

Dear Reader,

I have described some of the ways that an Inner Guide can help us achieve a healthy life-style. But in addition to assisting us with diet and exercise, it can help us ward off illness and injury. How does this occur?

Remember that the Inner Guide consists of 1) a sense of its own identity, 2) the wish to help us achieve comfort, and 3) *the mental pathway containing all the experiences of regained comfort*. Because the Inner Guide feels only peace and comfort, it doesn't experience the "static" that arises from the multitude of stimuli that impinge on us. Even the positive stimuli that we welcome contribute to the noise that makes it impossible for us to experience the multitude of weak stimuli that occur constantly. (And, if we did, we would be overwhelmed by it.) The Inner Guide, however, has the potential to access any of these subliminal stimuli in order to solve disequibrations.

As we become ill, or are injured, changes occur in our physiology. For instance, physical traumas and infections cause an inflammatory response, organ malfunctions result in a deficit of necessary substances and the accumulation of toxins, and so forth. One of the effects of these physiological changes is a feeling of malaise, or vague bodily discomfort.

When you catch a cold, you develop a sore throat, runny nose, cough, and you also have malaise. You are well aware that you feel awful. But when an illness is just beginning, the feeling of malaise is subliminal. Only the Inner Guide is aware of it. Knowing that you are acquiring an illness, it can influence you to take special steps to abort or attenuate it. At such times, you may find yourself going to bed early, moderating or skipping a physical workout, and avoiding or postponing stressful encounters. If, during these times, you might tend to think of yourself as lazy, know instead that your Inner Guide is intervening in order to keep you well.

The Inner Guide can detect the subliminal discomfort resulting from minor injuries that occur during physical exertion, and can influence our movement so that subtle guarding occurs, thus preventing exacerbation of those injuries. And it can help us maintain our balance when we otherwise might fall, by its exquisite sense of our position in space. (At times, of course, it may actually cause us to fall, in order to provide a disequibration that it deems optimal for furthering its integration with us.)

When we do self-exams for cancer, the Inner Guide can detect slight changes that are below the level of our own awareness; and will, at all times, notice changes in our bodies that we might otherwise be oblivious to. Several years ago, my Inner Guide noticed a small mole on my leg that, when I examined it, appeared suspicious. She had me call a dermatologist immediately. Fortunately, the biopsy revealed a rarely occurring lesion that resembles melanoma but that is entirely benign.

Because the Inner Guide has access to all of your past experience, it can draw upon memories of past illnesses, and also on whatever medical knowledge you have acquired through visits to doctors and reading. Often, this is sufficient for it to diagnose a current illness. A number of my patients have been helped by their Inner Guides' knowledge of their bodies. They have been told that a given symptom is insignificant and can be ignored, or that an illness requires medical attention. As your Inner Guide develops, you, too, will have the advantage of its knowledge of your body.

QUESTION:

When I do self-hypnosis, I "go deep." This feels like a loss of control. Why is this happening?

When you enter the self-hypnotic state, the reason that you do so is because your wish for the Inner Guide to grow and strengthen provides a more powerful stimulus, at that moment, than any other stimulus you are experiencing.* It therefore evokes the Inner Guide, who does gain control at that time. Then both you and the Inner Guide are present. You are both thinking and feeling. When (and if) the stimuli that normally keep you aware are insufficient, you will lose awareness. You have successfully put aside your usual thoughts and feelings for this period. This is an indication of your own control over your mind. It is a sign of health.

*(Remember that focusing on a spot on the wall causes you to disregard both other external stimuli and the thoughts and feelings that make up your internal stimuli. You have minimized all stimuli other than the spot. When it, too, becomes minimal, because it is unchanging, your wish to enter the self-hypnotic state is the strongest stimulus at that moment.)

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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30 North Michigan Avenue • Suite 1125 • Chicago IL 60602 • T: (312) 230-0114 • F: (312) 230-0168
www.davis-foundation.org • info@davis-foundation.org