

THE
DAVIS FOUNDATION

FOR PROVIDING
EMOTIONAL COMFORT

Letter of August 27, 2003

Dear Reader,

When people begin doing self-hypnosis, they are often curious as to how an Inner Guide will manifest itself. Will it show an image of itself, or reveal the name it has chosen? Will it communicate with finger signals, automatic handwriting, and/or inner thought? If so, will it answer questions? How long will it take before these things begin happening? If an Inner Guide doesn't do any of these things, how will one know that it is developing?

For some people, communication occurs fairly early; for others, the Inner Guide works silently for a long time. Why don't all Inner Guides communicate early on? There are a number of reasons. Inner Guides need to keep people mildly disequibrated much of the time, because this expedites progress. One effortless way of providing disequilibrium is simply to keep a person in suspense. The person wonders, "Will my Inner Guide show itself?" and, "When?" and "How?" This silence on the part of an Inner Guide is possible because much of its work can be done without direct communication.

An Inner Guide searches one's memory bank for the genesis of a given problem, then searches for the true solution. For some problems, the true solution simply involves realizing something, such as "That was in the past, it is no longer relevant, I don't have to be anxious/angry/sad anymore." This kind of true solution requires only that the Inner Guide work to bring it into awareness. That work will take some time, but as the knowledge comes into awareness the anxiety/anger/sadness abates.

For other problems, the true solution involves, not realizing something, but changing a behavior; as when a sedentary person begins exercising, a disorganized person begins to tidy up, or an overweight person begins to diet. Here, the Inner Guide is influencing behavior, and an individual may sense that he or she is being moved by it.

Influence is also necessary when the Inner Guide wishes to protect an individual from other people or specific situations. Although an Inner Guide may choose to warn a person directly, this is not necessary. The person may simply feel moved to withdraw from situations of potential danger, or from unpleasant interactions that he isn't obliged to participate in.

If the Inner Guide's work can be done without direct communication, why does it more often than not choose to converse with us? By doing so, it enhances its own strength and efficacy because communicating with finger signals or handwriting involves sensation, which expands its own pathways, just as our sensations expand ours.



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Also, direct communication, whether by words or images, often provides a greater impact on us than would indirect influence. The stronger the stimulus, the more it helps us to achieve changes.

In addition, there are times when providing us with information rather than simply influencing us to behave in a certain way gives us more autonomy. Our Inner Guides have no wish to take over and live our lives for us.

When will the Inner Guide use influence, and when will it communicate directly? If we wish to diet but can't seem to, it won't help for the Inner Guide to tell us to. Instead, it exerts its influence to cause us to begin. But if it perceives a danger that we can deal with if we become aware of it, it can inform us, and we can then take action, ourselves.

When communication is optional, the Inner Guide decides based on what will best maintain either the optimal stimulus level, or the state of disequilibrium that will most effectively facilitate change.

Occasionally, a person's Inner Guide may determine that it would be best to work silently for a long time. This choice is made when it will most efficiently allow an unwanted or harmful character trait to change. For instance, a woman with a genetically determined inner instability who had been very dependent on others because of it, hated this need and longed to be independent. Her Inner Guide realized that if it communicated with her, it would represent one more "person" on whom she needed to depend. Instead, it worked silently to strengthen her. When her fragility disappeared, she experienced the joy of being independent for the first time. Another example: a man who was very timid and *wanted* to depend on others to speak for him was able, as his Inner Guide worked silently, to gain confidence and speak for himself. His Inner Guide deliberately remained silent in order to allow him to find his own courage. After this problem had been solved, his Inner Guide began communicating with him.

Whether or not your Inner Guide chooses to communicate with you, you will become aware, as you experience various changes that increase your comfort and enhance your capabilities, that it is hard at work on your behalf.

QUESTION:

Several readers ask, "What is the difference between meditation and self-hypnosis?"

ANSWER:

There are two differences. First is the method. When people meditate, they often use guided imagery, or repeat a word or phrase over and over. These techniques would interfere with self-hypnosis, during which our goal is to diminish both external and internal stimuli as much as possible. We focus on a spot that, because it is unchanging, loses its stimulatory capacity, allowing our wish for the Inner Guide to become the strongest stimulus.

The second difference has to do with what we wish to develop. People who meditate may be seeking any number of results: to feel a sense of peace, to change a habit, to connect with a spiritual entity, or to develop an "Inner Advisor" that can be consulted for advice. With self-hypnosis, we seek a very specific entity: the Inner Guide. We want it to grow and develop, and

we know that it is composed of three (and only three) things: the mental pathway consisting of experiences of comfort, a sense of its own identity, and the wish to help us. It doesn't exist primarily to answer our questions. Its purpose is to solve all of our unwanted disequilibrations so that we achieve maximal comfort. An "Inner Advisor" may answer questions that are put to it; but the Inner Guide, having access to our entire memory bank, knows better than we do what our problems are and how they can best be solved. It follows its own agenda. A reader who recently established contact with her Inner Guide through finger signals asked it to repeat the signals. It chose not to, informing her through inner thought, "I'm busy."

I welcome your questions and comments, and will publish as many of them as possible. I look forward to hearing from you, either by post or at info@davis-foundation.org. If you would like to be anonymous, just let me know.

Cordially,

Judith M. Davis