

## Monday sit with instructions, week 3

**Gil Fronsdal**

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As this practice develops, there grows a reference point for how to practice. And the reference point I'd like to emphasize today is simplicity, a growing appreciation of a simple practice, simplicity of being. And a care is given to notice how we make things happen, complicated, relying on a simplicity of being in which whatever is happening now can be known, can be felt. So it's okay. And in the middle of it all, the body breathing without the body sensations, experience of breathing. Being appropriated for some technique, for some purpose beyond itself, more than sensing and knowing, breathing in the middle of it all.

No need to make it more complicated. And that reference point of simplicity maybe highlights any tendency to make it more, more complicated, a bigger agenda, the goal and the future. Not a simplicity of doing nothing, but a simplicity of living in the direct experience of being alive now. Sensing the sensations as they occur, allowing knowing to be just natural or almost natural. Simple arising of recognition, of knowing what is happening. The time comes when sometimes the simplest way of being is to simply observe, watch, when we can get out of our own way, a simplicity within which the present moment can become fuller, clearer, more peaceful.

A simplicity in which there can be a settling, settling into the body breathing, a settling into simplicity, the simple sensing and knowing, where no stories are needed, no analysis and commentary, just abiding in the experience of now. And if in the simplicity of things it seems complicated, see if you can be simple about the complicated. Simple knowing, simple sensing in the middle of it, nothing to solve, just the simplicity of being, of knowing and sensing, in which things can dissolve. Okay. The first an announcement, and then a short teaching in the simplicity of now, where we can be so simple or not involved in stories, commentary, analysis, concepts about our direct experience.

One way that we make it more complicated, and that I'll make it more complicated for you, is that today, this time, this flavor of the present moment, is called Monday. In some way, there is no Monday. But it is a convenience for the announcement that it's the Monday in which our fire alarms at IRC are going to be serviced. Okay. So it doesn't have to be a surprise. Strangers coming.

And it's possible that accidentally they'll trip the alarms. If you're someone who allowed alarms as troublesome, you might consider having earplugs. If the alarm goes off, don't be alarmed, which could be a very profound teaching. So I offer you this teaching today about simplicity, maybe a teaching that's more suitable two weeks into a month-long retreat than the first day, to have simplicity or spaciousness or silence or stillness or freedom as a reference point for how we make things unnecessarily complicated that takes us away from the simple simplicity of sensing, knowing, observing, and maybe always studying ourselves.

In the simplicity of the body breathing, where the simplicity of ongoing breathing is also a reference point for how we make things more complicated. Allowing yourself to be simple, so that you are not the agent of change, but you allow for a natural change, the ordinary natural change of how things change and appear and disappear, and how some things dissolve and some things grow, allow those things to dissolve, that dissolve, allow those things that grow to grow. And in that allowing, maybe you grow in simplicity, spaciousness, or maybe you, too so. Maybe a theme for today can be trusting simplicity in the way that keeps you close and intimate to being aware here, now, in your direct experience over this lived life. Thank you.