

Explanatory letter regarding Yoga Roots pamphlet:

Dear Reader,

My pamphlet, “The Yoga Roots of Polarity Therapy”, was created while I was a student at Sonoma State University completing a B.A. in Humanistic and Transpersonal psychology. When I studied the Psychology of Yoga, I got angry. I realized that what I had learned in Polarity, from Dr. Stone and from my primary teacher of the Polarity theory, was to a large extent derived from the yogic tradition, especially from Dr. Stone’s spiritual path. This had not been clearly disclosed to me. Even though I knew that Dr. Stone had synthesized a lot of ancient healing and mystical knowledge that I had always been curious about, the major sources of the modality had never clearly been named. Having been in the dark about Polarity’s roots for so long while deeply affected by its teachings, I was surprised at the lack of clarity in the profession about this. I decided to fill this gap and name all the sources in the yogic tradition as well as describe them in some detail. At the same time, I felt the need to clarify, at least for myself, some of the Polarity and yogic concepts which were still framed in some old paradigms that I could no longer accept.

However, to make sure this text is not misunderstood, I want to emphasize here what I feel the pamphlet may not address adequately. Before I started this process of writing, I had been deeply touched and transformed by the Polarity theory and all the related learnings. My life had been changed in very profound ways by them. As a Polarity teacher, I have integrated these learnings to a degree where they are not separate from me anymore. My appreciation for Polarity is expressed in my very practice of presence and in my life as a whole. So, today, it is hard to speak of my appreciation for Polarity as a separate thing. Polarity has sort of “disappeared” as a separate entity for me, and it has birthed me another unique and personal manifestation of it. I hope that this will explain to you, the reader of my booklet, the other side of the story that includes my deep love and appreciation for Polarity, in a way that may not have been evident enough in the pamphlet I have written.

Thank you for understanding,

Hanna Hammerli, R.P.P.

P.S. I am interested in receiving any thoughts, reactions, or feedback on this text that you may have.