

TANTRA  
&  
TRANCE STATES





## TRANCE STATES

We have no appropriate word to describe the experience of **oneness with the universe**.

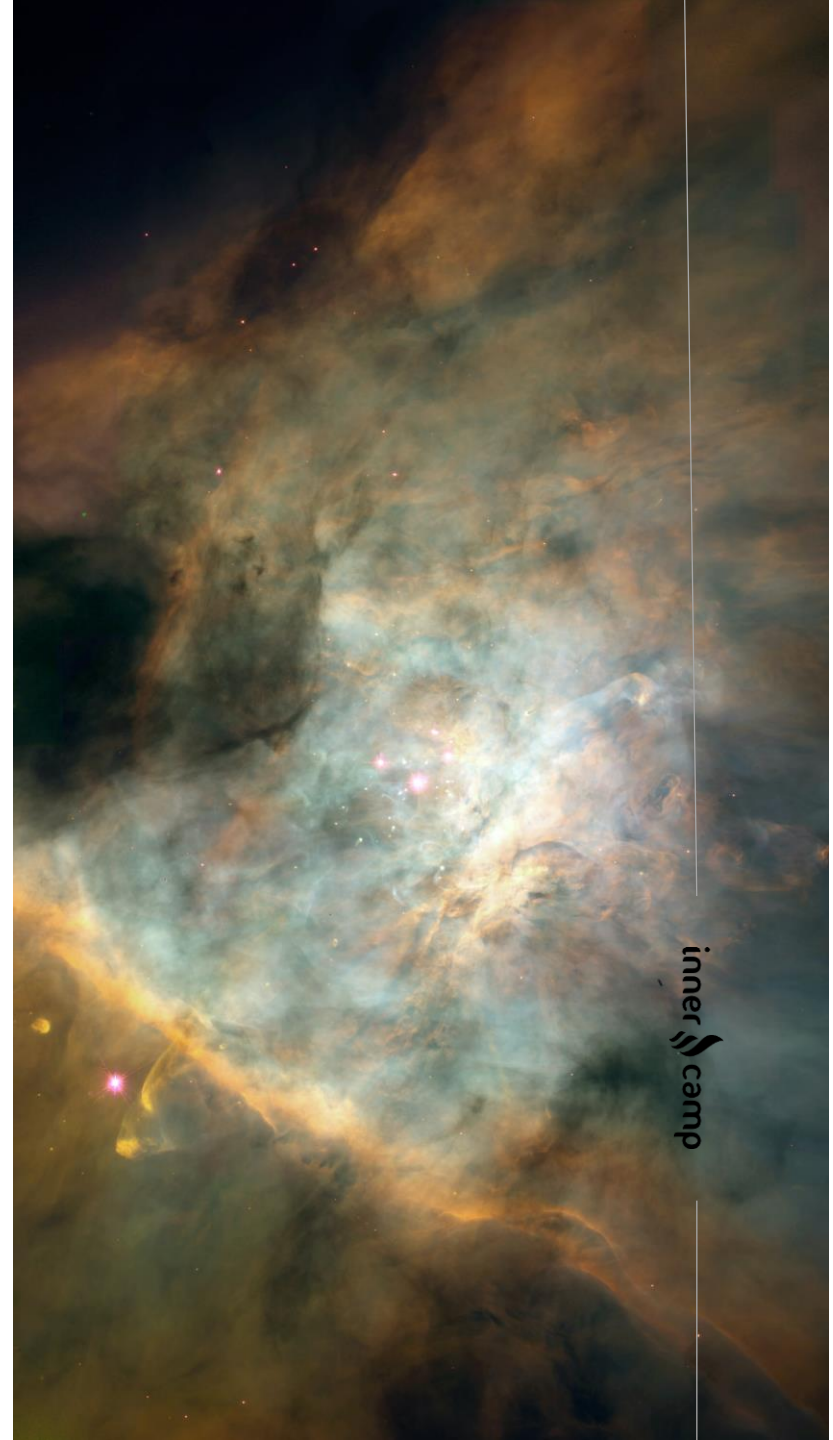
We borrow such words as *samadhi* or *moksha* from the Hindus, or *satori* or *kensho* from the Japanese

State of altered consciousness:

- a change in the perception of time and form, of colors and brightness, of sound and movement, a change in the feel of one's own body, in sensations of pain, or heat or cold, of touch; a change in memory or in notions of one's own identity.

# PRACTICES TO ENTER A TRANCE STATE

- Breathwork
- Mantra
- Primal Rhythms and Beats
  - Mongolians throat singing  
<https://www.youtube.com/watch?v=FjDU-PUbJxl>
  - brain wave: measurable and recognizable pattern of electrical impulses in the brains
- Meditation / Visualization
- Movement: dynamic meditation and ecstatic dance
- Erotic trance



# FUNDAMENTAL ASPECTS



## ***Rhythm***

resonance between the stimulus and the external environment → entrainment

## ***Repetitive pattern***





# WHAT IS CONSCIOUSNESS?

## 4 layers:

mind consciousness

sense consciousness

store consciousness

manas

To measure consciousness:

- neuronal correlates of consciousness (NCC)

# CHARACTERISTICS OF A TRANCE STATE

- **slowing down of time**
  - what is happening at the moment
- **awareness of polarity**
  - you feel that you are polarized with the external universe in such a way that you imply each other
- **awareness of relativity**
  - the “I” feeling must always be a sensation relative to the “other”
- **awareness of eternal energy**
  - all existence is a single energy, and that this energy is one’s own being



inner  camp

THANK YOU