

THE
DAVIS FOUNDATION
FOR PROVIDING
EMOTIONAL COMFORT

Letter of May 4, 2005

Dear Reader,

Some of you have established communication with your Inner Guides but the Davis Foundation's project has found that about fifty percent of participants have not been able to do so as of yet. There are two possible reasons for an Inner Guide's silence. One is that it has chosen to work silently because it can function more efficiently that way. By keeping a person in suspense, it creates an ongoing mild disequilibrium that fosters integration of new ways of feeling and acting. But some people are unable to experience direct contact because it is too overstimulating to enter awareness.

Some people whose Inner Guides remain silent are content because they understand that their Inner Guides are hard at work on their behalf and they begin to experience welcome changes in their comfort level. But others feel frustrated. They want their Inner Guides to communicate with them.

If a person tries to establish finger signals or automatic writing and feels frustrated when this doesn't occur, I have suggested that they wait a while before trying again in order to avoid ongoing frustration. But it has recently occurred to me that repeated attempts would serve to decrease the novelty and would therefore hasten the day when contact could occur. If a person tried to make contact frequently with the understanding that this routine was an exercise to diminish the overstimulation, he might feel satisfaction at having done something positive rather than frustration at the lack of response.

The appearance of finger signals can be dramatic and exciting. A subtler manifestation of an Inner Guide's presence may be less overstimulating and therefore may occur sooner. Each time that you enter the self-hypnotic state, your Inner Guide has become dominant in the body. It controls movement. This is why we tend to relax while in the state. Our Inner Guides are so comfortable that they cause our bodies to lose their tension. Some people experience this as a feeling of "heaviness" in the body.

If your Inner Guide caused your arm to raise "spontaneously," you would have an indication of its presence. But an intervention that would be even more subtle would be for your Inner Guide to prevent you from raising your arm, because that would involve no movement. While in self-hypnosis, you could ask your Inner Guide to raise your arm, or to prevent you from doing so.

Often the first difference that people notice after beginning self-hypnosis is a change in a feeling. A stimulus that had made them feel tense or irritated in the past no longer does. The stimulus is typically a minor challenge or annoyance. A small change, less overstimulating, can more quickly enter awareness. This provides another way for



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your Inner Guide's presence to be felt. You may wish to try the following experiment: choose a minor stimulus, perhaps a pet peeve, that you find annoying and ask your Inner Guide to solve your discomfort. It may simply eliminate the feeling of annoyance, or it may provide a different solution for the situation. For example, one participant who finished the project some time ago reported that when she walked to work in the morning she was frustrated and irritated by the traffic that made it difficult for her to cross a certain street. Not long after beginning self-hypnosis, she found herself walking to a different spot before crossing the street, a spot where the traffic was not problematic. Though it took a little longer, she found that she didn't mind. As your Inner Guide solves the minor stimulus you have chosen, you will realize that it is working on your behalf. Although it would end this discomfort in due course even if you didn't ask it to, you will be more aware of its activity if you identify this problem and ask for a solution.

Many wish for help with unwanted habits such as overeating, smoking, and procrastination. These maladaptive habit patterns are *partial solutions* that result from chronic disequibrations that usually originate early in life. Although an Inner Guide can identify the source of the problem, find a *true solution*, and create a *complex stimulus* to replace the partial solution with a true one fairly quickly, the implications of the change are so overwhelming that it takes quite some time before the new solution can enter awareness. An Inner Guide would not want to alter the habit quickly because the individual needs that partial solution until the new one can enter awareness. But if you ask your Inner Guide to cause a small alteration in the habit pattern that you would like to change, the effect will not be profound and the rationale for the change would be not to deprive you of a needed *partial solution* but rather to increase your pleasure by providing evidence of the Inner Guide's existence and activity.

You can choose an unwanted habit that you would like to change and ask your Inner Guide to provide a token intervention. For instance, if you overeat, you could ask your Inner Guide to cause you to forgo a snack that you had intended having. If you don't exercise, you could ask your Inner Guide to have you do a short errand on foot rather than by car. If you procrastinate, you could ask your Inner Guide to have you make a minor decision. If your Inner Guide is able to comply with these requests (i.e. if they are minor enough so that they can enter awareness), you will experience its reality. But don't expect that you will then be able to quickly change your habit completely. That will take time.

In these ways, those of you whose Inner Guides are working silently may be able to experience responses to your requests that will reassure you that it exists and is at work on your behalf.

QUESTION:

Why does my Inner Guide disequilibrate me?

ANSWER:

The disequibrations that an Inner Guide causes are those that create complex stimuli, that is, stimuli that signify two contradictory meanings simultaneously. A complex stimulus, by doing so, causes a pause during which a maladaptive partial or false solution can be replaced by a true one. When the true solution is then repeated until its novelty wanes, it can enter awareness.

A response to a stimulus is evoked not only to repeated occurrences of that stimulus but also to associatively related stimuli. In time, a response may become generalized. For instance, a woman who has been abused by a man may develop a fear of all men because other men are associatively related to the abuser. To solve this problem, an Inner Guide must create a number of complex stimuli to deal with the network of associations.

Because an Inner Guide wants to provide comfort, it usually creates only minor disequilibrations. However, if a maladaptive habit pattern is causing intense distress, an Inner guide may create an intense disequilibrium in order to ameliorate the situation. The more powerful a disequilibrium is, the longer its reverberations will last and the more repetitions of the true solution will result.

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,

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