

This multi-session workshop engages participants in collective trance. In this altered state of consciousness, we will explore remote realms difficult to access on our own across emotional, relational, conceptual and energetic planes. In particular, this space opens up the possibility of exploring collective avenues of growth, in challenging group patterns encoded within ourselves. After each trance, sharing will be devoted to exploring common themes and recurring patterns through the group's intelligence, and to building up the group's resources in finding creative solutions to transmute these patterns in our daily lives and in our creative practice.

In particular, we will explore relationships to each other and to the world through the lens of resonance and harmonic likeness. What does it mean to enter a common dream space? To resonate with each other across space, time, culture, subjectivity, outlook? Are there reflexive ways of approaching each other and the world around us outside of contemporary dissonance, alienation and cynicism?

Resonance may be an event filled with joy--the exhilaration born from wearing out the boundaries of selfhood.

Collective Trance Guidelines

The trance consists of an hour-long state lying down between wakefulness and sleep. There is a musical accompaniment which I will send you beforehand, **and which you will need to download to your iTunes or VLC player before the session.**

You will need a laptop for this. If you'd prefer to use your cell phone or MP3 player, you will need to download the music from the iTunes store yourself, or transfer using your USB cable.

Please avoid coffee/alcohol on the day of our session, both before and after the session. It is to be noted that regular marijuana consumption interferes with this work. If possible, withholding from sexual interaction 48 hours before the session amplifies the intensity of the trance state. If you have a pet at home, make sure it is staying in a different room, and will not have access to you during the time of the trance.

At the beginning of the gathering, we will have a few minutes to chat about our intentions, and the method for the trance, after which we will hang up, disconnect from the internet, plug our headphones in, and play the music at a loud enough level to block external sounds. It will be important to lay down in a comfortable, flat position to avoid all movements for the hour (including

pillows under the knees for lower back issues), and in a dark enough environment.

The three most important rules for this type of trance are:

- a) No deep breathing (no sighing, no yawning, no yogic breath, or breath control, especially when there is some pressure on the chest and a desire to take a deep breath in)
- b) No movement during the trance (even if it really itches, or scratches, or if it feels uncomfortable or painful)
- c) Gentle inner gaze: describe to yourself everything that your consciousness goes through (every thought, every emotion, every physical sensation, and every visualization) with love, acceptance and equanimity (or neutrality)

These three rules can be summed up into a form of surrender, where your willpower is turned off totally. The use of the will interferes with the trance state. Do not try to redirect your thoughts, or to move your body. If during the trance, you're thinking about emails you need to send, just describe your logistical thoughts to yourself and try to notice your body and emotions at the same time until they pass. After a while (between 5 and 15 minutes), most people enter the deep trance where the body becomes heavy. If at that point your mind is unable to proceed with the gentle inner gaze, drop it; there is no need to use the will to forcefully describe your experience to yourself. Just relax, see what arises, and gently observe it.

In the trance state, you will go much deeper within your own self-regenerative potential and connect to other realms of knowledge. We can think of it as a deep listening, to the Other in yourself. At the end of the trance, we will have another zoom call, taking some time to share our experiences, and discuss. Many energetic shifts happen on the physical, emotional, mental and spiritual levels. The collective trance entails sharing a moment with others, and tapping into some unconscious aspect of our relation to groups, like friends, the family, the workplace, society, etc. The sharing at the beginning and end are designed to signpost our work, but not to explain it all. Weaving our experiences together, orally, on a collective document or artifact, will allow us to identify and bring our awareness to the common issues we are facing.

We attempt to create some freedom around some of these patterns, and relax their grip on you during the trance. But eventually, you will have to step out of these patterns of your own accord, and in your own time. The work of integration will happen in the following days and weeks in your every day life and sleep. Write down the experiences that occurred during the trance, the dreams you may have that night, and pay attention to them in the following days/weeks to gain greater clarity and to integrate the session fully.

Looking forward to our meeting.