

Scotoma



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Your brain is not capable of attending to everything in your environment. Not even close. In fact, you don't have the capacity to process much information at all compared to the very least of the Internet cloud servers that now encircle our planet. But for the moment you are far more intelligent than all of those servers put together because Mother Nature still knows how to process information better than Google does. Among her

most important strategies for making our slow and tiny brains so powerful is our capacity to ignore almost everything around us other than the terrifying predator or the glittering prize that lies before us. After we have escaped the predator or acquired the prize, we quickly forget the terror and cease to be titillated by the glitter. Don't plan to be satisfied with that new watch, car, house, job or jet for long.

Mother Nature prods us relentlessly on to new explorations, discoveries and infatuations by means of habituation, extinction, scotoma and forgetting. Habituation is when you are exposed to the same stimulus so many times it gets boring. Extinction is when you stop hoping for something you haven't been able to get for a long time. Scotoma are the metaphorical and literal blind spots that you develop in order to focus on whatever it is that you actually care about, and forgetting is when Elvis really *has* left the building. Have you seen the beautiful Laguna coastline so many times you don't really notice it anymore? Are you so familiar with your partner, family and friends that you are no longer aware of their most important features? Are they missing *your* most important features for similar reasons? Are you bored or do you feel boring? There are ways to refresh your perspective on even the most familiar elements of your life, but sometimes you will need to move on to something new. Trust me. Call me.

Concise Personal Counseling

\$150 per 70-minute session

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