

The Edge and Beyond: A Journey for Personal Self-Discovery, Awakening and Healing guides the reader through an amazing interactive experiential process. This journey starts in the first chapter ***We can Remember our Birth***; In the ocean, warm, floating, secure, in the pulse, the rhythm, the beat. As the birth process begins, our body is squeezed through the birth canal. This squeezing causes a sensation of pressure from the outside-in. This sensation begins the awakening awareness of the presence of our body shell.

The connective tissue membrane called the fascia is the medium through which we experience and discover our physical bodies. This membrane is the only part of the human body that is connected everywhere. It surrounds every muscle, organ, blood vessel and nerve.

From both conscious and sub-conscious levels we can torque or twist the fascial membrane causing a disruption in the flow of Chi or life force energy. This induces symptoms that may lead to pathology and disease penetrating through the physical, emotional, mental, sub-conscious and spiritual aspects of our existence.

The Edge and Beyond has evolved as a result of the new, bio-energetic healing modality that **Dr. Lance Morris** has developed, called **RST; (Resonant Sound Therapy)**. A common perspective about acupuncture meridians is that they are a series of energy channels under our skin similar to nerves. In his research, Dr. Morris has discovered that meridians are actually embedded in the many layered foldings of the fascia from the skin all the way through to our bone marrow.

RST is a therapy that utilizes vocal toning between the client and therapist, combined with physical contact from the therapist in a rotational spiral with vibration. This spiral emulates the way Chi flows through our bodies as a double helix. It is not a coincidence that this helix looks like DNA. DNA is the physical dimension manifestation of this non-physical light form activated by sound.

As the therapist and client become synergistic through the organic process of RST, the fascia unwinds. This unwinding allows Chi to flow unrestricted through the body inducing healing from the inside-out, from the spiritual domain all the way through to the physical.

Total permeability is the natural state of the unwound fascia. This permeable quality allows Chi-Spirit as well as consciousness to move in and out of the body shell at will. The human capacity to function as receivers, transmitters and transformers is not limited by our five primary senses of seeing, hearing, smelling, touching and tasting. When we are bound exclusively by the range of these five perceptual senses then we are fundamentally out of calibration. RST is a tool to help us re-calibrate to our natural and unlimited expanded bandwidth of perception-awareness.

As we engage the wake up process of the physical fascial membrane we discover the 'Great Remembering'. We are children of the earth; Gaia. She is a living conscious

entity. We have a sacred and symbiotic relationship with her and all her many and varied life forms. As our wake up deepens we realize that our physical fascia is a gateway to energy-vibrational states that are non-physical. As we discover that our true self-essence is not our physical body we realize that planet Earth is only the physical shell of our mother Gaia. As we move through ***The Edge and Beyond***, from the manifest back through the portal into the un-manifest, the ***Journey for Personal Self-Discovery, Awakening and Healing*** begins.