

THE
DAVIS FOUNDATION

FOR PROVIDING
EMOTIONAL COMFORT

Letter of April 19, 2006

Dear Reader,

Although some of you have established communication with your Inner Guides, many of you have not yet achieved this. It doesn't matter because an Inner Guide works just as efficiently whether or not it communicates with you. Without communication, however, your Inner Guide's work may be more difficult to recognize. You experience changes but it may not occur to you to attribute them to your Inner Guide.

Some changes will improve your health: you may begin to exercise or to go on a long postponed diet. Other changes may lower your tension level as you react with less anxiety and irritation to previously distressing stimuli. One of the subtlest changes involves establishing a new interest or more vigorously pursuing one that you already enjoy.

An amateur musician who plays several instruments has always considered himself a jack-of-all-trades. Several months after beginning self-hypnosis he now feels faint impulses to improve his playing on one of them. Might this happen spontaneously? It might, but for the last many years it hasn't. He has felt proud of his status as a jack-of-all-trades. Although this may provide a certain level of gratification it will be dwarfed by the delight he will feel as he fulfills his musical potential.

Many people have been unable to realize their full potential and, often, they aren't aware of it. They don't realize that they could do much more and feel much greater joy. They are constrained by inhibitions that operate out of awareness.

Inhibitions, which usually begin in early childhood, are *false solutions*. The mental apparatus chooses a false solution as a last resort when *true* or *partial solutions* are not available. Young children are especially likely to experience false solutions because they have a smaller repertoire of true and partial solutions and because they are more sensitive to overstimulation.

A little boy harbors murderous thoughts toward his baby sibling who seems to be monopolizing their mother's attention. The true solution would be for the boy to accept that the baby is a permanent member of the household and that their mother will spend a lot of time taking care of it. But the boy cannot immediately acknowledge this reality because it is initially too painful. Partial solutions might include crying, verbalizing his distress, hanging on his mother in an attempt to get her attention, and throwing or breaking things. If these actions do not sufficiently diminish his anguish, his mental apparatus will create a mental split, a dissociation, causing the formation of two parallel mental pathways. In one arm of the double pathway he will continue to feel rage out of awareness. In the other arm there will be the equivalent of a negative hallucination: an unawareness of his rage. This false solution becomes locked in and, when future stimuli evoke aggression, they will be matched with the same response.



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He will again be unaware of his rage and his aggression will be inhibited. Over time this response becomes generalized and can result in an inhibition of normal assertiveness as well.

A little girl is in love with her father and would like to marry him. She has only a dim notion of all that marriage involves but does have some sexual feeling that she would like to enjoy with him in some way. When she comes to understand that this is forbidden, her mental apparatus also matches her feeling to the false solution of unawareness. As this response generalizes over time she becomes sexually inhibited: she is frigid.

Many habit patterns do change spontaneously over time if an appropriate complex stimulus occurs. The old solution can be unlocked from the stimulus and a better one can replace it. But solutions that have generalized have developed an intricate network of associations that would require many complex stimuli to undo. This sometimes occurs during major life changes or following dramatic events. When people change jobs, move to a new home, lose a relative or good friend, or become ill there are many changes in their daily life that create complex stimuli. And witnessing or participating in a dramatic event that is associatively related to an inhibition creates a trauma that also provides complex stimuli. But without an experience that causes a huge number of associatively related complex stimuli, generalized habit patterns such as inhibitions do not change.

An Inner Guide systematically creates the many complex stimuli that are needed to unlock all of the associated habit patterns that have been generated by an inhibition. And because this result is very overstimulating, an Inner Guide must also do much work to enable the new solution to enter awareness. We can see why solving an inhibition takes time. As we do self-hypnosis regularly we give our Inner Guides the time they need to do this work. And when an inhibition lifts, the sense of freedom, satisfaction, and delight are wonderful.

QUESTION:

I am stubborn and I resist things. Will this get in the way of my doing self-hypnosis?

ANSWER:

Because you wished for an Inner Guide, you have one. And, having made that wish, you are not resisting this process.

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