

THE
DAVIS FOUNDATION
FOR PROVIDING
EMOTIONAL COMFORT

Letter of November 15, 2006

Dear Reader,

Some of you become aware of your Inner Guide's presence very soon after beginning self-hypnosis. It may establish communication with you and/or cause some positive changes that are quite evident. But for some of you your Inner Guide works so quietly that you may question its existence. It is harder to persist with self-hypnosis when you aren't aware of any results.

Perhaps there is something that you have been meaning to do for a long time that you haven't gotten around to doing. Now you find that you are doing it. You may be organizing your workspace, beginning to exercise, or even building an addition to your house. It may not occur to you to wonder whether your Inner Guide has facilitated this long-awaited action. But all of these activities serve to make you comfortable by getting your life in order and by eliminating the chronic disequilibrium that results from having nagging thoughts of what you should be doing. And all of this is preparation for beginning new activities that will enter awareness later.

Maybe you develop an interest in a new leisure activity and find yourself becoming more and more focused on it. Perhaps you take up art, dancing, writing, or sailing. You may wonder briefly why this should be but your attention soon returns to the activity itself, which you are enjoying. For some people a specific art may constitute their special talent, which they are either newly discovering or now finding themselves better able to pursue. But for others a specific activity provides a pleasurable distraction from the frustration that they would otherwise experience as they waited for knowledge that could not yet enter awareness.

You may find yourself reading, studying, and learning in areas that you hadn't before. You may or may not realize that you are preparing yourself for an undertaking that will become your new focus in life, a pursuit that will be more meaningful and gratifying than past work you have done.

Getting your life in order, enjoying diversions, and learning new things may occur in such a natural and gradual way that it doesn't occur to you to suspect that your Inner Guide may be responsible. We have all had many experiences in the past of making changes and doing new things. Is there a way for us to tell whether an Inner Guide is causing a particular change?

All of our actions are responses to stimuli. When a new stimulus occurs the mental apparatus matches it with the best possible response that is available at that moment and that response becomes locked in. The stimulus~response sequence becomes a habit pattern. It can be changed only when a *complex stimulus* occurs, a stimulus that



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signifies two contradictory meanings simultaneously creating a pause that allows a new response to replace the previous one.

Fortunately complex stimuli frequently occur spontaneously; otherwise we would never be able to change anything. But an Inner Guide can create complex stimuli systematically so that they occur at the precise moments they are needed to change a maladaptive habit pattern.

We would all like to be comfortable. Why is it that people live with disorganization, lack of exercise, stalled plans, and all of the other situations that cause chronic disequilibrium? They are at the mercy of maladaptive habit patterns that cannot be changed by willpower because they are locked in. And well-established patterns involve networks of associations requiring many repetitions of complex stimuli in order to alter all the threads. It is rare for the necessary type and number of complex stimuli to occur spontaneously. This is why it is so hard to change ingrained habit patterns such as procrastination and inhibition.

If you observe yourself overcoming procrastination without obvious cause (not because of a deadline) you can assume that your Inner Guide has created the necessary complex stimuli to allow this change. Similarly if you notice that you have developed a new interest without a particular reason to do so at that time, you can trust that your Inner Guide has had a hand in it. And if you realize that a new path that you have chosen for yourself brings great joy and satisfaction, you will know that your Inner Guide has brought your true calling into awareness.

QUESTION:

I often feel the same sense of peace and relaxation when I'm riding on the train or looking at the sky as I do when I'm in self-hypnosis. Is my Inner Guide making that happen?

ANSWER:

You probably are in self-hypnosis during those times. We are often in trance for short periods during the day without realizing it or deliberately trying to invoke it. Whenever we focus on one thing (such as the sky) that doesn't require us to think about it we are minimizing our usual thoughts and feelings just as we do when we focus on a spot on the wall. "Highway hypnosis" occurs when a habitual route, or a monotonous one, becomes insufficiently stimulating, just as the spot does. One can have "train route hypnosis" as easily as highway hypnosis. These periods of self-hypnosis during the day provide our Inner Guides with more trance time to do their work.

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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