

THE  
DAVIS FOUNDATION  
FOR PROVIDING  
EMOTIONAL COMFORT

**Letter of October 3, 2007**

Dear Reader,

Some people who are doing self-hypnosis experience positive changes soon after beginning while others must wait longer. And some achieve direct communication with their Inner Guides within days or weeks by means of finger signals, automatic handwriting, and/or inner thought. Others, when they try, may get no responses for quite a long time. Although some people accept this delay it is natural to feel impatient. Direct communication seems as though it would be so useful, so interesting, and even so fun. Why doesn't everybody achieve direct communication early on?

One reason for a delay is that the whole idea of direct communication is either too strange or too exciting to enter awareness. Some people are afraid because finger signals or automatic handwriting seem weird and, indeed, they are out of the realm of our usual experience. These people are quite content without direct communication. They may try it half-heartedly but are relieved, rather than disappointed, when they get no response. Out of awareness their minds are working to protect them from this seemingly bizarre experience.

Others are very eager to develop direct communication and if they don't achieve success soon after beginning to try they become frustrated. Even though they think that they want finger signals or automatic handwriting these experiences are nevertheless too disturbing to enter awareness. Anything that is new and different involves a change and the greater the change the more disturbing it is. This is true even for positive changes. People who receive very good news often have difficulty accepting the reality ("I can't believe it!") because the change in their circumstances is temporarily overwhelming.

When we use self-hypnosis to make the changes we want we must be patient because change takes time. And the greater the change the longer it takes to occur. But what if we are impatient by nature? What if impatience is one of the character traits we would like to change? We appear to be caught in a Catch-22 situation.

Those who are patient learned this trait as children by having their wants delayed for very short periods at first then for longer periods. Excessive delay causes only discomfort but if the length of delay is increased gradually the child learns to tolerate it because he has learned that, in the past, his needs were met.

These children were also taught ways to tolerate waiting. A young child who is hungry may be told that dinner will be ready soon, he may be asked to tell about his day, he may be given a toy, or he may be told to help set the table. All of these interventions provide distractions that turn his thoughts at least partially away from his hunger.



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Children who suffer from excessive delay don't learn to be patient. They find distractions on their own but their choices may be harmful and they will have a tendency to indulge their wishes even when they are not good for them. A child who has been chronically deprived will develop unhealthy habits that may include overeating, substance abuse, or stealing.

Children whose wishes are satisfied too quickly will not learn patience either. They will tend to feel entitled and will have difficulty respecting boundaries.

Good parenting involves understanding what a child needs and providing it, including appropriate delays so that he may develop patience. An Inner Guide can help a parent know how and when to do this because, with its subliminal perception, it can sense very acutely a child's frustration level.

And your Inner Guide can also serve as an inner parent to you for the same reason. If you have difficulty being patient it will work to develop that trait in you. This will help you become much more comfortable.

So back to the Catch-22. How can you persist if you are impatient with the pace of your progress? Treat your self-hypnosis sessions as you would any required activity, from going to work to doing the dishes. Sometimes you may like it; sometimes you may not. But you need it; we all do. And as you stick to your routine you will find that it becomes easier and easier to do.

*QUESTION:*

How do busy people with jobs and children find time to do self-hypnosis?

*ANSWER:*

One way is to set aside a specific time for it, even if only once or twice a week, and to treat that time as you would an appointment. You can include it as a standing appointment in your appointment book. Some people do it in the early morning before the rest of the family is awake. Others choose the late evening. Some people are able to do it at work during their lunch hour. A few do it on the train. It is a procedure that is worth making time for in a busy schedule and worth making a commitment to because over time it will be tremendously helpful. Occasionally some event may interfere with the schedule. When that happens don't blame yourself. Simply resume your schedule when you can.

Also you can find times to enter "alert trance." This can be done during any activity that is somewhat monotonous, such as walking on a treadmill or doing routine chores, or during a passive activity such as watching TV. (Reminder: just go into self-hypnosis before beginning the monotonous or passive activity. You will remain in alert trance until you are interrupted by a distraction.)

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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*

Volume 5 Number 20

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