

## Syllabus - Week 2

# Generative Trance and The Hero's Journey

### **O**verview

In this second week, we focus on how generative trance (GT) can support life as a great hero's journey (HJ), filled with happiness, positive contribution, and deep connection. The HJ calls us to live in alignment with a deeper inner consciousness, discovering our own unique gifts. This journey not only provides immense personal fulfillment, but it also helps heal some deep split or disconnection within one's self and, from there, the larger community. IN present times, this generally means integrating the dissociated worlds of the virtual mind (left brain/analytical mind) and the deeper "organic spirit" of creative unconscious (right brain/soul/heart). In the HJ, each person must find their own unique calling and path to do this.

GT is an extraordinary tradition for supporting this. It allows "emptying out" and "letting go" of the isolating, mechanical ego mind, and an immersion into the creative ocean of deeper consciousness. From this deeper "trance," it becomes possible to discern and follow your unique path, listening and living what T.S. Elliot called the "music heard so deeply that it is not heard at all". This "music" is equally universal and particular: You feel the *anima mundi* of universal consciousness, along with your own unique way of living it and expressing it.

### **F**irst Commitment

This HJ path of creative wholeness has two complementary commitments. The first is to realize positive life development from sensing *the positive presence of sacred space, deep positive intention and commitment, the many resources to support you, and the skill of committing to actions that support sustainable deep change*. Here we are organized around the deep questions of *what do you want to create? and how do you create a generative state to make it happen?* You will learn many trance methods for living these questions.

## Second Commitment

The second commitment is to heal and dissolve the many shadows or soul addictions that dissociate us from the heart and soul of creative consciousness. The *deepest shadows* or *symptoms* are transgenerational and collective: we are born into them, which makes it especially difficult for the ego (conscious) mind to recognize and creatively engage them. GT empowers us to become *anam cara* ("*friends of the soul*"), so that we positively engage and heal such shadow energy.

At the core of this model is the idea that human creativity is primarily organized around basic needs: safety, intimacy, individuation, community contribution, etc. For humans, each need can be experienced and expressed in virtually infinite ways. More important, needs met with positive presence and support develop as resources; while the same needs met with negative presence--e.g., criticism, indifference, exploitation—become negative symptoms. Every attempt to get rid of them inadvertently feeds them. We will see how generative trance allows these outcast patterns to be transformed into resources.

## Week 2 Learning

In this week of the workshop we will cover:

1. The steps of the HJ;
2. How GT is a vehicle for living the HJ:
3. How to identify and successfully live one's calling;
4. How symptoms (depression, anxiety, addictions, persistent intimacy failure) represent *disconnected attempts to realize a core human need*;
5. How these soul shadows are developed and maintained, and how GT can transform them into resources;
6. The core positive functions of symptoms—depression (*surrender*); anxiety (*vulnerability*); negative habits (deep pre-verbal intimacy); dissociation (*separation and autonomy*).
7. Many techniques for living with authentic fierceness, tenderness, and playfulness.