

THE
DAVIS FOUNDATION

FOR PROVIDING
EMOTIONAL COMFORT

Letter of September 20, 2006

Dear Reader,

Occasionally a person who considers beginning self-hypnosis feels some reluctance because she is afraid that her Inner Guide might make changes that she doesn't want. What if it deprives her of the pleasure she finds in cigarettes, wine, or pastries? Or what if it makes her work harder than she wants to cleaning her house regularly instead of watching TV and reading magazines? And worst of all, what if it insists that she expose herself to certain fears? Perhaps she knows deep down that she should summon her courage and stand up for herself more at work. Will her Inner Guide force her to do that?

The mental apparatus strives to maintain an optimal stimulus level by matching every stimulus with the solution that will best end the disequilibrium that it causes. If a *true solution* is available, it will be matched and the disequilibrium will end. Otherwise the mental apparatus will match the stimulus with a *partial* or *false solution*.

A partial solution will diminish the distress without ending it completely. Cigarettes, wine, and pastries are partial solutions because they are associatively related to early memories of being fed and soothed by a parent. They are not true solutions because they don't solve problems. But because they have been effective in partially soothing various discomforts they have become generalized and, as such, may be overused and cause feelings of guilt.

When the intensity of the disequilibrium is greater than the guilt feelings, these habit patterns will be matched and the individual will continue to smoke, drink, and/or overeat. But, like a teeter-totter, the balance may shift from time to time so that concern or guilt about these indulgences is more distressing than the original disequilibria. When this happens, the mental apparatus chooses different partial solutions, ones that address that problem. But whenever the balance shifts back, the original partial solutions are once again matched because they are locked in and smoking, drinking, and overeating resume. This is why people who are concerned about these habits may try to break them but tend to relapse.

An Inner Guide understands that smoking, drinking, and overeating serve to manage distress and it wouldn't want to eliminate such habits before the underlying tensions that they ease are resolved. Indeed, an Inner Guide doesn't have the power to do that. It cannot abruptly eliminate a needed partial solution. Its game plan is to eliminate the underlying disequilibria by enabling true solutions to be matched with them. Then the maladaptive partial solutions are no longer needed and an individual will be free to enjoy healthy pleasures in moderation.

Will an Inner Guide force a person to clean her house rather than watch TV? Again, an Inner Guide doesn't force changes. There is a reason why she doesn't clean



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her house. She feels burdened by various tensions that persist when stimuli can only be matched with partial or false solutions. When her Inner Guide has solved these tensions she will be able to appreciate and fully enjoy the beauty of her surroundings and will have sufficient energy to take care of them.

Neither will an Inner Guide force a person to confront her fears head on. A person who is afraid to stand up for herself doesn't understand why this is so. She may rationalize her fear in order to explain it to herself but its origin was so disequilibrating that the mental apparatus created a dissociation, or mental split. A double pathway was formed. In one arm the original fear continued full force while in the other arm a false solution of unawareness was created.

An Inner Guide deals with a dissociation by accessing a true solution and repeating it until its novelty wanes and it can enter awareness. If the original trauma was extreme, aspects of it may enter awareness as a series of flashbacks, which will cause some distress. But the great majority of inexplicable fears subside unremarkably. And when they do, individuals then feel comfortable functioning in the ways that previously were compromised by their fears.

But, you may ask, "Even when my stress has been conquered, what if I don't want to give up wine and pastries?" You won't. You will no longer overindulge. There will be no more hangovers or weight gain. But you will get much more enjoyment from these pleasures as you use them in moderation.

QUESTION:

You say that the concept of the Inner Guide is new. But people have had all sorts of inner advisors, spirit guides, and guardian angels for hundreds of years. Why do you think your Inner Guide is new?

ANSWER:

An Inner Guide is different from all these other entities both theoretically and descriptively. In order to create one for yourself you have to understand that the mind contains mental pathways for all the different qualities of our perceptions, and that one of these pathways is that of comfort. You further need to understand that an Inner Guide is composed of three pathways that converge to form one. They are: the pathway of comfort, the wish of that pathway to be helpful to you, and a sense of its own identity.

The other entities communicate in various ways but an Inner Guide works silently. It may communicate at times but its real work is done behind the scenes. You only become aware of its effects when you realize that previous problems and discomforts are now gone.

If an Inner Guide had been created in someone at some time in the past we would know about it because its activity would include teaching others and the world would now be a more peaceful and comfortable place.

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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