

THE
DAVIS FOUNDATION
FOR PROVIDING
EMOTIONAL COMFORT

Letter of December 12, 2007

Dear Reader,

While about 50% of those who do self-hypnosis develop communication with their Inner Guides during the first year of practice, the other 50% do not. Of these, many notice changes for the better, realize that these have been brought about by their Inner Guides, and are content with that result. Others feel frustrated that they can't communicate directly and wish for some evidence that their Inner Guides are working.

If you are one of those perhaps you, too, can discern the work of your Inner Guide in your everyday life. One way is to fill out a Sources of Discomfort questionnaire and then re-visit it every three months. (I can send one to anyone who asks for it.) You may not see any differences after the first three-month period but if you practice self-hypnosis regularly you should begin to see differences after six months.

Another way is to notice how you respond to questions that you ask yourself. You may find that when you are unsure about what to do in a situation you are drawn to a certain action that turns out to be beneficial. A man learned that his father, whom he didn't get along with, was coming to town for a brief visit. He was uncomfortable with him because his father was so critical. But how could he ask his brother, who had hosted their father on his last visit, to do it again? Could he plead fatigue or should he reveal his dislike to his brother? As he pondered this it occurred to him that it wouldn't really upset him to host his father. He could joke with him about his tendency to criticize.

A woman going down the cafeteria line was always torn between the cheeseburger and the salad. She knew the salad was better for her but she wanted the cheeseburger and usually chose it, telling herself that she deserved it after her hard morning. One day as she went down the line she found that she was drawn to the salad, with its crisp, flavorful vegetables. From then on she looked forward to choosing the salad.

You may feel that certain changes you have made are ones that you managed yourself without the help of your Inner Guide. And occasionally people do make changes by themselves. A change requires a *complex stimulus* and these do occur spontaneously in nature. But if you notice a series of changes you will know that your Inner Guide has systematically created the complex stimuli that enabled these changes to occur.

Of those who have achieved direct communication with their Inner Guides, a few are in fairly constant contact. Their Inner Guides initiate conversation and talk with



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them frequently throughout the day, by means of inner thought, providing suggestions and commentary.

But the majority of you must initiate the contact yourself whether by finger signals, automatic handwriting, or inner thought. I have found that, more often than not, it doesn't routinely occur to people to ask for help or for answers to questions. This is a habit that will be very beneficial when it is developed. A first step would be to take a few minutes once a day to ask your Inner Guide one question (any question) to develop a pattern of asking. A second step would be to notice whenever you feel conflicted about something and want help with it (as the man did in the example above) and to formulate a question about it (Should I ask my brother to host my father?).

If you haven't yet established direct communication the reason is that it is still too overstimulating. As you continue to try you will gradually diminish that overstimulation until communication can occur. And if you have developed communication the inability to make full use of it is also due to overstimulation. It is just too overwhelming to realize, and make use of, all that your Inner Guide can provide. As you practice asking questions, simple ones at first, this overstimulation will subside and you will at last receive the full benefit of your Inner Guide's capacity to provide comfort.

QUESTION:

I keep trying to get finger signals but I have no luck. At first I felt really frustrated but now I've become more patient. Is this because I'm just getting used to not getting answers?

ANSWER:

Your Inner Guide is enabling you to be patient. (Otherwise you would feel increasingly frustrated and perhaps give up.) This is an example of an Inner Guide's silent activity that causes a change that you might not think to attribute to it. Although you cannot yet talk with your Inner Guide you can see evidence of his activity.

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