



Seeing the Background of Life

I teach to **view the audience, not be in the audience.**

This means while you are “there” be in the “all” of there so you can see and experience others, and not just yourself “waiting to perform”, or “be noticed” or “do what the boss wants”.

It is the same as seeing background. Next time you are watching a favorite TV show watch only the background. Some is “real”, some is obviously a “set”, and some will even surprise you more, that you are looking at dim hues and colored walls.

I often watch TV this way to hone in on what is. The overall event of the show precludes the “effect” that is part of what makes the overall effect.

This is true in “being the audience, not being in the audience”. When I am consulting for a large group, or giving a speech, I like to “be in the audience” to “see the audience” and “view the people”. I do this when I am consulting. Simply listening, and taking notes.

The very act of saying little and taking notes helps people to truly show themselves.

This is also true in index option stock trading. It is true in managing a business, or being a salesperson, or running a household.

As I practice “simply watching” or mindfulness, a Buddhist practice, there is a way to hone this meditative practice to the moment of “what is happening” and how you fit within it.

if interested in learning more about our transpersonal approach and “real time therapy”, contact us at floydiantherapy@gmail.com