

THE
DAVIS FOUNDATION

FOR PROVIDING
EMOTIONAL COMFORT

Letter of October 4, 2006

Dear Reader,

A number of people who have achieved positive changes after beginning self-hypnosis have let their practice lapse. They have solved troubling problems, feel more comfortable, and assume that they have reached an endpoint. Others may have reached a plateau in their progress and assume that nothing more will happen. But this is not true in either case. Why is a period of change sometimes followed by a lull?

An Inner Guide solves each problem in four steps. First it finds the early origin of the problem, secondly it accesses a *true solution* for it, thirdly it creates a *complex stimulus* to allow the true solution to replace the previous, maladaptive one, and lastly it works to bring the new solution into awareness. When an Inner Guide is first created it completes the first two steps immediately because, out of awareness, the mind works extremely rapidly. The Inner Guide finds the origins of and solutions for all of the discomforts that exist at that time.

The third step takes longer. An Inner Guide must create a complex stimulus that is associatively related to the specific discomfort to be solved. If you have a locked-in habit pattern of overeating your Inner Guide must produce a complex stimulus related to food. If you are anxious about your work it must generate a complex stimulus related to work. This process may take days or weeks.

Because some habit patterns have become generalized they have developed thick networks of associations. Each strand must be dealt with individually. If eating, which may become associatively related with soothing, has become generalized as a response to various stresses it is linked with all of them. And anxiety may also become generalized and occur with an ever-expanding array of stimuli. An Inner Guide must create a complex stimulus during each type of stressor. The more complex and elaborated a habit pattern has become the longer it will take before it has been completely eliminated. This can take months or even years.

An Inner Guide works on all problems simultaneously. Those that are uncomplicated will be solved sooner. You may then experience a plateau while the multitudinous connections to the more convoluted problems are dealt with.

The fourth step in problem solving, bringing a new solution into awareness, also takes time. A true solution is overstimulating and your Inner Guide must repeat it until its novelty wanes sufficiently to enter awareness. The greater the discrepancy between the previous solution and the new one the longer this will take. This is why it is so hard for heavy people to lose weight. The implications are enormous. They will look different, feel different, move more easily, expand their physical capabilities, wear



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different clothes, and be regarded differently by many people. New opportunities may open up for them. This difference is tremendous and will require many more repetitions by an Inner Guide than would a small change. It is another reason why people may plateau after achieving some initial, less complicated changes.

Once a new solution enters awareness you may not be able to act on it right away. Perhaps you have been unhappy at work and become aware that you must find a new job or even shift to an entirely different occupation. Often changes such as these cannot be implemented immediately and sometimes you must wait for an opportunity to present itself in the indefinite future. While the suspense serves as a useful disequilibrium that causes further complex stimuli it is uncomfortable. And the lack of a well-defined plan of action may be discouraging. This, too, may lead a person to stop doing self-hypnosis. But it is important to continue because your Inner Guide will enable you to see possibilities that you otherwise wouldn't become aware of.

For those who stop doing self-hypnosis because they have achieved the changes they wanted there are two important reasons to continue. First, most people have problems that they aren't aware of, often in the form of personality traits, that contribute to their level of stress. Because they are accustomed to this tension they don't realize how much better they would feel without it. And they aren't the best judges of whether these problems have been solved.

Secondly, new problems periodically occur that we need help with. Some are externally generated as our lives and our environments change. And, because prolonged peace becomes understimulating, the mental apparatus seeks new challenges in order to maintain an optimal stimulus level. An Inner Guide's work is never done!

QUESTION:

I recently "awoke" from the altered state very abruptly with violent arm motion. It seemed to me that something was falling and that I needed to catch it. That's what woke me up. Is there any significance to an incident of that type?

ANSWER:

Yes. You were having a partial flashback to a traumatic experience from the past. Your Inner Guide is working to resolve that experience. Most past traumas can be resolved without the necessity for re-living them.

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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