

THE
DAVIS FOUNDATION
FOR PROVIDING
EMOTIONAL COMFORT

Letter of May 30, 2007

Dear Reader,

Once again I have received a question that deserves an issue-length answer:

What should I ask my Inner Guide?

I have often been asked this question not only by those who are just learning self-hypnosis but also by some who have been using it for years. And I have seen that many, actually the majority, of people who do self-hypnosis don't take full advantage of this benefit.

Of course a person who has not yet been able to establish direct contact with his Inner Guide can't get direct answers to specific questions although he may often get a sense of being guided toward answers or actions regarding various issues. Some are satisfied with this kind of help yet they, too, could benefit further from more direct contact.

Some people are actually afraid to establish direct contact because it feels too strange. They should wait until the prospect feels exciting rather than uncomfortably weird.

Some who try to elicit finger signals or automatic handwriting feel frustrated or discouraged if they don't succeed at first and they tend to stop trying. But they should persist because each attempt helps diminish the overstimulation that prevents contact from being established.

But those who have established direct communication and yet don't use it regularly are also impeded by overstimulation. The prospect of getting this kind of help is so disequilibrating that they *dissociate*: their mental apparatus creates a double pathway. In one arm the disequilibrium continues unabated, out of awareness, while in the other arm a *false* solution is generated. False solutions may be phenomena that are experienced in awareness such as delusions and hallucinations but they also include experiences of negation of awareness such as denial, amnesia, depersonalization, or fainting. While fainting involves a dramatic loss of awareness, subtle negations are much more common. Not realizing the value of direct communication with an Inner Guide or not remembering to make use of it are examples of subtle negations.

Just as repetition will allow direct communication to develop, so, too, will it enable you to develop an appreciation of its value. Because receiving answers to important questions can be overwhelming you can begin by asking questions about routine matters, for instance whether or not to buy a given item, and gradually build up to weightier issues, such as advice about your career or your relationships.



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And if you need help remembering to do this you can create some sort of reminder for yourself. You may include it in your appointment book (each day, or several times a week, you can simply put in “question for Inner Guide”) or make yourself a simple chart or list and put it where you will see it each day.

Automatic handwriting is more efficient than finger signals because with the latter one sometimes has to play twenty questions to get an answer. To learn, for instance, how far in the past a forgotten event has occurred or how far in the future you might best make a change, it is necessary to narrow down the time with successive questions. But with automatic handwriting your Inner Guide can simply write the answer.

At times your Inner Guide may deliberately give an ambiguous response such as causing the “yes” and “no” fingers to rise simultaneously or alternately. Or he may, in writing, repetitively begin the same sentence without ending it, or sometimes just scribble. Although you may feel mildly frustrated when answers are withheld, your Inner Guide is doing this to create disequilibrations that allow old habit patterns to be unlocked so that new solutions can be locked in.

You can ask your Inner Guide about anything that is causing you discomfort. But even after you have diminished overstimulation enough so that you have established direct contact, and so that you can remember to think of asking for help when you need it, you may still fail to identify many of the situations in which direct contact will be helpful. That is because many discomforts are so long-standing that you take them for granted and assume that they are an unavoidable part of your life. It doesn't occur to you that they can be eliminated. Once you have learned to identify these discomforts you can ask your Inner Guide for help with them. A woman who had episodes of chronic pain learned that it was psychological in origin. Nevertheless, when new episodes occurred, she often forgot and assumed that she needed medicine. When she learned, and remembered, to ask her Inner Guide about the sources of these episodes she found that they abated as she understood their causes.

A good way to learn how to ask for help with subtle, longstanding discomforts is to check in with your Inner Guide whenever you realize that you are feeling discomfort. Anxiety, sadness, anger, irritation, frustration, and physical discomfort should be taken as cues to contact your Inner Guide and to ask her about their sources and solutions. Because it can be hard to remember to do this it would help to develop a routine of checking in with her on a regular basis, during which you and she could discuss whatever discomfort you were feeling at that moment.

As you gradually become able to use your Inner Guide in this way you will find that she can help with everything from the trivia of life to its most major aspects. And as you do you will find that life becomes increasingly easy and comfortable.

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

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