

## Successful

*To be successful is to live in such ways that the world seems ready to fill your desires. Those desires may be financial, sexual, political, or even more modest, to learn how to peel oranges without cutting your fingers. (It often follows that when you have scored successes on small cases, you generate in yourself the attitude for larger successes.) Success seems to build on itself, as does the spiral of failure.*

### Examples

1

I have long struggled with the problem of domestic messiness, especially as it develops around my work and writing space. For years I have laid plans, to overcome this challenge, but they have never held, because, I think, the stakes were not high enough. I was able to survive alright, even when I had to waste time looking through my papers to find what I wanted. With aging, however, I have found the solution I needed. I am forever misplacing my glasses. The inconvenience caused, by this development, has shocked me into realizing, that *I must put things where they belong, right away, or perish*. I am not sure why I transfer this learning situation, with the glasses, to the situation on my desk. It is as though there are messiness-neatness humors in my person, and as I build one or the other humor it draws the whole system with it. Mediaeval medicine in 2014! Perhaps I will not become President, but I may learn how to find that contact address I needed, when the telephone rings.

2

During the night I often wake, go to the bathroom, then lie down again only to find that my brain is swarming with issues—worries, plans I need to note down, queries I need to be sure to act on the next morning. I have recently scored some successes in dealing with this habitual problem. I have learned to take immediate action when the problem sets in. I get out of bed, which can be difficult, go down to the kitchen and take an aspirin, check my computer, riffle through the prayer book, and look up to find that fifteen minutes have passed, my notes have been taken, and I return to bed to sleep like a kitten. The secret is in doing all this *right away*, when the problem sets in.