

## 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.

[www.resonantsoundtherapy.com](http://www.resonantsoundtherapy.com)

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