



**What trance can teach us:  
Healing ourselves, healing the world**

**Stephen Gilligan, Ph.D.**

**Until I thought of myself as the sea,  
I used to separate good days from bad.**

**Until I thought of myself as an ocean,  
I used to slice times I felt strong from when I felt weak...**

**Until I imagined myself as the sea. Calm and rocky, wild and soft,  
still and powerful and vast and more than any one thing.**

**In the ocean, it's hard to divorce one mood from another, one  
wave from the next.**

**Now, on my worst days I think how good life is too, how I still can  
greet joy while swimming through grief.**

**How fragile strength sometimes feels. How I'm not any one thing  
in any one moment on any one day. I'm all of it and all of it is me.**

**Hannah Napier Rosenberg**



**# 1: CREATIVITY IS at  
the heart of  
everything we know  
and do as humans.**



We create our realities through a dual-level mind. When interconnected, amazing positive realities result; when dissociated, exceptional negative realities accrue. Creative Mind is a way to move disconnected consciousness to harmony and balance, so that suffering/problems can become freedom/solutions.



**# 2: There is a presence deep within that you can call home**



1. Rumi: *Beyond rightdoing and wrondoing, there is a field. I'll meet you there.*
2. Our true nature is deeper and wider than the dualistic external world of pain/pleasure. GT helps us find these *sacred spaces* and rest, heal, remember our deeper nondual nature...deeper than pain, deeper than thought, deeper than separate things.
3. GT helps us realize these deeper spaces as our true nature.
4. Erickson: *I'm not asking you to learn a new skill, but to be willing to remember what you already know inside of you.*



# #3: Intention is the driver of consciousness



1. In the superpositional COACH field of infinite possibilities, there is a wave guide pilot that allows us to select one path and surf it. This is what intention is...(*Dual-level consciousness*)
2. In the lantern light of the COACH field, intention is the flashlight focus on a single point.
3. Well-formed intentions: verbal (succinct, positive), visual (envision), and somatic (center, models)
4. 5E model: *generative intention* is embodied, embedded (living contexts), enacted, extended, and empathic.



**#4 Make friends  
with the obstacles,  
they are integral  
parts of the  
solution.**



1. Human experiences arrive from archetypal consciousness as resources to meet a present challenge.
2. The secondary human form/value depends on how they are met by human presence.
3. Negative responses produce negative experiences/behaviors; in GT, we can bring positive skillful presence to those negative conditions, thereby transforming an obstacle into a resource. This is the *ai ki* heart of Erickson's legacy, and a centerpiece of GT.



**#5 It takes a village: We are everywhere**

1. In the (virtual) conscious mind, self is identified with a fragmented part (ego). Erickson: *people come to see you because they are rigid.*
2. In the deeper Creative Mind, self is a relational music of multiple, contradictory parts.
3. The inner voice that says, *You are not enough*, is a great voice of wisdom.
4. In GT, we learn: It takes a village.





**#6: Creativity  
is an  
interwoven  
resonance of  
multiple,  
contradictory  
parts**

1. Generative systems are always parts interwoven into a greater aesthetic whole: a good meal, a champion sports team, great art (music, stories, paintings), nature.
2. GT allows us to take the disconnected parts of a problem—*intention, obstacle, resources*—and weave them into an interconnected resonance of fluid creative systems.





# #7: You are what you practice

1. Each repetitive pattern we live by is a learned practice of self-hypnosis: depression, anxiety, curiosity, compassion, self-hatred, etc.
2. Thus, the single most helpful thing we can do for ourselves is daily practice of the many dimensions of GT: releasing stress and problems, returning to our deeper consciousness, attuning to positive intention/attention, transforming obstacles, etc.
3. Practice, practice, practice...positive consciousness.



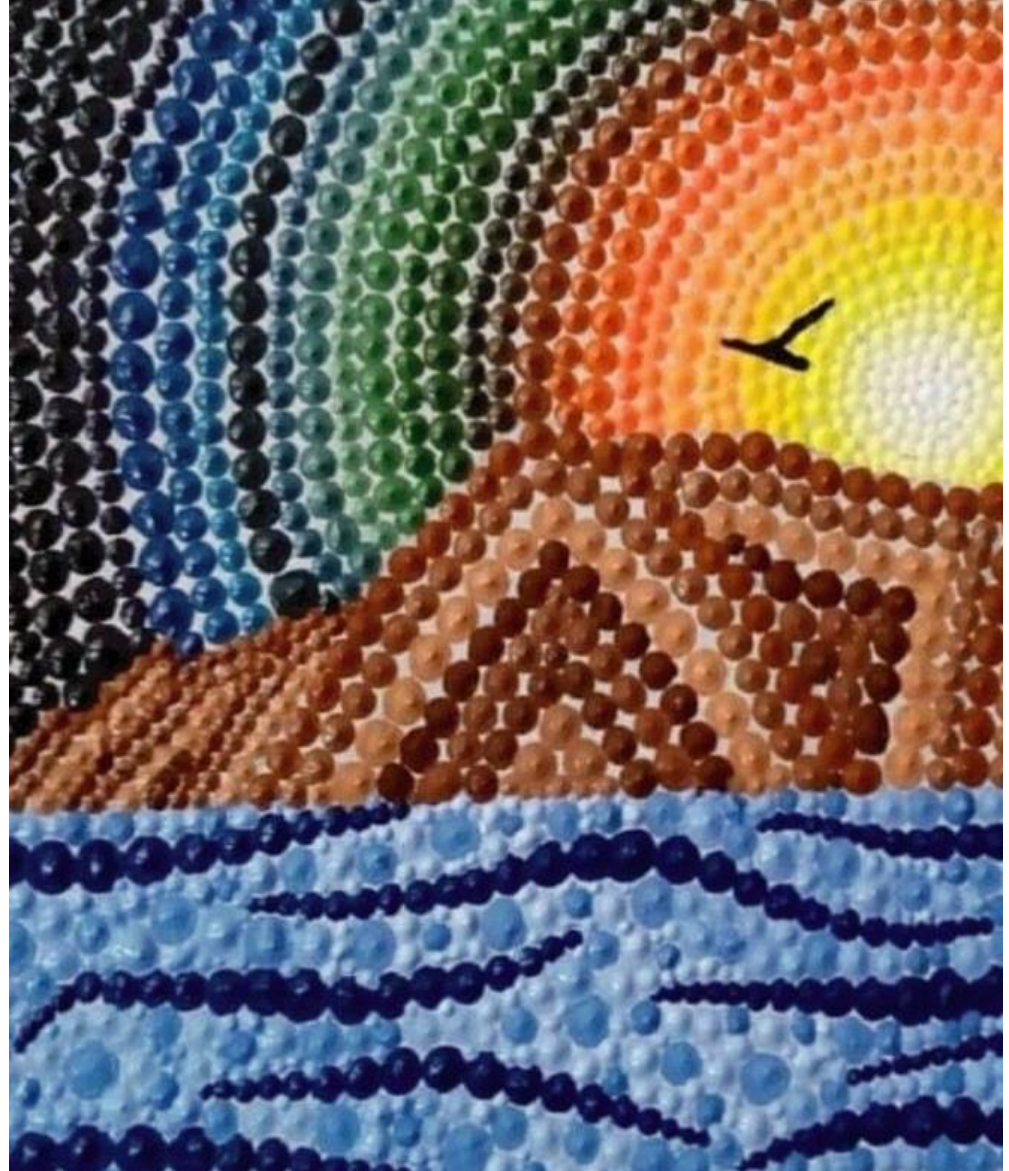


## — Integrating the 7 learnings: A prototype for Generative Trance

1. Open a resonant COACH field
2. Download three core parts: INTention, obstacles, resources.
3. Weave new integral part/whole patterns
4. Integrate into everyday life
5. Practice, practice, practice

# Step 1:

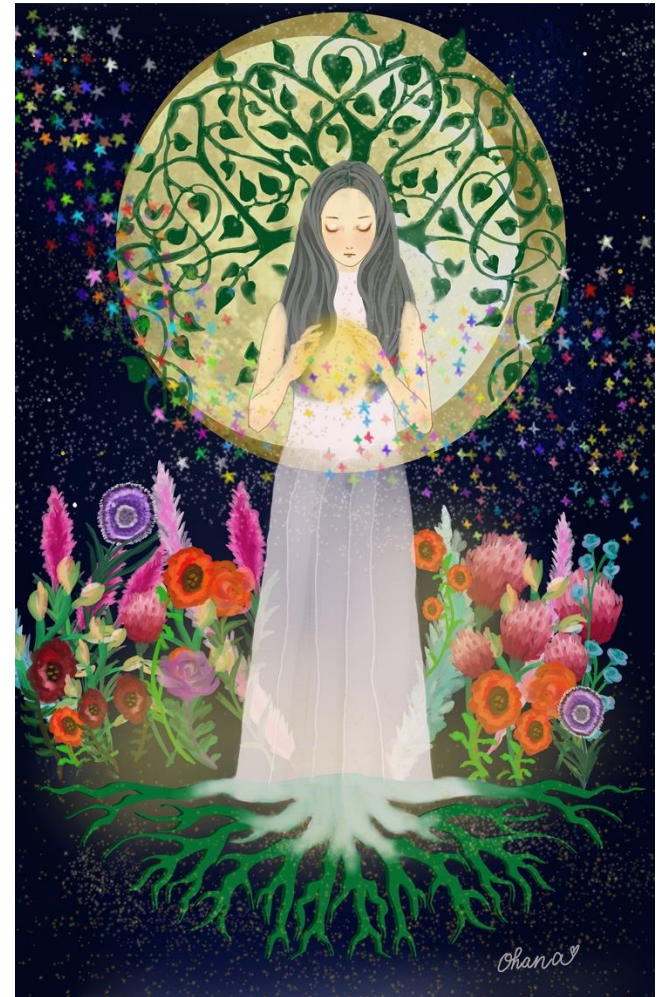
Open a  
resonant non-  
dual  
conversational  
space





# Prototype method: Revivifying COACH fields

1. Settle in, settle down.
2. Emphasize: To do/be your best, you have to be in your best state
3. Ask client their references for being at their best: nature, human connection, spiritual, art...
4. Tune in to one representative experience and experientially unpack it: Slowly describe sensory elements, alternating with silence/breathing through body. Coach limbically attunes and uses/feeds back Client's description to unfold parallel state
5. INtroduce self-rating (1-10) scale to identify and optimize COACH level, in session and thereafter





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## Step 2: Download and stir the core parts of the virtual mind into the trance soup

- Intention
- Obstacles
- Resources





# The main purpose of Step 2

1. Within the COACH field, we now identify and layout the specific parts involved in the life pattern a person wants to transform/ heal/ create: the present and desired states, and the relevant obstacles and resources.
2. This matrix is being refined, updated, and elaborated throughout the work, using a combination of methods: simple core statements (e.g., i want X but Y interferes), historical patterns (family, ancestors), any emotional resonances, somatic models....
3. Two general types of representation: identity matrix (like a crossword puzzle), and an “arc of unfolding”.



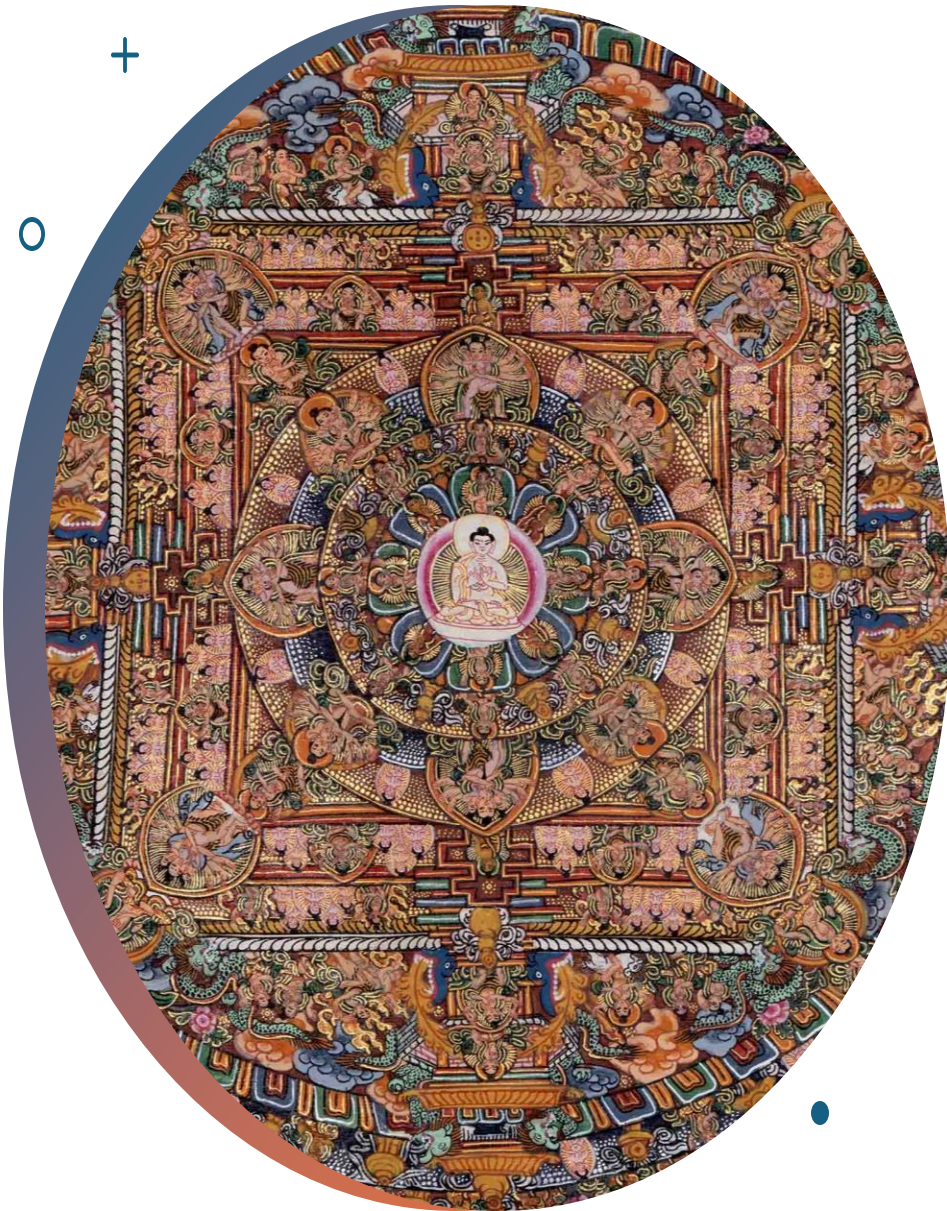


# Prototype: Weaving the part/whole integrals

1. **COACH FIELD.** *To reconnect with Creative Mind, I remember and attune to a place beyond suffering and worry.*
2. **INTENTION.** *What I most want to create in my life is: positive statement (5 words or less)...*
3. **OBSTACLES.** *And what stops me is...*
4. **RESOURCES** *And some positive resources that can support me are (open mind to sacred state, let images of resources come).*

For each statement, speak the form and only then let the response come. Repeat with *rhythm, resonance, repetition...words, images, somatic models*





## Step 3: Weave the parts into resonant, fluid wholes

# A prototype for weaving part/whole mandalas

1. Identify and open a positive COACH field: Where have you experienced deep peace and wholeness? (Nonverbally open the experience through mind and body.)
2. Identify each core part of a creative journey, represent verbally and somatically.
  1. INTENTION: The calling or intention is....
  2. SHADOW: What happens to block it is...
  3. SHADOW RESPONSE: The emotional response to that block is...
  4. RESOURCES: The resources that can support a generative response are...

(Move back to nonverbal COACH field. Carefully mix each part into the quantum soup, so they share a common underlying frequency base.)
3. Move back to nonverbal COACH field. Carefully mix each part into the quantum soup, so they share a common underlying frequency base.
4. Nonverbally weave each part into one aesthetic whole, where each note is crucial to the music. Make commitment to regularly practice bringing the core parts into the positive love field.
5. Gratitude, vows, self-love, reorientation



**Step 4:**

**Integrate into  
everyday life**



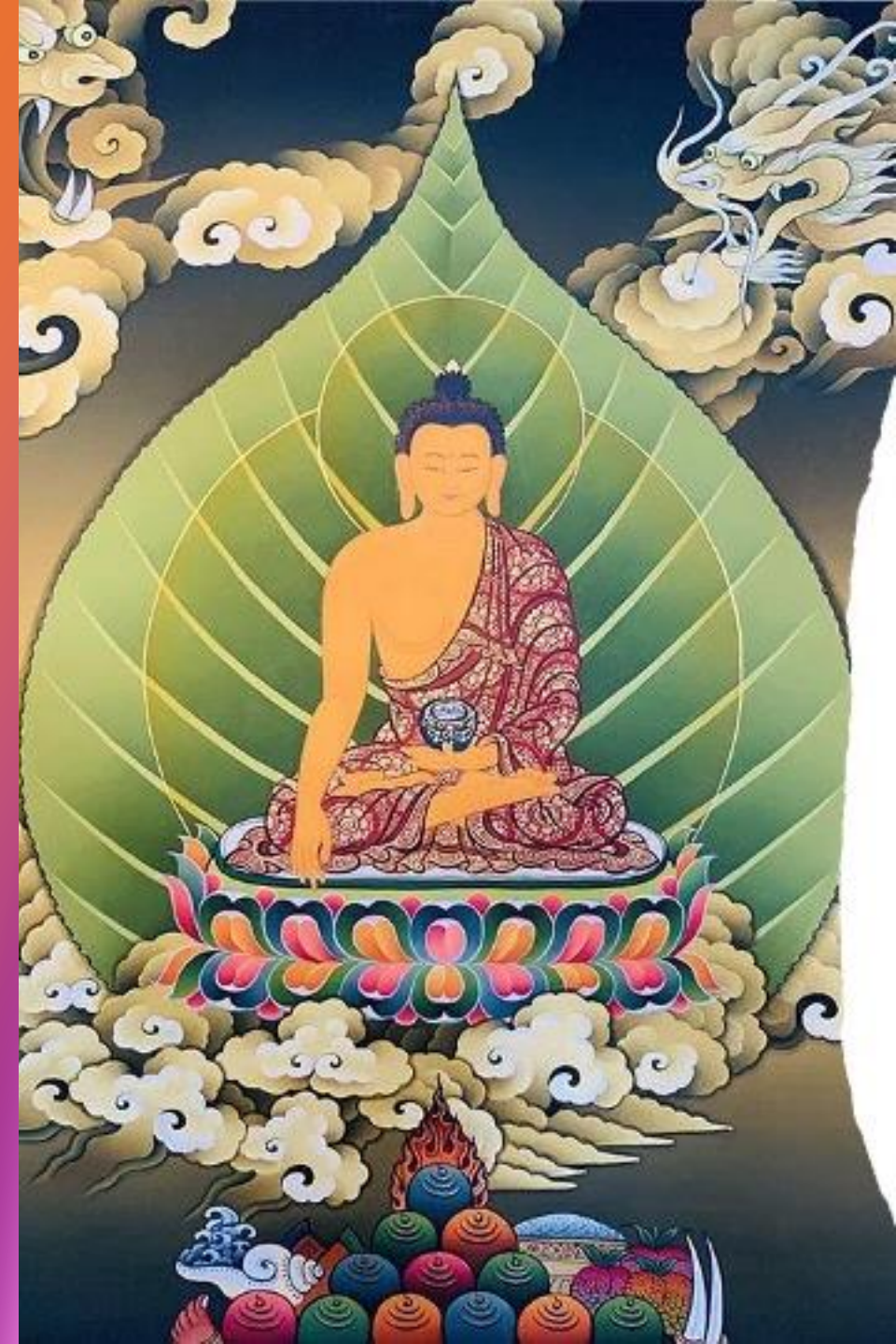
**Practice, elaborate,  
revise...a generative  
blend of conscious  
structures and  
nonverbal creative  
consciousness**







**Step 5:**  
**Practice, practice, practice**



**Mindbody  
practices  
(centering,  
meditation, time  
in sacred space,  
training your  
generative state  
throughout each  
day.)**



**Thank You.....  
And May the Force be with you!**

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