

THE
DAVIS FOUNDATION
FOR PROVIDING
EMOTIONAL COMFORT

Letter of January 28, 2004

Dear Reader,

Some of you will be able to communicate with your Inner Guide soon after beginning to do self-hypnosis regularly. You may establish contact by finger signals, automatic handwriting, and/or inner thought. You may ask your Inner Guide all sorts of questions. "Should I do this?" "Do I need to concern myself with that?" Sometimes your Inner Guide will answer but often it will not. It prefers to keep you in suspense because this state of mild uncertainty facilitates the process by which you attain your ultimate goal: maximum emotional comfort.

Whether or not it chooses to communicate with you early on, your Inner Guide is working constantly on your behalf to solve the discomforts that you are currently experiencing. Anxiety, depression, irritation, concerns about work, unhappiness with relationships, worries about relatives and friends, dissatisfaction with one's physical condition: all are addressed. From the moment it came into existence, your Inner Guide determined the origins of these discomforts, accessed solutions for them, and is now working to bring these solutions into awareness. For some problems, the answer is simply gaining a new insight. For others, action on your part is necessary once you become aware of what needs to be done.

The way in which the Inner Guide is uniquely valuable, however, is that it is aware of the problems that you don't even realize you have. These hidden problems contribute to your level of stress and interfere with your ability to solve the problems that you are aware of.

What sorts of problems might a person have that he or she is totally unaware of? How do they originate? Why do they persist?

A young boy was raised by unreasonably demanding parents who often compared him unfavorably with an older sibling. Feeling incapable of matching her scholastic performance (an impossible feat, given their age difference) he experienced great distress. His mental apparatus dealt with this disequilibrium by accessing a partial solution: rebellion. He devalued intellectual accomplishment and turned to mechanical pursuits, an area in which he was quite gifted. He greatly enjoyed developing this talent but because his parents did not value it and continued to disapprove of him, the locked in response of rebellion became generalized. Rebellion became a character trait, sometimes expressed obviously and sometimes inconspicuously. In adulthood his talent brought recognition even, finally, from his parents. But the locked in habit pattern of rebellion, which had become so habitual that it was no longer noticeable, pervaded his responses to all situations. This interfered with the optimal resolution of problems, causing many chronic disequilibria that contributed to an uncomfortable level of stress that he dealt with, in part, by drinking.



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A young girl wished to become a ballerina, but was told by her instructor that she didn't have the right kind of body. She nevertheless continued to study ballet but endured ongoing criticism and would often cry when she got home from class. She responded to this situation by focusing intensely on her goal and working very hard. In adulthood she did, in fact, become a ballerina. She, too, had rebelled against the adults' expectations but whereas the young boy had rejected his parents' wishes that he become an excellent student, she had rejected the adults' assessment that she could not do well, and had developed her gift. Although her persistence in studying ballet was a true solution to the stimulus of desiring to be a dancer, it did not solve the disequilibrium caused by the painful criticism. Her response to that was to tell herself that they were wrong. Because the criticism was ongoing, this partial solution became generalized and elaborated. It led not only to a distrust of authority but also to a global rejection of advice and even of help. She looked up to those whom she chose to be her mentors, but rebelled against accepting advice that she didn't solicit herself. Thus she was left to her own devices, unable to take advantage of outside knowledge and ideas. She considered herself an independent lady, but was actually less so than she could have been had she been able to embrace new information that would have expanded her abilities.

Both of these people, in response to early trauma, accessed a partial solution of rebelliousness that became generalized and elaborated over time, and so habitual as to be unnoticed. They are unaware that it interferes with attaining an optimal level of comfort and fully developing their creativity. They don't realize that they need help.

An Inner Guide would identify this problem, access a true solution, create one or more complex stimuli that would unlock the partial solution and replace it with the new one, and then work to bring the true solution into awareness. Hidden rebelliousness is but one of many characteristics that can silently interfere with comfort. In future issues, other hidden traits will be described.

QUESTION:

If I achieve complete comfort, won't that get boring after a while?

ANSWER:

No. Comfort results from maintaining an optimal stimulus level. Because stimuli lose their novelty over time, new stimuli are needed in order to maintain comfort. You will seek new pleasures and once you have attained comfort you will even enjoy new challenges. Life becomes ever more interesting.

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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