

THE  
DAVIS FOUNDATION

FOR PROVIDING  
EMOTIONAL COMFORT

Letter of July 26, 2006

Dear Reader,

Some people who begin self-hypnosis and enable their Inner Guides to work on their behalf feel, after a while, that they have achieved the changes they wanted. They may practice self-hypnosis less frequently and then tend to stop altogether. This is a mistake because their Inner Guides can do more than they realize to make them even more comfortable and productive.

In addition to the problems that they have been aware of there are others, out of awareness, that contribute to their stress level. Some involve discomforts that they assume are givens. Bad drivers, rude salespeople, and late trains tend to cause irritation. Some people find that giving a talk, taking a test, or meeting a deadline create anxiety. Others think that the loneliness they feel when they aren't with others is inevitable.

Another type of given involves maladaptive character traits. People who are self-effacing, rigid, passive, or dependent usually don't realize that they are or that these traits contribute to their tension level. These traits are *partial solutions* that have become locked in.

Equally, if not even more hidden, are the instances of denial or avoidance that we have all used at times. They occur when there is no *true* or partial solution for a problem. The mental apparatus creates a double mental pathway: in one arm the disequilibrium continues full force while the other arm contains a *false solution*, such as denial or avoidance. While a partial solution diminishes a disequilibrium somewhat, a false solution doesn't lessen it at all. The disturbance becomes part of a reservoir of distress that exists out of awareness and contributes to one's stress level.

All of these sources of discomfort: the feelings of irritation, anxiety, and depression that seem inevitable, unrecognized character traits, and the consequences of using false solutions, can be eliminated by an Inner Guide.

What about the stress that results when one ponders a decision? Should I do it or shouldn't I? How, where, when should I do it? An Inner Guide will either indicate an answer directly or simply caused you to feel moved to make the right decision.

Stress is also caused by worries about interactions with others. Does she think well of me? Did I hurt his feelings? Does she mean what she's saying? There is no need to ruminate on these concerns. An Inner Guide, through its exquisite sensitivity to subliminal stimuli, knows the answers.



The Davis Foundation for  
Providing Emotional Comfort  
30 North Michigan Avenue  
Suite 1125  
Chicago, IL 60602

Tel: (312) 230-0114  
Fax: (312) 230-0168  
[www.davis-foundation.org](http://www.davis-foundation.org)  
[info@davis-foundation.org](mailto:info@davis-foundation.org)

After all of the discomforts that have arisen from past partial and false solutions have been solved, and in addition to being helped with current uncertainties, you can benefit further as you continue to do self-hypnosis regularly. I wrote in a previous Letter about the possibility of using a trance state to improve one's performance in a variety of situations. You can enter the trance state and perform while in it (this is called "alert trance"). This is not an experience to be done only once or a few times but regularly, each time you perform. You will be much more comfortable and your performance will be enhanced.

But perhaps the most important way that your Inner Guide can continue to help you is with your capacity for creativity. How do you feel about your work? Is it boring or insufficiently challenging? Your Inner Guide will help you find work that you prefer. And if you are already doing work that you love, your Inner Guide will help you develop your skills and talents further. And best of all, it will enable you to become aware of new ideas that you never would have dreamed of before.

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*QUESTION:* (from Ken Barnes of Oakland, CA)

What is "mental static?"

*ANSWER:*

Each time a stimulus is matched with a true solution the disequilibrium ends completely. If, when one is hungry, mealtime is at hand the opportunity to eat is a true solution. Hunger is satisfied for the time being. If no food is immediately available the mental apparatus matches the hunger with the best partial solution available: cooking a meal, going to a restaurant, or distracting oneself until food is available. The partial solution diminishes the disequilibrium but doesn't end it. The disequilibrium that remains (the feeling of hunger whether in awareness or subliminal) competes with other stimuli for the individual's attention. This is what I have called "mental static." It interferes with an individual's capacity to focus on whatever he might wish to.

Hunger is a simple example. It occurs, is satisfied, and after a time it returns. But many disequilibriumations are ongoing. A young child may turn to food for solace when she is lonely and food becomes locked in as a response to loneliness. It is a partial solution because it diminishes the distress but the underlying problem remains and causes ongoing disequilibriumation because eating doesn't solve loneliness. The ongoing loneliness creates mental static. Similarly all stimuli that are not definitively solved by true solutions contribute to mental static.

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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](mailto:info@davis-foundation.org). If you would like to be anonymous, just let me know.

Cordially,

*Judith M. Davis*

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