

The Emotional Comfort[®] Tool

**Eliminate Stress &
Other Discomforts**



Discover your Inner Guide

THE EMOTIONAL COMFORT[®] COMPANY

The Proven Process for Stress-Free Living

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Welcome!

I am glad that you are going to begin the process of achieving Emotional Comfort.

This tool utilizes a technique that I discovered while I was experimenting with self-hypnosis. The tool is easily learned; I have taught it to most of the patients in my private practice and to many people elsewhere, and all of them were able to learn it in one session.

- It enables a person to quickly reduce or eliminate stress in a specific situation.
- Used regularly, it brings more long-lasting relief from uncomfortable feelings.

As I developed the theory that explains this phenomenon, I found that it is based on sound scientific principles.

There are many different forms of meditation, and some of them are actually identical to self-hypnosis. If you already meditate using one of those forms, you will recognize the feeling as you follow these instructions.

At one point in the instructions (Step 3) you are to make a wish to feel peaceful and calm or, in the "Other Uses of This Tool" section, to wish for another change that you would like to make. Your wish creates a new mental pathway that is dedicated to causing the wish to be realized. While this might seem like magic, it is based on scientific principles.

If you feel that you are having any difficulty achieving this state, I'll help. Please email me at drdavis@emotionalcomfort.com. I want you to succeed!

The Emotional Comfort Tool

1. Sit in a comfortable chair with your hands on your thighs and your legs uncrossed.
2. Pick a spot high up on the wall to focus on.
3. Make a wish that you will feel peaceful and calm.
4. Focus on the spot. You may think about its color, its size, and its shape.
5. By and by your eyes will feel like closing all by themselves.
6. When this happens, just let them close.
7. Your body will then relax and after a few minutes you will feel calm and refreshed.
8. If, when you finish, you feel groggy, move your body until you feel alert again.

Sometimes when people enter this state they lose awareness (similar to, but not the same as, falling asleep). If you lose awareness, please know that any stimulus that needs your attention, such as a ringing phone or just the knowledge that you have other things to do, will cause you to regain awareness.

Keep these directions with you so you can refer to them when needed.



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Other Uses For This Tool

In Step 3, instead of wishing to feel peaceful and calm, you can wish for help with other problems, such as unwanted feelings or unwanted habits.

For example:

If you feel chronically irritated, you could wish to feel free of irritation.

The wish should be phrased in a positive way:

not "I want to stop feeling irritated" but "I would like to feel free of irritation."

Or, if you are one who procrastinates; don't wish to stop procrastinating, wish to feel the pleasure of finishing something.

When you wish to feel peaceful and calm, you will most likely achieve that feeling each time that you use this technique. When you use it for one of the other purposes described above, you may have an immediate result but more often this exercise must be repeated periodically before the wished-for change occurs.

Again, if you feel that you are having any difficulty with this, please email me at drdavis@emotionalcomfort.com.