

Waking up from a Trance State – for clients and ourselves.

By EFT Master Peter Graham

It is well known that when a person is experiencing a negative emotion or feeling, that he or she is not fully connected with the "Here and Now" and is temporarily "somewhere else". He or she is either caught up in something from the past or is projecting possible future happenings - producing feelings like fear or anxiety.

Expressing this in other terms, when this occurs, the person goes into a trance-like state, for a short or longer period. There are people who feel they are in a trance-like state virtually all the time - a dream state or disconnected or "out of it" or "live in a fog" or even feel like they're in another universe or a different reality. A person may even feel to be fully "there" at a particular past time and place.

These trance states range from very light to heavy to completely consuming. They temporarily become reality (partly or wholly) until we reconnect with the here and now or other-wise "snap out of it."

A person with PTSD (Post Traumatic Stress Disorder) or depression that is emotionally caused rather than biochemically caused, or who experiences persisting anxiety or similar, may be stuck in a trance-like state which they can't get out of even if they are aware of it to some degree. If they do get out of it or wake up from it, it is usually temporary and they may later get sucked back into it.

This same mechanism applies to all of us who still have unresolved issues and accumulated emotional pain that can be triggered. We have the potentiality to drop into a trance-like state when that occurs and we experience and interpret the world differently when in that state.

The answer, of course, is to wake up from the trance state and reconnect with the here and now. Sometimes, it's easy and occurs spontaneously just by noticing or becoming aware of being in such a state or by redirecting our attention onto something else. At other times, we might be aware of being in such a state to some degree but we just can't seem to get out of it. Sometimes, it can almost be like we are watching ourselves behave in a certain way or doing something "we know we shouldn't be doing" but we can't stop it. There can also be times when there is no conscious awareness of being in such a state and the illusion feels totally real (like a living nightmare).

EFT routinely helps us to wake up from what are essentially trance states. The identification and acknowledgement of a particular feeling, combined with observing how intense it is right now, plus the repetitious tapping on various acupoints tends to pull us out of the trance and into the present. We then feel calmer or more "here" and, sometimes, we then find ourselves in a peaceful no-trance state.

Sometimes, persistent tapping is required when we are heavily stuck in it or seriously attached to the "self" in the trance state or when our concept of self depends on remaining in the different reality. And, at other times, the waking up into the now when we do EFT can be so rapid that it's almost frightening.

In a nutshell, EFT helps us to wake up into the now and it does this consistently, often without our realizing it. When we fully wake up from a trance-like state, it no longer has any power over us. It's like stepping out of constraints and it is a waking up

experience. Those who regularly work on their issues with EFT tend to experience a series of these awakenings over time, some minor, and, now and again, some that are deeply profound.

New approach

Having arrived at more clarity last year on the manifestation of trance-like states, I began looking for a way to *directly* address an existing trance state, rather than just tapping on its symptoms. I invite you to try it and get back to me with your experiences with it. It can be self-applied and appears to work well and has a lot of potential. Applying the approach below with myself produced a profound shift in a long term issue and revealed to me that a troublesome or disowned "self" (identity) and a trance state only exist together and do not exist independently.

The process: The first step (and pre-requisite) is to notice or at least have some awareness of being in a trance-like state or to get to that point by tapping on what we are currently aware of (even if it continues to have a grip on you). The next step is to say *"I am waking up from this"* while tapping through the acupoints a number of times or many times where you are really stuck or get sucked back into it easily.

The sub-conscious mind responds more to intent than to anything else. Say the statement with clear intent at each and every acupoint and even increase the power of the intent as you proceed if that feels appropriate. Really mean it, but don't use anger or force. Various things may come up and dissipate while doing this. Just notice them come and go as you tap, accept they are there and continue unless they are intense and tend to persist or demand attention. If this is the case, tap on what is coming up and, when completed, return to *"I am waking up from this"* with clear intention.

I discovered this relationship between trance states and emotional problems around the middle of last year and have since been working on ways to use EFT to directly free ourselves or "wake up" from such states.

And, in late December, I searched the web looking for any other material or techniques on this same topic. And, I found something! A book by Stephen Wolinsky, PhD. called *"Trances People Live"* in which he describes the time when he made what is essentially the same basic discovery (and then some). He has a psychological, hypnosis and NLP background as well as having meditated for many years and also having lived and meditated in India for six years.

On the inside front cover, it states: "Learning to step out of the trance states we create is to learn to step into the present moment, into our natural "no-trance" state in which we experience an unimpeded flow of consciousness."

Here are some extracts from Chapter 1 of "Trances People Live" by Stephen Wolinsky, published in 1991 (shortly before EFT was born):

"Six years ago I had a breakthrough moment that changed the way I did therapy and brought together 15 years of study in Eastern and Western traditions. While working with a woman whose presenting problem was alcoholism, I suddenly realized that she was spontaneously creating her own trance phenomena, and that it was those very trance phenomena that made her symptom of excessive drinking possible."

"It was not necessary to induce or facilitate trance work in the therapeutic session, since the person arrived with her symptom - which meant that she arrived with the deep trance phenomenon that was being used to hold the symptom together... Furthermore, the job ... was no longer to induce a trance but rather to de-hypnotize the individual out of the trance she was already experiencing." - Extracts from "Trances People Live" by Stephen Wolinsky.

Interesting! I am continuing my work to develop more ways of using EFT to help people wake up from trance states when they occur.

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