

THE  
DAVIS FOUNDATION  
FOR PROVIDING  
EMOTIONAL COMFORT

**Letter of December 26, 2007**

Dear Reader,

The Davis Foundation's first project, in which many of you participated and which has lasted for five years, now has data on one hundred participants and is ending. The purpose of this project was to determine, first, how well people could learn self-hypnosis if they had one session with me and then how comfortable and confident they felt practicing it independently at home. Next we wanted to know how easily people could establish a regular routine for practicing self-hypnosis. We wanted to know what sorts of experiences people had with it and, finally, we wanted to learn more about the variety of problems that an Inner Guide can solve when it has adequate trance time to do its work.

Participants were welcome to call or email me with any questions they had about the process and a number of them did. They received the biweekly Letter to provide support and encouragement and once a month they received a brief questionnaire asking how they were doing.

All one hundred were able to learn self-hypnosis in one session at my office and most who began practicing it at home had no difficulty with it. However a number of participants who lost awareness in trance thought that they weren't doing it right and that they had just fallen asleep. I re-explained to them that they had simply lost awareness but that their bodies were still awake and their Inner Guides were aware. I reassured them that losing awareness is a sign of health because it indicates comfort with the process.

Establishing a regular routine for practicing self-hypnosis was problematic for many. By the end of the first month one quarter of our participants had dropped out and by the end of the twelfth month only one-third remained. (See Graph 1 on page 3.) Helping people persist in their practice is clearly the most important area for us to further address.

A number of participants reported that their lives were so busy that they found it difficult or impossible to find time to practice self-hypnosis regularly. We suggested that they create a more realistic routine for their circumstances, such as doing self-hypnosis only once or twice a week and formally scheduling a time for that, perhaps including it in their appointment book. Some found that this worked for them.

A small number of participants endured periods of a few months or less during which they felt certain negative emotions, such as anger or sadness, more intensely than usual. They were encouraged to continue with self-hypnosis and these periods did abate in time.



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Many participants were able to establish direct communication with their Inner Guides using finger signals, automatic handwriting, and/or inner thought. Some found that their Inner Guides initiated inner thought before they thought to try it themselves. Automatic handwriting was developed less frequently than other means of communication; in some cases participants were reluctant to try it because they were content with inner thought while in other cases it seemed to them to be overwhelming (too overstimulating).

Some who did not achieve direct communication felt frustrated that they couldn't. Others, who sensed their Inner Guide's presence and help indirectly, were satisfied with that.

I have mentioned a number of times in the Letters, and also to individual participants, that only about 50% gain direct communication during the first year. This figure was based on partial results earlier in the study. We now find, using the data of those who persisted, that the percentage steadily increased as their year went on and by the end of the twelfth month 88% had achieved direct communication. (See Graph 2 on page 4.)

With the exception of one participant, all who persisted for twelve months achieved positive results (see Graph 3 on page 5) and 69% of those who dropped out along the way also had positive results before withdrawing.

What sorts of positive changes did people experience? Some participants reported changes in some detail and others merely indicated that there had been changes, without specifying what they were. Some changes that were reported were ones that had been wished for, such as being able to eat less, drink less, exercise more, feel happier, and become more effective at work. Others were changes that participants had not realized could occur, such as improved problem solving, improved interpersonal relationships, making better choices, and feeling increasingly calm and in control.

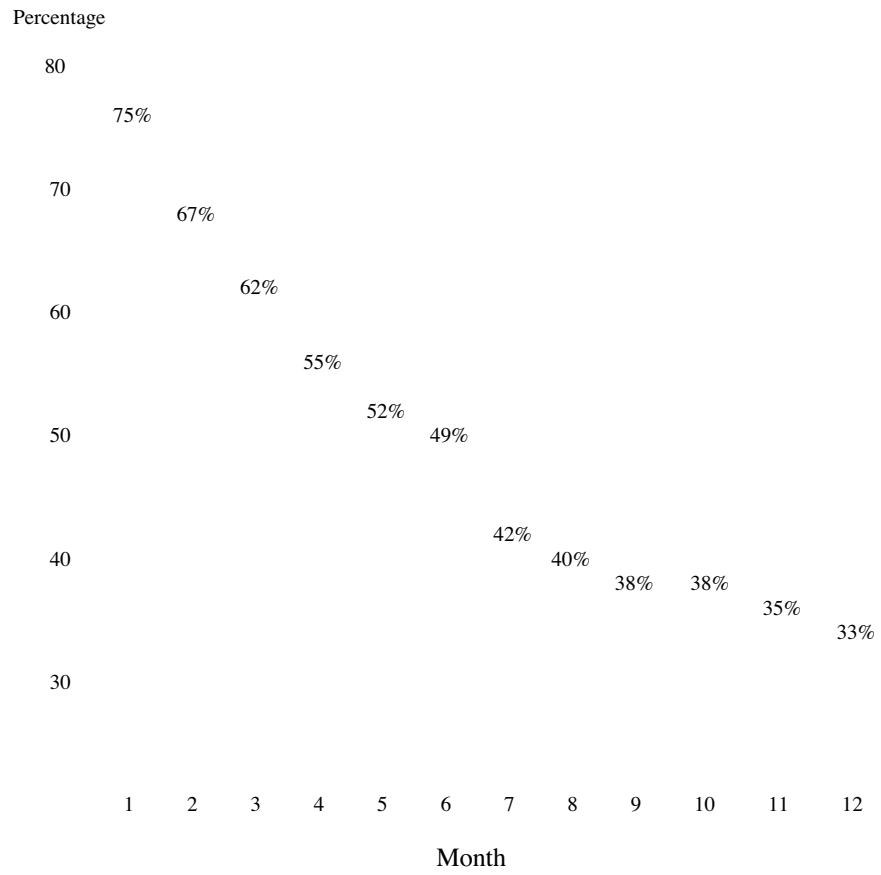
Those of us who have been doing self-hypnosis for longer than a year are aware that, much though we may have changed during that year, many more good changes occur as we continue with self-hypnosis. Also new challenges continually appear and we value our Inner Guides' help with them. It is very important for everyone to continue his or her practice of self-hypnosis indefinitely.

We want to thank our one hundred participants very much for taking part in this project. As you can see, your involvement has been very helpful. It is clear that the most important task for us now is to determine better ways of helping people persist with self-hypnosis. Our next project, which will be announced shortly, will address that problem.

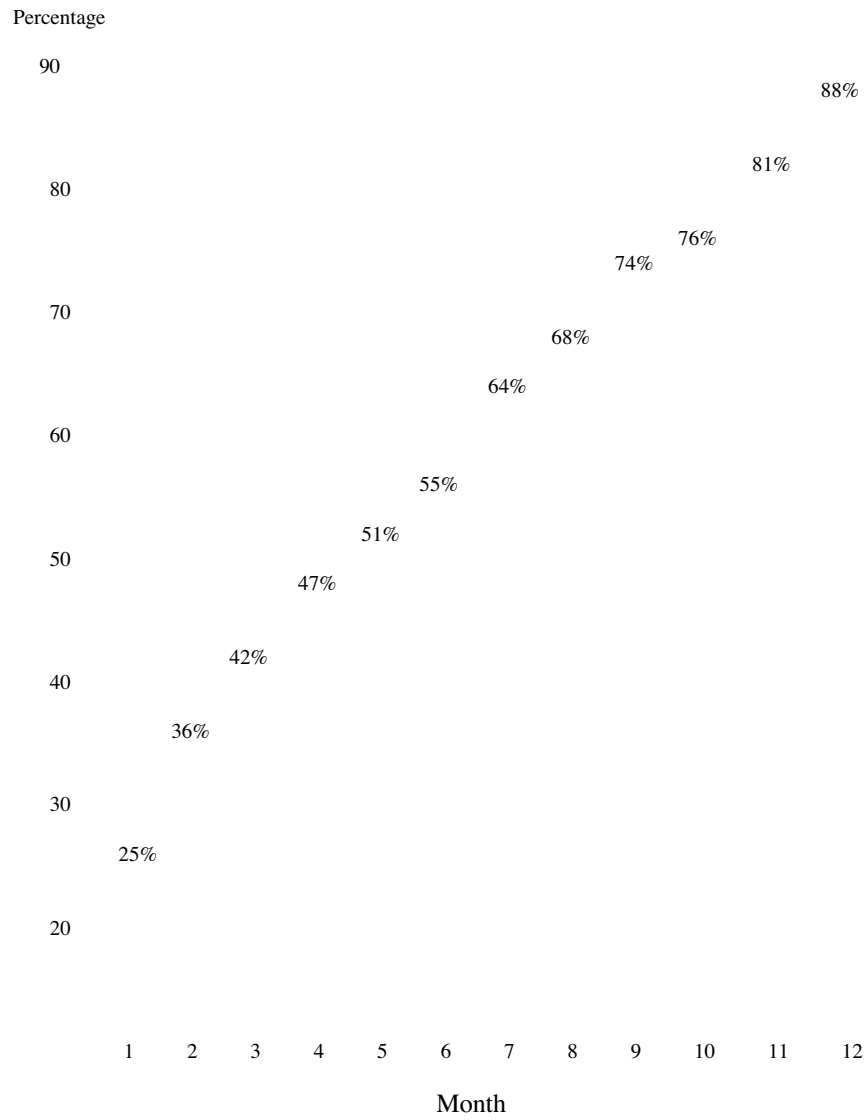
This is the last Letter that the Davis Foundation will publish, at least for now. Beginning two weeks from today on January 9, 2008 I will begin sending a biweekly Message by email. It will be shorter than the Letter. Its purpose will be to help people continue with their practice of self-hypnosis. It will continue to include readers' questions, when I receive them, and my answers.

The Letters of the past five years are available for review on the Letter Archive page of the Davis Foundation website. They are arranged chronologically and are identified by topic.

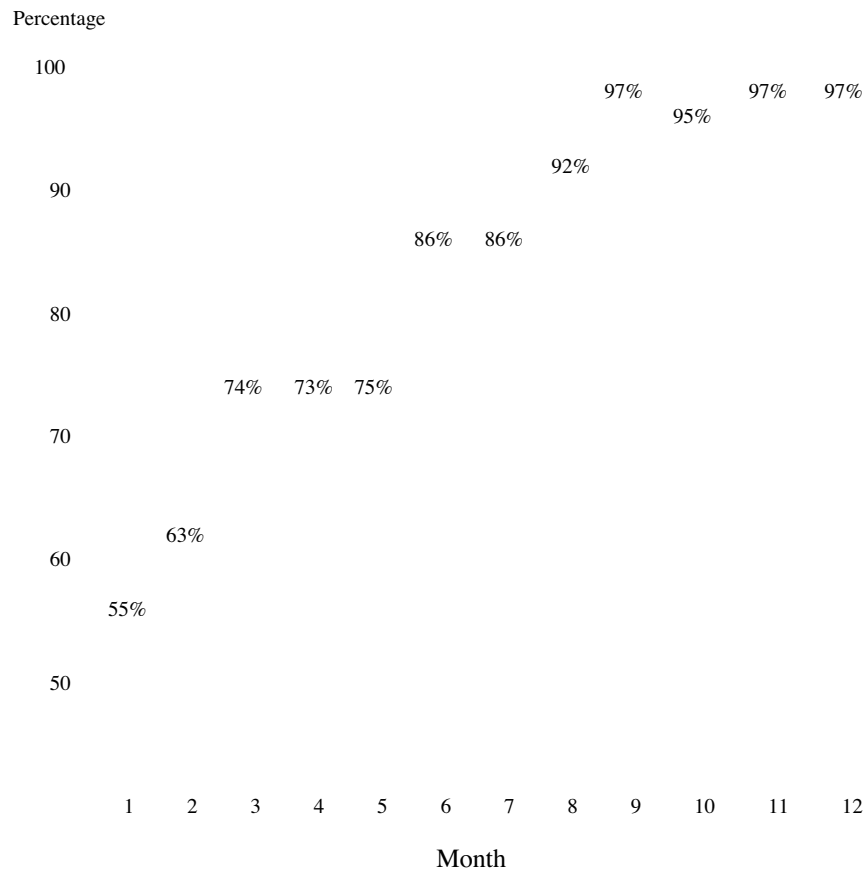
Graph 1. Percentage of Participants Who Persisted in Doing Self-Hypnosis Over the Course of the Project.



Graph 2. Of Those Participants Who Persisted, Percentage Who Developed Direct Communication With Their Inner Guides



Graph 3. Of Those Participants Who Persisted, Percentage Who Experienced Changes



We at the Davis Foundation wish you a happy and comfortable New Year!

I still 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*