

TRANCE BUSTERS PROTOCOLS:

How to Use NLP Techniques to

Rapidly Resolve Trauma

For Use Individually, One-on-One, and in Groups



Provided by IRUL Foundation
www.Trance-Busters.com

VERSION: April 2020

Disclaimer: These processes are not designed or intended to diagnose, treat, cure or prevent any disease or disorder; mental, physical, psychological or otherwise. Should anyone desire professional medical treatment, please seek help from a licensed medical practitioner.

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DEDICATION

This manual is dedicated to the thousands of men and women who have attended the Mankind Project's New Warrior Training Adventure and the Woman Within International's Woman Within Weekend, and who meet regularly in small groups to continue to "do their work." May your lives and work be deepened and furthered by using these protocols.

The IRUL Foundation, a 501(c)(3) non-profit, seeks to educate the world in healing principles and the Law of Love, which governs all life on Planet Earth. To that end, the IRUL Foundation offers workshops and trainings in Trance Busters at minimal or no cost.

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INTRODUCTION

My discovery of these processes helped resolve the suffering I had endured for twenty years, following the trauma of seeing my 6-1/2-year-old daughter hit by a car and killed. Over the years, I searched out and tried many different forms of treatment, including therapy, EMDR, various drug therapies, even going to an inpatient rehabilitation center. Some of the therapies seemed to deepen and further embed the trauma. Some were extremely unpleasant as I was encouraged to "go into the pain" and "feel all the grief." I now believe that those efforts are misdirected – I do not get better by feeling badly. Yet, the problems and issue remained. I was unable to speak about the events without triggering alarm, difficulty or extreme sadness.

It was only when I learned of and applied these techniques to myself was I finally freed from the effects of my experience. These techniques resolved the pain and the unlocked the emotions that had been trapped for over twenty years. They are quick, easy and painless, properly performed.

These processes have been around for many years, in various forms. They have been called the "Phobia Cure" and "Trauma Busters." They have been touted on websites all over the world. Their efficacy has been noted repeatedly. They are highly effective and work instantly. You will find them a valuable tool in your own work, as well as in working with others. I use them almost daily.

THE WAR IS OVER – YOU SURVIVED!

Japanese soldier learns war is over – 35 years after WWII ends.

WHAT IS “ UNRESOLVED TRAUMA”?

I often speak with people who say, “I have never had any trauma.” By this, they usually mean they have not experienced extreme sexual violence, rape, physical abuse, witnessed horrific death, or other events often associated with PTSD.

However, we all have painful memories from events that are disturbing. Our parents or teacher yelled at us, shamed us or otherwise humiliated us. We were in a car accident. We were insulted or bullied. We were promised something that was really important to us, and it did not come through.

All these events can have a negative impact on how our mind functions. We can try to “forget about it,” but our mind and body remembers. The residual effects continue.

In I-groups (Mankind Project) and E-Groups (Woman Within), and other self-help groups around the globe, people sit in small groups and try to help each other deal with life’s issues. Many times, individuals are able to trace an issue they are dealing with back to some prior event. They try to bring resources to themselves, and new insights, new meaning, etc.

The frustration often is that these efforts are ineffectual in bringing lasting change.

The mind is “locked down” in protective mode by the disturbing event. Until the mind is unlocked, until the body-mind system is freed from its protective stance, such interventions are often ineffective.

Using the TranceBuster Processes first, before attempting helpful interventions, will free the mind-body from its protective stance, and allow it to open to new insights, experiences, and ways of being.

The results are dramatic improvement in a short period of time.

WHY IT WORKS

Mind flips a switch “ON” in the face of alarm – and that switch locks in the decisions made about how to handle the alarm, until it is turned off.

These Trance Buster protocols flip the switch “OFF” – easily and quickly.

Once the switch is “Off,” the mind can begin to assess the situation differently.

The effect is similar to “rebooting” the brain after a traumatic event. They give the mind a chance to reset.

The mind will not reset through logic or emotion. It will only reset be the experience of recalling the event from a safe place, while staying present here now.

Whether it is a return to normalcy, or simply a restoration back to a neutral place about the event, the effect is powerful, liberating and permanent.

To be stored as a memory, for us to have closure, the event must have a beginning and an end.

When we experience a traumatic event, it is as if the brain “short-circuits” and does not recognize when the event is over.

The Trance Buster processes allow the brain to store the event as a memory, which then becomes accessible at will, and controllable.

Some scientists believe the event needs to be stored as a memory, but is held in a security area, because the primitive mind believes the event is still occurring. These processes give the primitive mind the experience of recalling the event while being present and safe here now. This experience allows the primitive mind to store the experience as a memory, rather than an active on-going event that needs to be addressed.

So, you have identified a prior event in life that is troubling you in some way. Perhaps it is keeping you from doing things that you want. Perhaps it is causing you unpleasant dreams, memories, or even flashbacks. Or is just keeps coming up in group work, and you would like to move on.

Many believe our present ways of acting and thinking and responding to life's challenges are driven by unconscious learnings and decisions made, often at an early age, and often in response to distressing events.

When these events keep rising, this may be an indication that there is something locked in our system that needs release.

Sometimes, when we recall these events, it is recalled in the same way, and relived when we tell them to others. It is as if we are locked in a trance – with only one meaning or lesson deeply embedded in our psyche from the experience.

I believe the following protocols can unlock the system, to enable us to get new insights, learnings, and find new meaning from our past. They, in effect, release us from the trance-like memory. Hence, the name, TRANCE BUSTERS.

What are TRANCE BUSTERS?

Concept: Prior events in our lives that are alarming can have lasting effects. It is as if they put us in a state of trance. A past event turned on an alarm that persists, as if the event is still happening and threatening. Trance-Busters has people recall the traumatic event while keeping them focused and present in the NOW, which disrupts the trance-like effect of the memory, and turns off the alarm.

Address prior events, regrets, anything that is of a disturbing nature in your past.

This is done by doing things that require the person to engage in an activity that keeps them present in the “here and now” while they recall the event.

There are four Trance Buster methods presented in this manual:

- I.** Film Clip Process
- II.** Mirror Movement
- III.** Guessing Game
- IV.** One-Word Language

I. Film-Clip Process: The Individual recalls the event as a film in their mind, and run it forward; then backwards and jumbled.

II. Mirror Movement: The Individual tells what happened while mirroring the hand movements of the person helping them.

III. Guessing Game: The person helping makes outrageously wrong and funny guesses about what happened, and the Individual responds emphatically.

IV. One-Word Language: The Individual tells the story of what they recall happened to them using only one word, such as “Meadow.”

Instructions Relevant to All Trance Buster Processes

The Helper explains that The Individual only needs to recall the event, and does not need to relive the feelings, i.e. does not need to go back into “trance.”

Say something like, “As you recall this event, I want you to just recall the facts of what happened; the ‘data,’ if you will. You do not need to feel how you felt about it at the time, or try to go deep into the negative feelings that occurred at that time; or even thereafter. That is not helpful; you do not get better by feeling badly. I just want you to remember the details of the event, without going too much into the feelings. Do you understand?”

HISTORY OF TRANCE BUSTERS

I was volunteering at a Veteran’s Journey Home weekend – a weekend event for combat veterans. I saw two war veterans have their self-described PTSD from combat totally relieved, each by a twenty-minute process, which I describe herein as the “Film-Clip Process.”

I enquired of the therapist where he had learned this technique, and he told me. He helped me get permission to attend trainings by Dr. Jon Connelly of the Institute for the Healing of Sexual Violence. As part of Dr. Connelly’s trainings, he encourages health care professionals to use some of these techniques.

I was writing a script, trying to make a film about my 6-1/2 year-old daughter’s tragic death, and found myself sobbing and crying, unable to

clearly communicate the story. I called up a friend, who came over and performed the Mirror Hands and One-word Language processes with me. I was then able to write the script and direct the movie about my daughter's death, and many people on the set did not even know it was my story.

These are powerful tools that can help unlock our minds to move forward and beyond past experiences that have locked us into uncomfortable and unproductive ways of thinking, feeling and acting.

More and more women are coming forward with stories of traumatic experiences – unwanted advances from men = that often still haunt them, and impair their functioning.

The insight from these processes reveal that there is great value in recalling past events from a neutral place – and a safe place – that somehow lets the mind relax, and release the tension of the moment, that has seemingly been trapped in the “ON” position, and never turned off.

GREAT VALUE IN RECALLING EVENTS WITHOUT THE HEIGHTENED EMOTIONS AND FROM A NEUTRAL OR HUMOUROUS PLACE

These techniques work by allowing the traumatized individual, whilst in a safe relaxed state, to reprocess the traumatic memory so that it becomes stored as an “ordinary” albeit unpleasant, and non-threatening memory, rather than one that continually activates a terror response. This is achieved by enabling the memory to be shifted in the brain from the amygdala to the neocortex.

“The amygdala’s role is to alert us to danger and stimulate the body’s ‘fight or flight’ reaction. Normally, all initial sensations associated with the threatening experience are passed to the amygdala and formed into a sensory memory, which in turn is passed on the hippocampus and from there to the neocortex where it is translated into a verbal or narrative memory and stored. When an event appears life-threatening, however, there can be sudden information overload and the sensory memories stay trapped in the amygdala instead of being passed on to, and made sense of by, the neocortex. While trapped in the amygdala, the trauma memory has no identifiable meaning. It cannot be described, only re-experienced in some sensory form, such as panic attacks or flashbacks. The rewind technique allows that sensory memory to be converted into narrative, and be put into perspective.” Guy, Keith and Guy, Nicola, “The Fast Cue for Phobia and Trauma: Evidence That It Works,” first published in

the Human Givens Journal, Volume 9 – No. 4, 2003.

GOOD NEWS!

No need to re-experience the pain, to “feel it” or go into, ever again (unless you want to).

No need to “feel bad” – we do not get better by feeling worse!

No need to “forgive” anyone from their conduct.

No need to “let anyone off the hook” – if someone’s actions were wrong, they will always be wrong, and no need to think otherwise.

HOW TO RUN A TRANCE BUSTER PROCESS

1. Ask for a one-sentence summary or headline of the event. Details are not necessary.
2. Ask how the event has been playing out or affecting their lives. Just listen. Express empathy, such as, “I have been listening very carefully for how it has been for you. You are already ahead of the game because you realize this has been affecting you in a way that is not to your benefit.”
3. Ask, “When you think back about that event, what level of stress do you notice, ten being the highest stress possible, one being no stress at all?”
4. Set up to run a process. “Stuff happens. Stuff happens that affects our minds. Your mind is fine; it has just been affected by this stuff that happened, and we are going to address that now.”
5. Run a Trance Buster process: pick one yourself or ask them which one they would like to do.

- I. Film Clip Process
- II. Mirror Movement
- III. Guessing Game
- IV. One-Word Language

Very important: Keep the Individual emotionally present by keeping eye contact during each process.

6. Ask, “When you think back on that event now, what do you notice?”
7. Then ask, “When you think back on that event now, what level of stress do you now notice?”

The goal is not to get the Individual’s stress level to zero, but to notice if there has been a shift in response.

I. The "Film Clip" Trance Buster Process

Imagine the Event as a Film or Movie Playing in Their Mind

Ask the Individual to clearly establish in their mind a beginning point and end point to the film. Where does the movie begin? Where does it end? Ask them to break the film into an odd number of frame segments, five or seven.

Then have them imagine seeing themselves go into a film theater, sitting down in front of a blank screen, and watching themselves seeing the film on the movie theater screen.

Then rehearse with them: “Now, I want you to see yourself watching the film on the screen, while I count through the frame segments. One, two, three, four, five, six, seven. Do you have it?”

Count quickly. It is not desirable for the Individual to dwell long on the event. Do this until they have the event clearly in mind as seven short film clips.

Now Run the Film Backwards and Jumble the Film Clips

Begin by running the film backward in reverse; and then continue by jumbling the frame sequence so the Individual must jumble the events in their mind. Again, count quickly.

“Now watch it again. Seven, six, five, four, three two, one. Got it? Ok, now, seven, two, four, one, three, six, five. Got it?”

Repeat this process several times, jumbling the numbers in different ways. Keep moving quickly, to keep the Individual from going back into the

experience too deeply. It may take several times until they feel like they are following through the jumbled sequence. Just keep going until the Individual seems comfortable.

[This process is best done with an odd number of frame segments, five or seven.]

Check In When They Seem At Ease with “Jumbles”

“Now, let’s go through it again. One, two, three, four, five, six, seven.”
(Pause for a few seconds) “What did you notice that time?”

II. The “Mirror Movement” Trance Buster Process

The Individual Tells Their Story While Mirroring Helper’s Hand Movements

“Tell me the story as you recall it.” The Individual tells Helper the story out loud, verbally, from beginning to end, while Helper moves their hands around in various ways, and the Person mirrors the Helper’s hand movements. Person can tell the story in English, or, if their native language is something other than English, have them tell the story in their native tongue. They can even use a one-word language, if they want.

“I want you to tell me the story, as you recall it. While you do, I want you to keep eye contact with me, and mirror my hand movements while you tell the story. Will you do that?” Get an agreement from the Individual to do this.

[Helper holds both hands up in front of the Individual, palms open]. “I want you to mirror my hand movements. Hold your hands up like mine.
[Individual complies.] Now begin.”

As the Individual tells the story, Helper keeps eye contact with the Individual. At the same time, Helper moves Helper’s hands around in different random ways and directions. Helper might hold up an odd number of fingers on one hand, then change the number of fingers; raise one hand up in a circle while moving the other hand down; put one finger-to-nose; holds ears; winks and blinks, etc., all the while maintaining eye contact. Keep the Individual guessing as to what will come next. Be playful and fun.

Helper ensures that the Individual accurately follows the hand movements.

If Helper sees the Individual going into trance, their eye contact is fading, or they start to look away, Helper says, “Recall our agreement,” quickly points to Helper’s eyes, and then moves hands in big, new ways.

Helper should not focus on the story, but on keeping eye contact, and the hand movements distracting and challenging. Insist the Individual moves consistent with the Helper’s hand movements.

If Helper focuses on the story, Helper can become mesmerized by the Individual’s story. If this begins to happen, Helper should re-energize Helper’s hand movements, making them more chaotic, snapping themselves out of trance.

Keep going until the Individual finishes their recollection and stops talking.

III. The “Guessing Game” Trance Buster Process

Helper Guesses Incorrectly What Happened, with Humor

In this process, the Individual tells the Helper a one-sentence headline of the event. The Helper then gets the Individual to agree to let them guess what happened, and since the Helper does not know what happened, they will get things wrong.

When Helper guesses wrong, the Individual is to **emphatically** gesture and say, “NO, that’s not what happened!” If the Helper gets something right, the Person gestures **emphatically** and says, “Finally you got something right!”

The Helper demonstrates tone and body posture for the Person to mimic. We want the Person to be reacting from a position of empowerment, with attitude.

The Helper then “guesses” how the story played out, using obviously incorrect and outrageously humorous guesses of what happened. The process should be humorous and fun. The more ridiculous and obviously wrong the guesses, the better.

One effective “guess” is to guess that the actors in the past event are in clown costumes, are dressed like clowns, or are in outrageous costuming, with glittering wigs. For example:

Examples: Helper: “Your mother came into the room in a clown outfit.”
Individual: “No, that’s not right!”

Helper: “You were dressed up as a clown.” Individual: “No, that’s not right!”

If the Individual does not respond “big” enough, for example, they say meekly “Not really,” the Helper coaches them to respond with a big, “NO, THAT’S NOT RIGHT!!!”

If the Helper gets stuck, they might ask for another detail from the story. Example: “So how old were you?” “Five.” “OK, so you were five, and you were driving everyone in the family car to church.” “NO, that’s not right!!”

Other guesses that obviously would not fit the situation and would be out of place are good. Keep the Individual guessing until they seem relaxed and used to the guesses being incorrect, and is laughing and in good humor.

IV. The “One Word Language” Trance Buster Process

Have The Individual Tell Their Story Using Only One Word

“I want you to tell me the whole story as you recall it, all the details, looking me right in the eye the whole time, but I want you to only use a one-word language. I want you to use the one word, ‘Meadow.’ For example, if I was going to tell you what I had for lunch today, I would say, ‘Meadow, meadow, meadow, meadow, meadow, meadow.’ OK? Begin.”

Listen attentively while they tell the story using the word “Meadow.” Maintain eye contact. Use body language and body mirroring to intensify the sense that you are really listening intently to what they are saying.

Helper listens attentively until the Individual is finished and has said all the Individual wants to say.

[Note: Any word can be used. There is no magic to the word “Meadow.”]

Practice Pointers

The event needs to be a specific event, with a beginning and an end; not a global or continuing situation. If an Individual refers to a continuing situation, ask them to pick one event that exemplifies what has been happening in the past, and work on that one event. The task is to focus on one single event at a time.

Trance Busters work best if you do not attempt to process a “feeling” or a “thought process.” Understand that an Individual may think an event may have created a certain feeling or belief system; however, that may or may not be true. Focus on relieving the trance-like effect of each event. The process will not be as effective if an Individual is describing an on-going feeling or thought process, because those do not have a beginning and an end, and therefore are not “turned off” by the mismatch experience the Trance Buster Process provides.

Expanded Set-up for Running a Trance Buster

“I have been listening very carefully to *how it has been for you*, and I think the fact that you realize that has been affecting you in a way that is not to your benefit puts you ahead of the game. You already know what you want, and I am joining you in what we are intending. Our energies are joining together to further that intention, and you are already moving toward that very effectively.

“I want to give you a lens to look through that may be helpful in using this process. Just try this on as something to think about. You do not have to accept it or believe it is true. Do not try to apply it to yourself or your situation. Just listen to some of these things and see if they might be a helpful way to look at things, for the purposes of this process.

“If a Rabbit is thinking about Wolf, it is because there really is a wolf, and it is in range, and is a present danger to Rabbit. Rabbit is not imagining a wolf, or remembering a wolf. Is Wolf making Rabbit afraid? Wolf would probably rather Rabbit not be afraid. A part of Rabbit’s mind sends an alarm that makes Rabbit alert, quick and motivated. When Rabbit runs away and is safe, the alarm turns off, and Rabbit goes back to eating.

“Now, when things happen to us that alarm us, we usually do not run away to safety. So often our ‘alarm’ does not get turned off. When something happens that reminds us of the event, the alarm re-triggers. Sometimes, the alarm stays on at a low level and is always running. So all we need to do is let the mind know that the event is over, and you survived, so the alarm can turn off. So you can be like Rabbit.

“Right now, I am going to ask you to recall the event, while at the same time doing something else that is not stressful, is sort of fun, and will let you stay present now with me in a safe way. This will let your mind know that the

event is no longer happening, and you survived. Your mind will then turn off the alarm, because there is nothing to be done by you right now about that. Make sense?

“We will let your mind know that it is okay to turn off the alarm, to snap out of the trance, by you having an experience of being present and safe now while you recall the prior event. We are going to do that easily, quickly and safely right now. Is that okay with you?”

Check for Any Blocks to Healing.

If you sense hesitation, you can ask the Individual to repeat these variations, and see if one of them resonates:

- “That's what I want, but it's not completely okay.”
- “That's what I want, but I'm not sure if it is okay.”
- “That's what I want, and it's completely okay.”

If the Individual is not okay proceeding, the Helper should employ some process to clear the block. For example, if an Individual is intensely upset as they recall an event, ask them some questions that may be helpful before proceeding. Examples:

1. Is it OK for you to heal from this event?
2. Are you letting anyone “off the hook” by you recovering and being able to remember this event from a neutral place?
3. Is it necessary for you to feel badly to punish anyone?
4. If you recover fully, will that mean that what they did is OK? It will always be wrong, even if you are fully recovered, right?
5. Does the person who is gone want or need for you to feel badly in some way, such as a way of honoring their sacrifice or their life or death? How do you think they would want you to feel, going forward?

Work with the Individual until they feel comfortable going forward and fully healing and resolving the effects of this event. If they do not give a complete okay to proceed, the process ends there. Do not go forward if they are not ready to heal.

Maintain eye contact, especially during the Trance Busters.

This entire process is most effective when the Helper and Individual maintain good eye contact throughout the entire process. This helps keep the Individual more grounded. This also allows the Helper to more accurately monitor and follow the Individual's emotional state.

If the Individual gets upset or has extreme difficulty, stop and ground the Individual, clearing any unwanted highly emotional charge, before proceeding.

If the Individual starts to get upset before, during or after any process, crying, trembling, etc., allow them to release the negative, highly charged unwanted energy.

Finger Squeeze: Helper extends two fingers from each hand and instructs the Individual to grab Helper's fingers and squeeze as hard as they can. Have them do this until the Person calms down.

Example: "Grab my fingers in each of your hands, and squeeze as hard as you can. Release all that sadness, grief, fear and anger into my fingers, and we will let it go down into the ground and be absorbed by Mother Earth. Do it now."

Stand on One Leg: Another option is to invite the Individual to set the story aside for a moment, stand up, and balance on one leg. Helper stands with the Individual and also balances on one leg. Switch legs if one leg gets tired. Helper should mirror the Individual balancing on one foot, while maintaining eye contact. Helper can also throw a ball back and forth with the Individual while standing on one leg. When the Individual is calmed, resume the process, if appropriate.

Why Trance Busters Work: Neuroscientific studies show that the only way emotional implicit (unconscious) learning is re-written is by reactivating a memory and then mismatching it with a contradictory experience.¹

The insertion of new information experientially while holding the emotional memory triggers a "mismatch" with the original meaning that was attached to the traumatic memory, which can dislodge the emotional

attachments and allow the event to be viewed anew as “Data” rather than an ongoing, current event. In effect, the emotional memory is moved from an “active” file to an “inactive” file; from an “open” file to a “closed” file. This happens rapidly and completely. The effect is effortless and permanent.

¹ Ecker, Ticic & Hulley (2012), Unlocking the Emotional Brain: Eliminating Symptoms at Their Roots Using Memory Reconsolidation (p. 15, 20, 33) New York, N.Y., Routledge.