

Syllabus - Week 1

Generative Trance: A Method for Sustainable Transformation

Overview

Generative Trance is not the traditional trance where the conscious mind is “put to sleep” and the unconscious is programmed with external suggestions. It is an open aesthetic conversation between the two human worlds: –the “dreamer” or “visionary” world of the creative unconscious, and the “realist” and “practical” world of the conscious mind. Each requires and completes the other, and Generative Trance helps you to forge the integrated consciousness that “includes yet transcends” both minds.

We will see how the human conscious mind is a virtual mind that can operate free from any binding to time or space or single position. When it is dissociated from the deeper creative consciousness of the world (as is increasingly the case), dark and destructive experience follows. But when we can reunite the two worlds, astonishing transformations and new realities are possible. Generative trance is an exploration of this integral conversation.

Generative Trance

In Generative Trance, we see how this conversations creates reality through representational maps (body, mind, collective, brain) held in either locked or “open flow” ways. It is a movement between a dream-like “quantum world” and a reality-based external world. Trance is a tilting of consciousness into the quantum world of neuro-plastic consciousness, where anything can turn into anything, and you can move anywhere from anywhere. This allows extraordinary creative freedom and the possibility of transformational change at a deep level.

In this first week, you will learn a model for how this process operates, and how generative trance can be used to develop lasting positive change. You will learn how to develop generative trance in many different ways, like an improvisational experience that is unique each time. In the generative trance model, we see how human realities are created through “identity maps”, and how generative trance

can deeply change maps for the better. This involves a 7-step model for sustainable positive change.

Week 1 Learning

In this workshop you will learn how to:

1. Identify the most important callings and longings and dreams of a person or community.
2. Identify the necessary conditions to make that transformational change-- *finding a sacred space, resonantly connecting to an intention, building a community of resources, creating engaging obstacles, and committing to action in the world.*
3. Open a sacred space within generative trance that provides safety and high quality consciousness as a working base;
4. Connect to each experience, especially persistent “problems,” as a “resource” and “competency” that plays an integral, essential role in creative change;
5. Download” the identity elements into the generative trance field, like a “quantum soup” holding many possibilities;
6. Activate the “creative self” to transform these elements into a generative map, so that the dream can be achieved;
7. Carefully ensure that the deep trance changes translate into the actual life reality; and
8. Apply Generative Trance work with individuals, personal relationships, and groups.

This is the newest development in Dr. Gilligan’s work. Come with a commitment to deep lasting change, and learn how to make your dreams come true. The training community deeply supports you in integrating this into your daily life. We hope and expect that you will come away from the training with an amazing sense of what’s possible for you and others in life.