

THE
DAVIS FOUNDATION
FOR PROVIDING
EMOTIONAL COMFORT

Letter of August 8, 2007

Dear Reader,

In the last Letter I described a series of questions that I asked my Inner Guide in order to demonstrate some of the many ways that an Inner Guide can be helpful. One reader asked when and how one can ask questions. Do you have to be in trance? Do you need to be sitting or can you ask questions while walking? If while walking, do you need to stop while you ask the question?

The question of whether we are in trance while using finger signals is one that has interested mental health professionals who use hypnosis in their work. The opinion of many is "yes, you must be" because finger signals are a manifestation of the dissociated state. How can one be in a dissociated state without feeling it?

We typically practice self-hypnosis sitting still in quiet surroundings. Most of us feel a difference from our usual state: relaxed, "heavy," sometimes sleepy. Many of us frequently lose awareness so that when a self-hypnotic state ends it feels as though we are waking up.

We know that when we deliberately enter a self-hypnotic state we allow our Inner Guide to assume control of our body. That is why we feel relaxed: an Inner Guide is totally comfortable and therefore very relaxed. We may think about moving or getting up and find that we don't, but we are able to regain control of our body when we really want to or need to.

But as I have previously described, it is also possible to be in trance while going about one's business without being particularly aware of any difference: a state that we call "alert trance." This state has been used by musicians during concerts and athletes during competitions to improve their performances. How can different states occur simultaneously? How can an Olympic runner tear down the track while in trance?

He doesn't have an Inner Guide because he hasn't learned its definition (a pathway formed by the convergence of three separate pathways: the pathway of comfort, the wish to be helpful, and a sense of its own identity.) But he has been taught to enter a trance state and visualize performing perfectly. He has thereby developed an inner entity composed of the knowledge of the best way to run, a wish to be helpful, and a sense of its own identity. This entity, evoked by the athlete's wish, runs the race for him. It has taken over the body. (The athlete isn't aware that he has created a separate entity; he only knows that the trance state with visualization can make a difference.)

When I do Pilates, there are days on which my Inner Guide takes over and does the routine for me. It feels as though I am doing it myself but I am aware that she has kicked in because everything goes right and the exercises are performed better than I can do without her help.



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A person with Dissociative Identity Disorder (formerly called Multiple Personality Disorder) can have more than one personality “out” (aware) at a given moment. We call this state “co-consciousness.” We, too, can have multiple mental pathways in awareness simultaneously because every pathway that is stimulated will be evoked. The athlete’s own sense of awareness is stimulated by the view of the track and the knowledge that he is in a race. His inner entity is evoked by the wish to perform for him at his best. When we do self-hypnosis deliberately our sense of awareness is stimulated by the wish to enter the state and our Inner Guide is evoked by our wish for it to take over. (When we lose awareness it is because the original stimulus has waned and we are no longer receiving adequate new stimuli.)

As we go about our daily activities they stimulate our attention and our awareness is maintained. If we ask a question of our Inner Guide, we evoke its attention and activity and it responds with a finger signal. The reason we don’t feel the typical trance state of relaxation at that moment is because the Inner Guide is busy signaling us rather than relaxing.

As we think about these facts, additional questions occur. They will be discussed in the next Letter.

QUESTION:

Assuming I am able to get answers from my inner guide about my own future desires and goals, how can I work with my husband to see that our goals will be compatible? What if he wants to go in a different direction?

ANSWER:

Your Inner Guide will know what is best for your husband as well as for you because she knows him very well. Because she has access to your entire memory bank she is aware of your entire history together. Also she has access to all of your subliminal perceptions so she will know, even better than you do, what his problems are and how he is feeling. She has the answers that will help the two of you make compatible choices and she will help you to help him think things through so that he, too, will understand what it is best to do.

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