Companion Article to explain Ancient/Science based  
 Discovery that’s Essential for Optimization of Health and Well-Being

(Live Stream Talk)

As I reviewed my live stream talk on Ancient/Science based Discovery that’s Essential for Optimization of Health and Well-Being, I immediately observed that although I had several interesting tidbits of information loosely woven together that the essence of my intended message was not clear. This article is an essential companion to the talk if one is to understand my message.

As a Naturopathic physician in clinical practice for 34 years I have discovered and further developed what I believe is a crucial and essential adjunct, not only to natural therapeutics to optimize patient outcomes but for anyone’s health in general.

The beginning of this discovery starts with an updated, quantum perception of the purpose and function of cell membranes. The old, yet still common view of the cell membrane is that it is a container of organic material that is permeable. Specifically, permeable to the inflow of nutrients and the outflow of waste material. This is accurate but incomplete. Being incomplete does not lead to the conclusion that it is wrong. Before I share a quantum view of the cell membrane, I want to fill in some important back story.

In the introduction of my book; ‘The Edge and Beyond, A Journey for Personal Self-Discovery, Awakening and Healing’ I share a primary tenant that I have been guided to and have chosen to apply for myself. All awareness or knowledge is ‘additive’. Imagine that awareness starts as a central focal point. As we add data or input the central point expands. This expansion is not merely linear but circular. Taken beyond a two-dimensional perspective into three-dimensions, it is actually spherical. Now imagine as more data or input is added that the sphere becomes a multi-concentric series of ever-expanding spheres around spheres. The transition from a point, to a line, to a circle, to a sphere is not a sequential series of corrections but rather a series of additions.

Modern science and research, on the other hand seems to have taken a more exclusionary perspective. I belief the consequence of this self-imposed limitation drives conflict and competition. The result is that we try to prove things either true or false. In a relative universe the attempt to codify everything as either true or false is overly simplistic.

More and more evidence suggests that we live in a ‘holographic’ universe. Every part, mirrors every other part and as such, every part reflects the whole.

In this context I want to extrapolate that the sphere of expanded awareness that we might call the bud of consciousness is an energetic non-physical template from which physical cell membranes are formed. Could this bud of consciousness as a non-physical template be the strings of ‘String Theory’ forming BRANES?

In ‘String Theory’; a theoretical physics model, everything is made up of vibrating tonal strings. These strings coalesce, connecting their ends to form BRANES. The BRANES are capsules or shells that are the template from which all things are formed or made manifest, based on tonal differentiation. For purposes of this article I ask my readers to consider the terms tone, vibration, frequency and sound as synonyms.

In the pre sub-atomic world of particle physics, it is the BRANE that is the source and control center for everything. Based on the ‘Holographic’ universe premise than cell membranes must be the source and control center for all biological activity.

The new quantum theory of the purpose and function of cell membranes is that they are information processing transistors, effectively functioning as organic computer chips. Based on my model, extrapolated above, I believe their purpose and function is even more encompassing and that the cell membrane has a more significant influence on cell structure and function than any other cellular components.

The factor that initiates cell division is the enfolding of the cell membrane on itself. I believe that this enfolding is catalyzed from a sound/frequency /vibration source and is not a secondary result of some other cellular process. This enfolding produces first two, then four, then sixteen, then thirty-two and beyond compartments. It is these compartments that differentiate into all the components, organs and systems of the body.

Based on the ‘Holographic’ universe principle, what the cell membrane is to the cell, the bodies connective tissue fascial membrane is to all structures and organs of the body. The fascia of the body is a multi, multi, multi layered sac surrounding every part; from the muscles, tendons, cartilage, bones, organs, blood vessels, lymphatic ducts and nerves. The fascia crosses the blood brain barrier. It is the meninges of the brain. From the skin to the bone marrow it is the only part of the human body that is contiguous; connected everywhere.

In my research I have discovered that both the acupuncture meridians and chakras are embedded in the fascia of the body. Therefore, what we call Chi, life force or spirit flows on and through fascia.

Further research has demonstrated that when the fascial membrane is twisted or torqued that it disrupts the flow of Chi. Where this torqueing occurs, it induces a zone of energetic anomaly. This anomaly creates symptoms that can cross between physical, emotional, mental and spiritual states. If the torqueing remains, over an extended period of time than the symptom can become a formal disease process.

Additional experiments reveal that fascial torqueing is caused by physical, emotional, mental or spiritual injuries or traumas.

I believe that all therapies regardless of source or type are fundamentally trying to accomplish the same thing. From an energetic standpoint this is to reverse fascial torqueing. When successful, this reversal creates a state of energetic equilibrium allowing Chi to flow without restriction. Energy equilibrium is incompatible with disease, the result is health and well-being.

Obviously, different therapies have variable efficacy, relative to disease induction and health promotion. Regardless of the type of medicine practiced, an understanding of the effect of fascial torqueing and how to reverse it in a more direct way will improve all patient care and clinical outcomes.

How than do we release fascial torqueing in a more precise and directed way? Why this is so important and how we do this is a focal part of my basic message.

I have developed a bio-energetic healing modality I call RST; Resonant Sound Therapy. This acronym is short for resonant harmonic sound, modulated frequency and amplitude fascial release therapy. It is not the intent of this article to break the details of this therapeutic modality down but rather share an introductory broad sweep. Much more detail is to be found in my book and companion DVD; RST-Resonant Sound Therapy and RMM-Resonant Movement Meditation, as well as a series of training workshops I have developed.

The fundamental components of this work include:

• Being Grounded to the Earth. This involves physical contact. Whether indoors or outdoors, either barefoot or wearing any natural material footwear and in contact with any material occurring in nature. Not long ago all humans on Earth were Grounded 24/7. This is our natural state and birth-right. It is a well understood geo-physical fact that the Earth’s magnetosphere flips. This is where the north pole and south pole magnetic fields switch. We know that the sun has a full magnetic flip approximately every 11 years. Historically the Earth’s field has flipped between 100,000 years and 1,000.000 years. The average being approximately 500,000 years. The flip itself commonly takes between 1,000 and about 10,000 years, although there is evidence that a full flip has occurred in as little as a human life span. Some scientists have speculated that we are overdue for the next full Earth flip. Areas like the South Atlantic anomaly, of North pole magnetism, near Antarctica support this supposition.

To the extent that we are fixated and dogmatic in our life and world view, as the planet’s polarity is in flux, is proportional to the degree to which we are being torn apart physically, emotionally, mentally and spiritually. This condition is seriously aggravated when we are insulated from the changing energies of Earth by using rubber, plastic, metal and other synthetic materials that reduce or stop our body's ability to acclimate or accommodate to Earth changes.

The counterpoint is that as long as we are adequately Grounded, the more we are unconditional; able to be fluid, detached, non-fixated, non-dogmatic, like the willow in the wind, able to bend rather than break, the less changing magnetic polarity will affect us.

The time is NOW, this is our wake-up call. The incidence of psychiatric disorders for all age groups is rising dramatically. Physical ailments, particularly in the auto-immune category are increasing, causing reactions to food and the environment.

If Earth's energies are in transition then it starts to make sense why the body’s immune system would become confused and attack itself if we are not Grounded and able to energetically equilibrate.

A personal commitment to actively Ground the body daily is an essential part of health, longevity and spiritual awakening. Grounding is necessary to establish and maintain our essential connection with the changing energy field of the planet.

Based on the ‘Holographic’ universe principle I contend that all bodies have what we might call fascial membranes. From the cell, to our bodies, to the Earth, to the sun, to the solar system and beyond. I further contend that these membranes are interconnected and inter-relationally affected. Therefore, during the Grounding process body fascia and Earth fascia are linked.

• Potentiated Earth Grounding. There may have been an historic time, when the Earth was less polluted and life was simpler, that Grounding alone may have been enough to help us maintain well-being. Today, because of increasing planetary polarity anomalies, ionizing radiation, radioactive isotopes, xenobiotics like synthetic chemicals, solvents, drugs, petroleum by-products, plastics, pesticides, herbicides, genetically modified plants and animals, radio waves, x-rays, micro-waves, Cellular G4 and coming G5 and a seemingly endless list of toxins, our bodies and psyches balancing, compensatory mechanisms are overwhelmed.

This makes health optimization and well-being more and more difficult to access. The primary tools that I have developed and teach to accomplish this are RST; Resonant Sound Therapy and RMM; Resonant Movement Meditation. RST is a therapeutic modality where the practitioner while Grounded acts as a conduit to allow what I call Earth chi to flow into the body and what I call Cosmic chi to flow out.

In my research with fascia and the acupuncture meridians and chakras I have discovered a double helical energy stream. One flows counter-clockwise from the Earth, through the bottom of our feet, through Ki-1(acupuncture point). This Earth chi flows through all the meridians and chakras out the top of our heads and palms of our hands. At the same time there is a clock-wise Cosmic life force chi flowing from the inside out.

With inner vision many see the human form as what Carlos Castaneda referred to as a luminous egg. On more careful examination it looks like a torus. This looks like the electro-magnetic energy field around the Earth. This is not a coincidence as per the ‘Holographic’ universe principle.

RST involves, hands on rotational, spiraling, vibrational body movement with bi-vocal harmonic toning. The practitioner unwinds fascial torqueing. This allows the unrestricted flow of chi and establishes a state of energy equilibrium. In a state of energy equilibrium health and well-being is a natural outcome. An RST therapist hooks up the circuit.

In RMM an individual is taught a system to maintain energy equilibrium on their own. This involves a series of 7 basic physical movements similar to chi gong or tai chi, although simpler than either. What is unique, distinct and different about RMM is that it requires 1) being Grounded 2) being oriented relative to the cardinal directions 3) utilizing circular, spiraling movement 4) vocal toning and 5) optionally essential oils…..This is why in my talk and other videos that in its simplest form, I share it is a commitment, while Grounded to the Earth, to sing and dance.

Besides doing individual RST treatments for patients. I teach a series of workshops. The first level workshop is a one-day workshop designed for everyone. In it I teach the theory and basis of energy flow throughout the body. Then I teach 7 items that one can utilize on a daily basis, including the seven basic positions of RMM to personally optimize well-being and health.

Workshops beyond the introductory workshop are designed for individuals that want to learn RST for themselves and/or become certified as RST therapists. For this level of training I do not require that anyone have prior training or any other health practitioner credential but rather a sincere desire, motivation and aptitude.

Don’t forget to go to the special offer section to find out about my book, DVD, essential oil hydrosols, bamboo wear and Introductory workshop.

IN JOY, Lance (Dr M)