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*Tim Murphey*

## Have You Realized Yet What Trance You Are in Right Now? Brain-Rainbowing about Trances

When I was a teenager, I fooled around a bit with recording equipment. I had a friend who had a fantastic 8-track recording machine (highly advanced for the times). Just for fun, we once recorded different soundscapes on each track. A horror movie track on one and laughing on another. We added a complaining track, an angry track, an animal-sounds track, a car track, and—oh, I think we read a school textbook into one. And we sat there in front of the control board and pushed the volume controls up and down and listened to how it sounded when you had animals mixed with anger, or laughing and horror. We then turned them all up at once and tried to just listen to one and not be distracted by the others. It was not easy, and weird.

That night, I think I had the worst nightmare in my life. I couldn't turn off all the tracks in my head!

I woke up in a cold sweat. It was as if I was in a Stephen King book and couldn't get out. And I bet you are wondering what I did the next day in that studio.

Our minds are something like a multi-track recording device which is often recording new tracks and at the same time replaying old ones, sometimes on purpose and intentionally, and sometimes because they have been turned on by different stimuli (anchors) in our environment. That is, both the old tracks can be turned on and the present high-fidelity recording mechanism can be turned on. Sometimes we barely hear the old ones and yet they can guide and greatly influence the “present time” recording. (Before digital recording, we often talked of tracks “bleeding” onto each other.)

In his book *Trances People Live* (1991), Stephen Wolinsky describes our (un)consciousness as a series of trances that we regularly go through. He says that every reality that we frame is simply another