

THE
DAVIS FOUNDATION
FOR PROVIDING
EMOTIONAL COMFORT

Letter of September 19, 2007

Dear Reader,

Some people's Inner Guides seem to be more active than others. They readily provide finger signals, automatic handwriting, and inner thought. They converse frequently; some do so many times each day. Other Inner Guides work silently or communicate rarely. Some people find that their Inner Guides initiate sessions of self-hypnosis whereas others must develop routines for going into trance. What accounts for these differences?

The mental apparatus registers each new stimulus and matches it with the best response that is available at that moment. If a stimulus of hunger occurs it will be matched with the *true solution* of eating if food is available. Otherwise it will be matched with the best *partial solution* such as cooking a meal or going to a restaurant.

Once a stimulus has been matched with a response, the response becomes locked in and a habit pattern is formed. One of the earliest habit patterns we all develop is that of eating in response to hunger and seeking food is none is immediately available. This habit pattern is highly adaptive; it keeps us alive.

Because it is associatively related to a caretaker's attention and love, eating can be a partial solution for anxiety, depression, or boredom when there is no immediate true solution. It is adaptive when first matched but later becomes maladaptive if a better response becomes available because, having been locked in as a habit pattern, it has become an automatic response and prevents the mental apparatus from matching the better solution.

An Inner Guide can access true solutions, or better partial solutions, for most distressing stimuli and, by working to bring these new solutions into awareness, end discomfort. It can do this only while one is in the self-hypnotic state; that is why it is so important to do self-hypnosis regularly.

Because our Inner Guides want to help us they are motivated to enter the self-hypnotic state whenever it is feasible to do so, taking into consideration everything else that we need and want to do. But just as we need to minimize all external and internal stimuli in order to enter the self-hypnotic state so, too, do our Inner Guides. They cannot initiate a self-hypnotic state when we are busy with external matters or stimulated mentally by problems that occupy our attention.

Many people are very busy and have little down time. And those with families are usually stimulated most of the time by the sights, sounds, needs, and wishes of their family members. There are few opportunities for their Inner Guides to initiate a self-hypnotic session. It is necessary for them to deliberately take the time and create the conditions for entering trance.



The Davis Foundation for
Providing Emotional Comfort
30 North Michigan Avenue
Suite 1125
Chicago, IL 60602

Tel: (312) 733-3218
Fax: (312) 733-3215
www.davis-foundation.org
info@davis-foundation.org

Those of us who have quiet time that occurs naturally in our lives will find that our Inner Guides do initiate the trance state at times. We may find ourselves feeling groggy or becoming “sleepy” and we may lose awareness altogether, emerging later as though waking from sleep.

Some manifestations of our Inner Guides such as finger signals, automatic handwriting, and inner thought will not occur if they are too overstimulating to enter awareness. They will appear only when their novelty has waned. But an Inner Guide can initiate a trance state during conditions of minimal stimulation even when it has first come into existence because we are not aware that it has done so. We attribute the grogginess or sleepiness to fatigue and if we lose awareness we assume that we have taken a little nap.

Communication will occur when it is no longer overstimulating unless an Inner Guide determines that it can solve problems more efficiently by remaining quiet. It may perceive that one who is dependent, self-effacing, or timid is experiencing his Inner Guide as a crutch. People with these problems must learn to be independent and assertive and can do so most effectively when not enabled to maintain their maladaptive habit patterns.

Those who do not currently hear from their Inner Guides, or who do so only rarely, should understand that during this period their Inner Guides are working on their behalf behind the scenes, and just as effectively as those who do communicate. Although one’s experience during this period may be less interesting it is just as important.

QUESTION:

I do self-hypnosis for a period of time but then some other activity diverts me and I turn my full attention to that and stop doing self-hypnosis for a while. Then sometimes your Letter will motivate me to re-invest in it. Why can’t I just stick with it?

ANSWER:

Because an Inner Guide’s work is mostly silent you don’t get obvious feedback on your efforts and you may not immediately realize that important changes are occurring. This lack of reward causes disequilibrium that may be matched by the mental apparatus with activity that provides more immediate and obvious reward. When you are re-stimulated by the Letter you respond to that.

Some people go from one kind of practice to another: journaling to self-hypnosis to yoga with meditation to energy work, etc. Not having found immediate or complete help they have developed a habit pattern of seeking various kinds of relief. This may prevent them from staying with self-hypnosis long enough to attain comfort.

One purpose of the Letter is to provide the repetitive stimulus to continue. As you do you will become increasingly comfortable and you will realize in retrospect that self-hypnosis has caused these good changes to occur

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

Volume 5 Number 19

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