

THE
DAVIS FOUNDATION
FOR PROVIDING
EMOTIONAL COMFORT

Letter of November 29, 2006

Dear Reader,

Many problems arise from one's inability to perceive reality accurately. Some people get into financial difficulty because they misjudge their earning capacity. Others enter poor marriages when, blinded by love, they fail to see a potential partner's flaws. Often people misjudge how long it will take to accomplish a task or how much energy it may require. Sometimes a person misjudges the complexity of a work or social situation he is entering and finds that he is inundated with bureaucratic tasks or societal expectations. What prevents people from anticipating these kinds of problems?

As an individual develops he is exposed to many stimuli each of which requires a response. The mental apparatus matches the stimulus with the response that best decreases the disequilibrium at that time. If the response is a true solution the disequilibrium ends. The stimulus of hunger ends if food is available to be matched with it.

For many stimuli there is no available true solution and the mind must match the best partial or false solution that is available. A partial solution diminishes but does not end the disequilibrium hence a chronic disturbance ensues. Wishes for parental attention, recognition, and love, when not satisfied, may be matched with any number of associatively related activities or distractions. The unfulfilled wishes become background noise in the mind. This "mental static" interferes with an individual's capacity to be aware of many of the stimuli that he is exposed to. Requirements or conditions for various activities may be registered only subliminally and he isn't able to accurately perceive them.

Partial solutions may directly interfere with useful perceptions. When overeating as solace for loneliness occurs, thoughts of food take precedence over initiatives to meet new people and even over noticing that new people might be worth getting to know. Procrastination, a partial solution that has become generalized, may create so much discomfort, itself, that a solution to an avoided task may be unnoticed.

False solutions create even more mental static because, when the mental apparatus must match a false solution, the disequilibrium that it is a response to continues undiminished. False solutions include amnesia and denial. "Shop 'til you drop" as a locked-in false solution for early experiences of need may entail denial of one's financial situation. Neediness may also cause amnesia for experiences of domestic violence or denial of its severity or significance.

Some people are hyperalert and are very aware of stimuli but they have difficulty interpreting their perceptions accurately because their hyperawareness has arisen as a result of trauma. They misinterpret benign stimuli as dangerous.



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Clear vision can be very disequilibrating, especially after one has used the various partial and false solutions that obscure it. In addition to accurately perceiving external dangers, and perhaps being frightened by them, a person will become aware of uncomfortable internal knowledge that will include realization of his own character flaws. In view of all this do we really want to know the truth?

As an Inner Guide works to replace partial and false solutions with true ones, knowledge that has previously been warded off will come into awareness. But because an Inner Guide is replacing partial and false solutions with true ones, you won't be frightened or dismayed by what you learn. You will be relieved and happy because the true solutions will bring comfort and delight.

QUESTION:

Is it normal to wax and wane as far as being able to enter self-hypnosis?

ANSWER:

Waxing and waning is a result of certain problems that are being addressed out of awareness. Some problems exist totally out of awareness yet cause great discomfort and need to be solved. A dramatic example is that of a victim of domestic violence who has amnesia for attacks or denial of their severity. She has chronic intense disequilibrium, sometimes full-blown Posttraumatic Stress Disorder, which greatly interferes with her functioning and her comfort. As an Inner Guide begins to solve the underlying problem, and as it thus becomes less intense, there is less need for it to be totally held out of awareness. The individual may begin to experience flashbacks and other symptoms as part of the process of cure. These symptoms are temporary and are actually a good sign because they indicate that the underlying problem is lessening and is on the way to solution. While this process is going on a person may have some difficulty entering the self-hypnotic state. The waxing and waning may occur a number of times during this process but when it is complete the difficulty will end.

Many problems that are less severe may follow the same pattern and may also cause temporary difficulty entering the self-hypnotic state. If you come to a point where you find it very difficult to enter trance take a short break from self-hypnosis and then resume.

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