

THE
DAVIS FOUNDATION

FOR PROVIDING
EMOTIONAL COMFORT

Letter of May 31, 2006

Dear Reader,

How can we further help our Inner Guides help us? As we know, an Inner Guide's work occurs in four steps. The first step is to search the memory bank for the early origins of our discomforts and the second step is to access true solutions for them. An Inner Guide completes steps one and two within a minute after coming into existence because, out of awareness, it works extremely rapidly. The third step is to create complex stimuli that will unlock the old, maladaptive habit patterns and allow the true solutions to become locked in. This takes longer. The fourth step, which takes the longest, is to bring the new solutions into awareness. This work can be performed effectively only during self-hypnosis. That is why it is so important for us to practice self-hypnosis regularly.

The more time we spend in the self-hypnotic state, the "trance" state as hypnotists call it, the more work our Inner Guides can do and the sooner true solutions will become available to us. But we have only so much time during the day. Some people are able to do self-hypnosis every day while others do it only once or twice a week. How can we get more trance time in without interfering with everything else that we need and want to do?

Now that you have gained confidence that you can enter the self-hypnotic state, you can learn how to go into it instantaneously by linking it with a signal of your choosing. This can be a hand signal, such as touching your thumb to your index finger. Or you can focus on any object that is available, just as you have focused on a spot while learning. Or you can inhale deeply and pay attention to that sensation. Any signal that can be given quickly and inconspicuously in any situation will do.

Now, when you do self-hypnosis, give that signal as you focus on your spot. It will become linked with the entry into the self-hypnotic state and soon you will be able to enter trance just by giving that signal.

We can fit self-hypnosis in effortlessly during the many small lulls that occur during the day. When we are in bed and ready to go to sleep we can enjoy the relaxation that we will feel as we give our signal and enter trance. If, when we wake up, we don't need to get up immediately we can go into trance. If we lose awareness we will "come out" at the right time.

If you use public transportation you can give the signal as you sit down in the bus, el, or train. You will probably maintain awareness in those circumstances but if you don't, your Inner Guide is still aware and won't allow any mishap to occur. You won't lose your purse or wallet and you won't miss your stop.



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There are many situations in which you can enter a trance that is so light that it is virtually imperceptible. It won't interfere with your attention. You can be in trance while listening to music or watching TV. You will still be aware and able to enjoy what you are hearing or watching. You can even go into trance standing up: while waiting in line or riding in elevators.

Some athletes and musicians have found that their performance is enhanced while they are in trance. Although they don't have an Inner Guide (except for the musicians who have learned about it from me) they have developed an inner entity that helps them perform better. Remember that if one wishes for something within the mind it will come into existence. Then, during self-hypnosis, it can work for one's benefit.

Many of you perform in one way or another. You may enjoy sports or music. You may give presentations at work or speeches. Your work may involve intricate manipulations or acts that require good coordination. You can wish for an inner entity that will help you do these things as well as possible and then go into trance as you are doing them. This entity will be separate from your Inner Guide. It will help you with the specific task at hand.

But wouldn't an Inner Guide help with all of these things? Yes, but because the significance of its activity is more overstimulating its effects take longer to enter awareness. Wishing for a specific inner entity to perform a discrete task is less so. You may experience its effect sooner. But meanwhile your Inner Guide will continue to work to end all discomfort and enable you to be more competent at all that you do.

QUESTION:

How can I rely on my Inner Guide when she doesn't feel like something entirely real?

ANSWER:

Your Inner Guide is as real as you are but because she is new she hasn't had enough time yet to prove herself to you. As you begin to see the effects of her work you will come to trust her.

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