

THE
DAVIS FOUNDATION
FOR PROVIDING
EMOTIONAL COMFORT

Letter of September 21, 2005

Dear Reader,

Many people are eager to develop an Inner Guide through self-hypnosis, but not all. Some feel that they have no problems, others lack confidence that an Inner Guide could help, and a few are apprehensive about relinquishing control to another entity.

For most of us it doesn't feel as though we are relinquishing control. We continue to go about our business as we always have. Even when our Inner Guides create *complex stimuli* that cause momentary disequilibrium we tend not to be aware of their influence. Although we know that they have the capacity and intent to create these minor mishaps we tend to view such events as happening spontaneously, as they have in the past. And when positive changes first begin to occur, we may not attribute them to our Inner Guides.

When an Inner Guide begins to communicate, its existence is obvious. But only about half of those who do self-hypnosis establish communication within the first year. The rest must rely on faith until positive changes become pronounced enough to convince them that they do, indeed, have an Inner Guide. How can those of you whose Inner Guides work without communicating be helped to persist in doing self-hypnosis?

You are accustomed to experiencing minor mishaps occasionally, but if you pay close attention you will notice that they are happening more frequently. You are more often misplacing or losing things, forgetting things, or spilling things. You may find yourself stubbing your toe, nicking yourself with a knife or razor, bumping into things, or tripping and falling. None of these mishaps cause significant difficulty. The lost or forgotten items are recovered before they are needed. Spills don't stain clothes. Bumping into something or falling don't result in injury.

These events are complex stimuli because they signify two contradictory meanings simultaneously. When you misplace your wallet, you reach for it and it isn't there. You are paying/you are not paying for your purchase. When you spill a glass of water, you are drinking/you are not drinking. When you stub your toe, each time you take a step it will hurt and you will pause, perhaps repositioning your foot. You are walking/you are not walking. Minor injuries make excellent complex stimuli because they cause repeated pauses.

All of our thoughts, feelings, and actions are habit patterns. They develop as *partial solutions* to stimuli for which there are no immediate *true solutions*. When stimuli recur, their locked-in responses do, as well. Only if a pause occurs can the mental apparatus choose a better solution, if one is available. Because the mind works extremely rapidly, even a very brief pause will suffice to lock in a new response.



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If you are able to detect an increased frequency of minor mishaps, you will see indirect evidence of your Inner Guide's work. You may entertain a different hypothesis: that these events are caused by a loss of your faculties through aging or stress. But you will notice that these occurrences do not progress: they wax and wane. And they may disappear altogether for weeks or months at a time.

Some complex stimuli are more subtle and represent beginning changes as well. Most people have characteristics that cause them difficulty but that they take for granted. It doesn't occur to them that these traits are problematic. A person who is compulsively neat may feel that this is a virtue. But this compulsion is a partial solution for an underlying discomfort that he is unaware of, discomfort that originated in childhood. The stimulus may have been specific, perhaps criticism for being messy. Or it may have been more general, perhaps a vague message that he was inadequate. His response of compulsiveness may have become generalized: a reaction to any stress. But it doesn't fully solve a discomfort because it isn't a true solution.

As an Inner Guide solves this problem, the person may go through a period during which he feels undecided about whether to perform certain compulsive actions. He should/he shouldn't. His Inner Guide is causing this vacillation and it allows the response of compulsion to be unlocked and replaced by a better solution.

Because these uncertainties are so subtle they may not be recognized as complex stimuli. And a lessening of compulsive activity will occur gradually, making it hard to identify until it has become pronounced. But complex stimuli and dissipation of effortful character traits, when identified, will provide indirect evidence of an Inner Guide's existence and activity. If your Inner Guide is not yet communicating with you, you can convince yourself of its reality if you notice these evidences of its existence.

QUESTION:

Is the Inner Guide a manifestation of divine intervention?

ANSWER:

An Inner Guide is simply one of many mental pathways in the mind, brought into existence in accordance with scientific principles of mental functioning. If you consider all of creation to be due to divine intervention, an Inner Guide would be included in that concept.

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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