



That's Perspective Ed  
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# The Art of Presence

*Being truly present in our lives is not automatic, it is a practiced skill.*

In a world that constantly pulls us toward the next task, the next notification, or the next goal, presence has become one of the most valuable skills we can cultivate.

Many of us spend our days replaying conversations from the past or rehearsing scenarios that may never happen in the future. While reflection and planning have their place, life itself only happens in the present moment. The more time we spend elsewhere, the more we miss what is right in front of us.

The good news is that presence is not a personality trait. It is a practice. Research has shown that mindfulness and present-moment awareness can improve emotional well-being, reduce stress, strengthen relationships, and increase overall life satisfaction. While there are countless approaches to becoming more present, studies consistently point to several key practices that can help us reconnect with ourselves and our lives.

Creating presence begins with a simple return—to yourself, to this moment, to the life unfolding right now. It's a conscious effort to stop dwelling in the past and to stop worrying about the future. Living in the here and now is the key to being present.

Begin by taking a slow, deep breath in through your nose for a count of four. Hold gently for a count of four, then exhale slowly through your mouth for a count of six. Repeat this several times, allowing each breath to become a little deeper and more relaxed. With every exhale, release tension from your body and let go of any need to rush.

As your breathing settles into a calm rhythm, notice the rise and fall of your chest and abdomen. Feel the air entering and leaving your body. Let your breath become an anchor, gently drawing your attention back whenever your mind begins to wander.

Now turn your awareness inward and observe your thoughts. Notice them without judgment or attachment. There is no need to analyze them or push them away. Simply watch them come and go, like leaves floating down a stream or clouds moving across an open sky. You are not your thoughts; you are the awareness that observes them.

Bring your attention to your body. Notice the sensations present in this moment—the weight of your body where it rests, the feeling of your feet on the floor, the warmth of your hands, the subtle rhythm of your heartbeat. If you discover areas of tension, breathe into them. Imagine your inhale creating space and your exhale softening and releasing what no longer serves you.

With each deep breath, allow yourself to arrive more fully in the present moment. Let the past drift away. Let concerns about the future settle.

There is nowhere else you need to be and nothing else you need to do right now.

In this moment, simply be. Feel the breath. Feel the body. Observe the mind. Rest in the quiet awareness beneath it all. Presence is not something you create—it is something you uncover when you gently return to yourself, one breath at a time.

*With warmth and love,  
Theresa*



## **Are you paying attention to what really matters?**

I recently heard someone say that busy is the new stupid. It sounds a bit harsh. But I don't think it's wrong. In a world that increasingly values authenticity and being present, constantly being busy simply doesn't

work. Claiming that we want life-work balance and then bragging about how busy we are doesn't match. Whether stupid is the right word for it or not, one thing is for sure, pushing ourselves to be busy all the time isn't going to get us where we want to go in life.

The game isn't to do more, or to do it faster or more often. The game is to be as discerning as possible about what matters, and to give our time and attention to the things that really matter.

That may be easier said than done. So many of us grow up learning to feel valued, loved, appreciated and acknowledged for what we provide. We question whether or not we matter if we aren't being useful. Un-learning those things takes courage and effort. The willingness to sit still and be okay with the nothingness, to not rush to fill the silence, doesn't feel natural. But I can promise you that it is important.

It makes me think about restaurants with so many items on the menu that you know they can't possibly do any of them well. Like they are all pre-fab foods they are just heating up. But when you find a nice little bistro with a daily market menu where they only prepare a few select dishes, you know it's going to be good.

What if our lives were like that. What if we pushed away all of the possibilities and distraction that could make up the menu of our lives and just simplified it. What if we only focus on the things that really matter to us. A relationship or project as juicy as that vine ripened tomato or those seasonal strawberries that bring us so much joy.

We can't get that kind of experience unless we stop being busy, get present, and appreciate the little things. Pick one thing that you will purposefully give your attention to today. Practice being that present. And then pick something and practice it again tomorrow. Before you know it, you'll be enjoying life a little more.

Colleen



## The "Hows" and the "Whens"

**Small, consistent practices — compounded over time**

### **1. Begin with Your Breath**

Your breath is always available to you. It is one of the simplest and most powerful tools for returning to the present moment.

Try taking a slow breath in through your nose for a count of four, holding gently for four counts, and exhaling for six. As your attention settles on the rhythm of your breathing, your mind naturally begins to slow down and your body relaxes.

### **2. Notice Your Thoughts Without Following Them**

We often assume that every thought deserves our attention. In reality, thoughts are simply mental events passing through our awareness.

Instead of getting caught in every story your mind creates, practice observing your thoughts with curiosity. Notice them. Acknowledge them. Then gently return your attention to the present moment.

### **3. Connect with Your Body**

Your body is constantly communicating with you, yet many of us spend much of our day disconnected from it.

Pause occasionally and notice what you feel physically. Are your shoulders tight? Is your jaw clenched? How does your body feel right now? Simply bringing awareness to physical sensations can help anchor you in the present.

#### **4. Accept What Is**

Presence is not about creating a perfect moment. It is about fully experiencing the moment that already exists.

When we stop resisting reality and begin accepting what is happening right now, we free ourselves from the constant struggle of wishing things were different. Acceptance creates space for clarity, wisdom, and peace. It shows you good even in the challenges.

#### **5. Reduce Mental Multitasking**

Many of us are physically in one place while mentally in another.

Whether you're having a conversation, eating a meal, or taking a walk, try giving your full attention to the experience. Presence deepens when we do one thing at a time.

#### **6. Engage Your Senses**

One of the quickest ways to become present is to notice what you can see, hear, feel, smell, or taste.

Our senses connect us directly to the current moment. When your mind begins to wander, return to what is immediately available through your sensory experience.

#### **7. Develop Emotional Awareness**

Being present also means being honest about what you're feeling.

Rather than pushing emotions away or reacting automatically, pause and ask yourself, "What am I feeling right now?" Awareness creates choice, and choice creates freedom. Next, decide if that feeling serves you well. You have the power to adjust your feelings. You and only you. Nobody else can MAKE you feel one way or another.

#### **8. Create Moments of Stillness**

Presence grows in the spaces we create.

Whether it's five minutes of quiet reflection in the morning, a mindful walk during lunch, a two-minute break when switching tasks, the time spent at a red light, or a few moments of silence before bed, intentional pauses help us reconnect with ourselves.

## **9. Practice Mindfulness Daily**

Like any skill, presence strengthens with repetition.

A few minutes of mindfulness practice each day can gradually train your mind to remain more attentive, calm, and aware throughout your day.

## **10. Remember That Presence Is a Return**

Perhaps the most important lesson from the research is this: presence is not something you achieve once and keep forever.

It is a continual returning.

Returning to your breath.

Returning to your body.

Returning to your awareness.

Returning to this moment.

Your mind will wander. Distractions will arise. Life will get busy. That is part of being human. The practice is not about never leaving the present moment; it is about noticing when you've drifted away and gently finding your way back.

Because ultimately, the life you want to experience is not in yesterday or tomorrow.

It is here.

It is now.

And it is waiting for your attention.

*""Be happy in the moment, that's enough. Each moment is all we need, not more."*

# Living in the moment

## Using your senses to bring yourself back to Presence

It's not easy, we know. Life distracts us. But by teaching yourself a couple of "easy to do anywhere" techniques, you can return to mindfulness in just a few heartbeats!

- **The 5-4-3-2-1 Technique:** Identify 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, and 1 you can taste. Not only does this help to reduce stress, stop panic attacks, and reset your Vagal Nerve, each and every step is an exercise in being fully present in your surroundings!
- **Anchor Breaths:** Take three slow, deep breaths, focusing entirely on the physical sensation of the air entering and leaving your lungs. Paying attention to your breathing forces you to stop thinking about anything else for those few seconds.



# 2026 Female Travelers Christmas Markets Tour

**Discover yourself in the magnificence of European Christmas Markets.**

This holiday season, discover more than Europe's most beautiful Christmas markets — discover a new way of seeing yourself. Your journey begins in Paris, where festive lights glow along the Seine, the Eiffel Tower sparkles against winter skies, and the Notre Dame Christmas Market invites you to slow down and savor the season like a true Parisian. In Strasbourg, the "Capital of Christmas," enjoy the old world traditions and Alsatian treats in this fairytale village, stand beneath the magnificent tree in Place Kléber, and feel the magic of centuries-old traditions come alive beside the Strasbourg Cathedral. The experience continues in London, where Christmas markets buzz with festive energy. Stroll along The Queen's Walk, Westminster Abbey, and Buckingham Palace. Enjoy the Christmas lights in the tradition of Charles Dickens, Mary Poppins, or Harry Potter – moments that awaken your sense of adventure and make the season feel unforgettable. This thoughtfully designed journey blends iconic sights

with meaningful moments, leaving you not only with unforgettable memories — but with a renewed sense of confidence, joy, and connection to the spirit of travel itself.

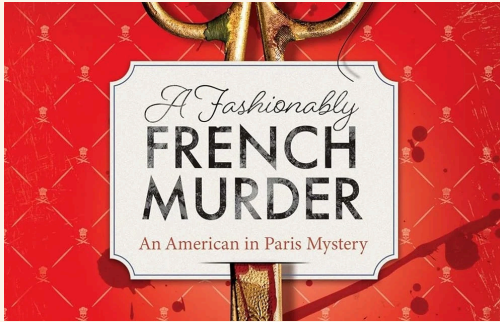
[View the Tour Information Here](#)



## We're Growing!

At our core, we believe international travel is more than a journey—it's a bridge between cultures. By exploring the world, we deepen our understanding of one another, foster meaningful connections, and see global challenges through a more compassionate lens. Every destination offers an opportunity to expand knowledge, appreciate diverse traditions, and engage with communities in ways that promote mutual respect and shared humanity. Through thoughtfully designed travel experiences, we help you discover not only new places but also new perspectives—because when we understand the world better, we build stronger global relations together. It's with this goal of global connections that we have formed That's Perspective Travel, LLC. Join one of our curated journeys, or let us help you plan your next adventure; we're here to help!

[Click Here For More Information](#)



We fell in love with Colleen Cambridges series based on Julia Childs' fictitious best friend....we're now up to book three of four! You can find the book at the link button below. We will be meeting at 10AM EST on Sunday, June 28 on Zoom: <https://us02web.zoom.us/j/85727655031?pwd=B9wnMKxSGMLiXpWipERYPjOvJkFXUU.1>

Buy the book here

## Things We Love

We've curated lists of services and products we love, and think you will, too!



We're thrilled to be highlighting our favorite tour guide, Silvia Moran-Berouts second-annual Day of the Dead tour in Mexico City. Five days and four nights in 4-star accommodations while experiencing an insiders view of



Mexico City. Tour the markets, enjoy the festivities, savor the flavors. Learn Mexico City in a way few ever get to experience. You won't regret it!

<https://www.frenchxican.com/tours/mexico-city-experience/>

The summer heat is off to a brutal start in Paris! What usually happens in August has already arrived. Be prepared and still able to enjoy yourself with these portable, disposable cooling wipes. They might just be actual lifesavers!

Find it Here

### Coming in July:

In July, we'll be discussing ways to reclaim the joy in your life. From learning where you've minimized your own joy to intentionally inviting more in, we can't wait to share our joy with you!

Don't miss another newsletter; email [service@thatperspective.com](mailto:service@thatperspective.com) to join our mailing list!

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