

Smart Life Forum

SmartLifeForum.org

Presents

Lance J. Morris, N.D.

Using Resonant Sound Therapy to Heal Body, Mind and Spirit

Thurs, Dec 18, 2008, 7 PM

LOCATION: Cubberley
Community Center - Room H1
4000 Middlefield Rd
Palo Alto, CA

FUTURE SPEAKERS

January 15, 2009, Steve Fowkes,
on Preventing and Reversing
Alzheimers and Dementia

May 21, Aubrey De Grey
June 18, Len Saputo

SLF invites you to come celebrate the holiday season with light refreshments at our December meeting!

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FMBR Meeting November 28, at 8 pm, Bruce H. Lipton, in his newest audio release, *Spontaneous Evolution: Our Positive Future and How to Get There from Here*, reveals how our changing understanding of biology will help us navigate this turbulent period in our planet's history, and how each of us can participate. For more detail see FMBR.org.

Meet Lance J. Morris

Dr. Lance J. Morris received his BS in biochemistry, psychology and fine arts from the U of AZ and his Naturopathic medical degree from Bastyr U. He did a post graduate fellowship in Family Medicine through the American Board of Naturopathic Medical Specialties, as well as multiple residencies at Alternative Cancer Clinics in Mexico. He is a past president of the Arizona Naturopathic Medical Association and physician of the year in 1997.

Dr. Morris was one of the founding board of directors of the SW College of Naturopathic Medicine as well as a member of the clinical faculty. He is the developer of RST: Resonant Sound Therapy and is currently writing a book on this topic as well as developing a clinical training program he intends to take worldwide for all allied health professionals.

Main Presentation

Resonant sound therapy, or RST, is actually short for resonant sound modulated frequency fascial release therapy. This therapy has evolved as a synthesis through

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 the patient make a vocal tone over which the practitioner makes a resonant vocal overtone. These tones can be very simple, to very complex. When you make a humming sound you can observe that your chest vibrates. Sometimes you may be aware of other parts of your body vibrating as you hum. When the practitioner hums with you, if that humming is resonant, it induces a body harmonic. We can see an example of this when we take a tuning fork and hit it, causing an audible sound. If we take a second tuning fork of the same pitch that has not been struck against anything but is slowly brought in the air closer and closer in proximity to the first tuning fork, this second tuning fork will spontaneously start making a sound. This is the principal of resonance in action. The sound coming from the first tuning fork projects a vibratory wave in all directions through the air. As this wave hits the second tuning fork the resonance causes a sympathetic vibration that now induces a secondary sound from this tuning fork. The human body is mostly water. This fluid medium acts as a perfect transmitter of the vocal sound. Interestingly, even without any external touch, the vocal tone has an influence on body physiology and function encompassing the triad of mind, body and spirit.

The modulating frequency is based on the observation that the Chi or life energy that animates the body travels through it in a spiral and has a vibrating frequency pattern. As a therapist, he touches a patient's body and varies the amplitude of the spiral as he moves their limb or a more localized part of their body. He varies the rate of frequency by physically transmitting a shaking or trembling vibration from his body to their body. In this

way he is able to find the Chi both tactilely and visually.

In RST the body harmonic is induced by the bi-vocal resonant toning. The Chi is then activated by the combination of this harmonic and the spiraling vibrational movement. The Chi in its natural state flows without restriction everywhere in the body. In this state health and well being ensues.

Patients with some specialized lessons and practice in rhythmic rotationally based movement combined with vocal sounds or chanting can directly feel or experience this energy or Chi. Any readers who are familiar with Chi Kung or Tai Chi Chuan know that these are ancient systems to cultivate and directly experience this energy in the body. In Sufism, which is the mystical branch of Islam, there is a sect known as the whirling dervish sect. They have discovered that a system of spiraling, rotational movement combined with sacred chanting is capable of inducing a state of expanded, altered consciousness on a personal level.

RST is an elegant and amazingly simple way to very quickly create what in Tai Chi or Sufism is often claimed to take many years to achieve. In clinical practice, what he generally finds is that this Chi is disrupted or blocked. RST is both diagnostic and therapeutic in relation to the bodies flow of Chi. He defines diagnosis as the ability to differentiate the presence and location of Chi blockage. He believes that this blockage or disruption pattern is what leads to symptom complexes that in modern medicine are then given disease labels or diagnoses. He contends that a more authentic perspective about diagnosis is the identification of energy disruption patterns that are nonspecific or minimally specific and never have a direct correlation to a so called disease diagnosis.

He has discovered that the Chi blockage is caused by a twisting or torque of the fascial membrane due to a physical, emotional, mental, subconscious or spiritual charge. He defines charge here as an energetic projection that is grounded in a relative context identifying good vs. bad. This charge induces an interference pattern, twisting the fascia and disrupting the Chi flow, which is an energy form of balanced positive and negative charges; here he defines charge as the identification of the two poles in a polarized energy system which has nothing to do with good vs. bad. Electricity is a good example of this.

Where this energy disruption occurs it becomes a foci that secondarily induces a symptom complex having the possibility of physical, emotional, mental, subconscious or spiritual manifestations that, if not brought back into energetic equilibrium, over time may eventually be

identified as formal pathology or disease. The cycle goes from the simple, to the more complex, and back full circle to the simple. A charge in time/space that is conditional; grounded in a relative context identifying good vs. bad, causes an energetic interference pattern that torques the body's fascial membrane. This disrupts the normal balanced positive and negative energy flow of Chi or life force. The increasing levels of complexity that we elucidate in any system increases awareness and understanding up to a point, then the systems collapse and implode and the cycle is renewed.

A simple axiom is that: the more we know, the more we realize how little we know. Questions merely breed more questions. The mental construct would have us believe that the more we dissect, the more complex and detailed we are able to analyze anything, the more we will understand it. To the contrary, the paradox from the axiom above stipulates just the opposite. First there is a mountain, then there is no mountain, then there is. There is a place of knowing, being, experiencing that eludes layers of complexity, that is inherently simple, that is accessible from a space that is neither linear nor mind driven.

RST is a tool in our personal toolbox to help find this space. In RST the intent is to use the resonant sound combined with the modulating frequency to release or un-torque the fascia so the Chi will have unrestricted flow. Proper balance of the positive and negative energy being re-established, the body is able to heal itself, the key being from the inside out. That is from the inside of the patient themselves and not from any external source. The process of RST is not about the therapist doing something to their patient but rather creating a symbiotic interface to empower patients to find the truth that the power is theirs and theirs alone, from the inside, out!

Let's examine the concept of fascia in more detail. This is the thinner than tissue paper, transparent membrane that surrounds every muscle. Actually, if we look at a cross section of muscle magnified, we see that it is made up of bundles of fibers with each bundle being surrounded by a fascial sheath. The more carefully we examine this membrane we see it surrounds and intimately interlaces through-out all body tissues and structures. To continue our visual journey, let's follow the fascia from around the muscles to the ends of the muscles where the ligaments, also surrounded by the fascia, attach to the bones. The fascia continues from this point, actually surrounding every joint as well as the bones themselves. It surrounds every nerve, blood and lymphatic vessel. It crosses the blood brain barrier through all the meninges of the brain, as well as around every organ. The heart has the pericardial sac, the lungs the pleural sac, the diaphragm is a special thickened

membrane of fascia that separates the upper and lower abdominal organs and the eardrum is another transparent thickened portion of this membrane with special properties.

Thus the fascia is the only part of the human body that is 100% contiguous or connected everywhere. From this we may conclude that it is an exceptionally important part of our bodies. How important, we might ask? His personal speculation is that we really need to look at this structure like an organ rather than a mere membrane. We often talk about the skin as an organ, actually the largest organ of the body, but in fact the fascia is, by many factors, larger than the skin. It is interesting to note that there is a shifting paradigm placing a new emphasis on the importance and function of membranes. In Bruce Lipton's book 'The Biology of Belief', he shares the simple but profound observation that you may remove the nucleus of a cell and it will still function, while if you remove the membrane the cell collapses and dies.

In physics, an interesting theoretical cosmologic idea known as string theory suggests that everything is made up of vibrating strings of sub-atomic proportions coming together to form membranes, or more simply called BRANES. It is interesting to speculate that the term BRANE might be transposed as BRAIN since it is the membrane that controls and defines shape and function. With an individual cell the membrane, not the nucleus, determines survivability. The historical concept equating the nucleus as the brain of the cell is being superseded by the new paradigm of the cell membrane as the brain of the cell.

This concept of membranes as having quintessential properties needs to be recognized from the sub-atomic level to that of galaxies and everything in between including inter-dimensional space. The vibrational quality or frequency of the strings is the cause substrate that defines the character or shape of the strings into a membrane that can then be filled to become a thing. Once the membrane forms, the frequencies of which are different in different dimensions and even more specific or refined relative to specific things, then the energy matrix can fill the membrane to manifest these things.

Remember the membrane defines the shape and function of a thing. Many of these so called things exist in frequency/vibrational states that are completely non physical and as such can only be extrapolated from the mind level as a theoretical or mathematical inference. This of course is exactly what modern physics and mathematics does. One of my postulates is that with the aid of an experiential framework that we can generate with RST we can use a level of information outside the confines of the mind and linear thought and prove on an

individual experiential basis the reality of different dimensions of differing vibrational frequencies.

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. I believe that 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 and that RST is a system to help unravel the answers.

In the study of vibratory actinics we can demonstrate how sound causes particles of sand to take on different geometric shapes like triangles or hexagrams. In Greg Braden's video series 'Awakening to Zero point', he shows an example of vibratory actinics using plant spores of mug wort or lycopodium. By changing the sound, stagnant geometric forms become moving vortices that strikingly resemble miniature stellar spiral nebulae. This shape is by no means coincidental, as in fact, we are seeing a mirror of the very process of creation and an acknowledgement of the spiritual principal of 'as above so below'. We can also recognize this as the macrocosm and microcosm being reflections or mirrors of each other.

The Chi or energy that flows through our bodies flows in a spiral, specifically in the form of a double helix. This helix looks exactly like the DNA helix although it is light and sound. The Chi flows up our feet and out our heads while at the same time flowing down through the top of our heads and out our feet. Imagine that one side of the double helix is spiraling up while the other side of the helix is spiraling down. This is occurring simultaneously and continuously.

It is not a coincidence that this helix looks like the DNA helix because the principal as above-so below applies. That the mirror images we are referring to are trans-dimensional. The double helix of light and sound is part of the spectrum not visible with our eyes, although as we develop the ability to see it we may believe we are seeing it with our physical eyes. The force that activates this helix is sound. Physical sound that is audible is part of a wider spectrum of sound that as it changes frequency and vibration becomes inaudible to the human ear but may none the less remain audible to our awakened inner ears. The use of the physical sound becomes a resonator that links us to the inaudible or super-audible sound which as he has suggested is also audible although again in part of the spectrum not heard with physical senses. Not only is this resonant sound capable of having a profound effect on our physical, emotional and mental well being, it also has the ability to expand consciousness and open portals to other dimensions.

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