
An Emotional Comfort Sampler

What is the Inner Guide?

One day during self-hypnosis I experienced several images, all representing various aspects of my "ideal self," my idea of the person I would most like to be. The qualities I valued most have been wisdom, kindness, and, of course, emotional comfort. I understood that the images represented an entity of some sort. I further understood that this entity was a "she," because I am a woman.

I thought I might get answers to all sorts of questions by simply asking "her." I soon learned, however, that my entity, which I came to call my "Inner Guide," operates with an agenda of her own. Rather than answering specific questions, though she sometimes will, her goal was to maximize in me the qualities that I care most about, in the most efficient way. She would help me attain emotional comfort, both for my own sake and so that I could focus on helping others achieve it. This, of course, was what I myself most wanted to do. The process has occurred gradually over a period of several years.

My Inner Guide assured me that she was a part of me. She had initially been a separate part, but we were merging through an integrative process that I would come to understand in due course. Though my experience seemed magical in a way, there was a scientific explanation for her existence and how she was going to help me. I was going to develop a new theory of mental functioning, from which I would be able to define the new technique that I had used for attaining emotional comfort.

Physical Well-being

Your Inner Guide can monitor your health. As we become ill or are injured, changes occur in our physiology. Physical traumas and infections cause an inflammatory response. One of the effects of these physiological changes is a feeling of malaise or vague bodily discomfort. When an illness is just beginning, the feeling of malaise is subliminal. Only the Inner Guide is aware of it. Knowing that you are acquiring an illness, it can influence you to take special steps.

You may find yourself going to bed early, moderating or skipping a physical workout, and avoiding or postponing stressful encounters. Your Inner Guide is intervening in order to keep you well. Perhaps your illness is one that will progress. Because your Inner Guide has access to all of your past experience, it can draw upon memories of past illnesses and on whatever medical knowledge you have acquired through visits to doctors and reading. Often, this is sufficient for it to diagnose a current illness. It will know whether you need to see a doctor.

Your Inner Guide can also detect the subliminal discomfort resulting from minor injuries that occur during physical exertion, and can influence your movement so that subtle guarding occurs, thus preventing exacerbation of those injuries. And, by its exquisite sense of your position in space, it can help you maintain your balance when you otherwise might fall.

The Inner Guide's capacity for subliminal perception can also protect you from various dangers. A slight movement in a dark parking lot, bodily tension in an approaching stranger, a subliminal odor of smoke, all will be detected. You'll be influenced to avoid or remove yourself from such situations.

Work

In addition to helping you take good care of yourself, your Inner Guide will help you make your life situation what you want it to be. Perhaps you are unhappy in your work. If you chose your occupation for any reason other than love of the work and the feeling that you could become good at it, you are unfulfilled. Many have drifted into a job because they didn't know what they wanted to do and just accepted the first opportunity that came along. Some were steered into areas their parents wanted for them. Others were afraid to strike out on their own and gravitated toward situations that provided emotional support. Some wanted to live up to others' expectations or to be like someone they idealized. Quite a few have been attracted by the prospect of prestige or financial rewards. Many people know that they don't like their work, but many more who are unfulfilled don't realize it. They don't know how much pleasure and satisfaction they could get from work that would be right for them.

By solving your discomforts, your Inner Guide will make it possible for you to work well, effectively, and with pleasure. If your job isn't right for you, you will be helped to make a change. If you haven't yet discovered your passion, or if it has been compromised by maladaptive habits, the work of your Inner Guide will free it.

Relationships

Perhaps you're having difficulty with a relationship. By exchanging maladaptive patterns for true solutions, the Inner Guide will enable you to love comfortably and unconditionally those whom you wish to be close to. Love is the feeling evoked by a pleasurable stimulus that has been repeated often enough to cause an intensely positive response. We can love many things: objects, places, times, processes, ideas, food, works of art, the city, the country, sunrise, springtime, reading, writing, freedom, charity, relatives, and friends. Because the greatest potential for varied and repetitive stimulation comes from another human being, it is a person that we can respond to most intensely, love most fully and deeply. We will want to give all we can to such a loved one, and the greatest gift we can give is the gift of understanding because, in so doing, we will be meeting our loved one's needs most fully and also experiencing the greatest closeness.

Unpleasant Situations

Many disturbances that arise from unpleasant stimuli in your surroundings are all too apparent. While sometimes emanating from physical sources, such as extremes of weather or excessive noise, they most often stem from interactions with other people. Your Inner Guide can provide new solutions to help you avoid, insulate yourself from, or otherwise handle these discomforts. When someone is being unpleasant, your Inner Guide will provide a true solution. Often, this will involve removing yourself from the situation or giving a non-response such as silence or the most minimal comment. This denies reinforcement to the offending person and minimizes the disturbance you feel. For example, if another driver cuts you off, you will actually feel disturbed longer if you honk in anger than if you don't, because your action will cause a lengthier reverberation in your mind.