Micaela Redmond

SPEAKER · FACILITATOR · FOUNDER OF EIGHTEENFOURTEEN

PERSPECTIVES

Be Where Your Feet Are.

On the power of presence, the freedom of acceptance, and the extraordinary experience of being here now.

CONSCIOUSNESS & PRESENCE · NOVEMBER 2026

Micaela Redmond, LMT, CMP, PMP
Founder, EighteenFourteen

© 2026 Micaela Redmond. All rights reserved. No part of this essay may be reproduced, distributed, or republished without written permission, except for brief quotations with attribution and a link to micaelaredmond.com.

Be Where Your Feet Are.

On the power of presence, the freedom of acceptance, and the extraordinary experience of being here now.

By Micaela Redmond, LMT, CMP, PMP · November 2026

I wonder how much of our lives we spend somewhere other than where we actually are.

We sit at dinner thinking about tomorrow. We drive home replaying a conversation from yesterday. We stand in the shower preparing an argument we're probably never going to have.

We can spend an entire afternoon thinking about our lives without actually experiencing the afternoon.

And the remarkable thing is that we often don't realize we're doing it.

Our bodies are here.

Our minds have gone somewhere else.

I've come to understand that one of the greatest gifts we can give ourselves is the experience of being fully present in our own lives.

Not when things settle down. Not when we've finished the project, healed the relationship, reached the milestone, or finally figured everything out.

Now.

Because now is the only moment we ever actually get to experience.

The Future Has a Funny Way of Never Arriving

Think about it.

You've spent your life moving toward something called the future.

Tomorrow. Next month. Next year. When the kids get older. When the business takes off. When you finally have enough money, enough time, or enough certainty to relax.

And yet, every time you arrive at the moment you've been waiting for, what is it?

Now.

The future, as we imagine it, never arrives as the future. It becomes the present moment.

The past works a little differently. It's the part of our lives we've already experienced. We can remember it, revisit it, learn from it, and sometimes wish desperately that it had unfolded another way.

But when we remember the past, where are we?

We're here, remembering.

Our minds can travel through time. Our immediate experience of living is always happening in the present.

This distinction may sound philosophical, but understanding it has changed the way I experience my life.

© 2026 Micaela Redmond. All rights reserved.

I began noticing how often I was somewhere else mentally, arguing with something that had already happened or anticipating something that hadn't happened yet.

And meanwhile, life was happening right in front of me.

We Are Participants, Not Spectators

One of the great influences on my spiritual life has been Dr. Michael Bernard Beckwith, founder of Agape International Spiritual Center and author of *Spiritual Liberation* and *Life Visioning*.[1][2]

Beckwith teaches something that beautifully complements Eckhart Tolle's work on presence: life isn't something we're waiting to experience. We're already participating in it.

In a 2008 interview about his Life Visioning teachings, Beckwith offered this reminder:[3]

> *"We're not anticipating good that's going to happen; we are participating in the good that is eternally happening."*
>
> **Michael Bernard Beckwith, 2008 interview with Joe Ditta**

I love that distinction.

How often do we postpone our happiness because we're anticipating some future version of our lives?

When the relationship arrives. When the business grows. When the circumstances change.

We're so busy preparing to receive the good that we overlook the good we're already participating in.

Beckwith's teaching invites us into a different relationship with life. Instead of continually looking toward what might happen, we begin recognizing what's available to us now.

And that doesn't mean we stop having aspirations.

We can build businesses, make plans, pursue relationships, and envision extraordinary possibilities for our lives.

But we don't have to withhold our joy until those possibilities become physical realities.

For me, this is where Tolle's teachings on presence and Beckwith's teachings on conscious participation meet.

One invites us to stop resisting the moment.

The other invites us to recognize that we're already participating in the life we've been waiting to live.

The future is something we can plan for. The present is where we get to live.

The Argument With What Is

One of the teachings that most influenced my understanding of presence comes from Eckhart Tolle's *The Power of Now*.[4]

At the heart of his work is the invitation to recognize the present moment without continually resisting it.

That sounds simple until you begin paying attention to how often the mind argues with reality.

This shouldn't be happening.

They shouldn't have said that.

I should be further along.

Things should be different.

Maybe they should.

But right now, they are what they are.

And there's an enormous difference between recognizing that something has happened and insisting that it shouldn't have happened.

The first allows us to respond.

The second can keep us in an argument with a moment that has already arrived.

Consider how much energy we spend wishing the present were different before we've even decided what to do about it.

The traffic is moving slowly. The appointment has been canceled. Someone has disappointed us. A plan has changed.

The situation itself may require attention, but then the mind adds another layer.

Why does this always happen to me?

Now we're dealing with the original circumstance and the story we're telling ourselves about it.

I've found that acceptance creates space between those two things.

The situation is here.

I can acknowledge it.

And now I can decide what comes next.

Acceptance doesn't mean I have to like what is happening. It means I can stop arguing with the fact that it is happening.

That's where something begins to shift.

Acceptance Is Not Resignation

I think this distinction deserves particular attention because acceptance can be misunderstood.

Accepting the present moment doesn't mean approving of injustice, remaining in an unhealthy relationship, ignoring a problem, or abandoning the desire for something better.

It doesn't mean becoming passive.

Quite the opposite.

When we stop spending so much energy resisting the reality in front of us, we may find ourselves better able to respond to it.

We can establish a boundary. Have the difficult conversation. Make a decision. Leave the room. Change the plan.

We can take action without making an enemy of the moment that requires it.

And this is where I believe presence becomes especially powerful.

© 2026 Micaela Redmond. All rights reserved.

We are no longer attempting to control what has already happened or manage a future that hasn't arrived.

We are responding to the life that is actually here.

There is tremendous freedom in that.

The Body Is Already Here

Our minds are remarkably capable of revisiting the past and imagining the future.

But our bodies offer us a way back into the present.

You can notice your feet against the floor.

Feel the movement of your breath.

Become aware of the temperature of the air against your skin.

Notice the sounds around you without immediately assigning a story to them.

There's nothing particularly elaborate about any of this.

And that's part of what makes it so accessible.

In somatic psychology, the relationship between bodily experience, awareness, and emotion offers an important perspective on how we experience ourselves.

The body isn't simply carrying us from one activity to the next. It's participating in our experience of the world.

We can notice tension in our shoulders, the rhythm of breathing, the pressure of our feet against the ground, or the sensation of sitting in a chair.

These sensations give our attention something immediate to return to.

For some people, attending closely to bodily sensations can feel uncomfortable or overwhelming. Presence doesn't require forcing that attention. Looking around a familiar room, noticing colors or sounds, or feeling the support of a chair can offer other ways to orient to the present.

What matters is the invitation to notice what's actually happening.

I often come back to a simple reminder:

Be where your feet are.

Your mind may have a dozen places it would rather be.

Your feet know where you are.

The Science of Paying Attention

The psychological study of mindfulness offers useful insight into why present-moment awareness can influence how we experience stress and emotion.

Researchers Emily Lindsay and J. David Creswell have examined mindfulness through two related capacities: monitoring present experience and approaching that experience with acceptance.[5]

The distinction matters.

We can be highly aware of something uncomfortable and still spend considerable energy resisting it.

© 2026 Micaela Redmond. All rights reserved.

But awareness accompanied by acceptance may change our relationship to the experience.

Their Monitor and Acceptance Theory proposes that acceptance is an important mechanism underlying some of mindfulness's emotional benefits.[6]

Research including randomized trials suggests that training people in both awareness and acceptance can produce different emotional outcomes than attention training alone.[7]

This matters because presence isn't simply noticing everything around us. It's also about how we relate to what we notice.

The science doesn't establish that every moment of presence produces joy or that mindfulness eliminates anxiety.

And that's not what I'm suggesting.

What it offers is evidence that our relationship with immediate experience can influence how we navigate emotion and stress.

For me, that's an important point of connection between scientific inquiry and spiritual practice.

Presence isn't just an idea to understand.

It's something we can experience.

You Can Think About Joy or You Can Experience It

Here's something I've been noticing.

Joy is often much quieter than we expect.

Sometimes it's a really good cup of tea.

Sometimes it's the way sunlight falls across a room.

Sometimes it's hearing someone laugh, noticing a beautiful tree, or sitting with someone you love without needing to fill the silence.

None of these things requires the rest of your life to be figured out.

But they do require you to be here long enough to notice.

If my attention is consumed by what happened yesterday or what might happen tomorrow, I can miss something beautiful that's happening right now.

The moment doesn't stop being beautiful because I'm distracted.

I simply don't experience it.

And I think that's one of the quiet tragedies of living almost entirely in our thoughts.

We can spend years waiting for the circumstances that will finally allow us to enjoy being alive.

Meanwhile, there are moments of aliveness available in the ordinary experience of living.

This doesn't mean every moment is joyful.

Sometimes the present moment contains grief, disappointment, fear, or exhaustion. Presence asks us to make room for those experiences, too.

There is no requirement to manufacture happiness.

But there may be relief in discovering that we don't have to fight every feeling in order to be at peace with ourselves.

© 2026 Micaela Redmond. All rights reserved.

Peace can make room for sadness. Presence can make room for uncertainty. And joy can exist without everything being perfect.

Where I Experience the Sacred

My understanding of presence is also spiritual.

I believe the divine is encountered in the immediacy of life.

God. Spirit. Source. Whatever language speaks to your understanding of the sacred.

For me, that presence isn't somewhere in the future waiting for me to become a better version of myself.

It isn't confined to a particular building, ceremony, or practice.

It's here.

In the breath I'm taking.

In the space between thoughts.

In the experience of becoming aware that I'm alive.

This is part of what Eckhart Tolle's teachings have helped me recognize: the difference between constantly thinking about life and consciously experiencing it.

And Michael Bernard Beckwith's teachings have helped me understand that conscious participation is an active way of living.

I can study consciousness, read about awakening, and have beautiful conversations about spiritual principles.

But eventually, I have to live them.

The practice happens in the grocery store. In traffic. During the uncomfortable conversation. When plans change. When someone says something I don't particularly appreciate.

Especially then.

It's relatively easy to talk about presence when everything is going according to plan.

The practice becomes interesting when life has other ideas.

And there is often an almost comical realization waiting on the other side of resistance.

The moment was already happening.

I was the one arguing with it.

A Small Practice in Being Here

You don't need an elaborate meditation practice to begin exploring presence.

Try this wherever you are.

First, notice that you're breathing. There's no need to change the breath or make it deeper. Simply recognize that breathing is happening.

Then feel the support beneath you. Your feet on the floor, your body in the chair, or the ground supporting you.

Look around and notice three things you can see.

© 2026 Micaela Redmond. All rights reserved.

Listen for a sound you hadn't noticed a moment ago.

Allow your attention to settle on what is happening right now.

If thoughts appear, there's no need to fight them. Recognize that you're thinking, and gently return your attention to the present.

That's it.

You haven't changed the past.

You haven't secured the future.

You may not have solved a single problem.

But you've given yourself an opportunity to experience the moment you're actually living.

And from here, you can decide what needs your attention next.

The Life That's Already Happening

I think one of the most meaningful changes in my life has been learning that I don't have to wait for everything to be resolved before I can experience peace.

There will always be something to plan, something to remember, something to address, and something that doesn't unfold quite the way I expected.

That's part of being human.

I can still make plans. I can still learn from my past. I can pursue meaningful work, build relationships, and participate fully in creating the life I want.

But I don't have to postpone experiencing my life until I've arrived at some imagined future where everything finally makes sense.

Life is happening now.

And I get to be here for it.

I believe presence changes the quality of our participation in the world. When we are truly here, we can listen more carefully, respond more consciously, and recognize the people and experiences in front of us.

We can be more available to our own lives.

And perhaps that's the real gift.

We spend so much time trying to get somewhere.

What if we discovered that the place we've been looking for is the moment we're already in?

Be where your feet are.

There's a whole life happening here.

© 2026 Micaela Redmond. All rights reserved.

An Invitation to Practice

The next time you notice yourself replaying an old conversation or worrying about something that hasn't happened, see whether you can return to what's immediately available.

Notice your breath.

Feel your feet.

Look around.

Let the moment be what it is before deciding what it needs to become.

You can still make the phone call, create the plan, or take the next step.

Just begin from here.

Because wherever life takes you next, you'll experience it in the present.

REFERENCES & FURTHER READING

1. Beckwith, M. B. (2008). *Spiritual liberation: Fulfilling your soul's potential*. Atria Books/Beyond Words.
2. Beckwith, M. B. (2012). *Life visioning: A transformative process for activating your unique gifts and highest potential*. Sounds True.
3. Beckwith, M. B. (2008). Unleash your highest potential today! (J. Ditta, Interviewer). *Spirituality & Health, 11*(4). Reprinted from the Spring 2008 Sounds True catalog. Read the interview (PDF)
4. Tolle, E. (1999). *The power of now: A guide to spiritual enlightenment*. New World Library.
5. Lindsay, E. K., & Creswell, J. D. (2017). Mechanisms of mindfulness training: Monitor and Acceptance Theory (MAT). *Clinical Psychology Review, 51*, 48–59. https://doi.org/10.1016/j.cpr.2016.10.011
6. Lindsay, E. K., & Creswell, J. D. (2019). Mindfulness, acceptance, and emotion regulation: Perspectives from Monitor and Acceptance Theory (MAT). *Current Opinion in Psychology, 28*, 120–125. https://doi.org/10.1016/j.copsyc.2018.12.004
7. Lindsay, E. K., Chin, B., Greco, C. M., Young, S., Brown, K. W., Wright, A. G. C., Smyth, J. M., Burkett, D., & Creswell, J. D. (2018). How mindfulness training promotes positive emotions: Dismantling acceptance skills training in two randomized controlled trials. *Journal of Personality and Social Psychology, 115*(6), 944–973. https://doi.org/10.1037/pspa0000134

Research findings are cited above. Reflections on presence, consciousness, and the sacred are the author's own perspective.

ABOUT THE AUTHOR

Micaela Redmond, LMT, CMP, PMP, Founder, EighteenFourteen

Micaela writes about consciousness, presence, somatic experience, and the ways we influence one another through our work and everyday lives. Her interdisciplinary perspective brings together decades of professional leadership, spiritual study, and doctoral study in Somatic Psychology.

Inquiries: micaelaredmond.com

Work with EighteenFourteen: eighteenfourteen.com · hello@eighteenfourteen.com

© 2026 Micaela Redmond. All rights reserved. | micaelaredmond.com | eighteenfourteen.com