

“Meeting John and experiencing Auric Polarization helped me to get my life in order and gave me a wonderful perception of growing and learning. Thank you John.”

Lisa Taylor  
Riverhead, NY

“When I first met John it was a time of great awakening for me.

A series of John’s polarities, over a season in my life, released many physical, emotional, spiritual and mental blockages.”

H.D.,  
Bisbee, AZ

“I experienced complete relaxation and a deep meditative state that brought my whole being into harmony.

Afterwards, I could breathe better and think more clearly.”

Cyla Bagolan,  
Brazil, South America

“Auric Polarization changed my life profoundly. I thought I would never be able to free myself from my debilitating anxieties and depression. Now I have a life filled with love and joy.”

K.B.,  
Remsenburg, NY

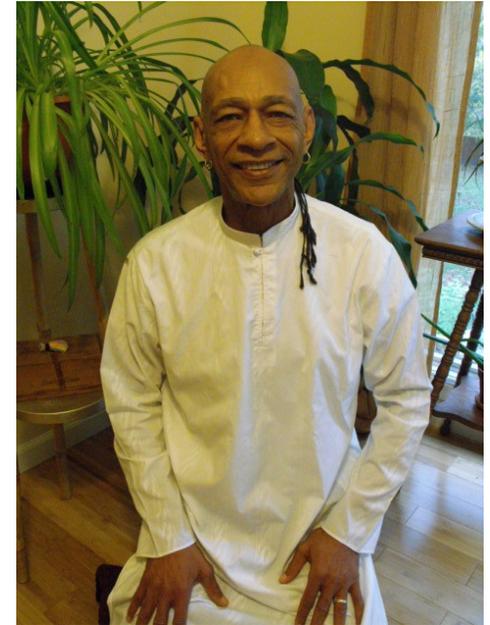
**Auric Polarization \$100**

**1 hour session**

These techniques are non-invasive and do not require the removal of any clothing other than your shoes. I do not do massage.

**John Van Crump**  
**Riverhead, NY**  
**(631) 369-3497**

**Stressed Out?**



**Stress Release  
THROUGH**

**AURIC  
POLARIZATION  
THERAPY**

For Appointments:  
(631) 369-3497  
John Van Crump

As we grow and change on our Spiritual Journeys, we realize that it is necessary to release physical, mental, emotional and spiritual blockages in order to progress to the next level of Spiritual Consciousness.

There are many methods available to us that can aid us in these releases. It is not necessary to go through torture in order to awaken blocked responses so they can be dealt with, forgiven, and release through the heart. Once released from our self-imposed prisons of the past, we are filled with more Light, and we are able to create, with our minds and hearts united, new paradigms of thought. It is thinking that is not based upon our past and the blockages that kept us there believing in dis-ease, death, lack of abundance and pain; but rather, bodies filled with Love, Life, Light, Joy Health, Abundance and Peace.

Auric polarization is a way in which one can release blockages within one's self.

These methods are simple ancient techniques. They relieve stress and tension, and are extremely relaxing and rejuvenating.

After a session we recommend a ten or fifteen minute mediation each day to help in the releasing process. Close your eyes and go into your heart. Listen to yourself breathe. Breathe deep from your diaphragm, your stomach expanding and contracting as you breathe. Now count to seven as you breathe in, hold the breath for the count of seven and breathe out counting to seven. Once you exhale, hold the breathe in, repeating the process. This is called a complete circular breath.

Think only of this breath as you meditate. Each breath is filling you with Light, Love, Peace, Joy, Health and Abundance. Let your thoughts float by, giving no particular attention to any one thought. Try this, it will bring results.

### AURIC POLARIZATION

Auric Polarization, developed by Reiki Master Teacher John Van Crump, employs the currents that naturally flow through our hands. By connecting with another's current of Life-Force, blockages can be released.

When the energy of Life-Force is flowing freely, we experience Joy, Love, Peace, Health and Abundance.

Alignment of the Electro-magnetic Field or Aura, takes place through physical and non-physical techniques, re-establishing the proper flow of Life-Force throughout the entire body, and balancing the right and left hemispheres of the brain.

These techniques relieve stress and bring deep relaxation to the body, while at the same time the cells in the body are charged with Life-Force, and the body is strengthened.

The four disciplines or techniques used in an Auric Polarization are Shiatsu (acupressure), Reiki (energy work), Reflexology (foot massage), and Polarization therapy.

These four disciplines combine to release stress and trapped energy on all four levels (physical, mental, emotional, and spiritual).

Bringing stress levels down frees us from potential dis-ease, and when Auric Polarization is used in conjunction with traditional medicine, healing takes place more easily. These are only some of the benefits.

“I have been receiving John's work regularly for the last 6 months and have been astounded at how much better my body and mind function. His techniques unite and balance physical, emotional, mental and spiritual energies. I feel relaxed and energized simultaneously. John's love and enthusiasm abound and his work is a reflection of them both. I am extremely grateful to receive this work. Thank you brother John.”

With Love and Gratitude,  
Dr. Richard A. Hall  
Chiropractor

“John's clarity and integrity as a health facilitator are profound. I whole-heartedly endorse the work this fine man brings to this blessed community. John's working knowledge of the physical and etheric aspects of the human experience render him an asset to any individual seeking wellness!”

With respect,  
Steve Siegelworks  
Owner, Green Earth Grocery

“When John asked if I wanted an Auric Polarization, I wasn't quite sure what it was, but I knew it had something to do with our Aura and Life Force, so I agreed to have one!!!

Low and behold it has changed my whole life. Not only has my stress level been brought down, it brought back the feeling for a purpose in my life. After we were through I asked John to teach me this great art. John has become a great teacher to me, I feel like I walked away from classes with a great deal more than learning four disciplines. I found a career in which I can work, teach and write.”

I will be ever grateful,  
Antoinette Rehm,  
Reiki Master Teacher