



WAKING UP

The process of keeping up with our personal potential is one of being as awake as possible. In his book, “Waking Up in Time,” Peter Russell makes reference to a cultural trance induced by our families of origin and other adults that were influential in our youth. Referencing a process of waking up in time he says:

“If we are to deal with the root cause of the crises now confronting us, we must awaken from our trance and regain a fuller contact with our own inner wisdom. We need the cultural equivalent of de-hypnosis.”

This theme is reinforced by psychotherapist Milton Erickson who used hypnosis as a therapeutic tool in the pursuit of having a client wake up to his potential. Dr. Erickson when being interviewed was asked what it was like for a person to be in the deepest trance possible. His answer: *“The deepest trance a person can get into is the one he is already in.”*

He proposed, as does Peter Russell, that we are mostly living in a trance induced by our culture, our family of origin, and our educational and organizational systems. To heal and to grow is to come out of a “consensus trance”. By consenting to live with the predominance of right-brain skills and childhood memories which is fairly standard in our culture, we close ourselves into a narrow channel of thought. When we are able to step out of the logic box and access some of the qualities of left-brain function such as imagination, global thinking, and spontaneity, a new world opens up. As we expand our awareness, we awaken into new and expansive possibilities.

— Dan Petersen