

# 'THE EDGE AND BEYOND-A JOURNEY FOR PERSONAL SELF-DISCOVERY, AWAKENING AND HEALING'

Dr. Lance J. Morris

A sample of some of the information and topics found in this book.

Re-discover the true purpose and function of the fascial membrane: the connective tissue membrane that surrounds every part of the body

Re-discover how we create all physical, emotional, mental and spiritual imbalances, blocking Chi, (life force) by twisting fascia and how Dr. Morris' unique bio-energetic modality RST; Resonant Sound Therapy can re-establish equilibrium and healing

Re-discover that we are not our bodies, that the body is only a shell and that our true form is spherical

Re-discover how sound is the creative source, (logos) of everything, a portal to other dimensions and as pure vocal tones a transcendent language; 6<sup>th</sup> sense

Re-discover the fascinating world of cymatics and fractals

Re-discover how our five senses bind us to our physical form and how to break free

To remember the cycle of earth polarity reversing and how to balance our physical, emotional, mental and spiritual selves

To remember that we are receivers, transmitters and transformers and how to recalibrate our natural and unlimited band width of perception-awareness

To remember we are conduits, (can do its) for spirit

Wake up to our sacred relationship with our planet, mother earth, Gaia; a living conscious entity and all her life forms

To remember the importance and how to ground ourselves daily

Find our place and life purpose and fulfill it

To remember that love that is unconditional is the greatest power

To be grateful, in harmony, in balance, content and in joy