

THE
DAVIS FOUNDATION
FOR PROVIDING
EMOTIONAL COMFORT

Letter of July 25, 2007

Dear Reader,

People continue to ask what sorts of questions they should ask their Inner Guide using finger signals or automatic handwriting. It can be difficult to appreciate the full range of information that we can acquire in this way so I will give some concrete examples from my own experience.

Here were my thoughts as I woke up on a recent morning. I won't waste space explaining how my mind jumped from one topic to another.

(I woke up with a weird physical symptom.)

Q: Should I call my doctor? **A:** No.

(The symptom disappeared within a few minutes.)

Q: Can our next Letter be about finger signal Qs and As? (I ask because she may have a different topic in mind.) **A:** Yes.

Q: I'd like to contribute to the fund for Khalid Hassan's family (the reporter who was recently killed in Iraq). Shall I? **A:** No.

(I think she wants me to use that money in a different way.)

(I recalled an episode years ago when I needed to confront a co-worker about an ethical issue.)

Q: Did I handle that situation with P.E. back then O.K.? **A:** Yes.

(I thought about Mozart having lost some of his children during their infancy and childhood, as did many parents in those days. How did parents bear it? It has been said that they coped by investing less in their children.)

Q: Is it possible that parents can vary in the depth of investment in their children?
A: No answer.

(I'm supposed to figure this out myself.)

Q: How should I clean the porch furniture? Would it be better to use 409 or Fantastik? **A:** The "yes" and "no" fingers both rose. (She is supplying a complex stimulus.)

(Yesterday I dropped a vitamin pill and at first I couldn't find it. Later, there it was in plain sight.)

Q: Did you create a negative hallucination so that I didn't see it the first time? **A:** No answer. (another complex stimulus)



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Q: When you give a complex stimulus instead of an answer is it because that particular question is associatively related to a stimulus-response sequence that you want to change? **A:** Yes.

Later:

(I think that parents do invest differently in their children but I wonder about the mechanism. Or perhaps “investment” is the wrong way to think about it. Maybe the stimulus of having a child is the same [huge] but that its meanings or the conditions surrounding it [as when a child is unwanted or when environmental circumstances such as pervasive disease or malnutrition threaten its existence] are such that the mental apparatus must match it with the *false solution* of unawareness of the intensity of one’s love for it.)

Q: Is this the case? **A:** Yes.

As is apparent here, you can ask your Inner Guide questions about the state of your health, general information, how to do things and whether to do them. You can get help with interpersonal situations. And you can solve problems. I hope that these examples are helpful.

QUESTION:

Sometimes now I get very angry about little things. Has self-hypnosis caused this and if so is it making me worse instead of better?

ANSWER:

When a person feels an emotion that is out of proportion to the present circumstances it is a *partial flashback*. Whatever small thing has made you angry currently is associatively related to a situation in the past that made you unbearably enraged, causing your mental apparatus to match the false solution of unawareness of that feeling. While this false solution spared you at that time, you were left with a reservoir of anger, out of awareness, that causes chronic disequilibrium. It is a problem that your Inner Guide is working to solve.

As he does, the anger lessens and there will come a time when it is no longer so unbearable that it must be kept out of awareness. That is why you now feel it. As your Inner Guide continues his work this anger will dissipate completely. You are not getting worse; you are getting better, but are in the midst of a transition that is temporarily uncomfortable. When this problem has been fully solved you will feel very much more comfortable.

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