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## Trance of a Lifetime! Use the Power of Hypnosis

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### Trance of a Lifetime!

Imagine if you could reliably influence your thoughts and behaviours in such a way that your life would inexorably measurably improve - and then think about how good this would be. How good it would be if, day-on-day, week-on-week, month-on-month, year-on-year you could clearly see progress taking place. With each positive result building on the preceding one so that your actions develop a momentum which ensures that you skilfully craft the kind of life that you really want to live. And then consider this: people do you know. People do reliably influence their thoughts and behaviours so that their lives inexorably measurably improve. The question here is – do you?

### A natural phenomenon

Numerous people positively influence their own thoughts and behaviours in order to ensure that they propel themselves forward in the areas of life they choose to develop. Would it surprise you to know that many do this by using the trance state? Now, contrary to the many false beliefs associated

with the subject of hypnosis, trance is a natural phenomenon which we all experience daily in our lives. Have you ever found yourself daydreaming? That's a form of trance. Have you ever become so involved in a movie that you were watching that you didn't really pay too much attention to things going on around you? That's a form of trance. And did you ever find yourself so absorbed in something you were reading that time just seemed to... slip by? That's a form of trance too. These are examples of natural trances. So the fact of the matter is that you've probably been in trance, quite naturally, more often than you realised?

### Dark trances

However, there are also other forms of trance, dark trances that you may have allowed yourself to succumb to without realising. Not trances generated by unscrupulous Svengali type figures. No, these are much worse than that, because dark trances of this kind are experienced by the very people who create them! This means that you may have been inflicting them upon yourself

without realising it. These dark trances are caused by habitual negative 'self talk' and by damaging imaginings. That's right. Maybe you didn't know this but such behaviours are examples of trances too. Which means that, in effect sometimes, some people, can be their own worst hypnotists! It's obvious when you consider it this way – that any thought that you consistently hold in mind and keep re-presenting to yourself will understandably turn out to be a powerful influence on the way you act, think and feel. It's axiomatic - and it's also a form of self hypnosis. Which raises the question that if such consistently held and re-presented ideas can influence people so strongly, why doesn't everyone spend more time 'imagineering' things on the whole working out positively? I'll tell you what I think the answer to the 'why?' is.

### It's a behaviour pattern

Oftentimes such people don't realise that they're entering the 'dark side' and inflicting their own worst thoughts upon themselves, because it all takes place inside their own minds, in

creeping subtle ways. They've been doing it for so long sometimes they forget that it's only something they do. It's a behaviour pattern. That's right – oftentimes they think that these thoughts represent reality and then they respond to them as if they're real. But they're not! If they stepped back, so to speak, and noticed that they actually develop because of something that they do (a way they behave) which involves using their own minds to indulge in negative thinking (which is a form of self hypnosis) they'd then realise that this also means that the only power such thoughts have over them is the power they give to them, by dwelling on them!

### **Turn the tap off**

I can remember once hearing a dripping tap in a room nearby. Actually, I hadn't noticed it right away, over the other sounds going on around me, but its creeping influence started to break through all the others until I became aware of it at a conscious level. So I did something about it. I turned the tap right off - and the problem disappeared! And the same is true of thoughts: if you 'turn off the negative tap', the thoughts will stop. And you'll then be in a position to replace them by turning on something better. Like new thoughts, positive imaginings and uplifting ideas.

### **Which do you prefer?**

Imagine two people: one who regularly talks himself / herself down and one who talks

himself / herself up. And then imagine following the lives of these two people over the course of a few years, like some of those TV documentary programmes like to do with people from time-to-time. Over time how far apart do you think these two people's lives would be likely to diverge? Pretty far I expect. Then imagine that potentially either of these people is you! One 'you' a person who unwittingly habitually inflicts dark trances on yourself and the other 'you' who uses the power of your mind more wisely, and regularly spends time 'imagineering' things by-and-large turning out well. Which 'you' would you prefer to be here? You don't have to tell me – I know you already know the answer.

### **Move forward**

Even when we're responding by-and-large in more positive and focussed ways, it's possible that we'll encounter problems (or 'challenges' as some people prefer to call them) every now and then. Challenges occur in all of our lives – but the difference is that those who, on the whole, regularly invest attention in trance-forming themselves by expecting to find ways forward will continue to do just this – move forward. Whereas someone who does the opposite and imagines that they're stymied in some way will more often than not, remain stuck where they are. So the trick is to move forward, by forward thinking and 'seeing yourself' in your mind's eye as being proactive and responding in a solution

focussed way and then replicating what you see, in your life.

### **A real experience**

In a nutshell – trance is something that we do often. It's natural. We go into trance sometimes when we're reading, when we're watching TV and when we're daydreaming. We now know that we also have the potential to inadvertently influence ourselves unhelpfully by allowing our thoughts to drift into negative thinking. But we don't have to. There is a solution – an antidote if you like. It's a powerful antidote and it's very simple to administer because, remember, all it requires is taking some focussed time to think more positively and 'see yourself' in your mind achieving your desired outcome and then following through by doing what you've visualised in 'real life'. By the way, this is worth knowing too: evidence suggests that what we visualise with repetition and emotion is accepted at some level as being a real experience. If we imagine bad things happening we feel bad and are less resourceful if we imagine good things taking place we feel better and are more resourceful.

### **Becoming an imagineer**

In many ways today could turn out to be the chance of a lifetime that also turns out to be the trance of a lifetime. How? Well, you could choose to begin to take time to focus your attention on ever more positive imaginings. I've used

the word 'imagineering' quite purposely already in this article. That's because 'imagineering' is like engineering (manufacturing) that takes place by using the power of your imagination. It conveys the meaning that with the consistent use of our imagination we can shape – engineer – the kind of lives we'd prefer to live. Now, all good engineers have a plan or schemata of the outcome that they have in mind. And all good trance 'imagineers' have plans too. They consider the goals or outcomes that they'd like to achieve and spend time 'imagineering' them into existence. Some like to do this by closing their eyes and laying down quietly for 5 or 10 minutes each day to imagine the goal as a reality and noticing what they did to make it manifest (like seeing what they 'did' in advance and then repeating this 'forward planning' by taking action in their daily lives). Others hold their plans in mind as they go about their day-to-day lives making decisions that move them closer to their chosen outcomes (and some do both). Because, of course, as any competent engineer understands, one of the most significant parts of the process in taking the concept that's on the drawing board and actively making it take shape occurs by taking consistent focussed action towards the fulfilment of the goal. To be a successful imagineer you have to do both parts. You need to take your plans to reality by taking real action on your plans. And then, just as an engineer will see their concept turn from an

idea into a real achievement, so too an imagineer will experience their goals becoming ever more a part of the substance and fabric of their lives. It's simple when you think about it this way.

### **What's important to you?**

If you were to plan a trance of a lifetime for yourself, what would you include in it? Why not take a moment now to imagine that you're becoming a successful imagineer and that you're in the process of creating your plan (life plan?) upon which you're establishing your ever-evolving future? I wonder: what's important to you? Maybe it's something spiritual? Maybe it's something to do with a relationship? Maybe it's a career or financial goal? Perhaps it's something that will improve your health and well-being? Maybe it includes 'all of the above'? Take a moment to become clear about what you need to do and how you will benefit by doing this and (importantly) why you want to do it. And then imagine that your goals are taking shape. Make it all feel really real, it's your trance, so now's the time to create a brilliant trance of a lifetime. And remember in future as you regularly invest in more moments of 'imagineering' like this and consistently take constructive action on your ideas, it's natural to assume that on the whole and over time (sometimes pretty quickly) things will improve. Often all it takes is a little 'kick start' to get going. For instance,

consider; if you allowed yourself about 5 minutes a day to imagineer your 'trance of a lifetime', over a week you'll have actually invested around about 35 minutes. In two weeks it will be around about an hour. In a month it will be about two hours – and over a year somewhere around about the equivalent of an entire day invested in improving your life. A little start can indeed go a long way!

### **The challenge**

In conclusion (or maybe at the inception?), I'm going to offer you a challenge – and it's one of those nice challenges. The challenge is this: let yourself be kind enough to yourself to begin 'imagineering' your life improving in wonderful ways. You could turn it into the trance of a lifetime!

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