

Syllabus - Week 1

Generative Trance: A Method for Sustainable Transformation

Overview

This course focuses on Dr. Gilligan's Generative Trance work as a way to deeply awaken creativity—in reaching goals, transforming problems, being “in love” with your life, and opening the imagination. The course is practical, stimulating, deeply experiential, and transformative. There will be many demonstrations, group trances, and practicing with partners. You will learn new ways to help yourself and others to live a successful and fulfilling life, to release long-standing limitations, and to move through each day with wonderment, awareness, and connection. It is based on Dr. Gilligan's 40 years of experience in hypnosis, trance, meditation, martial arts, and creative change work. It is original, practical, transformative, and lots of fun.

Generative Trance

Generative Trance is not the traditional trance where the conscious mind is “put to sleep” and the unconscious is programmed with external suggestions. A core underlying idea is that creativity is a conversation between two 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.

In Week 1 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 “dream life” or “positive goals” in a person’s life
2. Identify the core “identity elements” that are needed for making that positive change;
3. Open a generative trance state 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 identify 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.