

## WHAT IS RST? by Dr. Lance J. Morris

Resonant Sound Therapy, or RST, is short for Resonant Sound Modulated Frequency Fascial Release Therapy. This therapy has evolved as a synthesis of my over twenty-five 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.

The modulating frequency is based on the observation that Chi or life energy that animates the body travels through it in a spiral and has a vibrating frequency pattern. As a therapist, I touch a patient's body and vary the amplitude of the spiral as I move their limb or a more localized part of their body. I vary the rate of frequency by physically transmitting a shaking or trembling vibration from my body to their body. In RST a body harmonic is induced by the bi-vocal resonant toning. Chi is activated by the combination of this 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 charge. In this context charge is defined as an energetic projection that is grounded in a relative context identifying good versus bad. For clarity this charge always has an emotional hook due to our personal framing of our experience in a relative context. For the emotion to have a hook we couple an image in our minds eye, either a memory or projection of the future with sadness, fear, guilt, blame, shame, 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 the fascia and disrupting Chi flow.

The fascia is the thinner than tissue paper, transparent membrane that surrounds every muscle. On more careful examination this membrane surrounds and intimately interlaces through-out all body tissues and structures. The 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.

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 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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