

THE  
DAVIS FOUNDATION

FOR PROVIDING  
EMOTIONAL COMFORT

**Letter of June 28, 2006**

Dear Reader,

In the last Letter I suggested that we could help maintain our motivation to practice self-hypnosis by choosing small problems to solve. If we wish for help with a small problem we will create a new mental pathway that is generated to solve that particular difficulty. As we do self-hypnosis specifically for that issue we may get early results and, because our Inner Guide is at work whenever we are in trance, it will continue to work on our behalf even as we address the circumscribed problem we have chosen.

Have you ever felt that you aren't as organized as you would like to be? Actually, most people feel this way. Let's choose this difficulty to work on. Those of you whose Inner Guides have already dealt with this can choose a different problem to work on using the same practice that I will describe for the problem of disorganization.

Wish for a new mental pathway to promote organization. Then enter the self-hypnotic ("trance") state as you usually do. Give this new pathway a name, such as "Organizer." Next, see whether Organizer will acknowledge its presence. You can do this by asking it to raise one of your fingers. If a finger raises you will have concrete evidence for its existence. Perhaps a finger will merely tingle. That, too, is an acknowledgement. If there is no activity in your fingers, notice whether your Organizer is signaling you in a different way, such as giving you a verbal message (a thought voice) that it will help. If there is no response at all, it means that you are finding this experience too exciting, too overstimulating, for communication to occur. But your Organizer can help even if its signal can't yet get through.

Now, either while still in trance or afterward, consider what aspect of organization you would like help with first. Do you have rooms that are untidy? Are your papers, such as bills, receipts, insurance papers, and tax returns in disarray? Do you have difficulty keeping track of appointments? (Judging from the reminder calls we get, everything from dentist and hair appointments to restaurant reservation confirmations, many people must have difficulty remembering appointments.) What about your photographs? Are they arranged in albums where you can easily enjoy them when you want to? Are your tapes and CDs stored systematically so that you can easily find the ones you want? Are the objects you use, such as tools and kitchen equipment, stored in the most accessible places? Do you have lots of things that you never use anymore and don't foresee needing in the future?

Does this survey of your situation leave you feeling overwhelmed? The remedy is to deal with one piece at a time. Pick the easiest task first.



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For your first task, and for every succeeding one as you progress, imagine how you would feel if the problem were solved. For an untidy room, visualize how you would like it to look. Enter the self-hypnotic state as you always do and tell your Organizer that you wish for that room to look as you are visualizing it. Repeat to yourself how nice it would be to enter that room, to sit down in it, to do whatever you do in that room. As you continue in the trance state, enjoy your time in that room.

Each time you do self-hypnosis follow this procedure. By and by you will find that you would like to tidy up that room and that doing so doesn't feel like a chore.

When that task, or whatever you have chosen for your first task, has been accomplished move on to the next one. Perhaps it will be your papers. Visualize your files neatly organized with a place for everything. The file folders are labeled so that you can see clearly where everything belongs and none of them are overstuffed. As you spend time in the trance state imagine that you are putting away your bills, receipts, bank statements, and other papers in these neatly labeled file folders. Feel how nice it is to know where everything goes. Perhaps you will begin to visualize exactly how the folders should be labeled. If you have this information on your computer you can imagine organizing it there. Each time you do self-hypnosis ask your Organizer to help you have neat files, then visualize how they will look and how you will use them. Presently you will feel motivated to redo your files so they will be as you visualize them.

Continue in the same way with each piece of the problem. As you complete each task you will feel a sense of increased lightness because a burden has been shed. And remember that each time you do self-hypnosis to become optimally organized, your Inner Guide is working simultaneously to solve all problems and end all discomforts.

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*QUESTION:*

When I do self-hypnosis I need to have my glasses on to see the spot and when my eyes close I'm not sure I'm in self-hypnosis. Is it all right to take my glasses off then?

*ANSWER:*

When your eyes close you have entered the trance state even if you don't feel any differently. It is fine to take your glasses off then. If you do so gently you won't come out of the state. And remember that, even though you don't feel much difference, once your eyes close you are in trance.

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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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