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Being Present

Feeling understood by those around us goes a long way to creating comfortably intimate relationships and loyal business partnerships.

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It's happened to all of us at sometime or other; a drastic change goes unnoticed by friends and loved ones a like. Kind of leaves you feeling a bit invisible or even a tad unimportant doesn't it? Imagine the impact on a new or potential business partner… It might make them feel more like a dollar sign then a partner meaning that long term your time with them may end up being less profitable or even futile.

Stephen R Covey of ' 7 Habits' fame put it best in the title of his 5th habit, *'seek first to understand, then to be understood.'*

> ***Noticing changes in people is a very powerful way of assisting them to feel understood.***

That will be true of everyone who crosses your path; both in business and in your personal life. If you have teenagers, just imagine the impact of them feeling understood. Do you think anything would change?

That might have the look and feel of a daunting task; however, there is a simple route to noticing changes in people without the effort of cataloging details of each individual's personae.

> ***Simply become present to the moment.***

By practicing being aware, present and conscious at each moment in time, everything you need to notice changes in people will be available to you with little or no effort.

Here is how it works. Our conscious minds are capable of storing 1 byte of information for every 10 billion bytes of information all of 'the other consciousness' stores. So if the conscious mind is capable of assimilating 1000 bytes per second, that means that the total consciousness is assimilating 10,000 billion plus 1000 bytes of information in any given second.

The conscious mind can be compared to the 'Windows' program on your computer; when you have opened a window, you need to decide where you want to go through that window and then after that, the 1000's of bytes of information needed to get you there is handled by the computer itself. Like the computer, the 'other consciousness' handles the other 1000's of bytes of information needed to complete the task. However nothing happens unless the task is known.

By paying attention in each moment, being aware of the surroundings and people in that space with you, you are utilizing your conscious mind to the fullest, gathering keys or 'web addresses' that will give you access to all of the other information you stored without being consciously aware of storing it.

> ***This other conscious storage is a source of intuition and inspiration. By simply being aware of what you can consciously gather, you now have access to information you would otherwise miss.***

You don't need to measure the length of hair on the person sitting in front of you, you only need to actually look at them and see them in detail. Next time you see that person and they have cut their hair, if you once

again really look at them the difference will be obvious. (And that is true of personality changes as well.)

> ***The reason we miss changes in people we see is because we have already formed a picture of them in our minds and so when we see them again, we don't really look at them, we just go on the information we have already stored.***

Our computers do that as well and that is the purpose and function of 'temporary files.' When you go to a webpage previously visited, the computer will load the stored 'snap shot' of that page from the last time it was visited – however, the loaded version will not contain any recent updates.. Computers do this to speed loading times of web pages and I suspect, that is also the purpose of our minds using the same process.

The idea that the mind fills in the blanks with old information has been known and utilized for centuries by artisans. If you have ever seen a Monet, you would notice how undefined his paintings are. Monet used just enough information that his painting would infer what the picture was of, leaving the rest to be filled in by the viewer. Comic strip artists also use the power of the human mind to fill in blanks from old information. The space between each box of a comic strip is purposefully utilizing that function of the human mind. Therefore, our 'temporary files' are not a 'bad' part of the human condition, it has its place and use; it is however, inappropriate in relationships and business.

Have you ever had the feeling like one of your parents or siblings continues to treat you like they did when you were much younger while you know for a fact you have radically changed? This is one very clear example of a relationship run on temporary files. Chances are really good that you are running that relationship in the same way so while you cant

change that relative, you can use them to begin changing yourself and become more aware of who they are today.

I'd also like to note that this is true of our view of ourselves too. Who you were yesterday is not necessarily who you are today.

> ***A useful suggestion is to pay more attention to how you feel in the moment and do your best not to react as you would have yesterday.***

Any time I am having dinner with others and they offer me food that I have declared long ago that I don't like, if I decide to eat it from the point of view that I have never tasted it before, it almost always turns out to be one of my favorite foods afterwards. It's very interesting how we can change internally and yet our temporary files prevent us from recognizing the change, and so, we don't give ourselves (or others) the credit do for the growing done.

If we all were more aware of each other and ourselves, there would be less conflict in our day to day lives. Feeling understood by those around us goes a long way to creating comfortably intimate relationships and loyal business partnerships. Feeling like we are actually seen is a very powerful feeling of being understood and can change the way we interact with each other creating new ways of trusting, learning and growing with each other.

So who can you clearly see today?

In Gratitude

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Kat McCarthy has journeyed through the jungles of business, interpersonal relationships and successful living strategies for most of her adult life. She is unique in her coaching style offering those she works with an opportunity to 'find their own magic,' assisting them to incorporate business seamlessly into a lifestyle that is balanced and profitable using the tools and principles of manifestation, mindful living and strategic integration techniques.

Kat is a cofounder of the successful internet community called Powerful Intentions, operates a specialty directory called The Secret Yellow Pages which aims to bring like mind people together in the market place and is co-creator of a free internet magazine called The Magic Happens.

Kat holds 3 degrees in business, has spent more then a decade in affiliate and network marketing and is presently attending an on line teaching facility whose sole purpose is to make learning to market on the internet as simple, easy and profitable as possible. Please accept Kat's invitation to attend with her and learn to make your home based business truly home based. Internet Marketing Invitation

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