

Transpersonal Psychology

Contact and Trance: from primary trauma to transidentification (in the memory archives the origin of our troubles)

Among the elements, which most characterized Biotransenergetics, we call identify contact and transe: two inseparable elements which alternate in a circular movement with no start and no end. Contact is our choice to accept and recognize the flow of forces in ourselves and around us. Transe is our conscious opening to the forces, letting them express themselves inside ourselves and trough us.

According to the Biotransenergetic's model, the human being is a living system, composed by a set of various organized vibrations which unceasingly move with their own rhythms, creating "waves". Such waves are in constant interaction, so every living thing: mineral, vegetable or animal, belonging to one or to other dimensions, to this or to other times, is strictly interconnected. In other words there is no separation but relation, Nevertheless the different speed of vibrations causes a different consistency of waves and this gives man the opportunity to distinguish matter from spirit, "creating" apparent separations, which , most of us, at the end, believe in. When the various energetic fields meet, the "contact" is fulfilled. It can carry when we say "yes", that is when we let the energetic field. Approaching us, intersect its movements with the one belonging to our vibrating field. Saying "yes", we open a way of communication and a way of exchange among the vibrating levels of those energetic fields and it is going towards that way that we live the "transe". As in nature everything is constantly in movement, each one is constantly in a state of transe, even if unconscious, because we constantly identify ourselves with a model, an idea or a mood. But this "identification" brings us off track, originating states of chronic transe.

The personal experience of the individual, starting from the primary interruption of the fundamental unity (i.e. the birth), is a set of rhythmic models, a set of vibrations which cover his totality and are kept in his evolutive memory. It is his answer to the originary interruption (primary transe) what determines the kind of reaction that lie will have anytime lie will be in danger of living experiences again, recorded in his memory as traumas. Such answer (chronic transe) is an automatism" through which we relate to various experiences of life always in the same way. It is a missed compatibility among the various vibratory levels which leads to a disharmonious state of transe, which is then pathologic and which will reveal itself in terms of conflict, illness, uneasiness, etc. Consciously living a state of transe allows not to identify oneself with the force one enters in contact with, being it ail emotion, a sympton, a memory or a spiritual guide. But it lets one transidetify itself, leaving the energetic flow, which brings information and evolutive comprehension of the harmonious force, flow inside oneself, until leading to a different organization of your vibratory field, with a consequent ransformation of the consciousness state.

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