

## Saturday sit with instructions, week 3

**Gil Fronsdal**

**September 20, 2025**

**Keywords:** simplicity, mindfulness, awareness, spaciousness, entanglement, present moment, wanting, not wanting, body sensation, movement of mind

---

In the quiet, there is a kind of simplicity. Simplicity of not a lot of words. In the stillness, there is a kind of simplicity, not a lot of movement. A stillness within the body. A stillness within the mind. In space, in spaciousness, there is a kind of simplicity.

Not a lot of objects, things. Maybe a spaciousness of the body, in the body, around the body, throughout the body. A spaciousness beyond the edges of the body, the mind, of all things. There is simplicity in abiding here, in awareness. And in simplicity, it's possible to recognize even the smallest movements of being for and against the smallest waves or gathering of energy that involves wanting and not wanting. The simple ways that we get nodded up in the simplest experience of the present.

Sometimes the simple knots can be a subtle feeling of being concerned about something. A heightened attention, a heightened preoccupation, tightening, directing the mind to something. In contrast to simplicity, calm, there might be a small feeling of resistance or holding on to thoughts or feelings, sensations. Sometimes the sense of knot or entanglement is very subtle. It might simply be the way that interest is activated. The energy and directionality of interest is extra.

Even if things are not simple, if there's a swirl of emotions or a major story, even so, the very next moment might involve a very subtle reaction towards or away from, and the mindfulness is less interested in the object, but rather the simple movement of for and against the very simple ways that we get entangled. And almost amoeba-like pulling away or moving towards, can be known without any concern with what we're moving towards or away from. Staying close in to what is closest to the mind here and now, where the closest is the simple movement of tightening up or loosening, leading forward or back, or the freedom, openness, simplicity of not doing that. Return to where things are simplest, sound and hearing, and

maybe a subtle involvement, reaction, seen, smelled, tasted, something in the body, body sensation, known, and if it's there, knowing the simplest involvement, entanglement, activation, and the mind's ability to know itself. A thought, known simply, no need to be involved in it, or no need to be for or against anything in the mind. Know very simply what is happening. It's okay. To be simple, staying close to the simplicity of the present.