

THE  
DAVIS FOUNDATION  
FOR PROVIDING  
EMOTIONAL COMFORT

**Letter of December 31, 2003**

Dear Reader,

It has been almost a year since the Davis Foundation began its first project. Some of you, as participants, are familiar with its structure and goals but for those who are not I will review them. People who want to participate in the project learn self-hypnosis with me during a session at my office, and then begin practicing it at home. They receive the biweekly Letter to provide support and encouragement and once a month they receive a brief questionnaire asking about their progress. When they return it to me, I send a reply. We would like to learn whether this arrangement provides enough encouragement so that participants can persist in doing self-hypnosis. We would also like to know what kinds of experiences participants have as they develop their Inner Guides and what changes they achieve.

I can now report some preliminary results. There have been twenty participants so far. They began at various times throughout the year, some almost a year ago and others as recently as last month. All participants were able to learn the technique during the office session with me. When they began at home, a few were initially unsure whether they were doing it correctly, but with some additional explanation, and as they persisted, they became comfortable with the technique.

Six were not able to persist in doing self-hypnosis at home and they dropped out. Of the fourteen who have continued, seven have been able to either establish a regular schedule for doing self-hypnosis or to do it several times a week without a structured schedule. Five have done it sporadically and information is not yet available for two who began recently.

All who have been able to do self-hypnosis regularly and some who have done it sporadically have experienced activity of their Inner Guides. Of the four who haven't, two have done self-hypnosis infrequently and the other two have begun within the last two months.

For two participants, the Inner Guide has worked silently so far, helping them to feel less distress during troubling situations and calmer in general. For eight, the Inner Guide has been very evident, conversing with them directly. Some participants heard from their Inner Guides very soon after beginning self-hypnosis. This occurred with all of the participants who had previous experience with meditation.

Most commonly, the contact is by inner thought. Several are communicating with finger signals and a couple also with automatic handwriting. A few participants have learned specific information about their Inner Guides: either a name and/or a physical description.

In addition to feeling calmer, people have been helped in a variety of specific ways. Increased relaxation has included relief of pain from tensed muscles. Some who wish to



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eat more healthfully and to exercise have been moved to do so. Those who have been “workaholic,” “driven,” or “over-scheduled” have been helped to slow down and to feel more patient. Some who have felt “scattered” have become more focused. Resistance to doing chores has been lessened and some describe acquiring more self-discipline. Difficult decisions have been made more easily and calmly. Unpleasant situations have been avoided. Relationships have improved. Some participants have exchanged what they felt to be wasteful leisure activities for pleasures that they care more about and enjoy greatly. The Inner Guides of some have given very specific advice about how to handle difficult situations at work. And at times they have pointed out self-damaging behaviors that a participant was unaware of so that he could stop and think about them.

How is an Inner Guide experienced? Sometimes directly, as when it answers questions or gives advice. But more often people simply find themselves doing the right or healthy thing for themselves. The dieter doesn’t mind choosing a healthy snack rather than a fattening one. The sedentary man doesn’t mind taking a walk rather than watching more TV; as a matter of fact, he enjoys his walks. The person who is about to make a wrong choice finds herself pausing and then making the right one.

These are some of the results that participants have achieved in a year or less. As they continue, they will become increasingly comfortable and satisfied with their lives.

We note that all participants who had previously meditated established contact with their Inner Guides early on. Because they were already familiar with the concept of another internal entity, the prospect of developing an Inner Guide was less disequilibrating for them. This allowed it to enter awareness sooner. But whether or not an Inner Guide has established communication, it is working equally effectively behind the scenes.

Although the majority of participants so far have begun achieving results, we will need to develop new ways of helping those who have difficulty continuing with self-hypnosis, and we hope to further our understanding of the conditions that best facilitate progress.

All of us at the Davis Foundation wish you a productive, enjoyable, and comfortable New Year.

*QUESTION:*

“I have given my Inner Guide a name but she doesn’t respond to it. Why not?”

*ANSWER:*

You can’t give your Inner Guide her name. She has chosen it herself. She may or may not want to reveal it to you at this time. It will probably be a name that would not have occurred to you.

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*

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