

THE  
DAVIS FOUNDATION  
FOR PROVIDING  
EMOTIONAL COMFORT

Letter of October 22, 2003

Dear Reader,

Some people who contemplate doing self-hypnosis wonder whether it might unleash a negative force. Might an Inner Guide turn into something bad? Might it do things that are wrong? Might it be hurtful rather than helpful?

No. An Inner Guide is composed of only three things: the memory pathway of all one's experiences of comfort, a sense of its own identity, and a wish to be helpful. It is, by definition, a good thing.

An individual who has Dissociative Identity Disorder, formerly known as Multiple Personality Disorder, should not attempt to develop an Inner Guide outside the context of a therapeutic situation, because if she were to enter the self-hypnotic state, one of her negative alters might emerge. Fortunately, people with this disorder would not initially want to develop an Inner Guide, because they would be afraid of the idea. Only after certain therapeutic objectives had been attained would they be ready. For all others, self-hypnosis is a safe technique.

We actually bring an Inner Guide into existence the first time we wish for one, before we even do self-hypnosis. How can this be? Most things cannot be gained just by wishing for them. But in the mind, it is possible to create a paradoxical situation that causes the creation of a new entity. I will summarize the theory that explains this, which is detailed in my soon-to-be-published book.

Each time the mind perceives a stimulus, it searches for a response to it. If a satisfactory response, a *true solution*, is at hand, the mind matches it with the stimulus and the disturbance ends. The problem is completely solved. For example, if one is hungry, the availability of food is a true solution. If one who is hungry must cook a meal, cooking is a *partial solution*, because the individual must wait a bit before the meal is available. If, however, there is no way to get food, as the hunger becomes unbearable the mind will create a *false solution*. A starving person may hallucinate food. In the mind, a double pathway has been formed. In one branch, the individual, out of awareness, continues to suffer; while in the other branch, he "sees" food. Not all false solutions are the result of desperate circumstances. They occur whenever the false belief is less disequilibrating than the reality. We see many evidences of false solutions all the time. Whenever we deny something, we have chosen a false solution. (Denial does not mean trying to push something away; it means that something is totally out of awareness. For instance, many people may deny the significance of a physical symptom that should require a call to the doctor.)



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All of our memory pathways are associatively related to our own sense of identity. If we wish for something that isn't part of our identity, an "Other," and if at some moment that wish becomes the most disequilibrating stimulus, the mind will match this disturbance with a false solution: an "Other." The Inner Guide is an "Other." But, once having come into existence as a false solution, it simultaneously becomes a true solution because it is a response to the wish. Hallucinated food remains a false solution because it cannot be eaten, but the Inner Guide is a true solution, because it exists, in reality, in the mind. People who seek various inner entities through meditation will acquire them by the same mechanism.

But what if a depressed person contemplating suicide wished for an inner entity to help him kill himself? Wouldn't that be dangerous? No, because when a new entity is created, it doesn't yet have the capacity to act. The depressed person would seek treatment, recover spontaneously, or kill himself of his own accord long before his new entity would be able to participate. So, too, with an angry person's wish for help in harming others. And, a person set upon such a course of action would be unable, or disinclined, to do the self-hypnosis necessary to develop a new entity's capacity to participate.

So although we may wish that we could develop an Inner Guide more quickly, there is a silver lining. The slowness of the process of developing *any* new entity with this technique ensures its safety.

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*QUESTION:*

"I already meditate, and I have had communication from an inner helper before. How can I tell whether an Inner Guide is any different?"

*ANSWER:*

Many people have developed various entities through meditation, which is similar to self-hypnosis. These entities, if active over time, have developed a sense of their own identity, and they have been created in order to help. The difference is that the Inner Guide is composed of these elements plus the pathway of moments of regained comfort. This is why it has the ability to solve all of your disequilibrations and help you achieve maximal emotional comfort. Any communication you receive will be from the entity that you are evoking during a given meditation or self-hypnotic session.

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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](mailto:info@davis-foundation.org). If you would like to be anonymous, just let me know.

Cordially,

*Judith M. Davis*