

# Foreword

Following are articles — *written by trance-followers* — giving insight into what goes on at these types of events ...

We have also included some history/background of the roots and USE of trance, for added understanding ...

It is SO important we are not IGNORANT, but have KNOWLEDGE of these things — as the Scriptures warn us:

**Hosea 4:6** *My people are destroyed for **lack of knowledge**; because you [the priestly nation] have rejected knowledge, I will also reject you that you shall be no priest to Me; seeing you **have forgotten the Law of your GOD**, I will also forget your children.*

We want to encourage EVERYONE — especially **PARENTS** — to be aware of the roots/use of trance, and what goes on at these events — *what doors are opened* — in order to protect yourself, and your CHILDREN/young-adults, and have DISCERNMENT.

## *Word to parents:*

If you really LOVE your children and take your responsibility seriously, to raise them according to Godly principles — many of you as parents, promised the LORD you would do just exactly that, when your children were christened/dedicated to the HIM as babies ... then you will NOT allow them to attend these types of events, under any circumstances!

With this article, we have now empowered you as a parent to NOT be ignorant and to be able to make an informed decision. You need to show your children, in a role-model lifestyle, that there is only ONE GOD — the GOD of ISRAEL, YHVH, and that worship to any other gods causes you to be cut off from GOD'S BLESSING and intimacy with Him — this will result in a negative legacy, where your children will more than likely follow your example.

Please take this warning seriously!! GOD wants you to make CHOICES that will give your children direction, to cause them NOT to be FORGOTTEN!!

## *A great audio-interview:*

For a great interview on the rise of and influence of trance events, see the following link on “*Transformational Events*”:

<http://vftb.net/?p=5360>

# The Secret of Trance<sup>1</sup>

**Editor's Note:** Omananda writes from the perspective of one who has a purpose, who seeks, and who finds.

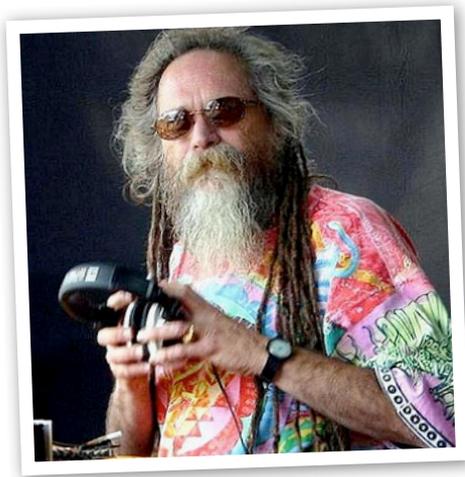
His is one explanation of what goes on at a **Goa Trance rave party** ... more a ceremony than a party, more a gathering really, less for entertainment than for enlightenment (but make no mistake, entertainment is well and present).

## *So what is a rave?*

Yikes! This piece won't explain it all, because there are so many definitions, so many sects. Here, Omananda explains the philosophy of Goa Trance in his way. We have also collected writings from other communicators of the experience; those from the "house" and "jungle" scenes, the "acid jazz" and "trip-hop" tribes, among others.

Understand this task by comparison: try explaining "rock and roll", and make sure to include Hendrix, Abba, and Elton John. That said, here is a start from one communicator who belongs to a community who has fully embraced a philosophy that those of us from the '60's remember, and then forgot, and perhaps are now ready to re-embrace.

Goa Trance music, perhaps because of its **spiritual message**, is attracting a great many members of what we sometimes cringingly call the '60's generation.



Goa Gil (*pictured left*), a product of the '60's himself, is the best-known Goa Trance deejay having created it after years of **musical and spiritual explorations in India**. Gil shares his experiences on the famous beach of Goa all winter, and tours in summer and fall.

Here in San Francisco we enjoyed his contribution to the Summer of Love rave a few months ago. And for many, the Trance experience with **Ceiba and Goa Gil at Burning Man** was THE Goa Trance rave of the decade, a magical sunrise topping off a magical all-night experience and even initiating some early-rising rock and rollers from beyond the periphery. This mix, happily, was recorded and is will soon be released by Hunab Ku.

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<sup>1</sup> <http://www.be-in.com/9/areas/netcast/be-in-10-live-netcast/rave/115406085.shtml>

Another trance contributor to the Be-In this year includes CCC (Consortium of Collective Consciousness), a classic underground international party cooperative whose deejays spread the vibe worldwide and whose members are also known for creating **unforgettable art and altars**.

So here's the secret, as told by Omananda:

*We invite anybody to join their hands into the circle, to express their innermost intimate selves, which is, when liberated, without limitations or boundaries, absolutely free of judgment, comparison, division or to make it simple, free of thought.*

*VISUALIZE yourself dancing for hours without interruption, overflowing with bliss. Suddenly, that which you believed until then represented reality to you, explodes into a world of **psychedelic imagery** and leaves you within **swirling energy patterns** that appear everywhere throughout matter.*

*And when the world starts to glow, you've somehow recognized the symbols that lead to specific reactions and caused an entire universe to tremble into pieces, unfolding itself anew from within.*

*THE WORLD and the suffering of the body are swallowed by a raging **kundaliny**, down into a silent abyss of darkness. That, which lies beyond death holds the space for the suns of our souls to shine forth in limitless freedom.*

*After you've passed through the gateway of your delusory fears and have surrendered all false self images to the "ONE" among the many, you gladly exchange your entire life for that one eternal moment you've just experienced!*

*In fact, it would be a worthless life without having starred into the eyes of eternity! Goa trance offers that possibility to **travel into such distant places** that make you remember the secret of a timeless youth.*

*I suggest that you pay close attention to all the signs that cross your life path, because one might be pointing at "a way" that guides you to the cliff from where you can take of, diving into boundless worlds.*

### ***About the ritual:***

During the ceremonies that last 10 to 12 hours (all night long) **telepathic information** about the present level of world consciousness is exchanged, purified and elevated.

Dancing beyond the physical limitations of the body, that is, the world of ego, and **leads to a higher place** giving insight into the real meaning and purpose of why everything exists and is alive. It thus reveals the essential life laws that are the underlying principles that all of reality's functionality depends upon — the fundamental truth.

The trance dance meditations are the key to enter into **the hidden kingdom of the gods. Mudras, meditation, conscious relaxation, breath control, Sufi whirling and yoga**, all used in combination during the hours-long dances, **carry you directly into the arms of the infinite.**

Once tapped into the ultimate and formless life-potential that exists within each of us, anything one imagines creates itself instantaneously by thought. That's why it works that when through certain sounds and/or subliminal messages memories are retrieved, one (re)lives certain experiences and/or (re)learns from them.

Generally it is good to live through as **many incarnations** as possible during a night of dance, before arriving at **sunrise**, hopefully unified. Once purified, you can join in the **dance of the celestial beings** within the kingdom of the ultimate and enjoy the freedom of **existing anywhere anytime simultaneously.**

You can enter the universal mind-lattice once your body/mind is completely relaxed, transparent. It happens the moment pure energy moves through you. It moves you!

**Through the vibrating sound movements** in the music with the golden light that opens the door to the galactic insight, you can travel far across and throughout space.

Boundaries of time dissolve and unfolding entities present themselves as an opening to the interface, **to carry you in between dimensions**, free of personal intentions.



Stretch the cosmic syllable A-O-U-M into any possible way (it is endless) and you've got GOA-**GAIA**-universal sound. Some tracks are like an audio translation of the **Kabala, numerological**, mystical scriptures. If you travel on the monotonous, entrancing beats that are so similar in nature to the pulse of your heart, you might find yourself breathless at times and speechless with smiles.

**Mystical experiences and religious influences are:**

- **Taoism (Tai Chi),**
- **Sufi,**

- **Hinduism (Yoga),**
- **Buddhism (Meditation),**
- **Kabalism (the tree of life),**
- **Shamanism (navigating consciousness),**
- **Mysticism of all religions and tribes of aboriginal people that are one people, influence the culture.**
- **Mayan,**
- **Egyptians,**
- **Pixies,**
- **Pagans,**
- **Gypsies,**
- **Witchcraft,**
- **Voodoo,**
- **Africa and nature-magic all play their part in the play/pray-fullness that enhances our senses during the trance dances,**
- **Shiva/Kali and Tantra are major to Goa trance.**

But anyway, all religions once sprang from the same source. The mystical experience gives personal understanding and unclouded insight into the real nature and meaning of life and death. To follow a movement on the external world will only lead you away from your intuitive heart (the channel to god and light-being (being light) — realization) that can be felt when tuned into the within.

*Remember: only change is constant!*

Today parties grow like **mushrooms** out of cow paddies all around the planet. To dance will help everybody in the transitional process of letting the old conservative things fall to make space for "flowers to grow through concrete"! The "elite" Goa connections are mostly universal and planetary life-travelers who have met through magical circumstances to unify and gather their strength on this mission to manifest the perfected vision. We ask for **guidance and supervision from the eternal light beings that we invoke in our meditations.**

Their appearance clears away the fog of the superficial Ego-selves that cloud the clear perception. We weave a circle of light around us. This way we strengthen our global family and initiate new people into the pure realm of unconditional love.

Through the understanding of the collective, we can learn how to share ideas and how to communicate them with one another.



We try our best to respect our differences with the vision of our common origin and destination always in mind. We all are mirrors of each other. And through reflection we learn how to grow and change together with and in the present towards the light and love that fuels our soul:

## **“c o m e - u n i t y !”**

Somehow, we as humans lost our tribal roots and are now left controlled by the "patrolled" in isolation and distrust amongst each other. We have almost lost our root memory of bliss, the divine ecstasy without which we miss the warmth of love that nurtures our soul. But once upon a time we all lived in tribes and danced in circles, all around planet earth.

### ***When does this circle complete the cycle for you and spiral you up?***

During rituals consciousness unfolds and expands itself slowly from the individual to a group awareness. The **Mandala** comes globally together when we understand and accept all life forms to be part of our true selves. It aligns us with the planetary grid.

Then, from the dot of the earth in the perspective from outer space, we embark into the **astral realm** where we finally surf throughout time and space. Ultimately we abide in the beyond, existing in a humming silence, observing the wisdom of the "All" that is inscribed on a dream reality-DNA. When we finally arrive back home, the inner peace and contentment we so deeply desired settles our restlessness.

Then, when we are dispersed like ashes that is left after a holy fire, the message spreads throughout space through our voices, that are god's chants, that all life was created to express the freedom of unlimited choices, to share our vision and ourselves, to co-exist in peace anytime, anywhere and nowhere (= now-here) at the same time, no time.

Goa parties have the potential to break down the limitations that only exist within our own minds. They open the door to a **limitless imagination** to which we have been blind before we knew what we could have not known, before we saw the awe.

Through the **shamanistic journey** one re-connects to the root of all reality's spring. In India everything is understood as being whole, holy, part of the divine creation that embraces everything, and everybody is embraced by it.

We invite anybody to join their hands into the circle, to express their innermost intimate selves, which is, when liberated, without limitations or boundaries, absolutely free of judgment, comparison, division or to make it simple, free of thought.

## **What Is Trance Dance? <sup>2</sup>**

From the beginnings of recorded history we find evidence of dance. It seems that our original relationship to dancing was for the ***purpose of worship and healing***.

In this ancient time our ancestors viewed nature and all of its elements as an expression of god. To duplicate or "mimic" nature through movement and sounds was their first and highest way to connect with spirit, and was the origin of dance.

Spiritual dancing is a cross cultural phenomenon, a testament to its power and authenticity. Cultures from every continent on this planet simultaneously embraced unique dance forms based on the animals and elements of nature present within their domain. Their purpose in dancing was to "enter the consciousness" or "become the spirit" of the sun, moon, and various animal and plant life. Through these dance rituals they believed that the spirits within nature could empower them with abilities such as courage and compassion, as well as reveal insights into the future.

For thousands of years spiritual dancing remained an integral part of how we maintained and enhanced our relationship to the earth. To 'dance like nature' was to vibrate at the same rate as the creator, much the same as any new born child will mimic its environment out of love and appreciation for its existence.

Dance was synonymous with what we would call prayer, a demonstration of reverence, and to dance regularly promoted spiritual and physical health and vitality. In addition, dance was a doorway to the soul or "spirit within," and to dance oneself into a state of trance was to connect completely to the healing powers of spirit. It is from these "shamanic" perspectives that the Natale Institute approaches Trance Dance.

**Natale Institute Trance Dance** employs these traditional approaches to healing along with some unique contemporary techniques. One of the most powerful of these contemporary tools is the use of a **blindfold or bandanna**.

In more ancient times "trance dance rituals" were done primarily at night because darkness was a necessary context for participants to focus on their inner experience or "visions."

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<sup>2</sup> <http://www.trancedance.com/faq.do>, and <http://www.trancedance.com/trancedance.do>

Darkness creates a state of suspension or "stopping time," an altered state or "trance state" where there is no one but one's self. It is within this inner journey that we connect with spirit and the truths it reveals. **The bandanna therefore becomes a spiritual tool** allowing each participant to block out all distraction and to become a witness to the richness of his or her own experience.



Trance Dance's primary focus is on healing and our relationship with spirit. By dancing within the seclusion of darkness we discover parallel realities where solutions to seemingly unsolvable problems are possible. Through Trance Dance we "disappear," become more like our spirit, and simultaneously less attached to our difficulties, making it possible at these moments to let these problems go.

## **Trance Dance: Meditation in Motion by Wilbert Alix**

For some people, the word "trance" is frightening. But trance is really nothing more than another word for **meditation**. *Trance and meditation are vehicles to move you to the state of 'no mind.'*

The question is, how do you get to that state? When you meditate, you sit in silence for extended periods of time until the mind empties out and you become an empty vessel. Then your spirit can surface.

Trance is the same way, except the **doorway is different**. It's done through catharsis. *It's done through rhythm, sound and movement of the body.*

What occurs, either in that movement or at the end of that movement, is trance, *a very deep meditational state.*

Traditionally, trance dance has always been accompanied by the **rhythms of drumming**.

### *Why the drum?*

Instinctively, we know that sound. It is the **beating of our heart**. That constant beating sound is a meditative sound. When we are quiet, we hear it in our bodies. *The beat moves us into a trance state when the rhythm is unbroken, and constant.* At some point, the brain stops listening to it and trusts that it's there.

If you listen to the rhythm—eyes shielded by a bandana, breath flowing in patterns—and move, **a gradual dissociation with your ego will take place**. It is not permanent. It's a temporary place that you go, but it does have lasting effect. **When you come back out of trance, less of your ego is there and more of your higher self is present**—more of your intelligent self, your wisdom.

People who dance over extended periods of time notice a marked increase in frequency of insight and revelation.

**When we Dance** we dance bold we dance wild we explore our shamanic self we enter into an extraordinary reality where we can **shape shift and become the animal spirit** that is within us the one we retrieve and nurture, we mimic our ancestors and we dance like we all have been dancing for thousands of years.

We allow or give ourselves permission to experience and explore the duality that is within us **the masculine and feminine** we explore our sensual self and we dance like the wind, we float like a single feather and we get transported to play with the elements of nature.

**We enter a darkness so deep so intense** that we get completely lost and inundated by it, a darkness where sound and silence are the same this is the place the melting pot of all there is, out of these darkness comes inspirations, memories, ancient visions and healing.

**This is the place of creation** the laboratory of the self. We enter the darkness by covering our eyes with a bandana and completely surrender to the process...

The music is powerful and hypnotic, the type of music that makes you go deep within, the type of music that makes your body respond to it a spontaneous way moving undulating sensually and feeling it all over your body ...

Everything becomes electric and the wind again transports you to the earth element where you feel the **rhythms of your first and second Chakra ...**

**The drumming and masculine grounding energies** of the earth push you deep within to anchor this energy in the place where you can use it the most, in life itself.

The earth heats up and the fire begins with a single spark of inner inspiration and the body electric turns into fire wild and out of control ... you experience total chaos, everything is disorganized, and the higher wisdom of the body knows exactly where to go and how much you are able to handle, in that chaos is peace and silence everything slows down ...

You feel your breath the breath of fire and the sweat pours down your body and the music guides you to experience that watery element in fullness ...

You begin to move like the waves of the ocean, you are drenched in the sea of feelings and emotions ...



Images like kaleidoscopic murals become vibrantly alive ... you are alive and you feel it. Everything begins to get reorganized and you move to peace and ecstasy — a deep connection with the Divine.

*Through Trance Dancing we alter our consciousness and enter non-ordinary reality or what I call, "the World of Spirit", that world beyond time and space where everything is possible.*

*Through ancient breath-path patterns, movement and rhythms, which impact the brain, the trance dancer begins to see with their senses rather than their eyes.*

*Other times and other forms reveal themselves, and the Trance Dancer's consciousness is filled with the magical world of Spirit, which causes you to think with your heart, as our ancestors did.*

*While your body dances, your soul travels and remembers, free of the limits of this life, free of the limitation of time and space.*

*Tremendous energy is awakened; spontaneous healing occurs, and Spirit returns home and is embodied within you, the Trance Dancer." Frank Natale*