

THE
DAVIS FOUNDATION

FOR PROVIDING
EMOTIONAL COMFORT

Letter of June 29, 2005

Dear Reader,

One of the benefits that our Inner Guides provide is to protect us from danger, which can come in many forms. We are often quite aware of the potential for physical danger and we take steps to avoid it when we can. But sometimes its presence is registered only subliminally. A project participant had the following experience:

“There’s an incident I want to tell you about that is indicative of my progress. It occurred several months ago and I was so shaken by it, I didn’t tell you or anyone else for quite some time... There was a 'going-away' gathering at a friend's apartment, and there were several people on the third story deck (an old rotten one...not so rare on older apartments here, I suppose). Suddenly, I grabbed a woman next to me and pushed her inside. I thought the deck was going to fall. I made a bit of a scene, and as a result, people came inside, but the deck seemed to be just fine. At some point later, the deck fell. Not completely, but it dropped a good six inches off some of its moorings, and it certainly would have been dangerous for people had they remained on it. I have no other explanation for this awareness than to suggest it was my Inner Guide.”

Some dangers are internal. Another participant had this experience:

“I tried to ignore my Inner Guide’s comments on smoking... so every time I tried to smoke, I started to cough and/or get queasy! So much for that bad habit!”

Other dangers stem from our social and economic environment and, although we may be aware of them, we put them on the back burner if they don’t appear imminent. Our attention is focused on more immediate problems. Why do we ignore a problem that, although it doesn’t seem pressing, may have a more profound impact on us than our current concerns? Its magnitude is so overwhelming that it evokes a *false solution*: denial.

Recent news articles report the growing problems of our federal deficit. In a New York Times op-ed article on June 26, David Walker, the comptroller general of the United States and chief of the Government Accountability Office, is quoted as saying that the greatest threat to our future is our fiscal irresponsibility. He warns that our country will face a serious financial crisis in the near future. Paul Volcker, former Chairman of the Federal Reserve, is quoted as saying that there is a 75% chance of a severe financial crisis in the next five years.

Although experts’ opinions vary there does appear to be a significant probability that we will be in for some difficult times ahead. Taxes will go up and services and benefits will go down. Are we preparing for this?



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Our reactions may vary from disbelief to feelings of helplessness. What can an individual do to change this scenario? Write to our senators and representatives? Write letters to the editor? Work for politicians who we feel would manage our country's finances differently? Can we change the course of events?

The source of the greatest disequilibrium at any given moment enters our awareness and remains there until displaced by the source of a greater disturbance. Our concerns about our country's financial solvency will be displaced by a more immediate disturbance, perhaps hunger. It's time for dinner. Finances will go on the back burner for now.

Not only is disbelief a false solution, feelings of helplessness are, too, because there are steps we might consider taking to prepare for this danger. We can't solve our country's financial problems quickly but we can make some adjustments to our own financial situation and lifestyle. Our Inner Guides know this and will move us, gradually and perhaps silently, to protect ourselves from financial danger.

QUESTION:

Will my Inner Guide ever leave me?

ANSWER:

No, she will always be with you. She is a mental pathway in your mind. There are some mental pathways that we wish to be rid of: pathways of uncomfortable emotions, bad memories, and unwanted habits. These never cease to exist but, as an Inner Guide accesses *true solutions* for problems and locks them in, the mental apparatus will always choose the true solution because it is the best response to a disequilibrium. Once an Inner Guide has been able to bring a true solution into awareness, the previous, less satisfactory response will not be exercised. It remains a mental pathway, but one that is never chosen.

Once you have solved all problems, ended unwanted habits, and achieved emotional comfort your Inner Guide will still have work to do. She will continue to protect you from danger, monitor your health, help you with new problems that arise, and enhance your creativity.

Beginning with this issue, the online version will be sent only as an e-mail because the accompanying .pdf attachment causes a slow download time on some recipients' computers. For those who want the .pdf version, it is always posted on the Davis Foundation website on the day of issue. It can be found on the Letter Archive webpage of that site. If anyone now receiving the Letter by post would prefer to get it online, just let me know.

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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