

WHAT IS RST ?

Dr. Lance J. Morris

Resonant Sound Therapy, or *RST*, is short for Resonant Harmonic Sound, Modulated Frequency and Amplitude Fascial Release Therapy. This therapy has evolved as a synthesis of my over thirty years of clinical practice as a Naturopathic physician, internal cultivation of *Chi* and meditation practices emphasizing the use of *mantra* or sound chanting. *RST* has several levels of clinical application that range from practitioner/patient to self-help modalities. The resonant sound is made by having a patient make a vocal tone over which the practitioner makes a resonant vocal overtone to induce a body harmonic.

The modulating frequency is based on the observation that *Chi* or life energy animating the body travels through it, embedded in the body's fascial membrane, in a spiral as a double helix with a vibrating, changing frequency pattern. *Fascia* is the thinner than tissue paper, transparent membrane that surrounds every muscle. On more careful examination this membrane surrounds and intimately interlaces throughout all body tissues and structures. *Fascia* is the only part of the human body that is 100% contiguous; being connected everywhere. The acupuncture meridians and chakras are embedded in this membrane.

As a therapist, I touch a patient's body and vary the amplitude or size of the spiral as I move one or more of their limbs or a more localized part of their body. I vary the rate of frequency or speed by physically transmitting a shaking or trembling vibration from my body to their body. *Chi* is activated and potentiated by the combination of the vocal harmonic and the spiraling vibrational movement. *Chi* in its natural state flows without restriction everywhere in the body. In this state health and well-being ensues.

Chi blockage is caused by a twisting or torque of the fascial membrane due to a physical, emotional, mental, subconscious or spiritual injury or trauma. Fascial torque induced from injury or trauma, at any of these levels, in a balanced optimally functioning human, is self-limiting and spontaneously reverses. This reversal or unwinding of *fascia* re-establishes energetic equilibrium. This normal reversal is disrupted when any experience, memory or projection of a possible future event is *charged* with either a negative emotion or mental judgment. These disruptions sustain fascial torque, which induce and maintain symptoms that can become diseases if not reversed.

Charge here is defined as an energetic projection. This *charge* always has an emotional hook due to personal framing of experience in a *relative context*. This *relative context* is a consequence of identification of self as *be-mi*; body, ego, mind and identity. *Be-mi* creates a series of layers or shells that encase and separate us from our true self or *essence*. We are taught, learn and believe that we are no more than *be-mi*. This identification is a limited framing of existence in a polarized universe.

Polarity demonstrates the presence of energetic opposites, reflected, but not limited to hot-cold, up-down, light-dark, man-woman and the positive and negative poles of electricity.

These energetic opposites are neither good-bad, right nor wrong. To frame any reflection of polarity in the *relative context* of a value judgment requires limiting perception of self as *be-mi*. Although we may have a presence in the polarized dimensions of *STEM; space-time*, energy and matter, our *essence* is transcendent and is not limited nor bound to *STEM*.

For any emotion to have a hook that twists *fascia* it is coupled with an image in the mind's eye, as an experience, memory or projection of the future with sadness, fear, pain, anger, lust, greed, vanity, or any other *form of attachment*. Any image that is coupled with any of the above negative emotions induces the *charge* that creates an interference pattern, twisting *fascia* and disrupting *Chi* flow. *Charge* is also induced with mental projections of shame, blame and guilt.

Neither the nucleus in an individual cell nor the genes exclusively control or regulate or determine the *form* nor *function* of a cell, organ, system, organism or person. Membranes from the sub-atomic to the macro-cosmic level play a critical, yet to be fully recognized, understood or utilized role relative to *form* and *function*. *RST* is a system to help unravel the answers.

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