

# Wait For It



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**T**here is nothing more exciting than the feel of a new insight coming on! So much so that it's easy to get ahead of ourselves in believing that we fully understand. When I address a new field of study my initial sense of discovery quickly yields to a feeling of comprehension, which often engenders disappointment until I have dwelt with my new insights long enough to really understand their implications. This cognitive digestion is largely automatic so long as the new subject is held even loosely in mind. Insights need time to literally sink

into the many complicated neural networks with which we think, understand and know the world. Once they do our intuition is enhanced, but not before. The more complex the insight and the broader its implications, the longer this process is likely to take. Insights that are dismissed from mind too soon will evaporate without a trace.

Imagine a teenager who satisfies you that they have clearly comprehended the important thing you are telling them, yet immediately dismisses it so utterly that it makes not the slightest impression on them. Imagine your significant other in the same situation. Imagine yourself clearly comprehending some important insight that one of your important people has shared with you, and then dismissing it before it can change you. In the course of our discussions about your life and your circumstances you will probably develop insights that do not immediately result in the consequences they naturally suggest. You will experience insight without change and you may mistake it for a failure of discipline or will, but it is not. You may just need time to catch up with yourself. Ironically, the cleverer you are the more you may need to just sit for a while with inspiration that you have merely comprehended. Sometimes you will need to circle patiently while an insight sinks in. Trust me. Call me.

## ***Concise Personal Counseling***

\$150 per 70-minute session

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