

THE
DAVIS FOUNDATION
FOR PROVIDING
EMOTIONAL COMFORT

Letter of September 5, 2007

Dear Reader,

When an Inner Guide is stimulated and becomes dominant in the body we may experience its effect in a number of ways. When we deliberately enter the self-hypnotic state we usually feel relaxed: perhaps only slightly but often quite significantly or even profoundly. Sometimes we lose awareness altogether and “come to” as the session ends and we regain dominance in the body.

At the other extreme we may initiate a state of “alert trance,” during which the Inner Guide is dominant yet we feel fully alert. Just as athletes and musicians use this capability to enhance their performances we, too, can utilize alert trance to enable our Inner Guides to contribute their capabilities to our actions. For example, we can enter a self-hypnotic state just before beginning to play a musical instrument, give a talk, or participate in a sport.

But we often enter trance without deliberately doing so or even being aware of it. Our Inner Guides can assume dominance in the body under certain conditions without our having summoned them. If, while driving, you are confronted with a dangerous situation your Inner Guide will kick in to help you avoid it. Or it may take over to help you evade a mugging. In these situations you may be totally unaware that your Inner Guide has participated unless you wonder, afterward, how you managed to maneuver so adroitly and realize that it must have participated.

On the other hand you may find yourself feeling inexplicably “tired” or groggy. It may not occur to you that your Inner Guide has assumed dominance in your body because you have not elicited it. But when this does occur, it seems that both you and your Inner Guide are active. It is contributing the relaxation (grogginess) yet you continue to go about your business. Why does an Inner Guide sometimes seem to take over completely while at other times it seems to share dominance with you?

The mental apparatus registers all stimuli and matches each one with the best available solution. When a danger is registered you and your Inner Guide each respond. However while you are still taking in the situation your Inner Guide, with its superior speed, is already reacting. You don't feel relaxed because it is not relaxed; it is busy taking care of the problem.

But for emotional and intellectual problems, which aren't solved by a physical response, an Inner Guide's task is to find new solutions and bring them into awareness. It does that by repeating new solutions until their novelty wanes so that they are no longer too overstimulating to enter awareness. While this is occurring you may go about your business yet feel the relaxed state of your Inner Guide as grogginess.



The Davis Foundation for
Providing Emotional Comfort
30 North Michigan Avenue
Suite 1125
Chicago, IL 60602

Tel: (312) 733-3218
Fax: (312) 733-3215
www.davis-foundation.org
info@davis-foundation.org

Why, then, don't we feel groggy all the time? Aren't there always problems for our Inner Guides to work on? Yes, but it is not very comfortable to feel groggy while trying to go about one's usual activities. In addition to the added difficulty in functioning under those circumstances there is also the discomfort of being concerned about being able to get our tasks done and the distress caused by the sense of "wasted" time. Because an Inner Guide's purpose is to provide comfort, it will only become dominant when the discomforts that it is working on are greater than the discomforts caused by being groggy.

Sometimes it may seem as though an Inner Guide is causing grogginess or wanting extra formal trance time when there don't seem to be any unusual stimuli: no special worries or discomforts. But powerful stimuli may have been registered by the mental apparatus but been matched with the *false solution* of unawareness because of their intensity. Although an individual is spared the immediate and acute distress of such stimuli they heighten one's baseline level of distress and cause chronic discomfort.

An Inner Guide doesn't choose when to become dominant in the body. It does so when it is matched to a stimulus by the mental apparatus. This actually is the most efficient way for us to receive help because our discomforts are always accurately titrated by the mental operations that occur out of our awareness.

QUESTION:

During my finger signal communication the answers come through as a current. Is it an energy? Electrical power? Is it really a current?

ANSWER:

It is neither electrical energy nor any kind of spiritual energy. Your Inner Guide can survey your memory bank for sensations that you have experienced in the past. She has chosen this sensation-memory and is using it for a specific reason that you will learn eventually.

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