

THE
DAVIS FOUNDATION

FOR PROVIDING
EMOTIONAL COMFORT

Letter of February 25, 2004

Dear Reader,

One of the things that our Inner Guides do for us is to protect us from danger. Because an Inner Guide consists only of the mental pathway of all experiences of comfort, a sense of its own identity, and a wish to help us, it has none of the chronic disequilibrations that result from unsolved problems and discomforts. It has no mental "static" to interfere with perception of the stimuli that our minds register. It detects the subliminal perceptions that remain out of our awareness. A faint sound in a dark alley, an indiscernible odor of smoke, a heightened tension in an approaching stranger, a slight alteration in the taste of our food, all will be perceived by our Inner Guides who will then influence us to take the appropriate protective action. For the same reason, our Inner Guides can detect alterations in our bodies that indicate impending illness and help us abort them or attenuate their effects.

Our Inner Guides also help us with dangers that we have perceived but been unable to solve. For instance, we have all been made aware of the dangers of being overweight. Many people try to lose weight but most fail. They have developed the maladaptive habit pattern of overeating to partially solve various chronic disequilibrations such as feelings of stress, loneliness, or unsatisfied yearnings to be loved. Whenever these disequilibrations are stronger than those caused by the concern about being overweight, the locked in habit pattern prevails and they resume overeating. While habit patterns are occasionally broken spontaneously, an Inner Guide can systematically replace them with better solutions. It does so by providing the necessary complex stimuli to unlock the previous habit patterns and then repeating the better solutions until their novelty wanes sufficiently so that they may enter awareness and be acted on. Some of you who are doing self-hypnosis have found that your Inner Guides are altering your eating patterns. Those of you who would like to lose weight but haven't yet will do so in the future. Each person's Inner Guide determines the most efficient order in which problems will be solved.

Sometimes we are made aware of dangers but deny them or avoid dealing with their implications. One such example is the threat to our well-being caused by our dependence on fossil fuels. We have become dependent on foreign sources of oil, which makes us vulnerable to political volatility in other parts of the world, and we are also causing harmful alterations in the atmosphere. Then, too, there will come a day when we run out of fossil fuels. Why aren't we able to respond to these dangers?

As with all behavior, the ways that we use energy have become locked-in as habit patterns. When a threat to our comfort arises, such as the brief energy crisis in 1973 that was caused by a temporary shortage of gasoline, it becomes the most disequilibrating stimulus at that moment. Our minds seek responses to that stimulus



The Davis Foundation for
Providing Emotional Comfort
30 North Michigan Avenue
Suite 1125
Chicago, IL 60602

Tel: (312) 230-0114
Fax: (312) 230-0168
www.davis-foundation.org
info@davis-foundation.org

and we think about solutions to the problem. When the threat recedes, other disturbances, such as worries about our work, our relationships, and so forth become the most disequilibrating stimuli and we revert to locked-in habit patterns for these problems. If these patterns conflict with conservation of energy, that concern goes to the back burner. For instance, if a person has bought an S.U.V. because of disequilibrium over his social status, this disturbance resumes its primacy once the fuel crisis has receded.

If a danger appears in the distance and only gradually increases in importance, people will not respond to it until it becomes the most disequilibrating stimulus. Energy conservation will take a back seat to other issues of the day until a new energy crisis is upon us. But then it will be too late. We will have failed to protect ourselves from this danger.

Is there anything that we can do about this? Yes. But first, let us learn more about the energy supply.

Out of Gas: The End of the Age of Oil by David Goodstein, vice-provost and professor at the California Institute of Technology, describes the rise and now the beginning fall of fossil fuel resources. A crisis in the fuel supply will occur, not when all the fuel has been used, but when fuel is being used faster than new supplies are being discovered, which will occur after the peak of the bell curve of increasing supply has been reached. As fuel becomes increasingly scarce, its price will increase resulting in inflation, not just in the price of fuel but of everything made from it (plastics, chemicals, pharmaceuticals). Substitute fossil fuels such as heavy oil, shale oil, natural gas, methane hydrate, and coal require more energy to extract and/or the development of entirely new distribution systems (which take time and, yes, energy to build). And extraction and use of these alternatives will further damage the atmosphere.

This short book clearly explains the scientific principles that govern how fuel is created and used, and demonstrates why certain alternative energy sources, such as ethanol, hydroelectric power, and wind will not adequately substitute for fossil fuels. The only realistic alternatives are nuclear power and sunlight, both of which will take significant time and effort to develop as adequate replacements.

The peak of the bell curve for oil supplies in the lower forty-eight states was reached over thirty years ago; since then we have had to depend increasingly on foreign supplies. But the peak for the world supply is occurring during this decade. If we don't begin to develop the alternatives now, our civilization based on fossil fuels will not survive.

I recommend this book for speedreading. By speedreading, I mean looking at each page for just a moment so that the content enters your memory for use by the Inner Guide. This is different than skimming for your own awareness. Of course you can slow down and read for your own comprehension if you wish, but you should make sure that your Inner Guide gets through the whole book. As you resume your usual activities, other disequilibrations will prevail and the message of this book will initially recede in your awareness. Because it is such an overwhelming disequilibrium, your mind may access a false solution: denial. It may seem unreal. But your Inner Guide will remain very aware of it, and will seek solutions for the impact that it will have on you, and on civilization, in the future. How can your Inner Guide help?

For those of you who work in fields related to energy, it will greatly expand your creativity and problem solving ability, as it will do for all of us in our respective fields. For all of us, it will take into account the coming energy shortage as it accesses solutions for our problems. It will influence us to conserve energy and to plan ahead for the shortage, and the inflation, in ways that we would not think of or do without its help. And depending on our individual needs and situations, it may also move us to spread this knowledge and help our society deal with it.

QUESTION:

A reader recently called to my attention a book about a champion Scrabble player who could access needed words by asking an inner entity, and asked whether this man had an Inner Guide too.

ANSWER:

No. Many people are able to access inner parts of their minds for help with various situations. They can ask for, and receive, answers for many kinds of questions and assistance with many different kinds of problems. The Inner Guide that I have discovered and described works silently. It may communicate at times but its most important work is done out of our awareness. You can't bring it into existence unless you know what it is. It is the combination of the mental pathway of all experiences of comfort, a sense of its own identity, and the wish to help. It finds the origins of all of our problems and discomforts, including the ones we are not aware of, accesses the best solutions, and works to bring these solutions into our awareness. The first two steps are done very quickly. It is the third, bringing solutions into our awareness, that takes time and that can happen only if we do self-hypnosis regularly.

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