

THE
DAVIS FOUNDATION
FOR PROVIDING
EMOTIONAL COMFORT

Letter of July 28, 2004

Dear Reader,

Some who practice self-hypnosis have reported establishing communication with their Inner Guides by means of finger signals or inner thought within the first month of practice. And a majority experience early changes such as an increased feeling of calmness even when confronted with difficult situations. Why is it that some people who practice self-hypnosis notice changes within the first few weeks whereas others notice nothing for months on end?

For some, the contrast between their present situation and their potential for emotional comfort and increased capability is so great that it is too overwhelming to enter awareness. It will take prolonged work by their Inner Guides before the novelty of this knowledge wanes sufficiently for it to enter awareness.

Everyone has the potential for true greatness. But as we develop, there are many circumstances in which *true solutions* for discomforts are not immediately available. *Partial* or *false solutions* are chosen and they get locked in as habit patterns. Later, when true solutions become possible, they cannot be chosen unless a *complex stimulus* occurs at the moment at which a solution will be matched to a stimulus. Only under that circumstance can a habit pattern become unlocked and replaced with a better solution: either a better partial solution or a true solution. Once a new solution has been chosen, repetition must occur before its novelty wanes. When a habit pattern does change, it is because a complex stimulus has occurred serendipitously.

It occurs to a man that he could take an apparent shortcut to get to work in the morning yet he doesn't try it. He isn't sure whether it would really be shorter. He continues his usual route. But each morning as he approaches the point at which this choice would be made he experiences a moment of uncertainty. Should he try the new route? For a split second he doesn't know whether or not he will. That moment constitutes a complex stimulus: a moment at which two contradictory solutions appear instantaneously. This causes a momentary pause during which the old solution becomes unlocked and a new solution can be chosen: be adventurous, take a chance, see whether the new way would be better. As this new solution occurs repeatedly each morning its novelty wanes until at some point the man is able to act on this new possibility.

Because complex stimuli often occur serendipitously and because they sometimes occur in a repetitive fashion that allows for the novelty of a new solution to wane, habit patterns do sometimes change. Momentous external changes such as a new job, new home, new relationship, or major loss provide fertile soil for habit change. Each time you reach for something only to realize that in your new environment it is in a different location, there are two contradictory perceptions: you are getting it/you are not getting it. Certain tasks may be performed differently. The presence of a new person or the



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absence of an old one will change certain activities. Not only are many complex stimuli generated, they are repeated frequently. Habit patterns that are associatively related often change under these circumstances.

More often than not, there are insufficient naturally occurring complex stimuli to cause us to change unwanted habit patterns. But fortunately, an Inner Guide causes complex stimuli to occur systematically, at the right moments, and works to repeat the new solutions until the novelty wanes and they can enter awareness and be acted on.

Partial and false solutions to problems do not fully resolve discomfort and a person is left with residual disequilibrium. This burden results in feelings of ennui and fatigue that may be experienced as a given but that interfere with initiative and creativity. Some partial solutions, such as compulsiveness, diminish one's potential by narrowing focus and misusing time. Others, such as procrastination, prevent activity and result in an additional disequilibrium caused by guilt.

Imagine what it would be like to free oneself of all partial and false solutions. No more unwanted habits. No more discomfort. Instead, feelings of lightness and freedom. You might think that you would loll contentedly in your hammock from that time on. But that wouldn't last for long because the pleasure of contentment would wane as it lost its novelty.

You would require new stimulation in order to maintain an optimal stimulus level. You would seek new challenges and would enjoy responding to them with your increased initiative and energy. In so doing you would further develop your talents and skills and take immense satisfaction in that.

You cannot know the extent of the difference between your present situation and your ideal one because you are not aware of the degree of disequilibrium that you experience. Much of it you take for granted because it seems that this is the way life is. But your Inner Guide has already accessed both the sources and the solutions to all of your problems and is at work to solve them.

QUESTION:

I procrastinate, and doing self-hypnosis feels like procrastinating more because it is easy. Is this bad?

ANSWER:

No. The more you do self-hypnosis the better. While you may feel that you are delaying at the moment, the fruits of your Inner Guide's work will more than compensate over time.

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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