

THE
DAVIS FOUNDATION
FOR PROVIDING
EMOTIONAL COMFORT

Letter of December 27, 2006

Dear Reader,

There are many situations that are potentially boring. Some are brief: standing in lines, doing chores, waiting for a tow truck, or listening to dull speeches. Others are extended as when one is confined to a hospital bed. During periods of enforced idleness there are insufficient stimuli to maintain an optimal stimulus level. At first we perceive whatever stimuli are available, both external and internal, and experience the thoughts and feelings that they engender. We take note of our surroundings and think about current concerns. But in the absence of fresh stimuli our thoughts wind down and we find ourselves in a state of understimulation, which is felt in awareness as boredom.

Disequilibration is also caused by the knowledge of all of the things that we would prefer to be doing during enforced idleness, whether they are things that we need to do or simply things that we want to do.

In addition, there is the discomfort of feeling trapped or imprisoned in the situation. Being stuck, we have lost our freedom and our sense of autonomy. Although there is no obvious jailer or authority figure, the state of loss of autonomy is associatively related with all past experiences of the same type. A child's sense of autonomy is frequently interfered with when authority figures demand that he do something that conflicts with his needs or prevent him from doing something that he needs to do. And in adulthood these situations continue, as workers are obliged to satisfy their superiors and family members submit to compromises for the sake of family harmoAll of these situations in which we are constrained interfere with our optimal stimulus level; that is, the level that provides optimal comfort. How can we best handle these times?

All of these situations in which we are constrained interfere with our optimal stimulus level; that is, the level that provides optimal comfort. How can we best handle these times?

Ironically, by relinquishing autonomy to one's Inner Guide. An Inner Guide comes into existence as a new mental pathway that has its own sense of identity different from our own. It works on our behalf using four steps: it searches one's entire memory to find the early origins of discomforts, it accesses better solutions for those discomforts, it creates *complex stimuli* that unlock ingrained stimulus-response sequences allowing new responses to be inserted, and it then repeats the new solutions until their novelty wanes sufficiently for them to enter awareness.

During self-hypnosis an Inner Guide becomes dominant in the body. To the extent that one feels relaxed (some describe feeling a marked "heaviness," which is simply a state of profound relaxation) it is because an Inner Guide is so relaxed and comfortable. If you acquire ideomotor signaling (finger signals) it is, of course, your Inner Guide



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that is causing your fingers to rise. Similarly, if you develop automatic handwriting, it is your Inner Guide that is doing the writing. This can occur only if you temporarily relinquish your autonomy.

When your Inner Guide creates a complex stimulus such as causing you to drop something, spill something, misplace something, forget something, make typing errors, or raise both “yes” and “no” fingers simultaneously or in rapid alternation, it is obviously dominant in the body during these times too. It is best if we can tolerate these minor annoyances with understanding and humor knowing that they are for our benefit.

Not every instance of an Inner Guide’s dominance in the body is in the form of a minor mishap. Sometimes its intervention is protective. In situations of potential injury, such as when a bad driver endangers you, your Inner Guide will assume dominance and react with greater acuity and agility, and a faster reaction time, than you could yourself.

Why does an Inner Guide assume dominance seemingly spontaneously to create complex stimuli and to protect us from danger? The mental apparatus registers all stimuli and matches them with the best available solutions. At crucial times, such as situations of danger, the best available solution is for the Inner Guide to assume dominance in the body. And at moments of distress the best available solution is the creation of an associatively related complex stimulus to unlock the stimulus-response sequence that is causing the distress.

When enforced idleness robs us of our autonomy we can enter alert trance. Then our Inner Guides can do their work while we are free to enjoy pleasant daydreams or think about whatever we wish. Such times are not a total loss because they give our Inner Guides more trance time to solve our discomforts.

QUESTION:

From a psychologist: How does an Inner Guide pathway differ from the various ego states that we have?

ANSWER:

In different ego states we maintain our sense of identity. For instance, you might be of two minds about eating a piece of cake. In one ego state you might tell yourself that you should resist while in another ego state you might succumb to the delight. You experience both states as you. An Inner Guide is a pathway that has its own sense of identity separate from yours.

Happy Holidays! 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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