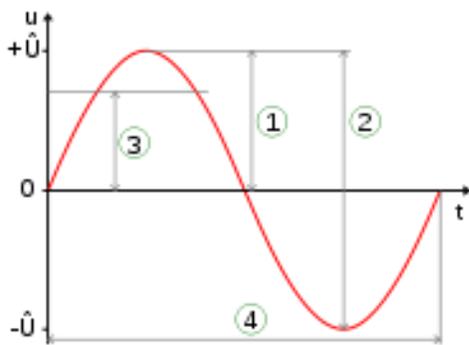


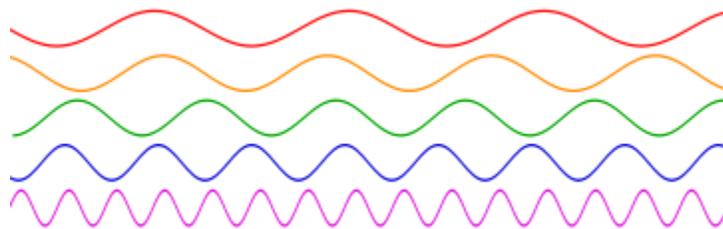
# RMM: Resonant Movement Meditation

RMM: Resonant Movement Meditation is a natural expression of RST: Resonant Sound Therapy. Through Dr. Morris' research and development of RST he has discovered a way to use vocal sound from a client and therapist together, combined with physical contact simultaneously from the therapist to the client in a circular spiral vibrating pattern. This allows for a transmission of Chi which is synonymous with life force or spirit.

This transmission is from planet Earth through the body of the therapist to the client as long as the therapist is grounded or in physical contact with the earth. In RST the therapist modulates amplitude. The amplitude is demonstrated graphically as the height of a wave form. This amplitude modulation relates to the bi-vocal sound as well as the physical touch, motion, spiral, vibration. Simultaneously the therapist modulates frequency. The frequency is demonstrated graphically as the distance between individual waves of a wave form. This frequency modulation is also in relation to the physical vocal sound and touch.



Description : A sinoidal voltage. 1 = Amplitude (peak), 2 = Peak-to-peak, 3 = RMS, 4 = Wave period



[Sinusoidal waves](#) of various frequencies; the bottom waves have higher frequencies than those above.

The horizontal axis represents time.

The intent with an RST session is to accelerate the natural process of fascial unwinding. As this is accomplished, Chi is released to flow through the body with less and less resistance until all resistance is gone. Concurrent to Chi flowing without restriction, the body heals itself. This process of healing is a natural consequence induced as Chi flows freely. A specific intent, desire, wish or projection in relation to the outcome of the healing process creates an interference pattern, rather than enhancing the outcome. For a more detailed analysis of the concept of interference patterns, please read Dr. Morris' book 'The Edge and Beyond' as well as his new books to come.

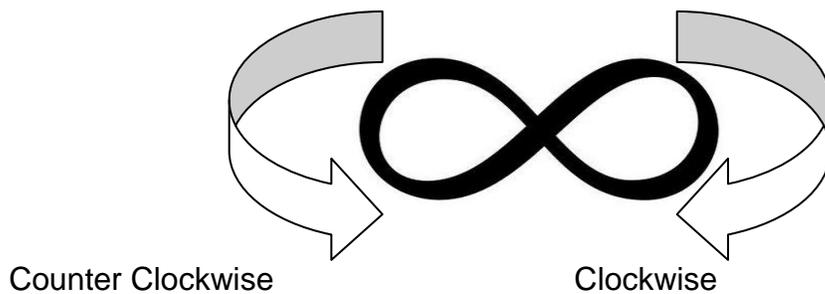
Another natural consequence of Chi flowing freely through the body is an expansion of the bandwidth of perception and awareness. This eventually leads to the ability to freely move our consciousness in and out of our physical body shell. This ability demonstrates as a function of direct experience, that, our essence or consciousness is not dependent either on the presence of our body or brain.

RMM: Resonant Movement Meditation is a mechanism to replicate the effect of RST on a personal experiential level. Those who have experienced an RST session will have a greatly enhanced ability to undertake the practice of RMM. Although like RST, RMM can be practiced anywhere, when possible try to do it grounded to the Earth. This means to have physical contact with the Earth. You will find a more detailed description of grounding on page 181 of my book.

While grounded, make a counter clockwise rotation from your pelvis while toning; Toning is made by vocalizing any sound. The range, pitch and volume are variable. One can use simple vowel sounds; A, E, I, O and U, any mantra; Aum, Bajju, Hum and Hu, or singing, whether pure sounds or uplifting lyrics.

Life force Chi flows from the earth up through the bottom of our feet through an acupuncture point (Kidney one; the bubbling wellspring.) Now convert the rotation to a

figure eight. This involves a counter clockwise rotation followed by a clockwise rotation. This induces the full double helix of Chi and with practice can start to be felt throughout the entire body. Often there is a temperature differential felt in the hands as well as a tingling type subjective perception.



This description represents a part of the opening movement sequence of RMM. Dr. Morris' DVD is divided into two parts. First is an introduction of some of the history and basics of RST. The second half is a demonstration practice by Dr. Morris of RMM.