

THE  
DAVIS FOUNDATION  
FOR PROVIDING  
EMOTIONAL COMFORT

Letter of March 22, 2006

Dear Reader,

When doing self-hypnosis, once you have entered the state you are free to think about whatever you want to. You may think about your work, your friends, what you will have for dinner, you may daydream, or you may simply let your thoughts wander. You may or may not lose awareness depending on the number and intensity of stimuli that are registering out of your awareness. It doesn't matter what you think about because your Inner Guide is working its own mental pathway, separate from yours, to unlock old habit patterns, replace them with new solutions, and bring those solutions into your awareness.

However there is one type of train of thought you may follow that can enhance your Inner Guide's work. You can choose a particular type of distress that you are currently experiencing: a painful emotion, an unwanted habit, or a particular problem that you need to solve, and fantasy that you are free of this situation.

Someone who is depressed because she has lost a friend can imagine, while in self-hypnosis, that she has found a new friend. If she feels angry because someone has treated her badly she can develop a fantasy that she has responded effectively and can forgive, and perhaps even help, the perpetrator. If she feels anxious about an upcoming performance she can practice it in her mind and imagine doing it perfectly and calmly.

A person who wishes that he could stop procrastinating can imagine getting something done on time, or even ahead of time. Or if he is compulsive he can create a fantasy that he relaxes. One who wishes to lose weight can think about having lost it. A smoker can imagine having stopped.

If you are concerned about your finances you can imagine that you have acquired the wherewithal to pay for everything. If your job is insecure you can think about performing so well that you will be considered indispensable or about getting a better job elsewhere. If your child is unhappy because she feels unpopular you can imagine helping her become a star.

How can all this imagining help? We know that we have created an Inner Guide by understanding its definition and wishing for it because wishing for something within the mind will bring it into existence. But we know that wishing, alone, doesn't make things come true outside the mind.

The Inner Guide performs four steps to solve problems and end discomfort. First it searches the memory for the origins of problems and then accesses *true solutions*. It completes these first two steps within moments of having come into existence. In the coming weeks and months it creates *complex stimuli* to unlock unwanted habit patterns and replace them with the true solutions. Finally, it works to bring these new solutions



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into awareness. It does so simply by repeating them until their novelty wanes because a new solution is initially too overstimulating to enter awareness.

Although an Inner Guide constantly repeats new solutions its effectiveness is magnified by the self-hypnotic state because, in this state, it feels physically real. Thus the element of sensation accompanies its thoughts, which greatly amplifies their reverberation. Only under these conditions are the repetitions sufficient to cause a new solution to enter awareness.

If, while in self-hypnosis, one simultaneously imagines that a problem is solved, or a fantasy that is associatively related to a problem's solution, additional reverberations occur that further extend those of the Inner Guide. In this way one's imaginings augment the Inner Guide's effort to decrease the novelty of new solutions.

I have previously said that it doesn't matter what you think about while in self-hypnosis because your Inner Guide's work is done independently in its own mental pathway. But imagining the solution to a specific problem can slightly augment its activity.

Does this mean that "going deep" is actually less helpful (because one isn't fantasizing during that time)? No, because the fantasy will be brief. Its novelty will quickly wane because your mind will seek new stimuli to maintain an optimal stimulus level.

There is one type of imaging that can be more prolonged: practicing a skill. One can imagine playing a piece of music or running a race. Some musicians and athletes actually enter a self-hypnotic state while performing. They have developed a new mental pathway that becomes dominant and executes with the utmost concentration, skill, and pleasure.

Perhaps you will find it difficult or impossible to imagine a state in which a problem has been solved. This will not greatly slow the process of problem solution because, even if you were able to help, your Inner Guide would do most of the work. All that is necessary is for you to do self-hypnosis regularly.

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*QUESTION:*

How can I try to "go deep?"

*ANSWER:*

"Going deep" isn't something that you can control. Whether or not you go deep on any given day depends on the number and intensity of stimuli that you are experiencing out of awareness. When it happens, it does indicate that you are comfortable relinquishing control to your Inner Guide. This is a sign of health. But because your Inner Guide works just as effectively whether or not you have gone deep, you need not be concerned if it doesn't occur.

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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