



The Polarity Process: Energy as a Healing Art

By Franklyn Sills

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In this thorough, award-winning explanation of the theory and practice of polarity, cranial osteopath Franklyn Sills guides the reader through Dr. Randolph Stone's mapping of humans' subtle energies. Popular in Europe, polarity incorporates holistic health, diet, exercise, massage, and spiritual practice. This is an approachable introduction to a form of bodywork that therapists and lay individuals interested in alternative health practices will find useful.

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Review

"*The Polarity Process* is highly recommended to individuals seeking a deeper understanding of the healing process."

—Bruce Burger, M.A., RPP, author of *Esoteric Anatomy*, Founder of Heartwood Healing Arts Institute

"This book is the essential guide to the fundamental principles of Polarity Therapy."

—John Chitty, RPP, RCST, Colorado School of Energy Studies, Boulder, CO; President, American Polarity Therapy Association, 1993-1998

About the Author

Franklyn Sills is co-director of the Karuna Institute, a respected post-graduated Institute for Craniosacral Biodynamics and Core Process Psychotherapy. Throughout his career, he has been in the forefront of pioneering a biodynamic approach to work within the cranial field. His training includes medical research, Osteopathic work, and an in depth study of the work of Dr. Randolph Stone. His main focus has been within the context of craniosacral teaching and clinical practice. He is also the author of *Craniosacral Biodynamics, Volumes I and II*.

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