

THE  
DAVIS FOUNDATION  
FOR PROVIDING  
EMOTIONAL COMFORT

Letter of September 6, 2006

Dear Reader,

When I give talks on the self-hypnotic technique, I am often asked whether the Inner Guide is a spiritual entity: something that is connected to a higher power outside oneself. As a matter of fact, some people have insisted to me that this is so. But it is not.

People develop all sorts of inner entities and their qualities and characteristics are a reflection of what each person needs or wishes for. I will review how this happens.

If one wishes for an inner entity, something distinct from one's own self, there is at first no *true* or *partial solution* because all of our mental pathways contain a sense of our own identity. This occurs because our sense of self is ongoing and is thus a part of every perception we experience. To solve this disequilibrium the mental apparatus therefore creates a dissociation: a double pathway. In one arm the disequilibrium-without-solution (the wish) continues but in the other arm a *false solution* is created: the desired new entity comes into existence. But having done so, it becomes a true solution because it satisfies the wish.

If one then practices self-hypnosis regularly, the new entity can work effectively to achieve its purpose. In the trance state it becomes dominant in the body and, because it feels real during that time, the element of perception expands the reverberations of its activity.

Some meditative techniques result in the same kind of altered state that one achieves when doing self-hypnosis. People who meditate wishing for a sense of peace create an entity for that purpose and if they meditate regularly their entity is enabled to provide a feeling of peace. Those who practice self-hypnosis to stop smoking or assist with weight loss create and enable an inner entity whose purpose is to help them do that. And those who wish for an Inner Guide, understanding its definition (the convergence of three mental pathways: the pathway of comfort, the wish to help, and a sense of its own identity), will get that.

Many people meditate to develop a spiritual connection and they often achieve one. They may think of their inner entities as guardian angels, spirit guides, counselors, parts of themselves that are connected to a collective unconscious or to their God, or aspects of themselves that represent extensions of their God into themselves. They often assume that the Inner Guide that I speak about must be spiritual, too, and they sometimes equate it with the entity that they have already developed. But this is not the case because its definition is different.



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Are people who develop what they experience as a spiritual connection wrong to think that it comes from outside themselves? Is it merely a product of the same mental processes that create an Inner Guide or an entity to assist with smoking cessation or weight loss? Not necessarily. The two pathways are not mutually exclusive.

The other night, after presenting a talk about the Inner Guide, I heard several people in the audience speak about their religious beliefs. One woman in particular spoke very movingly about the assistance she had received through an inner entity she had developed. Because she was so gratified by the help she had received she was not particularly open to developing an Inner Guide in addition.

This is true of a number of people who have already developed an inner entity of one sort or another. But those who can understand how an Inner Guide originates will realize that it is different than the entity they already have, and they will hopefully be open to developing an Inner Guide as well. Then they will be able to fully unburden themselves of problems, unwanted habits, and stress.

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*QUESTIONS:*

I am 64 years old, do you think is possible to recover from brain injury?

and

I have a relative and several acquaintances suffering from dementia - at what point is the Inner Guide unable to appear or to maintain its work?

*ANSWER:*

An Inner Guide can not correct or cure mental impairment arising from physical causes such as trauma or physiological deterioration of the brain. But anyone who retains some capacity for abstract thinking will be able to understand the concept of the Inner Guide and therefore to wish for one, thus bringing it into existence. And as long as a person remains able to enter the self-hypnotic state, his Inner Guide will be able to work on his behalf. An Inner Guide can help a person accommodate to his impaired situation, compensate optimally for the disabilities that it causes, enable him to come to terms with the new reality, and bring him peace. For one with dementia, when the damage to the brain is so extensive that he loses all capacity for rational thinking, the damage will also destroy his Inner Guide's capabilities.

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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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