



Hamand Vaid: Somatic Trances - A Hypnotic Seduction of the Self



With a strong background in hypnotherapy and osteopathy, Hamand specialises in the interaction between hypnosis, somatics and linguistics to affect altered states of consciousness. Through the application of micro-muscular tracking, his focus for the last decade has been the development of memory removal techniques for military veterans and first responders presenting with PTSD. Discover the difference between trance and hypnosis, and embody hypnotic trance as you deliberately narrow or widen your mind's attention.

TOP EMBODIMENT TIP: Rather than changing the technique or your feelings, what can you do to influence the context.

Breathing: **The idea of going to a therapist and “taking a deep breath” is wrong.**

- You shouldn't have to force your inhale.
- Take short inhales, be forceful when you exhale.

Difference Between Trance and Hypnosis:

- **Trance is simply a narrowing or widening of attention.**
- Trance can exclude other information.
- **Hypnosis** is a practitioner led process where the client can go into a trance or not.

Trance: **We go into a trance almost daily simply by narrowing our focus and excluding ambient information and/or context.**

- We can use the example of watching a movie on TV. We know the image is made of little color dots (pixels), we know who the actors are in real life, and we know the characters in the movie are not real.
- But, for a moment in time we are able to block out all that other information and focus on what is in front of us on the screen to make the characters real, the story real - **we have narrowed our focus.**

Resources

- ❖ **YouTube:** [Hamand Vaid, "The Somatic Essence of the Hypnotic Experience"](#)
- ❖ **Facebook:** [Hamand Vaid](#)
- ❖ **Other:** [The Photogenic Cannot Be Tamed: Margaret Mead and Gregory Bateson's "Trance and Dance in Bali"](#)



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Dylan Newcomb, [UZAZU Embodied Intelligence](https://uzazu.org)



Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

UZAZU Embodied Intelligence gives you a clear, integrative model & method for understanding how STATES work: how to identify State Imbalances and how to rapidly shift & re-pattern them, using a set of simple postures & movement patterns. As a Helping Professional, UZAZU gives you a **comprehensive, highly adaptable, embodiment-based methodology** for effectively working with clients on almost any issue—in a way that easily integrates with and amplifies the potency of your existing skill sets.

UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients.

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UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. **Visit [Uzazu.org](https://uzazu.org) for details!**