

THE
DAVIS FOUNDATION
FOR PROVIDING
EMOTIONAL COMFORT

Letter of September 24, 2003

Dear Reader,

Once a person has learned how to do self-hypnosis, the next step is to establish a regular schedule for it. Although the ideal would be to do it daily, many people don't have that much discretionary time. And if we try to fit it in when there really isn't time, it won't work. Nor should we try to plug it into what would otherwise be necessary leisure time. It isn't healthy to deny ourselves those pleasures. Despite our busy lives, most of us can find a time to do self-hypnosis several times a week on a more-or-less regular schedule.

Some prefer not to. They would rather do it when the mood strikes them. This is, indeed, one of the best times to do self-hypnosis, because the impulse at these times arises from a problem that needs to be solved. This may not always be evident. For instance, you may think of it at a time when you are relaxing, perhaps sitting back on the couch after a meal. You may not be thinking of any particular problem at that point, but may simply want to augment the sense of relaxation that you are feeling at that time. But, out of awareness, problems that have been on the back burner during the day are now more likely to surface. Your desire to augment your relaxation is, in fact, a reaction to the subliminal awareness of imminent discomfort. Self-hypnosis done at such a time addresses the problems that are emerging.

At other times, you may be all too aware of a problem for which you don't have a solution at hand. This may coincide with a setting in which you can do self-hypnosis. Once you have had some practice, you will be able to do it not only when you are alone, but also if others present are not interacting with you. Your Inner Guide will work on whatever problems are causing the greatest disequilibrium at that time. Will a specific problem be solved that quickly? It depends on the significance of the problem.

For example, a businessman frequently has problems with personnel, and often feels unsure how to deal with them. Often, one self-hypnotic session in the privacy of his office provides a solution. His Inner Guide works silently. It doesn't tell him what to do, but at the end of a self-hypnotic session, he feels an answer enter awareness. Yet despite all of this help, he continues to find himself unable to lose the many extra pounds that he carries. He knows that he should diet and exercise, but isn't able to begin. Why, he wonders, doesn't self-hypnosis help him with this problem?

The more important and momentous a change, the more disequilibrating it is. An Inner Guide must repeat the solution over and over until its novelty wanes sufficiently for it to enter awareness. The solutions to the businessman's minor dilemmas at the office are available relatively quickly, whereas the resolution to his physical condition will take longer.



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Doing self-hypnosis for help with specific problems that we are aware of will yield answers sooner or later. But the unique benefit from developing an Inner Guide is that it will solve problems that we don't even realize we have.

For instance, the businessman isn't aware that he is hampered by a lack of assertiveness. His approach to solving problems is reactive rather than proactive. In fact, he avoids perceiving and facing problems whenever possible, and reacts with surprise when one becomes inescapably obvious. He thinks that this is the way life is. His Inner Guide has identified the source of this problem and has also found the solution. It needs only to repeat this solution many, many times in order to diminish its novelty sufficiently that it can enter awareness. Why is the solution so overwhelming? Because it will completely change this man's approach to life and, in so doing, will solve many of his chronic disequibrations. And as this occurs, he will become emotionally comfortable, and very much more productive and creative.

This kind of major change can be completed only if self-hypnosis is done regularly for quite some time. Establishing a schedule will help one develop the habit. In the beginning, people often find that a schedule that they think will work for them does not. If this has happened to you, just try again. You will find something that works.

Even when we are not doing self-hypnosis, our Inner Guides are working on our behalf. They have identified the sources of our disequibrations, determined the best solutions for them, and are constantly repeating these solutions so that we may become aware of them. The reason that self-hypnosis is necessary is that when an Inner Guide is dominant, it feels real and experiences sensations. This greatly magnifies the effects of its repetitions, because the reverberations of a sensation are much greater than those of a thought.

QUESTION:

A reader asks, "How is the self-hypnotic state differentiated from a little nap?"

ANSWER:

When we fall asleep, the reason is because the body's physiologic need for sleep has become the strongest stimulus at that time. If we are tired and need sleep, but want or need to stay awake for some reason, those stimuli can over-ride the stimulus for sleep for quite some time. If we have gone to bed, however, the darkness and quiet provide minimal external stimulation, and as the internal stimuli of our thoughts and feelings lose their novelty, the stimulus for sleep prevails. During the self-hypnotic state, we may lose awareness, but the Inner Guide remains aware and the body is not physiologically asleep. Coming out of a self-hypnotic state during which we have lost awareness feels a little different than waking from sleep. It feels more sudden. That is because the body has been awake all along.

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

Volume 1 Number 20

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