

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.

If you are driving or operating any kind of machinery, stop what you're doing.

Get comfortable in a chair or perhaps lay down on your bed or on your sofa; any place where you are safely lying down or sitting and be prepared to just enjoy these few moments. That's right.

With this Deep Trance Meditation, you will train yourself over time to go into deep trance, whenever you wish to.

You can utilise this Deep Trance Meditation for deep relaxation and recovery, which helps to improve physical, emotional, and mental health, reduce stress and anxiety, lift your mood, and improve your sleep. And you can also use your Deep Trance Meditation to change your conscious and subconscious beliefs, which will also positively and permanently change your thought habits, emotional responses, and behaviours in daily life.

You will manifest your personal and professional goals successfully, faster and with more ease.

Your Higher Self will protect you, guiding you into this deep trance state and assisting you with the healing of your body, your mind, and your life.

During this meditation your mind will be active and alert and in control the entire time.

You'll hear what I say and remember as much as you would from any normal conversation.

There might be some moments where you are so deeply interested in every word I say, and other times your mind may just wander off to something else. That's okay. Just allow yourself to relax into the process.

It's simply a matter of following some very easy instructions.

Also, if you ever feel the need to move, scratch, cough, sneeze, or adjust your position, feel free to do so. That will just help you to relax even further. ... That's right.

Just go ahead and relax your eyelids. Relax those muscles around your eyes all the way down to the point where they just won't work and when you know that you have got them so relaxed that they just won't work, go ahead, and test them. Test them and satisfy yourself, that they just won't work. The more you try to open them, they just relax even more. That's right. Good.

Now stop testing and send that sensations around your eyes all the way down to the tips of your toes in a comfortable wave of relaxation. Good!

This is a process of following some simple instructions. Your mind and body already know what to do.

In a moment I am going to ask you to open your eyes and close them and when you close them, notice how you can allow yourself to relax perhaps as much as 10 times deeper. That's right.

Let your eyes open and now close them down and relax yourself. Allow yourself to relax as much as 10 times deeper. Good!

We will do that a few more times.

On the next one notice, how you can double the awareness of your body being supported by either your chair, sofa, or bed, or whatever you are sitting or lying on.

Let your eyes open and close them. Good. Double that relaxation, so that you can feel twice as relaxed, twice as comfortable, and twice as confident in your abilities.

Let's do that one more time.

On the next one, you notice how you can just let go.

Let your eyes open and close them all the way down. Go much deeper. Way down. Good.

You are doing great.

Now, just listen to the sound of my voice and the sound of my voice can always help you to go deeper relaxed. You'll hear other sounds in the distance. None of these sounds will matter. In fact, you'll find that any sounds you hear, including the sound of my voice will just help you to go deeper relaxed.

As you relax, you might find it would be easy to just go to sleep, but even in a very relaxed state your mind is always open to new ideas and creativity.

And so as you relax, never asleep, you know your mind continues to remain awake, even as you feel physically and mentally relaxed and still.

And anytime you find yourself drifting over that line of relaxation and into sleep, just bring your attention back to my words and the room around you, remaining focused on your new learnings.

Now bring your awareness down to this arm, whichever arm you would like. In a moment, I would like you to go ahead and try to lift it and you'll find that it feels so heavy and so relaxed, it just doesn't even want to be raised up. Try to lift it, and the more you try, the more it just gets heavier and relaxes even more. Excellent. And you go even deeper. That's right.

And now bring your attention to your other arm and just notice that that arm has become even heavier, even more relaxed than the previous one. And as you think about beginning to lift it, you find that it just gets heavier and heavier, more and more relaxed, and just stays right where it is. That's right.

And as you continue to do this for as many times as comfortable for you, you find that it just gets heavier and heavier and more and more relaxed, as you go deeper relaxed into this wonderful state.

You take a moment and think about it ... Perfect.

We now have all the physical relaxation we are going to need for now.

So now you can begin to relax yourself mentally, to relax your mind. It's easy.

In a moment I will ask you to begin to count backwards in your mind slowly from 100.

Let each number, you say. double your mental relaxation. So, by the time you reach, perhaps 97 or sooner you can just relax the rest of them out of your mind as if there's nothing more to count.

Want that to happen and you can make that happen.

And when they're gone just notice how good you feel.

So, begin counting backwards slowly in your mind from 100 now. That's right. (whisper) Now double that mental relaxation ...

Getting ready to let them go.

And just relax the rest of them out of your mind and nod your head when they are so relaxed out of your mind, to let yourself know that they're gone ... Excellent! You are doing great.

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

And you can remember the experience of an enjoyable movie without remembering each moment of the movie. And this experience can be the same. Some things are more powerful if remembered and some more powerful if forgotten. Forgetting is an important part of learning, as you transform knowledge into new skills. Your higher Self now can decide what is better to remember from this experience and what is better to let fade from your conscious memory like sand slipping through your fingers.

We will now repeat the counting down and forgetting of the numbers a few more times.

In a moment I will ask you to count backwards in your mind slowly from 100.

Let each number, you say. double your mental relaxation. So, by the time you reach, perhaps 97 or sooner you can just relax the rest of them out of your mind as if there's nothing more to count.

Want that to happen and you can make that happen.
And when they're gone just notice how good you feel.
So, begin counting backwards slowly in your mind from 100 now. That's right. (whisper)
Now double that mental relaxation ...
Getting ready to let them go.
And just relax the rest of them out of your mind and nod your head when they are so relaxed out of your mind, when they are just gone. Nod your head to let yourself know that they're gone ...
Excellent! You are doing great.

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

We will now repeat the counting down and forgetting of the numbers one more time.
In a moment I will ask you to count backwards in your mind slowly from 100.
Let each number, you say. double your mental relaxation. So, by the time you reach, perhaps 97 or sooner you can just relax the rest of them out of your mind as if there's nothing more to count.
Want that to happen and you can make that happen.
And when they're gone just notice how good you feel.
So, begin counting backwards slowly in your mind from 100 now. That's right. (whisper)
Now double that mental relaxation ...
Getting ready to let them go.
And just relax the rest of them out of your mind and nod your head when they are so relaxed out of your mind, when they are just gone. Nod your head to let yourself know that they're gone ...
Excellent! You are doing great.

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

In a moment, I will stop talking and you will step into this light, warmth, and life of your inner Sun, of your higher Self.
Step into this sun filled space and experience the light, warmth, and life of your inner Sun, of your higher Self.
Your higher Self guides you into this safe, healing, and empowering meditative state ...

Wisdom enlightens your thinking and perceiving ...
Love warms your feeling ...
Power strengthens your will and actions ...
You are calm, loved, and confident.
You are a beacon of wisdom, love, and power ...

So, whenever you chose to go into deep trance and mediation, 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 ...

You may want to enter into this deep trance state without the help of this recording, just guided by your Higher Self. To do that, just do the following: Sit or lie down in a safe space. Chose for how long you would like to be in deep trance, for example for 15 minutes, and repeat the words “15 minutes” three times silently. Then take a few deep breaths and repeat the words “Deep Trance” three times, and you will enter into this beneficial state of deep trance for the duration you have chosen and stated. You will then emerge from deep trance alert, rested, energised, joyful, calm, and focused.

Your meditation becomes more and more enlightening, loving, and empowering; healing and transforming yourself and your life with wisdom, love, and power.

Your higher Self brings health, wellbeing and comfort into all your cells, tissues, organs, and organ systems.

Your higher Self creates and maintains emotional and mental health and wellbeing.

Your higher Self develops personal freedom, devoted love, and mastery of life in balance and harmony.

Each day and each night you are deeply grateful to live an increasingly happy, healthy, successful, and purposeful life.

These suggestions fade now away from your conscious mind and enter your subconscious mind to profoundly transform your believes, thought habits, perceptions, feelings and emotional responses, intentions and actions. Your higher Self guides you towards implementing and manifesting those suggestions with wisdom, love, and power. You forget these suggestions now so that they can become highly effective to heal your body, mind, and life. Your Higher Self and your subconscious and conscious mind will implement these suggestions to lead you to happiness and comprehensive success in all areas of your life.

You will know that you were in deep trance during your meditation, when you experience all aspects of your life profoundly improving. As these suggestions take effect in your daily life, you experience greater happiness and success, personal and professional growth, and an improvement and maintaining of good health, youthfulness, and vitality. And you embrace these changes with profound gratitude.

Whenever you want to, your higher Self will guide you instantly and comfortably into profoundly healing and refreshing sleep. Your higher Self provides you with pleasant dreams and deep and solid sleep.

Your higher Self assist you to wake up comfortably, healthily, refreshed, rejuvenated, and fully recovered, physically, emotionally, and mentally.

Your higher Self processes all your day experiences effectively and transforms your day experiences into long term memories, profound learning, and new skills.

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

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

TWO – Feelings of comfort, calmness, energy and wellbeing fill your body and mind.

THREE – These feelings of comfort, calmness, energy and wellbeing begin spreading throughout your body and mind, and become stronger and stronger. You are really feeling good now.

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

FIVE – 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 or 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 no 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.