

THE
DAVIS FOUNDATION
FOR PROVIDING
EMOTIONAL COMFORT

Letter of June 16, 2004

Dear Reader,

An acquaintance of mine recently expressed dissatisfaction that she had reached what she considered to be the midpoint of her life without having done anything that would be of lasting value. She is a fine person and highly competent in her field. She exercises her craft with great skill and integrity, and enjoys her work very much. Those who use her services appreciate the results. But her work product is commercial and often short lived. What is she to do?

Whenever the mind registers a stimulus a disturbance occurs, as when a pebble is thrown into a pond. The mental apparatus searches the mind for a solution. If one is immediately available, a *true solution*, the disequilibrium ends. If not, the next best alternative is matched: a *partial solution*. Occasionally there is neither a true nor a partial solution, in which case the mental apparatus must access a *false solution*. This does not diminish the disequilibrium at all but exists alongside it in a separate pathway.

Suppose that a man learns that he is in danger of losing his job. If he is immediately aware that another job is available, this true solution ends the disequilibrium. There will be other disturbances that occur as he contemplates changing jobs, but the original disturbance is solved. If no new job awaits, he may feel anxious and search for another one. The feeling of anxiety and the job search are both partial solutions. They decrease his distress: the anxiety by giving expression to it and the job search by providing the prospect that the problem will be solved in the near future. A false solution will occur if he denies the problem. A double pathway comes into existence. In one arm, there is an absence of concern while in the other arm the disequilibrium continues full force.

This disequilibrium contributes to his overall level of stress, which he attempts to diminish by various non-specific means. He may attempt to soothe himself with food, drink, or cigarettes. He may try to discharge the tension through talking or physical activity. Or he may immerse himself in some activity that he finds pleasurable such as reading or watching TV. All of these responses are partial solutions to the general stress level because they diminish his discomfort somewhat, but they don't address the origin of his distress: the danger that he may lose his job. Because of his denial, he continues to remain unaware that this is a problem.

When solutions have been matched with problems they become locked in and, with recurring similar stimuli, these responses become habit patterns. The person who reacts to the danger of losing a job by searching for another one will respond to other potential dangers with similar activity and his partial solutions will lead to true ones.



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

The man for whom denial has become a habit pattern will become increasingly tense as his underlying disequibrations accumulate unsolved. He will not be able to think about wanting to make a lasting contribution to society because he will be increasingly focused on attempting to alleviate his discomfort.

If a person uses effective partial solutions when true solutions are not immediately available, she will solve her problems. She will not be burdened with escalating tension and may often experience an optimal stimulus level. And because all stimuli lose their stimulatory capacity as their novelty wanes, new stimuli must be sought. The woman who wishes to make a lasting contribution does so because she requires new challenges.

A wish to make a lasting contribution may originate as a partial solution that doesn't help solve a problem. If a person has endured repeated accusations of laziness, the partial solution of striving to make a difference will not contribute to ending his distress. His effort will be repeated and intensified, which will lead to chronic fatigue. And because of the accumulating mental static, his creativity will be impaired.

In contrast, the competent woman who is productive and creative needs the new challenge of making a lasting contribution in order to maintain an optimal stimulus level. An Inner Guide would help her determine how best to do this and would develop her creativity even further.

QUESTION:

Where does my Inner Guide get her intelligence?

ANSWER:

Because she is composed only of the pathway of comfort, a sense of her own identity, and a wish to help, she has no discomfort and therefore no chronic disequibrations. There is no "mental static" to interfere with her ability to access your/her entire memory bank for whatever information she needs to solve problems and end discomforts. And because of this ability she is also aware of all of your subliminal perceptions. This allows her to know more than you do about what is going on in your body. She is also able to read subliminal clues that emanate from others, which help her to make judgments about them. This is not a spiritual phenomenon. It is simply a result of her lack of tension.

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

Volume 2 Number 12

© 2004 The Davis Foundation for Providing Emotional Comfort. All rights reserved