

Trance Type	Date	Jrnl?	Thoughts
Conversation Trance			
Rehearsal Trance			
Skill Practice Trance			
Review Trance			
Empathy Trance			
Self-Exploration Trance			
Self-Suggestion Trance			
Metaphor Trance			
Applause Trance			
Awareness Trance			
Healing Trance			
Clairvoyant Trance			
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