

THE
DAVIS FOUNDATION
FOR PROVIDING
EMOTIONAL COMFORT

Letter of June 14, 2006

Dear Reader,

Each of us is eager to experience the results of our Inner Guide's work, but sometimes the problems that we most want to solve persist. This is because major problems often have a large network of associated pathways that an Inner Guide must address one by one. This takes time. Because unrewarded activity tends to become extinguished, we may begin to lose motivation to continue self-hypnosis. How can we help ourselves continue?

I have said that during self-hypnosis you can think about whatever you would like to: your work, your friends, to-do lists; or you may daydream or just let your thoughts wander. This is because your Inner Guide already knows about all of your problems, including the ones that you don't realize you have, and is hard at work to solve all of them. Because solutions to major problems are very overstimulating an Inner Guide must repeat these solutions many times to allow their novelty to wane sufficiently so that they can enter awareness. And because there are multiple problems to be solved, an Inner Guide must repeat the new solution for each of them over and over.

People who seek help from hypnotherapists for a specific problem, such as smoking cessation or pain reduction, often achieve early results. And they are very often (over 85% of the time) able to establish finger signals during the initial hypnotic session. Why do they get finger signals and results so early? And why does this all take longer with an Inner Guide?

We must review how an inner entity originates. If we wish to be hypnotized and to have something happen that we don't seem to be able to do ourselves, such as ending an unwanted habit, we are wishing that it would occur without our effort. It would be as though something or someone else was doing it. But all of our mental pathways are associated with our own sense of identity. There is no *true* or *partial solution*. The mind, therefore, matches a *false solution*: a new mental pathway for which our sense of identity is negated or denied. This new pathway, not a part of our own sense of identity, is an "Other." It is the Other that enables one to stop smoking or feel less pain. And it is the Other that causes finger signals to occur. Although it has originated as a false solution, the Other instantaneously becomes a true solution because, with its creation, our wish has come true. There is now an inner entity that will solve the problem that we want solved.

We will get what we wish for. If a person wishes to stop smoking, an Other is created that will work to solve that problem. If one wishes for help with chronic pain, an Other will be created to work on that. These are circumscribed problems and therefore their solutions are often less overstimulating and require less repetition to



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enter awareness. The time that the individual spends in trance in the hypnotherapist's office and while practicing self-hypnosis at home often suffices to achieve early results.

Not everyone who seeks help for a specific habit or condition achieves early results. When a habit has been created as a partial solution for a major problem it may persist indefinitely if the underlying problem isn't addressed.

Those of us who have wished for an Other that is composed of the pathway of comfort, the wish to be helpful, and a sense of its own identity have created an Inner Guide. As we know, it will solve all problems in due course but, because it has such a big job, it doesn't often yield quick results.

One way that we can maintain our motivation to practice self-hypnosis is by creating another Other (by the same means, namely by wishing for it) that has a very circumscribed task. Choose a small problem that you would like to solve, wish for an Other to help you with that, and see whether you get an early result for that particular problem. While you are doing self-hypnosis for that specific problem your Inner Guide will take advantage of your trance state to continue its work, too. And you may achieve finger signal communication with your circumscribed Other even if you can't yet with your Inner Guide.

What sort of small problem might you choose? Perhaps you feel that you are not as well organized as you could be. Or perhaps you are easily irritated by something at work or at home. Maybe you feel that you have too much to do. You won't know for sure whether the problem you choose is intertwined with a major problem but give it a try. You may be pleasantly surprised by the result. And remember: no matter why you do self-hypnosis, your Inner Guide will use that time to work on your behalf.

QUESTION:

A new participant asks, "Would it be O.K. to do my sessions during my bath time?"

ANSWER:

Yes. And being in trance while in the bath should make it even more enjoyable because you will feel even more relaxed than you usually do. And if you should lose awareness you will be in no danger of sliding too far into the water. Your Inner Guide will not allow that.

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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