

# Goldfish



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**B**e like a goldfish sometimes. Find a large cloud of nutritious material and swallow as much of it as you possibly can. Enroll in an intensive workshop or take an advanced degree. Read three essential books and subscribe to one magazine or journal in an unfamiliar field or niche. Read all the works of a single exceptional author as quickly as you can. Travel alone to an exotic foreign destination, see 25 independent films or the entire *Ring Cycle* in five days or sit in silent meditation for 10. Or tell me you need some new perspective on your complicated situation and a workable plan to improve it, that you are eager to examine everything and that you are ready to go right now. Immersion experiences like these serve to concentrate, amplify and sustain your attention to a mass of selected material in ways that gradual exposure cannot, which is why immersion can have such dramatic effects.

Never mind the swollen feeling in your head, your productive sense of disorientation or your apparently meager grasp of the new ideas and information you have invited to dominate your attention for awhile. In pharmacology, a *bolus* is a large initial dose of some drug, intended to saturate your system quickly to achieve some extraordinary effect. Immersion is like a bolus of new thoughts for your mind. Your brain automatically digests this cloud of new material for days and weeks after it has passed through you, expanding and enhancing the network of ideas and associations that constitute your intuition and your personality. Immersion is strenuous but the insights that follow will occur to you spontaneously, without further effort on your part. This is how your brain assimilates your experience to enhance you. You are a goldfish and your situation is unique. Trust me. Call me.

## ***Concise Personal Counseling***

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