? It was way over my head, I don’t think anybody wants to use herbs for that sort of thing. She said she was in a great deal of pain. So I suggested “Why don’t we try some polarity? It won’t hurt.” I did a very basic polarity session, less than what I am going to teach you on this DVD. At the end of the session she said “I can’t believe these are my hands. I can’t believe these are my feet. I feel so good.” Taking somebody from feeling their worst to feeling excellent within the course of one-half hour session. It turned out that a week or two later her doctor told her that the tubular pregnancy had moved on its own accord. I don’t know how that’s possible exactly, but it did become a normal pregnancy at that point.

The life force flows through the body and will open up wherever the blockages are. Whether they are physical blockages or emotional blockages, the life force will go through and help open those up. Now, that’s not to say that this is a substitute for emotional processing that people need to do and discover the emotional causes of the condition. However, it is a very wonderful way to open it up. A lot of people when they start practicing polarity therapy think that they have to do it perfectly. They get the idea that if they are not as highly trained in this skill as they are in many other skills of their life that they aren’t doing it good enough. It’s just not the way it seems to work with healing.

Remember the very handicapped kids, when I taught them how to do a polarity session? I am going to teach you how to do a cradle. I am going to show you where to put your hands to do the cradle and you put your fingers under the neck and you hold it very gently. Well, they did a cradle beautifully too. They did it just like this. They would hold one hand over the face and one in the side. Then they would rock the head which I am going to tell you not to do. In other words, they did everything that looked wrong according to my ideas of what right and wrong was, but the session turned out well anyway. It was beautiful.
Chapter 6: Resonance

One of the secrets of healing is that it involves resonance. That means that the person who’s acting as the healer is holding a resonance of love, gratitude, giving, happiness and the person who is receiving the healing work and who actually is the healer because the other one is responsible to get well. What happens when there are two things vibrating in different resonance? The law of resonance is either the higher resonance will come down, the lower resonance will come up or they’re going to meet in the middle. When you are doing the healing work, what you want to do is hold your resonance. Hold that resonance! Like in football. Hold the high resonance of giving, love and of caring and just be there and stay there. There is an old Chinese expression that “When the right man does the wrong thing the result is right. When the wrong man does the right thing, the results is wrong.” I have always loved that a lot because it is much more important who you are than exactly what you’re doing. It’s more important how you give, than the specifics of the move. This isn’t mechanics. In mechanics if you hit this switch the lights will go on. That’s very clear, simple and it’s very basic. But this isn’t even mechanical phenomenon. It’s more of a sense of if you are right person, if you’re giving in the right way, the results will be stupendous. So, you don’t have to worry too much about doing it right. I had some students who were very concerned once about whether they were going to do it good enough. I said, well you don’t worry about falling off the sidewalk, so don’t worry about whether you are giving enough. You’re doing just fine. It should be easy, it should be fun. You can think about Hawaii. You don’t have to be serious about this to do a good job. I once met an elderly Native American woman, who said that “The secret of healing was to put kisses in your fingers.” I always liked that. You don’t want to do a polarity session for somebody if you're feeling furious at them or if you are feeling a lot of self pity. We have three types of touch in polarity therapy. We can use a deep pressure, a very light touch and a rocking touch.
Chapter 7: Protection

I mentioned protection a little while ago when it comes to rinsing your hands, but there are other things to do as well. The first thing to do before a session is to ground yourself. Close your eyes for a moment and imagine a beam of light coming down slowly through the top of your head. Imagine it passing through your body, passing through your feet, passing through the floor, down into the center of the earth. On inhalation, imagine the energy sinking deep down and on exhalation, allow the energy to gently come up into you. Then you are grounded. That helps protect you when doing energy work.

Another aspect that I mentioned previously is the resonance as a form of protection. Hold the high resonance. Don’t come down from that resonance, stay there, enjoy yourself, have fun, that’s the secret.

The last way to protect yourself that I mentioned previously is to wash your hands in cool water. You will notice this feels incredibly refreshing because your hands may feel like they have thick gloves on. If you do those things, you really don’t have to worry about protection very much.
Chapter 8: Trust the Process and How to Pick a Healer

Strange things have been known to happen during polarity sessions. Sometimes people may shiver on the table, sometimes they may heat up, sometimes they may go to sleep, sometimes it may wake them up. I don’t know what’s going to happen. I have seen a lot of very interesting things occur, but the life force will direct it to where it needs to go. In fact, one time a woman I was working on had a very high fever. I started noticing my whole body heating up, but I have learned to trust, go with what I was experiencing. I just keep breathing through it and in the process, the heat just passed right through me and right through her. Her fever was broken right there on the spot.

How do you pick a healer when you’re going to find somebody to do healing work for you? How do you pick somebody who’s been doing this kind of work? The rule of thumb that I like to go with is to ask them a key question. Say, “After you have done work for a long day, how do you feel?” The best healers are going to say, “Oh, after a long day, I feel so energized, I feel so wonderful.” That’s the person to go see to do healing work. The person who says “Well I can’t do more than one or two a day because I begin to get drained”, don’t go to that person. It’s the wrong person to see.
Chapter 9: The Basic Polarity Session

When you begin to do a polarity session have the person wearing loose comfortable clothes. It’s best if the room is warm and quiet and encourage the person to breathe. This will get the life force flowing through their body. This is Karen Jepsen who has kindly volunteered to be the recipient of a polarity session. I’m going to show you how to do a complete session. As she gets on the table, she has no shoes on, which is important. It is very difficult to do a polarity session on somebody who is wearing shoes. You will find out why in a few minutes.

The first thing to do when you are doing a polarity session is rub your hands together and encourage the person on the table to start breathing. Would you start breathing please. I hate it when they turn blue, it’s awful.
The Cradle: I put my hands down, so the thumbs are just above the ears, gently touching, fingers down the sides of the neck. I make myself comfortable, so my position is comfortable. You may want to breathe too. This is called the cradle position. It’s very comforting to the person receiving the session. It often relieves nervousness, headaches and anxiety. You can hold this position for a couple of minutes, sometimes longer. In fact, if you feel like it, you can hold this for half an hour. If this was the only thing you learned, it would just be wonderful. It’s great to do it for friends, you will feel a flow of energy in your hands. As long as the flow is moving in your hands, you know that it’s doing its job. My hands are barely touching.
**The North Pole Stretch**: If you look at the back of my head, as I press up along the sides of the back of my head, you see there’s a ridge. You can feel a ridge on the back of your own head. That is the occipital ridge.

I pressed up on that ridge on Karen. The way I got there was I turned her head to the side and with my thumb and index finger, I placed it on the back of the ridge, resting her head on my palm with my left hand barely touching
her forehead. Make sure you are comfortable and pull straight back. They relax and you do all the work. Use as much pressure as they are comfortable with and see that they are still breathing. When your hand begins to tire, it’s time to move on to the next move. Then I brought her head down gently, I don’t like dropping it.

**The Tummy Rock.** Rub your hands, feel the energy. Find the hip bone, it’s off here on the side. Come directly across from the hip bone on the tummy and use light pressure on the forehead.

I pressed down just hard enough to get the tummy going back and forth. I was on her right side, my left hand was above, my right hand was below, I rocked, following the body’s momentum. Occasionally, you will find some people who don’t rock easily. They are very stubborn about it; for some reason the way they are built, it is very difficult to rock them. There are two things you should try, first is to press down a little more deeply with the heel of the hand and press forward. The other way to do it is to grab the other hip and pull forward and rock. It’s a fabulous move to do if you’ve only have a few minutes to do a session. Make sure the whole torso is rocking. It works great on children at bedtime. If you only learn one move outside of the cradle; this has got to be the one to know. The move actually begins when I stop the rocking and I leave my hands in place. Now my hands are really beginning to tingle. I want you to get the idea that it’s when you are doing nothing, that the most happens. It’s when you are just being there and
relaxing with the person. In a normal session, I would probably stay here another two or three minutes.

**The Feet:** I’m going to show you everything on the right foot and then after I’m done, when you work on the feet, you can just reverse your hands and do everything that you saw on the left foot. All these moves will be demonstrated on the right foot. The first move is called **brushing off**, and it’s done to pull off the static energy. Brush down, shake off. This is like non-directed static energy that just sits there.

**Lean and Pull:** I place the heel of the foot on my left palm, I take the ball of my hand and place it against the ball of the foot and I lean forward with a fair amount of pressure.
Then I pull down, I take hold of the top of the foot. Take a look at the knee. I bring the knee so it just comes up maybe one-half inch. I don’t want to put any more pressure on that because I don’t want to hurt her knee. This opens up that whole area. Repeat it a few times. You want to make sure you are not hurting the person.

The Inside Heel Press: On the inside of the heel, you may find some very tender areas. I’m going to support the heel with the fingers of my right hand. I asked Karen, “Is this tender right there?” “Yes.” “Is that too much pressure?” “No, just the right amount.” “Okay, now you breathe Karen.” I’m going to support the top of the foot with my other hand, while I’m pressing with this amount of pressure. Hold a steady pressure. You don’t want to massage this. I’m not going to demonstrate massaging because I
don’t want to see Karen jump off the table in pain. You are not usually talking much during a session. It’s quiet. You want to make sure that your nails are relatively short and don’t do this over a strong pulse. There is no reason to work hard on blood vessels. This helps balance the whole lower pelvic area. It’s great for menstrual cramps. You can do this when a woman is in labor but don’t do this if a woman has just become pregnant. It could actually induce labor prematurely and you don’t want to do that. It’s a fabulous move. It works on men wonderfully too. It releases an enormous amount of energy. “How painful is that at this point? “It feels very good.” What often happens is that if you hold this position for a period of time, you can go deeper and deeper, but you don’t want to massage it. You may actually discover that there may be other tender spots. “Is that one tender too?” “Yeah.” This can really be a zinger. You want to make sure that when you work on these spaces that you are sensitive to the person’s feelings and you don’t go in too hard.

**Outside Heel Rotation:** I come off to the side a little bit and put my thumb on the same kind of area in here that we were working previously on the inside of the foot, we are working on the outside. I support the foot on my hand, press down with my thumb.

“Is this a tender spot Karen?” “No.” “How about there?” “Yeah.” So I found one of these places, then I rotated the foot with this hand. Steady pressure again with the fingers. If you find that you can’t rotate the foot, you are going to want to move your body to a position where you can rotate it. This
also a wonderful pelvic release position to work from. It’s a nice rotation and opens up the energy.

**The Toe Pull:** Before you pull the toes just roll them a little bit in your hands, to get the energy worked up a little bit. A person in one of my classes called this a tootsie roll. Just roll them all with your fingers. Place the toe over a finger, place the thumb down below where it connects to the toe, pull straight back and shake it a little bit.

The shaking will vibrate all the way up to the head. Again, the toe goes over the index finger, the thumb goes down below the toe, support it with this hand, pull straight back and shake. It doesn’t matter if the toe doesn’t crack or not. It’s not the issue. The issue is to pull. If the toes begin to slip, take a sock and put it over the toe so that you can hold it more easily. When you work all the toes, you get to the big toe, you don’t want to pull it quite as hard. You don’t want to hurt the person. Don’t do this move if the person has arthritis in their feet or a bad back condition.
Knuckle Rubbing: I support my hand over the top of the foot and make a fist and rub up the base of the foot.

“Is that too much pressure?” When you are doing something that might be a bit painful, ask the person to breathe to help get the energy flowing. “Is there any sore spot along the way here?” “Right in here maybe?” “Yeah.” “Is that especially sore or some other spot?” “The heel is a bit sore, down in here?” “Yes.” After you’ve discovered where a sore spot is, take a little extra time and work it a little longer, a little more deeply there. Encourage the person to breathe and relax and you work it.
**Flex Tendon Press:** Take the heel of my hand and put it on the ball of her foot, and when I do this, you may notice that there is a tendon that sticks out; when I let it go the tendon disappears and when I do it, the tendon sticks out. It’s nice and broad here so we can all see it. Pull the top of the foot back. It’s not just the toes, it’s the ball of the foot that I’m pushing back. I support my right hand over the top of the foot and so I can press into that tendon really well. I am just massaging back and forth on the toes as I press in on the tendon.

“Is it tender down here low?” “Yes.” Pay attention to sore spots and work them longer. Put the fingers of the right hand over the top of the foot, so you have some leverage when you are pressing in with the thumb. You can work this for awhile, it really opens up the energy. That’s what the flexed tendon press looks like.
**Cuboid Rotation:** There is a bone that protrudes on the outside of the foot called the cuboid bone. I took my thumbs and pressed it on the bottom of the foot, underneath the cuboid bone and then rotated the foot with both hands.

Stand at a 45 degree angle to the foot. In order to do this you want to be comfortable and after you have done this move, you can do pretty much any foot massage you want to do on the feet.

**Windshield Wipers:** I’ll show you an extra move that wasn’t in the book that I came up with a little later. I really like this one a lot, when I finish both feet. I call it **windshield wipers.** It’s a rocking move. Just follow the momentum and the speed that the body wants to turn and wants to move in. Just rock like this for awhile and then after a couple of minutes, just hold the feet and let the energy move.
This is after you’ve done both feet.

Right and Left Side Occipital Press: We come from the feet back up to the head to do a right and left side occipital press. I’ll show you on this side how it’s done. Take the head and turn it to the side. Lift the head slightly, using the middle finger and find the occipital ridge. Put steady pressure on top of the ridge with your left middle finger and very gently touch the forehead with your right hand. Is that too much pressure? “It’s Good.” “Okay.” Some people will need a great deal of pressure in this position and some people will do fine with just a little pressure. It depends on the person. The head is tilted off to about a 45 degree angle, then you just apply steady pressure. Then you turn the head and do the same thing from the other side. I’m not really pressing with my left hand on the forehead now. It’s just a very light touch just to support the head in this position.
The Hand: I came back down to the hand. I worked on the right hand. With my right hand on her right hand, I pressed in on the thumb webbing. I support the left elbow with the fingers of my right hand. There’s a spot one inch down from the crease in the elbow about an inch in there’s a muscle right about there. You’ll be pressing on that spot. You’ll support the elbow with your fingers and press on this spot.

Is that a tender spot here? Yes. Okay, and this spot here is tender as well? I went back and forth massaging one and massaging the other.

The Fingers: While I am here, I’ll work on the fingers. It’s an interesting kind of grip on the fingers. I take her baby finger and I put it between my index finger and middle finger and grip it.
Then I lift the arm up, just holding here and push straight back with this hand. Again, you don’t want to do this when someone has arthritis in their fingers. There’s no reason to hurt anyone with any of these moves.

They’re all very gentle. So I just extend the arm. I don’t want you helping me. I want your arm to be relaxed. That’s why I shake your finger to make sure that you’re relaxed and that you are not helping me. That way I can pull it nicely. After you have done this move, you go to their left side and you do the other arm and the fingers.
Solar Plexus and Collarbone Stimulation: The collarbone is on both sides. This is the principle where because you are working the centerline of the body with the right hand, you’ll have the left hand on both sides. Press into the collarbone and rock the body with my left thumb.

Most of the pressure is with my left thumb and the right hand is just continuing to rock. I will hold it here and then I will move down the collarbone a little further, over to here and continue along the side, then come on over to the side over here to the other side of the collarbone, down further, all the way across. The pressure is with the left hand, not with the right. And then when I stop I work any tender spots. You will want to spend extra time on tender spots. Whenever you are doing a rocking move, always want to stop the rocking and then just leave your hands in place for awhile. Take a corresponding spot on the other side as well. Now just stop the rocking and feel the energy move. Again, it’s often when you are doing the least, the most seems to happen. Just let the energy go. I might hold this another two minutes or so just because I’m feeling a lot of energy moving between my hands. Rock it again and stop and let the energy surge again. You can often rock a second time too if you want to and then stop again and let the energy move. I’m going to come back down towards the feet. We’ve opened up the major areas of blockage of the body; the head, the hands and the feet.
**Finishing Moves:** These are polarizing moves. This one’s a **hand and foot move**. I just hold the hand and foot, but notice what I am doing. My right hand is holding her left foot. My left hand is holding her right hand and I encourage her to breathe again.

It is very helpful when you breathe. After I’ve held this for a few minutes, I went over to the other side and held her left hand and right foot. Again, left to right and right to left.

**Hip and Shoulder Hold:** It’s a rock move as well. Take the right hand and put it over to the left hip here and the left hand is on the right shoulder.
Just pull forward with the right hand, I’m not rocking with the left hand at all. You could do this perhaps one to five minutes. It’s a real nice move. I had a friend who came home really tired and I just did a couple of these moves for about five minutes. It put her right to sleep. She woke up in about 15 minutes revitalized and ready to have fun again. After you do any rocking move, stop and let the move begin. I like to think that these moves begin when you stop the rocking. I am going to demonstrate doing nothing. How about that?

**Forehead and Navel:** I can sense there is an indentation right about there. I assume that’s your navel. I rubbed my hands together, I made a bit of a fist with each hand and I came down and barely touched just slightly below the navel. I don’t touch above the forehead.

Now, this often puts people right to sleep or they may see colors. You want to make sure that you are comfortable while you are doing this move, because it can get tiring after awhile. If you had any doubts about the existence of the energy, a person usually feels it right above their forehead; it’s not all that subtle. While I’m here at the head, I might hold this a little while longer also if it was a regular session.
I’m going to come up to the head again and do what’s called a **crown spread**, it’s not a margarine. You don’t touch the person at all except perhaps her hair a little bit. My thumbs go down by the crown of the head. My fingers spread out evenly over the sides of the frontal bone and I just hold this position.

I shake my hands out a little bit and then finish off the move.
Roll over on your left side. Bring your knees up a little bit, it will make you feel more comfortable. I usually put a small pillow under the person’s head. I put my left hand at the back of her neck and my right hand near the base of her spine and gently rock forward with my right hand, creating this very gentle rocking motion. I call it **spinal charging**. The person is on her left side, my left hand is up at the back of the neck, my right hand is below.

Rock for awhile and then after I have rocked long enough, I just stop and do nothing for awhile.

**Conclusion:**

Boy, it’s fun doing this stuff. I let the person relax and stay on the table. I shake my hands off and then go rinse them in cold water. I offered Karen a glass of water to help cleanse whatever comes up from the session. Now that the session is over and Karen has rested awhile, I’ll have her get up off the table. You may see a little bit of difference in her color and complexion. Usually people look a lot more relaxed and wonderful.

“Thank you so much Karen.”

“Thank you, that was excellent.”
Chapter 10: Applying Polarity to Chiropractic Practice

My name is Dr. Rettner, I am a chiropractor in Berkeley, California. We are going to show you how can apply polarity therapy to a chiropractic practice. **The Cradle:** and that can be used for whiplash. After someone just had a car accident, they have a lot of stress and tension located in the suboccipital muscles. Take your fingers and put them under the occiput on both sides and then feel for tension.

Feel for which of your fingers has the most muscle tension, hold the others very, very lightly and just put a little more pressure on the one with the most muscle tension. Wait until it pulses and releases and then go on to the next one, which will be somewhere else on the skull. Just wait for that to release and then find the next area. Just keep going until all the different muscle fibers have released and you’ll be very deep into the occiput right near the atlas at that time.
Another area of application would be if someone had a liver problem, you could place your right hand on the liver and then just put the left hand on the forehead, just move the energy up. Then you can rock a little and then hold it.

Applied Kinesiology: can also used with polarity therapy. The way you do that is by muscle testing. Test the deltoid muscle. Just push straight down and resist, hold. The muscle is strong. Then ask the patient to bend her knees. It makes it easier to test the toes.
**Toe Testing**-Then we test the toes. Each toe represents a different polarity element. The small toe represents the **earth** element. The earth toe represents the neck, bowels and knees.

The next toe over represents the **water element**. The water toe represents chest, pelvis and feet.
The middle toe represents the **fire element**. The fire toe represents eyes, solar plexus and thighs.
The fourth toe represents the **air element**. The air toe represents shoulders, kidneys and ankles.

and the largest toe represents the **ether element**. The ether element represents the different chakras or emotional centers of your body.

You can muscle test all four toes at once eg. on the left foot. If it goes weak, we know that there is an imbalance on the left side of the body. We can test each individual toe. We just find the water toe going weak. Now we can test each individual aspect of the water toe. Test the reflexes for the chest, pelvis and feet. The pelvis part goes weak, that means we have a water element imbalance on the left side, somewhere in the psoas muscle along this line.
The other thing you want to **test** is **how to move the energy**. Brush the energy up, test, strong, brush down, goes weak. That means we want to move the energy up the body.
Next we did the **toe pull**. This is a very powerful technique to pull on the toes because it releases a tremendous amount of energy. Just gradually, gently move the toe.

![Image](https://via.placeholder.com/150)

Instruct your patient to breathe in and out. Just bend the toe towards the foot until you feel a pulsing. With the other hand put it right on the pelvis. There should be a sore spot right around there on the pelvis.

![Image](https://via.placeholder.com/150)
Then we want to just rotate the toe and move the energy up. Now we feel a pulsing, and then we can move up to the chest.

There’s a sore spot on the chest. Use a positive finger on the lower and a negative finger on the upper contact. The middle finger is positive and the ones surrounding it are negative. Now they’re all pulsing, then brush up, when we are done. Retesting with a muscle test on the water toe and then in the middle digit.

Then we can test the right foot. All the toes test strong except the ether toe tested weak. That means there was a chakra is out of balance. Then we tested each individual chakra. We found the sixth chakra out of balance.
You can fix that by just making circles. We can test it. It went strong when I went clockwise. Just do that about five or six times and now that’s balanced. Again we test the ether toe down here and that fixed it.

Each toe represents a different area of the body. For the earth toe, the neck would be around the third cervical, the bowels would be the ileocecal valve and the knees would be the lateral meniscus in the knee. For the water toe, the chest area would be the pectoralis major muscle, the pelvis would be in the psoas muscle and the feet would be just a general foot contact here. The fire element would be eyes, would be just under the orbits here, solar plexus in this general region at the gallbladder or the splenic flexure. And then the air toe would be shoulders. That could be a first rib subluxation. Kidney could be a ptosed kidney or dropped kidney and the ankles would be a tallus subluxation. These are very useful for your diagnosis as well as energy balancing. You can detect many different problems with this.

If you did not have much time and still wanted to give the polarity session. You could test the element the way we just did on testing the arm and the toe, and if we found it going weak, we could then use. First test the toe. It would went weak. Then we placed the Bach flower remedies on the body, tested the individual remedies and then we would find the one remedy that would cancel the challenge. These are the Bach remedies in a test kit. Test the arm, it’s strong, test the toe, it will go weak, then test each section of remedies. Then we would find the one remedy. This remedy here, Star of Bethlehem, is the one that would cancel the challenge, place that on the body, then retest the toe, hold and that’s strong, so this is the remedy that would balance the polarity element.
In addition to the five elements we have the five and six-pointed star which we can test by testing for a **five-pointed star** imbalance

and for a **six-pointed star** imbalance.

Again, we can test the remedies, hold, and this particular one Star of Bethlehem fixes Karen’s five-pointed star imbalance as well.
Energy flows can also be tested.

**Centripetal Force:** I tested it by making a counter clockwise spiral motion and testing the arm. It went weak. I retested it by making a clockwise spiral motion and tested the arm again and the arm was strong. You can correct it by moving in a clockwise spiral motion with your hand.

![Image of a person being tested for energy flow](image)

**Transverse Force:** that runs across the body. You can test it from left to right and right to left. Correct it by moving the energy in the direction that strengthens the muscle test.
Conclusion:

You can use muscle testing to speed up your polarity treatments, as well as to locate specific problems. Thank you.