

Deep Trance Meditation

Introduction

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Benefits of practicing the Guided Meditation with Deep Relaxation:

- Guided meditation for personal and spiritual development, health, and success
- Training profound meditation skills through accessing creative deep trance
- Learning deep relaxation and ability to let go of strain and tension
- Brainwave entrainment at Theta/Delta 4 Hz to deepen relaxation and heighten focus
- Deepening the regenerative and rejuvenating power of sleep
- Symbol to access deep meditative states whenever desired
- Improved physical, emotional, mental, and social health
- Successful goal achievement

Caution and Disclaimer:

Do not listen to the recordings or practice meditation or waking instructions whilst driving a car, operating machines or whilst under the influence of alcohol or psychoactive drugs.

Do not listen to the recordings at high volume, as this could lead to head aches, overstimulation of the nervous system or damage your hearing. Listen at moderate volume only.

The meditation, instructions, and recordings in this handbook and on the recording are not a substitute for advice, treatment or counselling from a registered health professional or therapist.

A health professional or therapist should be consulted in the case of suspected physical or mental illness. If in doubt, always consult your healthcare professional or therapist.

For best effect, do not meditate for at least for 1 hour after eating.

Take extra caution if you have a cardiac pacemaker as the lowering of the heart rate during physical relaxation may activate it.

Relaxation, Focused Attention and Trance during Deep Trance Meditation

To enable ourselves to improve profoundly and permanently our and other people's health and our life circumstances, we need to improve our capacity to identify and actively transform our conscious and sub-conscious beliefs, thoughts, emotions, and behaviours. This can only be effectively achieved, if we align our higher Self (see below) with our conscious and subconscious mind, so that the higher Self learns to become increasingly in charge of our cognition, feeling and will, and directs our life changing actions. This is a process that can be learned and trained over time.

There are several processes that can teach us how to develop this capacity to master ourselves and our life.

Hypnosis, for example, helps access the subconscious mind by side-passing our critical faculties. The Hypnotherapist may use relaxation (slow induction) to create a trance state which is susceptible for the instructions of the hypnotherapist. Once the trance is gradually deepened from superficial levels to the very deep levels, the hypnotised subject is in his/her highest level of susceptibility, because the faculties of the critical mind have come to a rest and the subconscious mind is wide open for instructions, which then can lead to long lasting positive changes of beliefs, emotional responses and behaviours. Even during the state of deep trance, the individual can refute instructions and end the state of suspension of the cortical faculties of the mind, if the instruction is not acceptable for ethical or other reasons, based on a feeling judgement of right or wrong.

High level of susceptibility can also be achieved without inducing trance slowly or rapidly (waking hypnosis), for example through statements formulated with conviction and confidence for example: "I will stroke your painful leg three times as I count to three, and whilst I stroke your leg for the third time and say three, your leg will become completely numb, you won't feel anything in your leg anymore and your leg will feel entirely comfortable. So, one, two, three ...".

Other forms of waking hypnosis without trance are the placebo effect of medication or other medical interventions, like giving an injection, for example.

Another powerful way of accessing the subconscious mind to influence thoughts, emotional response and induce behaviour changes, is through storytelling, which combines light relaxation and imagination. Conversational hypnosis for example, uses light relaxation, agreeability, imagery, distraction, and other techniques to influence the subconscious mind. Listening to fairy tales for example can have a profound and long-lasting effect on beliefs, thoughts, emotional responses, and behaviour of the child, as can social stories.

Using imagination and artistic activities can also trigger a trance state with heightened susceptibility that can be, when used well, highly therapeutic, and transformational.

In our guided meditation, we are using elements of slow hypnotic induction, which guide you into a state of profound relaxation. During this process you let go of control, and your critical faculties are suspended, although you can take control, any time you wish to, and will follow

only those instructions you feel entirely comfortable with. Everything happens with your agreement, and if you do not agree, you can take yourself out of the trance state and return into normal day consciousness any time immediately.

After being guided into deep physical relaxation, the pathway of the guided meditation diverges from classic hypnosis. Whereas the hypnotherapist may now induce amnesia (loss of memory) to completely relax your mind alongside with your body to bring you into the state of deep trance, our guided meditation avoids this step on purpose.

Instead, your mind is guided into deep relaxation through counting from 1 to 5 and through specific instructions.

Your body is deeply relaxed, whilst your mind is relaxed and also fully alert, focused, and attentive, without inducing amnesia, and the conscious and the subconscious mind stay highly open for instructions. This state of profound meditation facilitates transformation of our personal self and our and other peoples' life, by assisting changing beliefs, thoughts, emotions, and feelings as well as behaviours and purposeful actions.

In a next step of the guided meditation, it is not the subconscious mind that is addressed to create change but the higher Self, that expresses itself through wisdom and truth; beauty and love; and goodness and power. This higher Self shapes the essence of all our learning from life on all levels, and our full developmental potential. Our higher Self is the part within us that can actively transform the influences of genetic and environmental influences within us to gradually develop personal freedom, selfless love, and mastery of life.

Ultimately, the guided meditation creates a trance state of heightened susceptibility where the Higher Self of the individual oversees any change and not the hypnotherapist.

This is being achieved through an alignment of conscious and subconscious mind with the higher Self, an ability that the magic consciousness of the young child during his/her first three years of life usually possess. This capacity is not completely lost but enters a state of suspension, when we develop our intellect.

Accessing this state of early childhood as an adult by combining self-guided imagination and self-guided self-talk with heightened trance and the power of the will, opens the capacity to become a co-creator of our destiny. The world can then respond with opportunity to allow for the change to manifest. This is the meaning of the word magical operation as we use it: the alignment between human spirits and the spirits of nature and destiny that allows for transformation of self and world and development of personal freedom, selfless love, and creative empowerment.

Finally, the meditator learns how to achieve this state of profound meditation with deep relaxation and high focused attention any time at will and for any desired period, without a guiding voice or recording. This is being achieved by linking this deep state of meditation to a symbol, like the Tau cross with Sun, which can then be used as a key to access this profound meditative state at will.

Deep Trance Meditation Script

Hello. My name is Peter Gruenewald. I am a medical doctor, and a leadership and adaptive resilience trainer.

For the next 20 minutes I will be your guide into deep relaxation and trance to facilitate healing of body and mind to achieve your personal, professional, and social goals.

Now I would like to ask you for permission to guide you into very deep relaxation. To be able to do so I must ask you to follow my instructions.

As you follow my instructions, I will also try to guide you into your inner safe place, where you can connect with your enlightening, loving, and empowering higher Self.

In this inner safe place, you will receive wisdom, love, and power to reach your full potential and to co-create and master your life.

I will now start to guide you into very deep relaxation.

Get into a comfortable position, preferably with your legs and ankles uncrossed and your arms resting loosely at your side, and we will begin.

Close your eyes until I ask you to open them again.

In a moment, I'm going to ask you to relax the muscles around your eyes so much, that as long as you hold onto that relaxation, your eye muscles just won't work.

Now at any time, you could choose to be in control, and let go of that relaxation, and open your eyes, but you do that every day. I want you to stay in control by relaxing those muscles and not opening them.

Take a nice, deep breath and hold it. Now breathe out very slowly and relax your eyes and the muscles around your eyes, fully and completely. Relax them so completely, that as long as you maintain that relaxation, your eyes will just remain closed. When you've got them relaxed to that point prove to yourself that they will remain closed. (Pause)

Good. Now stop testing and relax them again.

Take another deep breath and hold it ... Now breathe out very slowly and let the same quality of comfortable relaxation flow slowly from the top of your head DOWN to the tips of your toes. (Pause) Good. Feel your whole body relax deeper and deeper every time you exhale.

Just listen to the sound of my voice and the sound of my voice can always help you to go deeper and deeper relaxed. You will hear other sounds, but none of these sounds will disturb or alarm you; in fact, any other sound that you hear will help you to go even deeper relaxed.

In a moment, I'm going to ask you to open your eyes and close them again. When you close them, just go 10 times deeper into relaxation. Let your eyes open. Now close them. (Pause) Go 10 times deeper. (Pause) ... Good.

In a moment, I'm going to ask you to open your eyes and close them again. This time, just double your relaxation. Let your eyes open. Now close them. Double that relaxation. (Pause) ... Good.

In a moment I'm going to ask you to open your eyes and close them again. This time, just go much deeper. Let your eyes open, now close them. Much deeper. Way down. (Pause) ... Good.

You find now that you feel so good, so comfortable, so relaxed, that all you care about is, how good you feel, how relaxed you feel as you continue going deeper, so deep, that your whole body has taken on a wonderful, comfortable, heavy feeling.

Your arms and legs feel so heavy, so comfortable, and so relaxed, that when I ask you to lift an arm or a leg, you won't feel like lifting an arm or a leg, because your arms and legs feel so very heavy, so very comfortable and so very relaxed, that you don't care to lift your arms or your legs, because you are so relaxed that you don't feel like moving any parts of your body.

Nevertheless, I just want you to try to lift your left leg ... okay, stop trying and let your leg relax ...

Now you find that your right leg feels even heavier, much more comfortable than your left leg ... I just want you to try to lift your right leg ... okay, stop trying and let your leg relax ...

Now you find the same wonderful comfortable heavy feeling in your arms. Your arms have been so very heavy, so very comfortable and so very relaxed ...

Nevertheless, I just want you to try to lift your right arm ... okay, stop trying, and let your arm relax ...

It feels so much better to let it relax right where it is.

Now you find that your left arm is much heavier, much more comfortable, and much more relaxed than your right arm. I just want you to try to lift your left arm ... okay, stop trying and let your whole body RELAX as you go deeper and deeper into this wonderful, relaxed state. Just feel your muscles lose and limp and your whole body completely relaxed.

You breathe deeply and regularly now, and you maintain this deep and regular breathing throughout the whole meditation and whenever you exhale you relax even deeper.

Good. Now that we've got a good workable level of physical relaxation, let's add mental relaxation to it. In a moment I'm going to count from one to five.

Let each number I say help you to relax your body AND your mind even deeper so that by the time I reach the number five, your body AND mind will be even deeper relaxed, your body and mind will be very deeply relaxed, and when that happens, see how good it feels.

ONE - begin this beautiful journey now, a journey into yourself. Your mind is relaxed as your body is relaxed, and you double your relaxation, and the deeper you relax the better you feel; and the better you feel the deeper you relax.

TWO - going deeper now, doubling your relaxation with each number. Your mind is relaxed as your body is relaxed, and you double your relaxation, and the deeper you relax the better you feel; and the better you feel the deeper you relax.

THREE - halfway through, going to that place of perfect relaxation, safety, and protection. Letting go with each number, with each breath that you exhale. Your mind is relaxed as your body is relaxed, and you double your relaxation, and the deeper you relax the better you feel; and the better you feel the deeper you relax.

FOUR - drifting and floating and feeling great. Going deeper, letting go of the 'here and now'. Your mind is relaxed as your body is relaxed, and you double your relaxation, and the deeper you relax the better you feel; and the better you feel the deeper you relax.

Almost there now. And with the next number I say, you reach that perfect and complete depth of mental and physical relaxation, feeling totally safe and secure and calm.

FIVE – and just be here now and relax deeper. Feel your whole body and your mind relax even deeper and deeper every time you exhale ... (Pause of 1 minute)

As vividly as you can, imagine a golden Tau Cross with Sun. The Tau Cross is shaped like the letter T with a horizontal bar resting on a vertical bar. In the middle on top of the horizontal bar shines a golden sphere, the Sun...

So, whenever you imagine the Tau Cross with Sun, your higher Self will guide you instantly into your inner safe place, where you connect deeply with your enlightening, loving, and empowering higher Self.

In this inner safe place, you receive wisdom, love, and power to heal your body, mind, and life, and to reach your full potential and to co-create and master your life ...

Every time you meditate on the Tau Cross with Sun, your meditation becomes more and more enlightening, loving, and empowering; healing and transforming yourself and your life with wisdom, love, and power.

You transform fear into confidence, hatred into love and doubt into certitude.

Whenever you return from your meditation to full waking, you can vividly remember everything that you experienced during this meditation at any time you wish to.

For the next few minutes, I will stop talking and you will step into this light, warmth, and life of your inner Sun. Step into this light, warmth, and life of your inner Sun, of your Higher Self, now.

Your higher Self guides you into this safe, healing, and empowering meditative state.

Wisdom enlightens your brain and your senses ...

Love warms your heart and your lungs ...

Power enlivens your metabolism and limbs ...

You are calm, loved, and confident.

You are a beacon of wisdom, love, and power ...

... Pause (5 minutes) ...

In a moment I am going to count from five to one. When I reach the number one, your eyes will be open, and you feel very well. Better than you have felt all day.

You can vividly remember everything that you experienced during this meditation at any time you wish to.

Whenever you remember your meditative experiences, you feel calm, joyful, loved, and confident for the rest of the day.

Five – Slowly, easily, and gently, feel yourself coming up to your full awareness.

Four – Feelings of calmness, joy, love, confidence, and well-being fill your body and mind.

Three – These calm, joyful, loving, confident, and healthy feelings begin spreading throughout your body and mind, and become more pronounced. You are really feeling good now.

Two – Your senses and your brain become sharp and clear, as if your head has bathed in a crystal-clear mountain stream.

One – Eyes open. Take a deep breath and stretch and see how good you feel.

Depth of Trance and Strength of Instructions

Although receiving or giving yourself instructions or affirmations will have a positive effect in any state of trance (see Waking Instructions), deep and long-lasting changes are best achieved in deep relaxation and trance.

For highly effective and transformative self- hypnosis depth of trance and strength of instruction are both equally important. And both can be trained. The depth of trance that contributed towards suggestibility increases with the depth of relaxation. The strength of instruction can be trained through Waking Instructions (see previous chapter).

The holy grail of hypnotherapy and self- hypnosis is to achieve sufficiently deep trance, that is an optimally receptive state for instructions.

Some people have no difficulty to achieve this deep state of trance, for others it may be more difficult. Particularly if there have been adverse childhood events or trauma, our mind may be scared to let go of control to the degree, that it enters deep trance. Achieving deep trance is still achievable for everybody but may take more time.

On the other hand, even lighter states of trance can be sufficiently effective.

We should nevertheless strive for a deepening of relaxation and trance, as this increases efficacy of self- hypnosis and leads to a more profound activation of the parasympathetic nervous system.

There are several ways how to achieve a further deepening of trance and relaxation:

- Daily practice of the guided meditation, that contains instructions for the deepening relaxation and trance.
- Working with a therapist who takes you through the guided meditation, as doing it with a human being and practicing it with the recording substantially increases the capacity to go into deep trance.
- Suggesting to yourself before the start of the meditation, that you will go down into deep relaxation and deep trance.
- Suggesting to yourself whilst stepping into the light, warmth, and life of your inner sun, that you will now go down into deepest relaxation and trance.
- Do not worry, if this is not achieved instantly. This is a process that often takes time and some practice. Believe that you can do and want it.
- Ask your higher Self to guide your body to descend and your mind to ascend into deep trance.

During deep trance some parts of your brain are highly focussed and attentive whilst other parts of your brain may experience deep relaxation of even sleep.

To know, what you are striving for and to be able to acknowledge when you are in deep trance, I will point out some of the characteristics:

- Extreme relaxation
- Extreme suggestibility

- Anaesthesia (you may not perceive pain, when you instruct yourself accordingly)
- Hypnagogia: You may inwardly perceive colors, sounds, sensations, even dream-like stories may play out in your mind. You are able to create visions of things that are not here (positive hallucinations) or when opening your eyes whilst still in deep trance you may not see things that are in front of your eyes (negative hallucinations).
- Hypnotic catalepsy – rigidity in muscles for example in the arms, legs, eyelids (unable to open them), in the fingers or even the entire body.
- Physical and physiological changes:
 - Head dropping
 - Changes in breathing patterns
 - Micro-muscle changes
 - Shoulder slumping
- Facial Changes: Changes along the jawline, jaw dropping and face softening
- Body Movements: involuntary muscle twitching, licking of lips, swallowing.

Everybody can achieve deep trance. Be patient, do not give up and practice.

When should I meditate the Guided Meditation and for how long?

Listening to the Deep Trance Meditation once or twice daily for a period of twelve weeks.

Best time: in the morning after waking (other times are also possible) and in the evening.

Duration: 20 minutes.

Some problems you may face

You may ***initially fall asleep*** during listening to the recording. This may be even more the case if you have been sleep-deprived, sleepy, or exhausted.

Chose the right time of the day to listen to the recording and practice your meditation and try to stay awake if you can. There is no harm falling asleep initially, but over time you should learn to stay awake throughout the whole meditation session.

If you fall asleep frequently, chose a less comfortable ***position***, for example upright on a stool without a back to lean on. Adjust the comfort of your meditation position to the level of alertness, to achieve maximum levels of relaxation of the body and increasing levels of focus and awareness of mind. If you tend to be hyper vigilant and over-alert and struggle to relax, you may try to do this meditation whilst lying down.

Excellent times to practice mediation are after **waking up**, to set the tone for the day and in the evening or **before bedtime**, to prepare for good quality sleep.

Your mind may wander off and you may get distracted by memories, imaginations, thoughts, emotions, impulses, or sensations. Focus with keen interest on what comes into your mind, ask it what it wants to tell you, then **send it away and refocus** on the voice in the recording or your symbol.

Over time your attention span, focus, concentration, alertness, relaxation, and trance will improve during meditation, and your capacity to visualise the symbol with sharpness and clarity will improve too.

If you struggle to follow instructions and to enter deep relaxation, pretend that you have been given an important role in a movie about hypnosis. Your character is going to be hypnotized in an office, so I want you to do your best to convince the people who will see this film that you are going into hypnosis. Just pretend but do a good job. Go through the entire process and after you hear the count from five to one for emerging, say to yourself: “Cut!”

Be patient! Learning how to mediate effectively is a skill that requires time. Improving your wellbeing and your life and that of others will also take some time.

Deep Trance Meditation without recording

Once you have listened to and practiced this guided meditation for a period of twelve weeks, you will be ready to practice this deep meditation without recording.

Here is what you then can do:

Sit or lie down comfortably. If you sit during the meditation, make sure that your sitting position is stable, so that you cannot fall off the chair, when deeply relaxing. Close your eyes.

Take a deep breath; hold your breath for a few seconds then breathe out slowly and patiently. Quietly repeat the desired duration of your meditation three times, for example: “Fifteen minutes. Fifteen minutes, Fifteen minutes.”

Now declare your intention: to enter as profound meditation as possible. Ask your higher Self to help to deeply relax your body and to create high focussed attention in your mind to achieve profound trance (susceptibility for instructions).

Next silently declare the harmonic goal that you wish to achieve and condense it into an affirmation. This goal can be a self- improvement goal, or a professional, personal, or relational achievement.

Then imagine the Tau cross with Sun and allow yourself to enter deep meditation.

Once you have achieved the depth and height of meditation you desire, either rest in this state or focus on the simple affirmation you chose that summarises the goal you wish to achieve in life.

You will emerge from your meditation to complete wakefulness, satisfaction, and wellbeing after the duration that you gave yourself for the meditation.