

THE
DAVIS FOUNDATION
FOR PROVIDING
EMOTIONAL COMFORT

Letter of May 5, 2004

Dear Reader,

People sometimes ask whether an Inner Guide will force its will on them. What if they want to indulge in pleasures that are not healthy, such as overeating or smoking? Will they be deprived of these? Or what if they don't want to exercise or clean house? Will they feel pressured to do these things?

No, that is not how an Inner Guide works. Its goal is to provide comfort. People who overeat or smoke are conflicted. On the one hand, they enjoy and often even feel that they need these habits while simultaneously knowing that they are not healthy. They may be subject to repeated reminders from their culture of the dangers of these habits, but even if they are not, their bodies send them distress signals. This knowledge, whether obvious or subliminal, creates a chronic disequilibrium that contributes to their tension level. People who have messy homes are also conflicted. Although they may feel that they "ought" to be neat, and that it is distressing not to be able to find things that they need, they may not fully realize that the unharmonious view of a disorderly home is in itself unpleasantly disequilibrating at a subliminal, if not a liminal, level. And people who fail to exercise not only increase the tension level caused by their knowledge that it is unhealthy, they also deprive themselves of the positive stimulation it creates.

An Inner Guide knows that all of these behaviors create distress. How does it resolve these discomforts without forcing a person to do things differently?

All habit patterns arise as responses to disequilibrating stimuli. The first time such a stimulus occurs, the mental apparatus matches it with the best possible response at that moment. If a young child wanting love from her mother receives it, that love is a *true solution*. If her mother is unable to respond, the child's mind will match the next best solution, which may be the knowledge that her mother will be able to attend to her soon. This is a *partial solution*. Although it doesn't end the disequilibrium, it decreases it. If, however, the child's mother is chronically unresponsive, that solution will not suffice, and a different solution must be matched. Food is a likely choice because it is associatively related to the mother. Eating as a response gets locked in and becomes a habit pattern. Because the disequilibrium caused by the wish for love is not fully satisfied, it continues and becomes chronic. As the child grows, she may realize that overeating is not good for her but she is unable to stop because the habit is locked in. It can be changed only under certain conditions, which may occur by chance but more often do not.

An Inner Guide will search the woman's memory for the origins of her problem, the wish for love that was unavailable, and will access a true solution: namely, that



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the woman is now an adult who no longer needs that love. She can love herself and also find love from others in her current environment. The Inner Guide will create a *complex stimulus* to unlock the habit pattern of overeating and the new solution will replace it. The Inner Guide will then work to bring this new knowledge into awareness. As this occurs, the woman will begin wishing for a healthier diet. There will be no coercion. (One of our participants reported, “I don’t want the potato chips. I want the fruit.”) And as the disequilibrium causing the old habit disappears, an individual is able to enjoy her food more because there is less mental static obscuring that pleasure.

While some habit patterns are solutions to particular kinds of distress, as in the situation above, others are non-specific responses to chronic tension. Smoking may begin as a response to the stimulus of desire for acceptance by a peer group, but after maturation an individual may no longer feel that need. Yet he continues to smoke. It has become a response to any feeling of stress, regardless of cause. He, too, will need a complex stimulus to unlock this habit pattern.

What about the things that people don’t do, such as exercising or cleaning house? When people are overloaded with chronic disequilibria they don’t have the energy to take good care of themselves. An Inner Guide, by solving their problems, will remove the burdens that incapacitate them. They will find themselves wanting to do these things.

Most people don’t realize how much stress they have because it has become a given, something that they take for granted. Only after their disequilibria have been solved will they appreciate how much distress they had been living with, and how free and light it is possible to feel.

QUESTION:

Can my Inner Guide prevent me from doing something that isn’t right, like going in a career direction that isn’t best for me?

ANSWER:

Yes. Your Inner Guide will access the best possible solution for any problem, but it will take time for her to bring that into awareness. That is why it is necessary to 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