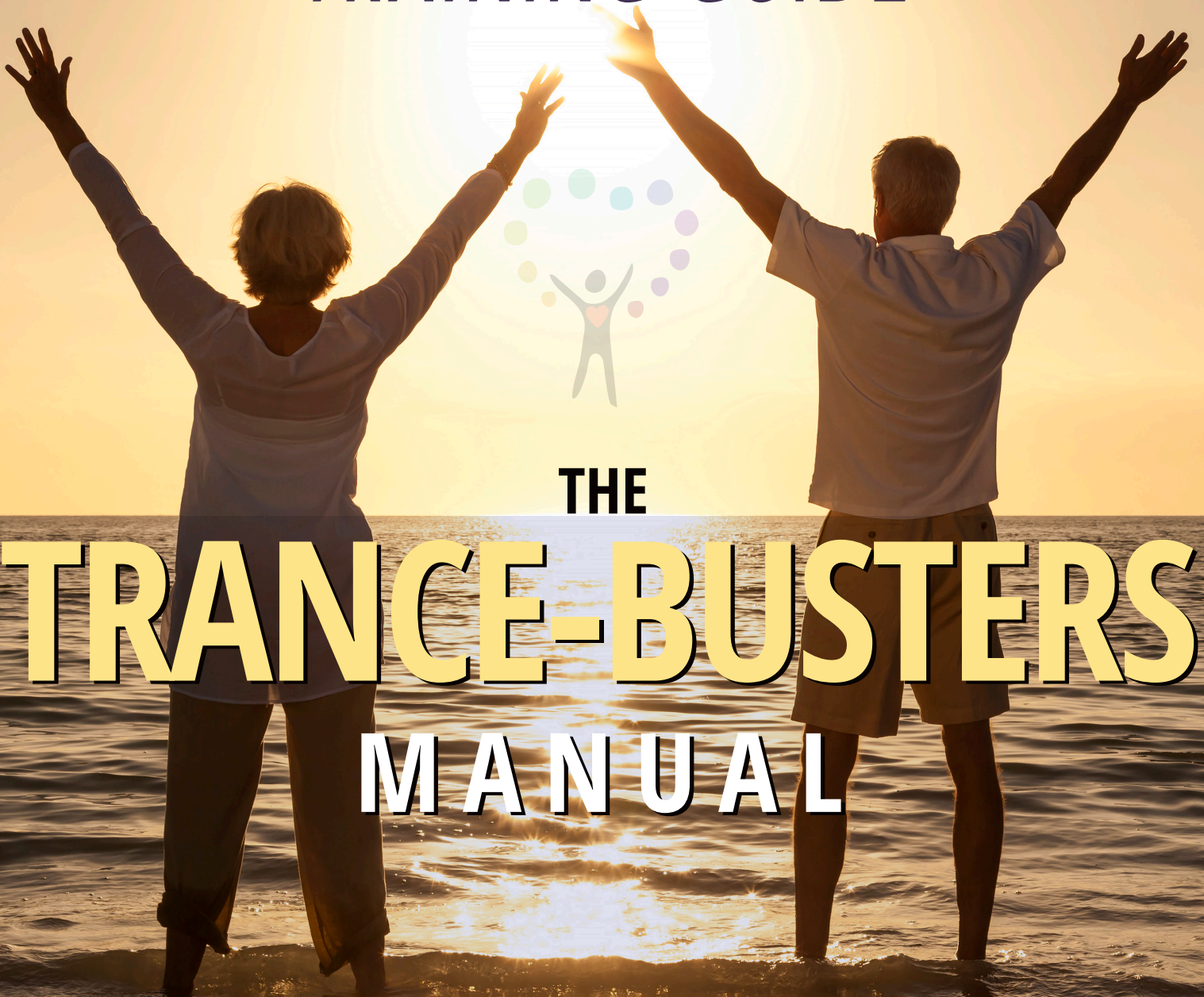


SPECIAL EDITION

***RAPID TRAUMA RESOLUTION
TRAINING GUIDE***



THE

TRANCE-BUSTERS

MANUAL

DAVID L. MONROE

THE TRANCE-BUSTERS MANUAL

TRAINING GUIDE FOR USING THE TRAUMA RESET CODE TO QUICKLY TURN OFF “FIGHT-OR-FLIGHT”

TRANCE-BUSTERS: RAPID TRAUMA RESOLUTION MENTAL EXERCISES

Special Edition Prepared for Woman Within International and ManKind Project
For Individual and Group Use



David L. Monroe

Provided by IRUL, LLC

www.Trance-Busters.com

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Dedication

This manual is dedicated to the thousands of women and men who meet regularly in small groups to continue to “do their work” after attending the Woman Within International’s Woman Within Weekend and the ManKind Project’s New Warrior Training Adventure.

I suffered for twenty years after witnessing the accidental and devastating loss of my young daughter, because my natural “fight-or-flight” had been triggered in my brain and I did not know how to turn it off. I suffered from overwhelm, constantly. I sat in safe circles with supportive men and women, and I did healing work. Though I made gains in other areas of my life, nothing truly “worked” to address Brittany’s death until I found and used these Trance-Buster processes.

I am so excited to share these Trance-Busters™ with you. These trauma reset exercises helped me “snap out of it” and freed me in ways I never could have imagined. If they helped me so quickly and easily, they can help you.

David L. Monroe (True Eagle)

Founder, IRUL, LLC

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Introduction

Trance-Busters™ are trauma reset and neutralization mental exercises that rapidly and easily turn off the fight-or-flight reaction to charged emotional events (i.e. traumas) in our lives. The protocols in this Manual provide a step-by-step recipe for a Helper to use to facilitate a Trance-Buster process with an Individual. The Trance-Busters mental exercises work simply and easily. They do no harm. They release the memory of the event from a trapped or “trance-like” state so that the memory can be properly filed as a past event, rather than running in our brain as a current event that is happening now. Their efficacy in helping people recover from traumatic experiences has only recently been recognized.

This Trance-Buster Manual also explains how trauma affects our brains, and how it can lock in unwanted behaviors, beliefs, and ways of thinking and acting. Sometimes called “Fight-or-Flight,” when our brain is locked in this mode of reaction, it robs us of the power to live our lives the way we want. Sometimes, the brain has to receive the “code” in order to reframe and release the trauma, so the brain can reset itself, and install new beliefs. These Trance-Buster exercises provide the needed coding so the brain can reset, post-trauma.

Trauma is an unavoidable aspect of our life on Planet Earth. Our reaction is the result of our body’s courageous and instinctual defense of itself. It is an act of love. But that love energy can be trapped in ways that are unproductive, and though perhaps helpful at the time they were formed, they do not serve us well if they persist long after the event. The Trance-Buster exercises release that loving energy, so that we can use it in useful ways now, rather than having trauma trapped in our system, trying to keep something from happening that is already over and done.

If you or someone you know is suffering from past events, help is here. May your life and your work be deepened and furthered by using these trauma reset exercise protocols.

And the journey continues ...

ANIMAL BRAINS

A Gazelle in the Jungle

A gazelle is grazing in the Serengeti. Suddenly, its senses alert it to the near presence of a jaguar and the possibility of an imminent attack. Instantly, the gazelle's brain puts its entire system on high alert. Adrenaline floods the gazelle's body and brain. Energy to nonessential systems is reduced and is redirected to empower escape. The gazelle's "Inner Guardian" has turned on. The gazelle swiftly flees and, though chased by the unhappy jaguar, is able to outrun its predator and arrive at a safe haven. There, its senses still on high alert, the gazelle checks its environment. Once it determines that the jaguar is no longer a threat, the gazelle's alert system starts to shut down. Its body begins to shake and quiver to dissipate the adrenaline flow and restore its body system to normal. When its internal alarm system has completed its shut down, the gazelle returns to calmly grazing.



The gazelle's reaction to danger was instinctual and unconscious.

So is yours.

An Animal Brain in a Human Being

Deep inside every human being, we too have inherited the ancient and instinctual response to danger to ourselves and our loved ones; we too have our Inner Guardians. They protect our boundaries, unconsciously and automatically, when we are threatened. When activated by a perceived threat or actual attack, we automatically go on high alert, so that we have the energy to do whatever it takes to stop something from happening, something that is a threat to us or our loved ones. It is necessary for our survival. This is the gift of our ancestors.

This Inner Guardian is also ancient and primal. It is preverbal. It understands only experience. It cannot be talked to or reasoned with. Once "on assignment," it will never stop until it receives the coded message that its mission has been accomplished—the message that you survived the threat or attack and the danger is gone.

During our lives, our Guardians are activated many times. There is no limit to how many Inner Guardians may be active at any one time. And each one continues on high alert until the coded message arrives, "All is safe; the danger is gone."

You probably have some running—right now.

The Inner Guardian in Your Brain: The Amygdala

We now know our Inner Guardian operates from our amygdala, a part of what scientists call our “Reptilian Brain.” When you experience what to you is a “trauma,” your brain’s fear center, the amygdala, sounds the alarm, and your body instinctively and immediately shifts into a reactive mode, with a sequence of hormonal and physiological changes. Your brain is no longer trying to think about what is going on. It is getting you ready to battle or run or do whatever is necessary to survive the attack. It ceases all nonessential body and brain processes. Your sympathetic nervous system floods your body with stress hormones and, according to MRI studies, parts of your brain shut down.

Ideally, when the immediate threat subsides, the parasympathetic nervous system kicks in and calms and restores your body, by reducing stress hormones and allowing your brain to resume its top-down structure control. When the trauma-activated circuitry is reset, the system “reboots” to its pre-trauma state.

However, for reasons that are not entirely clear to researchers, when the traumatic event is over, sometimes our brains never fully shift from reactive back to responsive mode. Instead, our brain can stay on alert, primed to try to stop the threatened event from happening, long after the event is over. We are in a kind of trance. This wasted energy drains our systems of vital power, trying to stop something from happening that has already happened.

The Guardian will continue “on duty” until deactivated. It will continue operating on high alert until discharged or relieved from that assignment. As a result, it can run through our entire lives, if not addressed.

TRANCE-BUSTERS HELPED ME RECOVER FROM MY TRAUMAS

I am not bragging, it is just a fact. I have been severely traumatized in my life, several times. Let me tell you the basics of two of these events.

Woody

One event that haunted me for years occurred when I was just five years old. It was a hot summer day in North Carolina. Children in the South ran around in their underwear on such days. My neighbor friend, Woody, and I were playing by a woodpile in Woody’s yard, and Woody decided to show me his “pee-pee.” Woody pulled down his shorts and shook his body in glee. I obliged by doing the same. Right then, we boys were called home by our mothers.

Woody ran to his house, and I ran home across the street. I do not know what happened at Woody's house, if anything. I do know what happened at my home.

My mother was waiting for me with a flyswatter in her hand. Before I could get in the screen door to the patio, she grabbed me by one arm and began to beat me mercilessly. I was scared to death! I had no idea what was wrong or why she was beating me. She whipped me until the plastic "swatter" flew off the wire hanger, and then continued to whip me a little more. She gave me no explanation, no admonishments.

Years later, when my Boy Scout troop went skinny-dipping, I stood across the pond, leaning against a tree, looking away, saying to myself, "We don't do that!" I had no idea why I thought that was so bad.

Later in life, I began to connect the dots. As I began to seek counseling and work on my sex life and my attitudes, this episode came up repeatedly. I know now that I took on multiple messages from my mother in those few seconds when I was five. Messages that it was wrong for a boy to play with his body, to enjoy his body, or to enjoy other boys' bodies, among other things. No good person does such things.

As you might guess, this seriously hampered my ability to be intimate or enjoy sex.

Brittany

December 4, 1990. I was thirty-two years old, living in Houston, Texas. Over the previous five years, my wife Karen and I had separated several times, as I struggled with accepting my homosexuality. My wife and my church were very opposed to my leanings. At the insistence of my pastor, I had tried "reparative therapy" with a Christian therapist, which I found to be very abusive and unproductive. Finally, I accepted that I was gay, and I decided I was going to live that way.

I had met a "dream boyfriend" in California. After six months of dating, I had agreed to move to California and live with him. I had told my wife I wanted a divorce, and had prepared divorce papers favorable to Karen, with maximum child support.

Karen and I agreed we would tell our six-and-a-half-year-old daughter, Brittany, that Mommy and Daddy were divorcing and that Daddy was moving away, after her Christmas school program. Brittany danced and sang on stage with her kindergarten classmates with great joy. We left the school shortly after her performance to go to a nearby pizza restaurant. We planned to deliver the bad news there.

Since we had arrived in separate cars and mine was a little way away, Karen gave me a ride to my car. Brittany rode in the front seat. Trying to think what I would say, I got out of the back seat and moved toward my car that was parked by the schoolyard. I had some Little Mermaid gifts for her from my boyfriend in the trunk of my car, along with the divorce papers.

Excitedly, Brittany yelled, "Pizza! Pizza! I want to ride with you, Daddy!"

I yelled back a harsh "No!" Instantly, she started crying, not understanding my stressful situation. I felt terrible for lashing out at her. I relented. "Okay, you can ride with me."

"Yippee!" She excitedly got out of the passenger door of Karen's car and ran toward me. Then, for some reason, she turned back to her mother. "Oh, my sweater," she said, like it was an assignment. She took her sweater off and handed it to her mother through the car window. I watched her as she swirled and took two excited steps toward me. And then, while I was looking her straight in the eye, there was this ever-questioning wistful look of surprise.

And she was gone.

The driver of the van said he never saw her. He was blinded by the headlights of Karen's car. He had also had "two beers." The jury found him not guilty of manslaughter; they were influenced by the fact that the police officer who took him downtown let him smoke a cigarette in the car and did not lock him up.

And I never saw my baby alive again.

At the hospital, members of our church came to show support. Brittany was brain dead and on life support. The hospital delayed taking her off life support for a number of hours because we had agreed to donate her organs.

While I was standing outside the hospital, the pastor of our church, an old friend of mine, said to me, "Maybe God allowed this to happen to save you from your homosexuality, so that you will get back with your wife."

I was in a state of shock, and those words embedded deep inside me some troubling beliefs about myself, my love, and my daughter's death. They were like knives in my heart, and the message was clear: "My love is so bad, God will kill my daughter to try to stop it."

That twisted inverted belief I accepted about myself—trying to make sense of the world through some sort of convoluted kamikaze system during a time of desperate turmoil—was the sword I carried embedded in my body for many years. It was self-inflicted, by the belief system I had been given.

"I am bad. My love is bad. I am worthless, and no amount of pain can ever pay for my evil love for another man!"

OUR BRAINS CAN GO INTO “LOCK-DOWN” WHEN TRAUMA OCCURS

I now understand that the reptilian part of my animal brain went on high alert when I saw Brittany die, and was not turned off until many years later. When I told the story over the next few years to many people, I often would break down crying. My brain wanted to stop the event from happening, which, of course, was impossible. But it did not know that! If I watched movies with hospital scenes of dying people, I would break down. Seeing friends playing with their children made me uncomfortable. Hearing how other children were growing older and the good times they were having was depressing for me. I was unable to move on from the event in any kind of healthy way. It was twelve years before I was officially diagnosed with Post-Traumatic Stress Disorder (PTSD).



Likewise, beliefs about ourselves and how the Universe works can also get locked into place when formed in reaction to traumatic situations. And I was incapable of committing to another man in a loving relationship. Several times I met men whom I loved dearly—and they dearly loved me—yet I would break off the relationship, finding some excuse. Usually, my primary thought was, “They deserve better than me.”

HOW I LEARNED ABOUT TRANCE-BUSTERS

Over the years, I searched out and tried many different forms of treatment, including talk therapy, EMDR, EFT, Imago Therapy, 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—we 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.

In 2012, I was volunteering at a Veterans’ Journey Home weekend, a weekend event for combat veterans. I saw a therapist who was leading the workshop, Gene McMahon, use a version of the “Film-Clip Process” described herein to snap two war veterans out of their self-described PTSD, each in about twenty minutes. Other staff participants and I were amazed.

We enquired of Gene where he had learned this technique, and he told us about Dr. Jon Connelly of the Institute for the Healing of Sexual Violence and the Institute for Rapid Resolution

Therapy. Gene arranged for me to study with Dr. Connelly, which I did for two years, starting in 2012. I saw how Dr. Connelly uses these techniques in his practice, along with many other therapeutic and hypnosis techniques.

I extracted some of his techniques that, in my judgment, require no therapeutic skills, put together some manuals and began sharing these processes with others in the ManKind Project and Woman Within circles. I taught classes to groups, and walked them through how to do the processes, so that they could do them in their own groups and on their own. I also would consult with individuals and walk them through the processes, with great effect. I saw dramatic results when I helped war veterans and rape victims.

Yet, I never used the processes on myself.

I finally used these to address my ongoing reaction regarding my daughter's death in 2014, twenty-four years after the event. I had decided to do a short film about my daughter's death. I was writing the script, and found myself sobbing and crying, unable to clearly communicate the story. I thought to myself, "This is ridiculous! I know these processes that work so well. I need to do them on myself!"

I called up a friend, Michael Bovenes, with whom I had practiced these processes. He lived down the street and came right over. He performed the Mirror Hand Movement and One-Word Language processes with me, around my daughter's death and what had happened outside the hospital with my pastor. A re-enactment of this is available for viewing on our website at www.Trance-Busters.com/video.

The results were astounding. I felt a peace about Brittany's death I had never known. It seemed like a distant event, something truly from my past. I was then able to write the script without reacting painfully. I hired actors and directed the movie about my daughter's death, which I made with the help of the Scary Cow film group in San Francisco. Though some people guessed, others on the set did not even know it was my story. I even played the role of the man who hit my daughter in the film. The film, *Love Requited*, can be viewed online through the link on our website, www.Trance-Busters.com/video.

Shortly thereafter, I Trance-Busted the fly-swatter incident, and began to see real advancements in my self-image.

WHAT ARE TRANCE-BUSTERS?

Trance-Busters are mental exercise techniques that rapidly and easily turn off the fight-or-flight reaction to highly charged emotional events (i.e. traumas) in our lives. These experiential exercises provide the Inner Guardian with the necessary coding to deactivate, by the Individual recalling the story while simultaneously experiencing being in a safe place NOW. The key to these processes is to keep the Individual emotionally present and experientially connected to the Now, by doing something unrelated to and contrary to the traumatic experience, while the Individual revisits the traumatic event in their own mind.

These techniques work by using some form of stimulation that helps the Individual stay focused on the present while recalling the story from the past. It is this dual state of attention—one foot in the past and one foot in the present—that triggers a reorganization of the traumatic memory in the brain.

Using the simple trauma reset exercises in this manual will provide the code your amygdala, your primitive brain, needs to get the messages: the attack is over, you survived, and your Inner Guardian is discharged from this assignment. These Trance-Buster exercises deactivate the alarm systems that have been running, and return you to your normal, pre-trauma state of mind. As a result, you are freer, lighter, brighter, clearer, and more present to the NOW.

How soon after trauma may these tools be utilized? Well, that depends on how long you want to suffer. These exercises can be used immediately to help the brain process the new experience from a calm and detached state, rather than the highly emotionally charged associated state the event was originally witnessed from.

One emergency room doctor, knowing these techniques, utilizes a version of them while treating patients in the emergency room. For example, following a car accident or a shooting, the physician tells the patient he wants to check their cognitive abilities, and asks them what happened. As the patient recounts the details, the emergency room doctor interrupts them periodically, asking them about details in the room.



“What color is the light?”

“Is the door open or closed?”

“Do you have your shoes on?”

“What color is the nurse’s mask?”

“Where were you born?”

Interrupting the account of their story with these distracting questions has the same effect as the Trance-Busters processes, allowing the brain to dissociate from the event in a safe way, and turn off their fight-or-flight response.

“I Don’t Have Any Trauma!”

For our purposes, the definition of “trauma” is any event that is outside the normal range of human experience and, therefore, substantially stressful. “Trauma” may be an actual attack, or simply a perceived threat. What may be “traumatic” or overwhelming to one person may have no effect on another. One soldier in battle is deeply traumatized, while another soldier is only mildly disturbed. One passenger in a car accident is too frightened to drive for years later, while another recovered from the fear in a week or two. “Trauma” is individual.

I often speak with people who say, “I have never had any trauma” or “I don’t have any trauma that needs to be healed.” By this, they usually mean they have not experienced extreme sexual violence, rape, or physical abuse; witnessed horrific death or the loss of a loved one; “Trauma” with a capital “T.” But traumatic experiences exist on a sliding scale. At the bottom of the scale are the small “t” traumas, which can also activate our Inner Guardian. The Guardian can be activated by seemingly simple events:

- o a parent yelling
- o a teacher shaming us
- o a near-miss car accident
- o being bullied
- o not receiving something promised
- o being weaned
- o being unprepared when a sibling comes along

Deepak Chopra describes the kind of stress that can trigger fight-of-flight. “Something happens that violates your sense of how things should be, and you perceive danger, whether real or imagined.”

Being traumatized by an event is an automatic response and is ultimately a positive response by our body to try to protect us. Being traumatized should never be viewed as a weakness in an individual. Our reaction is instinctual and not under our conscious control.

We Often Carry Stress Post-Trauma Until We Accept the Past

Stress comes from the belief that something that is happening should not be happening. Stress is a mindset of resistance. When we believe something in our life should not be the way that it is, we are arguing with reality. As Byron Katie says, “When I argue with reality, I lose—but only 100 percent of the time.”

When our brain and body are trapped in fight-or-flight mode, our system is vehemently arguing that the event should not be happening. This is stressful. Our system does not know that the event is over, and we are therefore unable to stop it from happening.

Furthermore, low-grade trauma repeated on a daily basis can have a cumulative effect, resulting in disorders such as stress-induced immune deficiency disorder, with symptoms very similar to PTSD. Veterans of the wars in Afghanistan and Iraq who were never involved in active combat or an IED (improvised explosive device) explosion have been affected by the daily stress of the threat of attack or an explosion. Likewise, many gay and lesbian people have been adversely affected by the daily stress of threats to their personal safety, or the need to hide their emotions from others for fear of being found out. And there are many other examples.

Any event that is stressful when recalled is ripe for a Trance-Buster process.

What Is the Key to the Trauma Reset Code?

The amygdala, our “Guardian” in the primitive part of our brain, will not accept information in the form of thoughts or beliefs in order to reset. It requires an experience: the experience of having survived and knowing the threat is gone and the human being is safe. In the animal, this usually happens once the predator is gone, and its senses detect the absence of the threat. In the human being, not so much.

Here is how I often explain what Trance-Busters do.

“Rabbit is sitting eating some grass, and suddenly Rabbit is thinking about Wolf. Why is Rabbit thinking about Wolf? If Rabbit is thinking about Wolf, it is because there really is a Wolf, and Wolf is in range and is a present danger to Rabbit. Rabbit is not imagining Wolf, or remembering Wolf. Is Wolf making Rabbit afraid? Wolf would probably rather Rabbit not be afraid. A part of Rabbit’s brain 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 its grass.

“Now, when things happen to us that alarm us, we usually do not run away to safety, or bite the other people involved. 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. That is a problem, because it drains us of energy, trying to stop something from happening that has already happened. 10

“So all we need to do is update our brain, let the brain know that the event is over, that we survived, so the alarm can turn off. So we can be like Rabbit.

“Trance-Busters supply the necessary ‘code key’ experience, by having you recall the event, while at the same time doing something else that is not stressful. This keeps you present here now in a safe way. This lets your brain know that the event is no longer happening, and you have survived. Your brain will then turn off the alarm, because there is nothing to be done by you right now about that. Make sense?

“We let your brain 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. Trance-Busters do that easily, quickly, and safely, in a no-harm way.

“The effect is to switch the message the brain is sending from ‘This is happening now and I need to do something to stop it’ to ‘This happened in the past and there is nothing I can do about it now to stop it.’ Similarly, ‘My daughter is being killed!’ and ‘My daughter is dead’ are two entirely different messages with entirely different energies, calling for two entirely different reactions.

“Your brain has been affected by that prior event because there’s something alarming about it. Your primitive brain has turned on an alarm system, and until it knows that the prior event is resolved, and that you survived, it will continue to be on high alert. By doing this, your brain is doing exactly what it is supposed to do, so that you can be safe and survive, and protect yourself and the ones you love. We will let your brain know that it is okay to turn off the alarm, 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? “

What Trance-Buster Processes Do Not Do

Trance-Busters are very different from many of the methods I previously experienced in my efforts to heal from my own personal trauma.

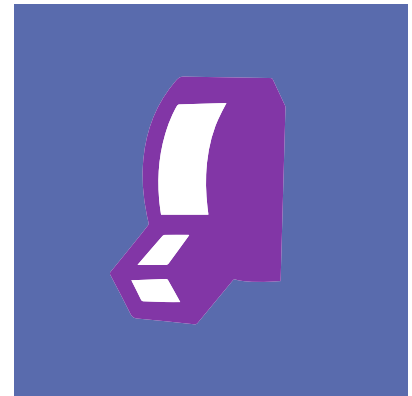
There’s no need to relive the experience emotionally. There is no need to re-experience the pain, to “feel it,” or go into it, ever again (unless you want to). No need to “feel bad”—we do not get better by feeling worse!

No need to “forgive” anyone for their conduct. No need to “let anyone off the hook.” If someone’s actions were wrong, they will always be wrong, and there is no need to think otherwise. We can recover from the trauma and still believe the people acted badly; that their conduct will never be acceptable; that they are guilty and that we can never have anything to do with them again; or even that we should have them prosecuted for their crime.

There is no analyzing of anything. There is just the experience of noticing—the event is over and I am here and safe now.

These processes just turn off the response that is now inappropriate, is no longer helpful, and is hurtful, with the production of cortisol, adrenaline, etc. The processes also unlock the no-longer-helpful beliefs and thoughts that accompany the memory. The memories of the event become more manageable when the fight-or-flight natural reaction to threat is turned off. The Individual can be more empowered to handle similar situations in the future more effectively. This may include standing up for oneself against a predator; not tolerating aberrant behavior; or simply removing oneself from the presence of others who choose to act in similar predatory ways.

To be clear, Trance-Busters exercises do not completely heal the effects of traumatic experiences. They do not erase memories. The collateral damage, in terms of beliefs, anger, and desire for revenge, which may or may not be something someone needs or wants to address further, is not cured or healed by Trance-Buster processes. These are not cure-alls, but they comprise a major step forward in recovery. They turn off the fight-or-flight response that locks the memory of the events in place in the emotional (primitive animal) brain, and make them more manageable by the cognitive (rational) brain. They reset the brain to a neutral state regarding the event.



THE TRANCE-BUSTER PROCESSES

Alarming events in our lives can have lasting effects. They put us in a state of trance. Such an event turns on an alarm that continues, as if the event is still happening and still threatening. Trance-Busters have people recall the event while keeping them distracted in the NOW, which disrupts the trance-like effect of the memory, and turns off the alarm.

This is done by doing things that require the Individual to do something that keeps them present in the here and now while they recall the event.

I present three Trance-Buster methods in this manual:

- I. **Film-Clip Rewind & Jumble:** The Individual recalls the event as a film in their mind, and runs it forward; then runs it backwards and jumbled.
- II. **One-Word Language:** The Individual tells the Helper what happened to them using only one word, such as “Meadow.”
- III. **Mirror Hand Movement:** The Individual tells the Helper what happened while mirroring the hand movements of the Helper.

Each process can be run quickly. It only takes a few seconds to “clear the deck.” Two of the processes—Film-Clip Rewind & Jumble and One-Word Language—do not even require the Individual to reveal the gory details of the horrific event. The details can remain private, and yet dramatic change can occur. These are particularly useful when someone is working on a rape or a sexual assault, where revealing the details in a group may be quite embarrassing.

Videos of actual demonstrations of each process may be viewed online at our website, www.Trance-Busters.com/videos.

Keys to Effective Use of Trance-Buster Exercises

A Safe “Container”

This Manual assumes the reader has knowledge of how to create a “safe” container to do this work, with support. The FIRST RULE of the Mankind Project NWTW weekend applies: “SAFETY FIRST!” Elements of a safe container include confidentiality, agreements around safety, such as not touching anyone without their permission, recognizing any person may pass on any process, and mutual respect. If you are not familiar with the concept of the safe container, I would refer you to Bill Kauth’s excellent book, *A Circle of Men*.

Safety also means, unless you are a professional or trained counselor, you do not do anything to try to reframe or give meaning to the event for the person. You do not diagnose or repeat details of their experience that they have described, which only serves to reinforce and strengthen the hold the past has on them.

Helper Assists During Each Process

As presented in this Manual, each exercise is done with the assistance of a “Helper,” who walks through the steps with the Individual doing the work, and maintains eye contact during the storytelling part of each exercise. Maintaining eye contact keeps the Individual from accessing old patterning by their eye movements, or from closing their eyes. It is very helpful in keeping them present and connected to the Now in a safe way.

Limit the Process to One Fully-Contained Event at a Time

Each process begins by clearly identifying a beginning and an end to the story to be addressed. The event needs to be a specific event, with a beginning and an end; not a global or continuing situation. If it is a continuing or repeating situation, 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.

Address Only the Data—the Recalled Memory of Events and Actions

In New Warrior parlance, this is a Warrior process. This is about handling the data. It is about collecting and storing information that will be helpful in handling future problems and similar situations. And yet this data is stuck in a holding pattern in a way that is not useful. We want to redirect that information so it can be stored in a more useful way.

As the Individual describes this event, they are asked to recall just the facts of what happened; the data, if you will. They do not need to relive the negative feelings they felt at the time. That is not helpful or necessary. We do not get better by feeling badly. The Individual does not need to go back into a trance. They just need to remember the details of the event, without going too much into the feelings.

Trance-Busters work best if the Individual does not attempt to process a feeling or a thought process. The process will not be as effective if they try to address an on-going feeling or thought process, because those are not contained in the brain in the same way as the memory of an event. Feelings and thought processes do not have beginnings and ends, and therefore are not turned off by the mismatch experience the Trance-Buster Process provides.

I ~ THE FILM-CLIP REWIND & JUMBLE TRANCE-BUSTER PROCESS

In this process, the Individual makes a “film” of the event in their mind, as they remember it; runs the film backwards in their mind, and then jumbles it around in their memory. This exercise of control over the event creates the mismatch experience that allows the brain to reset.

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

Helper has the Individual clearly establish in their mind a beginning point and an end point to the film. Where does the movie begin? Where does it end? Are they both “safe” places? Helper has the Individual then break the film into an odd number of segments; the process seems to work best with five or seven segments.

Why an odd number? People naturally assign more value to even numbers and less significance to odd numbers. By using odd numbers, the importance of the event has been reduced, even before the Individual begins the template process.

The Individual then imagines seeing the film on a screen in a movie theater. Helper asks the Individual to imagine they are seeing themselves sitting in a theater, preparing to watch the movie on a movie screen. Helper asks the Individual to see themselves seeing themselves watching the screen. This adds an additional layer of dissociation, which makes it easier for the brain to get the message and deactivate the alarm.

Helper tells the Individual to run the film forward quickly in their mind, while keeping eye contact with the Helper. “One, two, three, four, five, six, seven.” The Individual does not delve deeply into the emotions. The Helper counts very quickly. It is not desirable to dwell long on the event, or the necessary disruption of the old patterning may not take place.

Now Run the Film Backwards and Jumble the Film Clips

Now the Helper tells the Individual to run the film backward in reverse in their mind, while maintaining eye contact with the Helper. “Seven, six, five, four, three, two, one.” Helper continues to tell the Individual to replay the “scenes” while randomly jumbling the number sequence, so the Individual must jumble the events randomly in their mind. “Five, one, two, four, seven, three, six.” Again, Helper counts quickly. Again: “Six, two, one, three, four, seven, five.”



Helper repeats this process several times, jumbling the numbers in different ways. Helper may have them play the movie backwards in black-and-white, upside down, or as a cartoon. Helper keeps counting quickly, to keep the Individual from going back into the experience too deeply. It may take several times until the Individual is following through the jumbled sequence. Helper just keeps going until the Individual seems relaxed and comfortable, or bored, with the process.

At that point, Helper tells the Individual to watch the film forward again, from beginning to end. “One, two, three, four, five, six, seven.” (Pause for a few seconds) Helper then asks what the Individual noticed that time.

II ~ THE ONE-WORD LANGUAGE TRANCE-BUSTER PROCESS

This process has the Individual maintain eye contact with the Helper, as the individual describes the event out loud in words, but using only one word, like a one-word language. I like to use the word “Meadow,” but there is no magic to the word “Meadow.” Any word can be used. A friend of mine likes to use the word “falafel.”

Helper Has the Individual Tell the Story Using Only One Word

Helper: “I want you to tell me the whole story, 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.’ Okay? Begin.”

Helper listens attentively while the Individual tells the story using the word “Meadow.” Helper maintains eye contact with the Individual the entire time. Helper listens attentively until the Individual is finished and has said all they want to say.

Offering this process this way is especially good for sexual assault victims, as they do not need to verbalize the details, which can be quite embarrassing.

III ~ THE MIRROR HAND MOVEMENT TRANCE-BUSTER PROCESS

The Individual tells the Helper the story out loud, verbally, from beginning to end, while maintaining eye contact with the Helper, and at the same time Helper moves their hands around in various ways, and the Individual mirrors the Helper’s hand movements. The Individual can tell the story in English, or in their native tongue or some other language if they want.

Individual Tells Their Story While Mirroring Helper’s Hand Movements

Helper: “I want you to tell me the story, looking me right in the eye the whole time, and while you do [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. [The Individual complies.] Now begin.”

As the Individual tells the story, Helper moves Helper’s hands around in different directions, changing the number of fingers Helper raises, holding one hand up in a circle while moving the other hand down, putting one finger to their nose while moving the other hand up, out or down. Helper may hold their ears, wink, blink, and smile, all while listening and maintaining eye contact with the Individual. Helper keeps the Individual guessing as to what will come next; this creates a playful and fun energy.

Helper ensures that the Individual accurately follows the hand movements. If Helper sees the Individual going into trance or fading away from their eye contact, Helper says, “Stay with me” and moves hands in big, new ways.

Helper should not focus on the story, but on keeping the hand movements distracting and challenging. Helper should insist the Individual moves consistently with the Helper’s hand movements.

Helper keeps going until the Individual finishes their story and stops talking.

QUICK SET-UP TO HELP RUN A TRANCE-BUSTER PROCESS

In a group setting, it can very helpful to run the Trance-Buster exercises with someone after doing a quick set-up. This assumes you have a safe container and environment already established.

Summary of the Set-Up

Helper asks the Individual to identify the event with a broad summary statement or “headline.” Helper asks the Individual to recognize how this event has been affecting them in the past. Helper asks the Individual to identify the level of stress they feel when they recall this event now. Helper gets the Individual’s agreement to run a process where they recall the event while staying present with the Helper now. Helper walks the Individual through a Trance-Buster Process. The Helper then checks in on how the Individual feels now about the event. Helper asks the Individual their post-process stress level.

The purpose of the “Stress Test” is to notice if there has been a shift in response. The goal of these processes is not to get the Individual’s stress level to zero. Some events will probably never have a “zero” stress response. It is simply a way to mark when a shift occurs, and bring that awareness to the Individual.

1. Ask for a one-sentence “headline” of the event. Further details are not necessary at this point.
2. Ask how the event has been playing out or affecting the Individual’s life. Just listen.
3. Express empathy and give encouragement.
4. Determine the level of stress the event evokes now.
5. Get agreement to run a process.

6. Run a Trance-Buster process: pick one yourself or, if they are familiar with them, ask them which one they would like to do:
 - I. Film-Clip Rewind & Jumble
 - II. One-Word Language
 - III. Mirror Hand Movement
7. Check-in on how the memory is after the Trance-Buster trauma reset.
8. Do another stress test.

Basic Script for Setting Up A Trance-Buster Process

You can just read these lines that will help an Individual reset a prior event.

1. "Give me a one sentence headline of the event. I do not need details at this point."
2. "How has that event been affecting you or playing out in your life?"
3. "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."
4. "When you think back on that event, what level of stress do you feel now, ten being the highest stress possible, zero being no stress at all?"
5. "Stuff happens. Stuff happens that affects our brains. Your brain is fine; it has just been affected by this stuff that happened, and we are going to address that now. Is that okay with you?"
6. Run a Trance-Buster process to do a trauma reset of the memory. When finished, continue.
7. "When you think back on that past event now, what do you notice?"
8. "When you think back on that past event now, what level of stress do you notice?"
9. "Is there another event you would like to process, or do you feel complete?"

Example of an Actual Process

Helper: "Give me a one-sentence headline of the event. I do not need details at this point."

Individual: "My mother beat me when I was five-years old."

Helper: "How has that event been affecting you or playing out in your life?"

Individual: "We were just playing as kids. I was pretty innocent. I think it has made it hard for me to feel good about my sexuality, and hard to trust myself."

Helper: "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."

"When you think back on that event, what level of stress do you feel now, ten being the highest stress possible, zero being no stress at all?"

Individual: "A nine."

Helper: "Your brain has been affected by that prior event because there's something alarming about it. Your primitive brain has turned on an alarm system, and until it knows that that prior event is resolved, and that you survived, it will continue to be on high alert. By doing this, your brain is doing exactly what it is supposed to, so that you can be safe and survive, and protect yourself and the ones you love."

"We will let your brain know that it is okay to turn off the alarm, 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?"

Individual: "That sounds great."

Helper: "We are going to do the Film Clip process. Get the event of your mother beating you when you were five clearly in mind, and you are going to watch it as a film on a screen in a theater. Start the film before she started beating you. End the film when it is over and you are safe. So you are safe before, and safe afterwards. Now break the film up into five segments, or scenes, like five film clips. Got it?"

Individual: "Yes, I think so."

Helper: "Great. Now see yourself watching the five film scenes played out on the screen in the theater. One, two, three, four, five. Did you see it?"

Individual: "Yes, I saw it."

Helper: “Now, watch the film play backwards. Five, four, three, two, one. Did you see it?”

Individual: “Yes, but you went so fast.”

Helper: “That is okay; you are doing fine. Now watch four, one, two, five, three. Got it?”

Individual: Nods their head “Yes.”

Helper: “Okay. Now two, five, one, three, four. Got it?”

Individual: “Yes.”

Helper: “Okay. Now five, four, three, two, one. Got it?”

Individual: “Yes.”

Helper: “Now, one, two, three, four, five. [Pause.] When you think back on that past event now, what do you notice?”

Individual: “It is like it is a distant memory. It almost seems like it is not real anymore. It almost seems silly now.”

Helper: “When you think back on that past event now, what level of stress do you notice?”

Individual: “It is more like a three or a four.”

Helper: “Is there another event you would like to process, or do you feel complete?”

Individual: “I think I am good for now. Thank you.”

Blocks to Healing

At Step 5, the Helper gets agreement from the Individual to go forward with the process.

If the Helper senses any hesitation, anything other than a full, “Yes, let’s do this,” stop and check in with the Individual. Make sure they are truly ready to release the present reaction they hold to the prior event.

Helper asks the Individual to repeat these variations, and see if one of them resonates:

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

If the Individual is not completely okay proceeding, the Helper ought to STOP and ask some questions before proceeding. Here are some examples:

- o Is it okay for you to heal from this event?
- o Are you letting anyone “off the hook” by your recovering and being able to remember this event from a neutral place?
- o Is it necessary for you to feel badly to punish anyone?
If so, how is that working for you?
- o If you recover fully, will that mean that what they did is okay? It will always be wrong, even if you are fully recovered, right?
- o 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 when you remember them, going forward? Do they want their memory to be a source of pain or joy?

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 completely okay with running the process. (We are not pushy around here around healing.)

EMERGENCY GROUNDING METHODS

Intense emotional outbursts are not uncommon when dealing with intense emotional experiences. It is essential that you have some emergency response methods at your disposal. I personally believe that any time anyone goes into a deep expression of grief or pain, they benefit from any kind of human comfort, which can take the form of a word, an acknowledgement of their pain, and even appropriate touch. Of course, always have permission from someone before you ever touch their body. Always ask for permission first. “May I put my hand on your shoulder?” “May I give you a hug?”

If you are helping someone and the Individual gets upset before, during, or after any process, crying, trembling, and so on, take immediate action to help them get grounded. Stop the process and ground the Individual before proceeding, which will clear any unwanted highly emotional charge. We are not in a rush.

There are two tried and true methods for helping people in those moments to acknowledge their emotional pain, honor it, and give it full expression, without disrupting the process. One I call the “Finger Squeeze.” The other, “Stand on One Leg.” They are grounding methods.

Finger Squeeze

Helper extends Helper's hands toward the Individual, with two fingers locked together, the pointer (second) finger and middle (third) finger, and instructs the individual to grab Helper's fingers and squeeze as hard as they can. The Individual needs to let all the painful energy flow out of their body and into Helper's hands and into the ground so Mother Earth can handle it. Have them do this until the Individual calms down.

Example: "Grab my two fingers in each of your hands, and squeeze as hard as you can. You will not hurt me. 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 or a pillow back and forth with the Individual while standing on one leg. When the Individual is calmed, resume the Trance-Buster process, if appropriate.

Maintenance

These processes do not require any maintenance. There is nothing you need to do to keep the trauma deactivated. The experience is one that lasts and the effects are permanent.

Follow-Up Can Be Helpful, But Is Not Required

For these processes to work, it is not necessary that the Helper be able to help the Individual find deep answers to the problems presented by the past event. It is not necessary that they forgive those involved. The Helper need have no therapeutic skills, no deep insights, nor any answers or solutions to any problem. These processes free the mind, which is a powerful thing by itself, and is often more than sufficient to resolve the unwanted effects of the past event.

After an Individual has completed the Trance-Buster process, and deactivated the trauma code, there are many things that can be done to address the prior event further. It is not the purpose of this short manual to outline those. Many E/I-Group protocols have ways to take resources back to the five-year old, for example; or bring support, and so on. Three helpful insights that are almost always applicable are these:

1. You survived, and have lived a long time!
2. There is nothing to be done about that now, because the event is over.
3. The event does not mean anything, unless you want it to.

After I did this Trance-Buster work, the various therapy methods I used became much more effective. There are many processes that incorporate similar techniques, some of which may have the effect of turning off the trauma reaction. Examples are EMDR, EFT, Imago Therapy, The Work of Byron Katie, cognitive behavior therapy, and even some forms of meditation.

References for more information about further resources may be found on our website: www.Trance-Busters.com.

EPILOGUE

After I made the film *Love Requited*, I had a session with Dr. Jon Connelly to address the lingering belief that my being gay caused my daughter's death. (I had already Trance-Busted the conversation itself.) He gave me a different perspective that changed my point of view, and that I have applied many times to other areas of my life. This is essentially what he said to me.

"When I was a little boy, I used to believe a little rabbit put a big bag on its back and flew around the world delivering candy and hiding eggs at Easter. I believed a man flew around the world on Christmas Eve and deposited gifts in every house on earth, because I was a child, and adults told me that was true.

"I now know that these are stories that were made up in the past.

"Now many people have been told stories, while they were children, about a God who is loving and kind, and yet cruel. Many people have not examined the stories from an adult perspective, but have simply accepted them and applied them to their life, almost without any filter or screen, in a childlike way.

"Now, if some guy was running around killing people's children because their parents were gay, we would all agree we would lock up that guy in prison and throw away the key.

"And yet, the idea that some loving God would do that, to try to help you or save you, is really a thought that does not deserve very much weight, and really should be ignored."

That simple reframe from this wise man has helped me enormously, not only in dealing with that issue, but with all issues related to religion and culturally accepted practices.

Other References About the Trauma Reset Code

I have since learned that these processes have been around for many years, in various forms, and did not originate with Dr. Connelly. They have been described on websites all over the world. Others present them on the Internet under the names the “Phobia Cure” and “Trauma Busters.” 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.

Further Reading

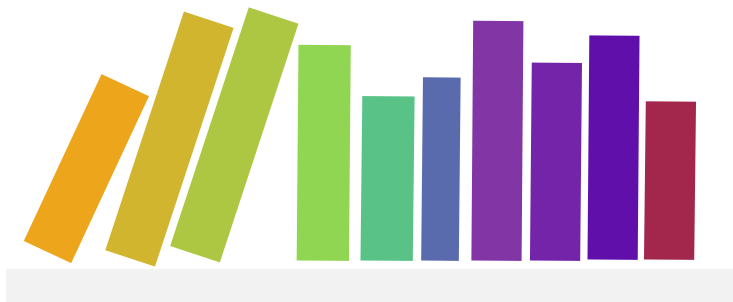
The “scientific explanations” for why these processes work come in part from these writings:

The Instinct to Heal by David Servan-Schreiber, MD, 2004.

Unlocking the Emotional Brain: Eliminating Symptoms at Their Roots Using Memory Reconsolidation by Bruce Ecker, Robin Ticic, and Laurel Hulley, 2012.

“The Fast Cure for Phobia and Trauma: Evidence That It Works” by Keith Guy and Nicola Guy. First published in the *Human Givens Journal*, Volume 9 – No. 4, 2003.

The Revolutionary Trauma Release Process by David Berceci, PhD, 2008.



About the Author

David Monroe is the Founder of IRUL LLC, and creator of IRUL Coaching. IRUL stands for “I Realize Universal Love.” David holds a Doctor of Jurisprudence from the University of Houston School of Law, and is a licensed Counselor at Law in California and Texas, where he has practiced business litigation.

He began studying energy healing work in the 1990s, and was one of the first in the world to be certified by Dawn Clark in her energy processes. In 2004, after attending an NWTA in October 2003, David took Ron Hering’s course in Accelerated Behavior Change from Robert Andrews in Houston, Texas. Since then, he has studied Rapid Trauma Resolution Therapy with Dr. Jon Connelly of the Institute for the Healing of Sexual Violence and the Rapid Trauma Resolution Institute; Shadow Work with Cliff Barry; Imago Therapy with Patrick Vachon; Psych-K with Bruce Lipton and Rob Williams; Byron Katie’s “The School for the Work”; various programs at the Monroe Institute in Virginia; and more recently with Carl Buchheit of NLP-Marin. David is a Master NLP Practitioner. He trained with the Office of the Mayor’s Crisis Response Team in Los Angeles. He was a licensed Christian minister for several years before attending law school. He has volunteered extensively with the ManKind Project, conducting and leading a variety of trainings.



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