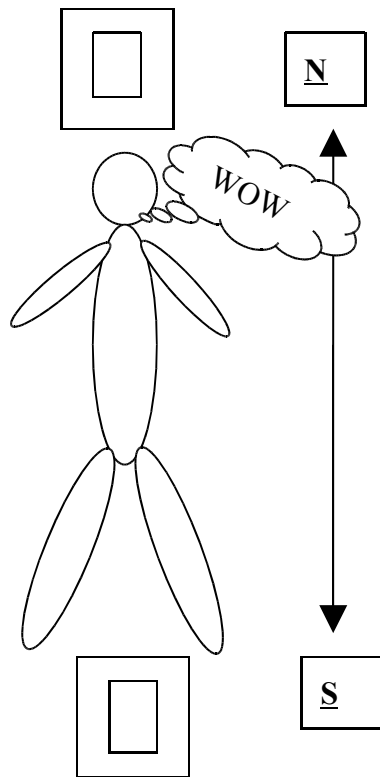


POLARIZING THE BODY USING SPRINGLIFE POLARIZERS



The drawing on the left shows the location of the body in relation to the polarizer's and the direction as to where your head and feet are in relation to the magnetic flow of the earth. One does not need a compass to locate north, just the direction northerly.

The boxes above and below the body represent the books that the polarizer's are placed on while the smaller box within the larger represents the polarizer unit.

The books with the polarizer's should be approximately 3-4 inches away from the head and the bottoms of the feet while the thickness of the books should be 2 ½ inches thick.

Note: The sizes of the books and polarizers are pictured here as an example. Not to scale.

When you are ready for your body balancing polarity session, use the above diagram showing the direction and placement of the body and the polarizer units. Let's start with some discussion on reversal of polarity. In the northern hemisphere the natural spin of all things positive is clockwise, while things negative spin counter-clockwise. All toxins spin counter-clockwise until polarized, which by bombardment of our wonderful cosmic energy natural to life, using the polarizer's, reverses their polarity rendering them inert. So during this session toxins will be reversed in their spin thus giving the body more ability to heal itself. Injuries, toxins, etc. all spin counter-clockwise until polarized which causes a reversal of polarity to clockwise allowing more life force energy to be available for the body to heal itself. The explanation for this is that the electron flow is restored in the body and can once again move coherently so the body can better synchronize with the earth's natural healing forces. So let's get on with how one does this personal polarizing session.

Get ready gathering all things you may need for the session. You will need to polarize your body for one and a half hours so get a blanket, turn on some wonderful music for healing, and maybe a book too. Determine where the books should be in relation to your body height and location of north and south. Place your Springlife Polarity Pillow or rod on the books with the logo facing inward at the feet, towards the body, and at the head the logo faces away from the body. When using the steel pillow one can see the brass logo. When using one of the rods the logo is engraved on one end, and this is the end that points towards the body. During the session one does not cross the legs or the arms across the body as these cut off the flow of energy through the body. If you pick up a book to read while 'polarizing' the body be careful not to cross the arm over the body. You can simply meditate while polarizing the body as this session induces wonderful relaxation effects. Maybe try without the book at first

so you can pay attention to the feelings and sensations that are happening in the body. Areas that are toxic in any way may be felt as a sensation. This, in my opinion, is when the reversal of polarity is happening from counter-clockwise to clockwise. Once the clockwise spin is in effect that area that showed any sensation relaxes and the earth's natural healing energy is once again allowed to enter that area so the body can heal itself. Since one and a half hours may seem long one could use meditation techniques to 'occupy' the mind. One is to follow the breath. Simply watch the body breath in and out and let the mind only watch the breath. This will quiet the mind.

The effect of this whole body session is quite wonderful. For me the body fluids are wetter which means that the joints felt looser and more flexible. The eyes are bathed in wonderful fluids, and the saliva is sweet and abundant. The body has more life force energy and is more balanced.

The more times you do this type of polarization, for one and a half hours, the more balance the body achieves. Why one and a half hours? Well the human physical body is dense and it takes this long to reverse all the toxins in the bones, etc. After a time the body polarizes faster and faster the more you do sessions and then your session times will be shorter. After a while of doing polarization sessions you will just know when you are done, but at first please do the whole one and a half hours.

STEP ONE: GET TWO BOOKS THE SAME THICKNESS AND LOCATE AN AREA ON THE FLOOR THAT WILL ALLOW YOU TO LAY DOWN FLAT WITH THE HEAD POINTING NORTH. PLACE THE BOOKS AND THE POLARIZERS AS SHOWN IN THE DIAGRAM ABOVE AND LAY DOWN AFTER LOOKING AT THE CLOCK. A TIMER WILL HELP SO YOU DON'T HAVE TO KEEP LOOKING AT THE CLOCK.

STEP TWO: LAY DOWN AS DIRECTED FOR THE WHOLE HOUR AND A HALF

STEP THREE: FEEL RENEWED AND VITALIZED

STEP FOUR: REPEAT THE NEXT DAY

NOTE: If you don't have one and a half hours, polarize the body anyway for any length of time. However, if you feel ANY sensations please continue till they pass and the energy flow and spin is restored.

If you have any question please call Alternative Choices toll free: 866.942.6848 or visit the web site www.choosecra.com

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