

THE
DAVIS FOUNDATION
FOR PROVIDING
EMOTIONAL COMFORT

Letter of May 17, 2006

Dear Reader,

There are a number of ways that our Inner Guides can help us improve our health. As we feel moved by our Inner Guides to adopt a healthy lifestyle by eating healthfully, exercising, and getting enough rest, we support our immune system. We also strive to avoid toxic environments, and to expose ourselves to new learning, which provides the stimulation that is necessary to prevent atrophy of the brain.

Because our Inner Guides have access to all of our subliminal perceptions they are aware of bodily sensations that don't reach our awareness. An Inner Guide can detect the subtle feeling of malaise, before it enters our awareness, that often presages the onset of an illness. We may then feel moved to go to bed early, skip a workout, or avoid stressful encounters in order to abort the illness.

If we develop an illness that can't be fended off, our Inner Guides search our memory banks for past experience of these symptoms, if we have had them before, and for any medical information we may have been exposed to in the past. Often an Inner Guide can determine whether it is necessary for us to call a doctor or whether an illness will resolve by itself.

Because of their access to subliminal perceptions, our Inner Guides can detect when we may be on the verge of straining muscles as we exercise or otherwise overexerting ourselves. They can cause us to slightly modify a position or even stop what we are doing to prevent injury.

Our Inner Guides, because of their sensitivity, also have an exquisite sense of balance. They can help us avoid falls, or to fall in such a way that we avoid serious injury.

If a person suffers from a symptom or an illness of emotional origin his Inner Guide knows the underlying cause, has found a *true* solution, and is working to bring that solution into awareness. What sorts of symptoms are not of physiological origin?

"Conversion symptoms" are symbols of neurotic conflict. Hysterical blindness can occur to avoid seeing something forbidden, hysterical paralysis to prevent a forbidden activity.

During somatization, an individual experiences one or more physical symptoms that are not as specifically symbolic but which represent a physical way of expressing a feeling. Physical pain may represent emotional pain. Dizziness or shortness of breath may be derived from anxiety. Nausea or food intolerance may signify rejection of an unwanted situation.

Some people are hypochondriacal: they exaggerate the significance of minor symptoms. They are displacing anxiety from a different source onto their bodies.



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Often a symptom represents a partial flashback of a past traumatic experience. Pain or a sensation of extreme pressure on a part of the body are components of an episode of abuse and may be evoked by an associatively related stimulus. All of these various physical expressions of distress are caused mentally. They are *partial* or *false* solutions to disequilibrations that are too overstimulating to enter awareness.

Some symptoms are physiologically based and cause pain that originates neurologically, which the brain then responds to by causing feedback loops that increase the pain over time. Chronic pain syndrome results. Although this is a physiological phenomenon it can be modified by thought in biofeedback experiments.

The distress of physiological pain can also be heightened by mental, as well as neurological, activity. Here, too, an Inner Guide can help to diminish the pain, in this case by negating it.

Irritable bowel syndrome is an example of a common and distressing condition that has both physiological and mental components. The bowel is physiologically hypersensitive and may respond to both physical stimuli and emotional stress by hyperactivity that causes various gastro-intestinal symptoms. It has recently been shown that hypnotic sessions that directly address the gastro-intestinal system yield good results.

When one enters a hypnotic or self-hypnotic state the mental apparatus creates a new mental pathway that is separate from all the pathways that constitute one's identity. It is formed for the specific purpose for which a person is hypnotized, whether to stop smoking, gain relief from pain, or to create and enable an Inner Guide.

The hypnotic treatment for irritable bowel syndrome works by a different mechanism. The new mental pathway that is formed can't, by itself, end the physiological aspect of the gastro-intestinal distress. Instead, it imagines various scenarios of comfort which the hypnotist then causes to become associatively related to the action of the gastro-intestinal tract.

Our Inner Guides can learn to do this for conditions we may have that have both physiological and mental components. Having read this Letter they now know what to do!

QUESTION:

Why, when you enter the self-hypnotic state, does some part of your body, like your fingers or hands or feet, sometimes feel warm or tingling?

ANSWER:

This is one of your Inner Guide's ways of confirming to you that you have entered the self-hypnotic state and that it, the Inner Guide, has become dominant in your body.

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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