

THE
DAVIS FOUNDATION
FOR PROVIDING
EMOTIONAL COMFORT

Letter of July 11, 2007

Dear Reader,

From time to time, in most people's lives, something goes wrong. It may be a loss, the frustration of a desire, or an obstacle to your progress. There are many kinds of losses: of a job, of a family member, friend, or love interest, of status, of financial stability, or of a physical function due to illness, injury, or aging. There are various frustrations of a desire: for a better job, a new friend or partner, a better living situation, or a greater income.

Obstacles take many forms. Some are obvious, such as insufficient funds, lack of a necessary skill, interfering competitors, or social barriers. Other obstacles are subtle: the character traits that hamper one's efforts. Those who are shy, inhibited, compulsive, rebellious, or impatient may find that they are unable to achieve their goals.

As we know, an Inner Guide will work to solve all of these problems. It will enable one to accept and adjust to losses and find compensatory satisfactions. Making use of its superior powers of creativity it will help one overcome frustrations by accessing alternative solutions. And it will eliminate troublesome character traits by eliminating maladaptive habit patterns.

But occasionally, while practicing self-hypnosis regularly to enable your Inner guide to do its work, you may find that its activity causes problems to surface that had previously been hidden. You may temporarily feel as though things have gotten worse.

A woman who maintained an idealized view of society for defensive purposes went through a period of dismay and sadness when she became able to perceive the world realistically with all its faults. A man who had been inhibited was taken aback by his new assertiveness and was alarmed, initially, at its consequences until he learned to be diplomatic. A woman who had a number of hidden split-off personalities was shocked and appalled to learn of their existence, which occurred when she had become strong enough to tolerate that knowledge. Early in his practice of self-hypnosis a young man went through inexplicable periods of sadness and anger that later disappeared.

When new discomforts appear they are temporary because an Inner Guide will solve them in the same way that it solves all others. But why, you might ask, must a person go through these temporary rough patches? Why can't an Inner Guide take care of them before they even come into awareness?

The woman (and many others with the same problem) who held an idealized view of society did so to deny the knowledge that people can be bad. She had been sexually abused as a child by a trusted relative and her mental apparatus matched the *false solution* of denial to spare her the pain of realizing that this loved person was harming



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her. As time passed and the novelty of the solution of denial waned it became necessary for her mental apparatus to continually shore up its stimulatory capacity by causing it to generalize to more and more people and eventually to society at large.

This attitude was maladaptive because it caused her to trust people who took advantage of her or otherwise hurt her. But it was needed until the underlying problem, the memory of the traumatic abuse, was solved. If the reality had come to light earlier it would have served as a stimulus to evoke the traumatic split-off memories of the abuse.

The *true solution* for the abuse was simply the knowledge that it was in the past and it was now over. As her Inner Guide enabled her split-off personalities to understand this and lose their fear, the woman's need to deny evil was no longer necessary. The false solution of denial could now be replaced with the true solution that although the world contains some who are malign one can protect oneself from them.

The loss of the idealized view of society understandably led to feelings of disappointment and sorrow. Her Inner guide could have protected her from this pain by matching the false solution of unawareness. But, as we know, the mental apparatus must create a split, a double pathway, in which one arm experiences the false solution while in the other arm the distress continues full force. It is preferable to allow the painful feelings to be experienced because as they lose their novelty they also lose their strength.

So, too, in other situations where things seem to have gone wrong and where a person feels worse, it is preferable to tolerate the temporary distress so that full comfort will be achieved.

QUESTION:

My Inner Guide answers questions but she doesn't usually volunteer information. Why doesn't she talk to me more, like my friend's Inner Guide talks to her?

ANSWER:

Your Inner Guide has determined that it is better for her to remain more in the background at this time. However, why don't you ask her? She may tell you why.

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