

THE  
DAVIS FOUNDATION  
FOR PROVIDING  
EMOTIONAL COMFORT

Letter of November 28, 2007

Dear Reader,

In the last Letter I described how your Inner Guide will assume dominance in your mind whenever you are in a state of understimulation, as while doing mundane chores or waiting in line, and how it will also participate in any activity on which you are intensely and exclusively focused, such as reading, watching TV, or performing. It knows that you want it to help you and this knowledge provides adequate stimulation to elicit it. When you are understimulated your ongoing wish to be helped becomes the strongest stimulus in your mind even when you aren't thinking about it. And when you focus on something your Inner Guide knows that you wish to do well it may join with you in that activity to enhance the result. But it won't always do so. Why not?

Your Inner Guide knows that habit patterns can be changed only in the presence of a *complex stimulus*: one that denotes two contradictory meanings simultaneously. For instance if you misplace something you may reach for it only to realize that it isn't there. On the one hand you intend to do something with this object but simultaneously you realize that you can't. You are momentarily paralyzed: "I can/I can't." This very brief pause is sufficient for a new habit pattern to replace an unwanted one that is associatively related to the complex stimulus.

Complex stimuli abound in our surroundings. A window, if clean, will give the impression that there is no barrier between the viewer and the objects outside when, in fact, there is. "There isn't a barrier/There is." On the contrary, sitting in a tree one will feel enveloped by the leaves yet in reality there is no enclosure. "I am enclosed/I'm not." Water provides multiple complex stimuli. A body of water is insubstantial: you can dip your hand into it effortlessly yet it will support the weight of a boat. In addition, this colorless liquid can assume one or a variety of hues. And though it has no means of locomotion it can crash onto the shore as a series of powerful waves.

In addition to the complex stimuli that we merely perceive there are many that involve our own actions. We may misplace things, drop things, spill things, and forget things. Unless we are already very stressed or overloaded our Inner Guides will take advantage of opportunities to create complex stimuli that are associatively related to habit patterns that need to be changed. They will cause us to occasionally misplace things and drop things. They will also cause us, at times, to struggle with certain tasks. For example an Inner Guide may cause a person who is overweight to spill things while cooking. It may interfere with an obsessive person's writing of reports at work by causing him to temporarily forget what he wants to say. Or it may cause a person who repetitively dates people who aren't good for him to misplace his car keys.



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](http://www.davis-foundation.org)  
[info@davis-foundation.org](mailto:info@davis-foundation.org)

People are aware of some of their unsatisfactory habit patterns but everybody has some that they don't realize are harmful. A person won't understand why his Inner Guide causes certain kinds of minor mishaps but that isn't necessary because his Inner Guide knows what needs to be changed and how to do it.

This is why your Inner Guide won't always join with you to enhance your performance of whatever activity you are focused on. It is more important for it to take advantage of opportunities to create complex stimuli.

A reminder: you won't see the results of habit pattern changes immediately because once a new pattern has come into place your Inner Guide must do more work to bring that new insight or behavior into awareness.

If an Inner Guide participates at every opportunity: assuming dominance when we are understimulated and joining with us when we are focused on a task (either to enhance our performance or to create complex stimuli) why is it necessary for us to persist in following a routine for formal self-hypnosis? Don't our Inner Guides get enough trance time in all these other ways?

When trance occurs because of understimulation or focus it is maintained only for the duration of that situation. But when you enter trance for the specific purpose of enabling your Inner Guide to work on your problems it continues until a stronger stimulus occurs. The new stimulus may be external as, for instance, when a family member needs your attention or internal as, for example, when you get hungry. The more intense your problems are at any given time the stronger an extraneous stimulus must be to end the trance.

Whenever new problems occur, and they do continually, it is beneficial for you to have specific self-hypnotic times so that your Inner Guide can address them methodically. Hence the need for a reliable routine.

*QUESTION:*

Do Inner Guides hold grudges?

*ANSWER:*

No. An Inner Guide is composed of only three things: the mental pathway of comfort, the wish to help you, and a sense of its own identity. It feels only comfort and pleasure. It is unable to feel anxiety, anger, or sadness. It is also unable to feel greed, jealousy or envy, or spite. And it does not develop or hold grudges.

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](mailto:info@davis-foundation.org). If you would like to be anonymous, just let me know.

Cordially,

*Judith M. Davis*

Volume 5 Number 24

© 2007 The Davis Foundation for Providing Emotional Comfort. All rights reserved