

THE
DAVIS FOUNDATION
FOR PROVIDING
EMOTIONAL COMFORT

Letter of December 29, 2004

Dear Reader,

As the year ends, we can review the results to date of the ongoing project in which many of you are participating. As a reminder for those of you who are not participating, the Davis Foundation initiated this project to learn whether people who are not my patients can learn the self-hypnotic technique easily and persist with it independently. We can also learn more about the kinds of experiences that people have when they develop an Inner Guide. The protocol is as follows: each participant learns about the Inner Guide and how to do self-hypnosis in one session with me. They then receive the biweekly Letter that provides additional information and hopefully serves as a stimulus to continue doing self-hypnosis. Once a month they receive a brief questionnaire to be returned, to which I send a brief reply. These supports continue for a year, or longer if the participant wishes.

At this point we have had sixty-five participants. Six have finished, twenty-seven are part way through, and thirty-two have dropped out.

Of those who dropped out:

- Seventeen never responded to the questionnaires although two of them had powerful experiences during their first self-hypnotic session in the office. One received the solution for the problem that was most troubling to him and the other felt the presence of his Inner Guide powerfully.
- Two decided that the theory of the Inner Guide conflicted with other beliefs that they had and chose not to continue.
- Seven were unable to establish a routine for doing self-hypnosis
- Six stopped returning questionnaires after several months despite having experienced changes, some quite dramatic. One reported contentment and felt no need to continue. Another described relief from a lifelong feeling of intense guilt. The third, suffering from performance anxiety, experienced a feeling of great calm and confidence during a performance. The fourth had a number of helpful conversations with his Inner Guide. The fifth found himself eating more healthfully, drinking less, and exercising more. The sixth had a phobia solved and an insight that solved a major problem. These people will miss the benefit of additional positive changes unless they are continuing with self-hypnosis on their own.

Six who have completed the year in the project have found their Inner Guides to be very helpful and feel able to continue self-hypnosis independently.

Four participants who began over a year ago are continuing in the project beyond one year because they are benefiting from the additional support. Three of the four have



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done self-hypnosis very irregularly (often just two or three times a month). Three of the four have achieved some initial changes but need more time in the study in order to progress.

Of the twenty-three who began less than a year ago and are continuing in the project:

- Twenty-two have experienced positive changes although one of them attributes this to meditation, which she practices simultaneously.
- One has been unable to establish a routine.

To summarize:

- thirty-one (48%), either finished or continuing, have had positive changes,
- two (3%) are continuing despite the lack of change so far,
- six (9%) dropped out having had some changes, and
- twenty-six (40%) dropped out without experiencing any results.

Several people who dropped out had been practicing meditation. Two of them reported stopping self-hypnosis because they preferred meditation. However, once brought into existence, an Inner Guide will continue to be active whenever an individual is in an altered state similar to self-hypnosis. As these individuals continue to meditate, their Inner Guides will work on their behalf and cause positive changes just as if they were still doing self-hypnosis.

Of the thirty-one participants who have finished or who are experiencing positive changes, fifteen communicate with their Inner Guides by finger signals, automatic handwriting, or inner thought. Two more participants feel that their Inner Guides communicate with them by giving them a strong sense that they should do certain things. For example, one person felt a strong urge to look up a specific website where she found some helpful information. (Her Inner Guide apparently recalled some information about the website that she had previously seen.) Sixteen people have not established communication with their Inner Guides yet experience positive changes.

Participants have described an easing of tension, disappearance of uncomfortable habits, improvements at work, increased comfort in relationships, newfound motivation to live more healthily, more ease in navigating the tasks of life, and increased creativity. Those whose Inner Guides are communicating with them receive answers to questions and direct assistance in making choices.

Those who have maintained a regular routine for doing self-hypnosis for the year of the study have experienced significant changes and they can look forward to many more as they continue.

QUESTION:

I have an image of my Inner Guide but I seem to have images of other guides, too. Is this normal?

ANSWER:

Yes. Occasionally an Inner Guide will project itself in a different form in order to solve a specific problem. For example, one person's Inner Guide took the form of a very assertive man in order to solve a problem with timidity. An Inner Guide's true appearance is a representation of one's ideal self, or of a loving helper.

Although my book, *Emotional Comfort: the Gift of Your Inner Guide*, is not yet in the bookstores, it is available from Wilder Press. Those who want to purchase it now can do so by writing to Wilder Press, P.O. Box 57419, Chicago, IL 60657. The soft cover costs \$14.95 and the hardcover \$19.95.

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

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