

The Circuit

Yota wins 1st Prize in our competition!

Yota submitted the winning article for our competition – so well done Yota! You can read her article in this newsletter and the prize is on its way to our winner now.

AGM and Gathering is booked

The Gathering is booked for Friday 9th March to Sunday 11th March 2012 so make a note for next year's diary NOW. It will be held at The Stirk House Hotel, Gisburn near Clitheroe BB7 4LJ. Stirk House is in the Ribble Valley, surrounded by views of Pendle Hill, the Forest of Bowland and the Yorkshire Dales. It has a pool, sauna, steam room, gym and a solarium – so bring your swim costume and your gym shoes! The cost of the weekend will be about £210 (this will depend on what workshops we run and the cost of these workshops). So start saving your money as it **would be lovely if everyone could attend.**

So, what would **you** like to do on the Saturday and Sunday morning? Any proposals? If so, please send to Gill ASAP as we would like to get this organised before NOVEMBER.

Also, if you have any items to go on the Agenda for the AGM on Sunday 11th March 2012 then please let Gill know by **the 30th September.**

Polarity Therapy:- Magic or Miracle

Polarity Therapy is a type of therapy that gets results in so many different ways and levels, with fantastically high positive outcomes and sometimes with a blink of an eye speed, which can eliminate physical or even problems of an emotional kind.

A client comes to a therapist for a simple reason when Western Medicine or methods have not worked or have manifested some other symptoms or side effects that the client did not really expect to experience. Subscribed drugs these days give you so much added health problems that people have begun to take action and choose alternative therapies in general. People have begun to take their health into their own hands for their total well being. As a Polarity Therapist takes the medical history of the client to find out how things have “progressed or manifested”, the process is then easily assessed as to how he/she is going to proceed with the treatment to help their client, and the therapy session begins. The body then with its infinite intelligence is then encouraged to take over the process, to start its own healing process. SIMPLE.

As the practitioner works on the client, he/she watches the facial expressions, complexion (different skin tones and colour changes) that energetically take place during the treatment. The client's energy is then “followed” and worked on with accordance to the 5 elements that Polarity therapy works on: fire, water, wind (movement) earth and space (environment), the changes are noticed even by the client.

By the end of the session the client may feel extremely relaxed and peaceful, even to the point of needing a sleep. Some clients do drop off to sleep while the therapy is taking place as their fascia and connective tissues and muscles release and relax, especially if they come to ‘that still point’, which is the explanation of Polarity Therapy in itself, which one could say, ‘As within – so without, as above – so below’ (theory of quantum)

Some clients even feel some emotions rise and come up in a therapy session because of some holds that connect to the mental/emotional state which are held in the cells and do not serve their purpose any longer, but the person does not know how to clear them otherwise. The client is encouraged to welcome what is there and eventually releases and lets go. This is one of the major reasons of ill health or dis-ease.

So, Polarity Therapy being a magical and miraculous method of healing is the therapy of our times and of the future. If we want relaxation, rejuvenation, stillness or wellbeing and most of all PEACE of MIND, POLARITY is the therapy to choose.

Polarity Therapy brings us in the NOW, the ENERGY FIELD OF NOW.

Polarity Therapy animates and moves the flow of energy to balance and heal those biographical details of dis-ease.

Once we reach that deep relaxation of peace and the high altitude of balance, that is POLARITY found in our deepest self where all the healing takes place, where all that is, **IS.** Yota Spyrou.

SW Group Meeting

Seven of us met in the 14th August in Sampford Peverell where we updated each other on how we were, and where we were in life generally and with our Polarity Practice.

Andrew told us a little bit about the Bedini SSG. A machine that works with the ether! John Bedini has developed a charger that works on the basis of polarity that can charge a battery with negative energy, as if from nothing. A Positive battery exhibits conventional aspects within a closed system, whilst the negative energy (merely the opposite) is an open system and sucks in energy from the environment. What he has noticed (having made one of these devices) is that positively charged batteries are unstable, prone to discharge and have a very limited lifespan. Negatively charged batteries are stable, hold their charge and seem to organise themselves to be able to take more charge and produce more work over time. The similarities between this machine and the response clients have after Polarity Therapy is striking. Polarity Revealed indeed! If you have some time to spare google John Bedini and Radiant Charge or follow the link from www.tonymills.me.uk (soon to link through Polarity.tk

We had a lovely shared lunch where the conversation was lively, interesting, and inspiring with much laughter. After lunch we went into the garden and the lovely sunshine. We shared exercises that we ourselves had found beneficial at different times. Occasionally we scared the neighbours with our ha breaths! The next meeting of the SW Group will be on November 17th. The location will be advised nearer the time.

Polarity Retreats: if any of you can offer the option of Polarity type retreats then please make it known to us, as we would advertise it for you. I am sure there are many out there who wish to have Polarity to recharge their batteries and rebalance who need to know where they can go for a session and possibly stay too.

Lyn and Graham would love to offer Therapists Time out and Polarity sessions at their place near Lyme Regis. Do you wish to offer this sort of thing too? If so, get in touch.

The BCTC has had some developments too. It is interesting how timing is so important. Just as the BCTC is consolidating, the government starts to get to grips with CAM Regulation, such that the BCTC has been invited to attend a conference, organised by the CHRE, to discuss how Regulators may be finally recognised. Exciting times indeed, all the hard work may well just pay off!

Infantile Burp

Why do we have so many traumas dating back to our infancy?

The answer is alimentary.

The truth is, most of problems stem from having intestinal gas as little babies and not being able to get rid of it. This condition is called "Burp Trauma".

That is when we sit around waiting passively for someone to burp us. You may think of this as just a passing difficulty, but in truth it is something which will come up repeatedly, unless released once and for all.

Fortunately, there are techniques like ReBurping and Primal Belch Therapy which teach you to let these painful experiences flow through you, so to speak, instead of holding them in. Developed by the great Native American Medicine Man Broken Wind, ReBurping maintains that the release of gas is the most natural thing in the world – in fact it is our Burpright.

(Thank You Batya for sending this in)