

BRAZILIAN SPIRITIST FEDERATION  
Mediumship: Study and Practice  
Program 1

Module II – The Basis of Mediumistic Communication

# TRANCE

## TOPIC 2



# TRANCES

**1. Concept of trance**



**2. Degrees of trance**



**3. Types of trance**

# TRANCES



**Emmanuel tells us**



**(...) We are all mediums operating within the mental field that is appropriate to us: associating with edifying energies if our thoughts flow in the direction of the superior life, or disturbing and depressing ones if we submit to the shadows of a primitive and tortured life.**

*XAVIER, F. C. In the Domain of Mediumship –Introduction, SAB.*

# TRANCES



(...) In order for a spirit to be able to communicate, there must be between it and the medium certain fluidic combinations, which are not always immediately established.



It could also be that the longed-for spirit is not in a favorable condition to communicate in spite of actually being present , or that it is neither able nor permitted to respond to the evocation. (...).”

# 1. Concept of trance

The word trance is generally understood as any change in the state of consciousness.

Trance can be considered "(...) a special state between wakefulness and sleep, that somehow opens up the doors of sub-consciousness (...)."

CERVINO, Jayme. *Além do inconsciente*. Chap. 1, it. Trance.

## 2. Degrees of trance

Superficial - or conscious

Deep - unconscious or somnambulistic

Between one and the other state there are numerous gradations that characterize partial or semi-conscious trance.

### 3. Types of trance

Pathological trance

Spontaneous or natural trance

Caused or induced trance