

Guided Meditation: Giving Time to Give Attention

Gil Fronsdal

October 22, 2025

Keywords: mindfulness, sati, generosity, present moment, awareness, breathing, compassion, attention, posture, field of awareness

So good, good day everyone. Welcome to our morning meditation. And having started a little earlier today here at IMCU with meditating, I feel a little quieter than usual to sitting down. So what I would like to offer today is that kind of a way of orienting ourselves in becoming mindful, becoming aware, waking up to this moment, is that to think of that or the foundation or the support for mindfulness is a form of generosity in a particular form, which is to give time to... to whatever it is that you're knowing. Whatever you know, whatever is happening in the present or the present moment manifestation of anything that comes into awareness, give that present moment manifestation time, time to be known, time to be heard and felt, seen. So the way I worded it includes thinking about the past and the future.

Rather than staying in the past and future, rather than investing yourself in concern with it, the investment of practice is giving time to the present moment manifestation of that, the fact that you're in the present moment you're thinking about the past. And what's that experience like? Give time to the experience of it, to what it feels like, what it's like, the speed of your thoughts, the intensity of the images, how you might be leaning into it or investing in it. And if you're feeling some emotion, give time to know it, to feel it. Give it its time to be there in the field of awareness. If it's your breathing, give time to know and inhale and exhale.

Exhale. Give time to know the rhythm of breathing in and breathing out. Give everything its time, one thing at a time, as if you have all the time in the world, and the duration of giving something time is however long lasts before you have to do it again. And in that time that you give to things, let there be a heightened... Getting to know the thing, getting to feel it, sense it, be with it. Give time to all things that occur, one thing at a time, as if you have all the time in the world.

And finally, one of the big supports for this is to assume a posture where there is no obstacles, no limitations, no crunching up of your breathing. The diaphragm is not... There's kind

of, there's space and room for the diaphragm to move freely. There's space for the belly to expand fully as you breathe in. There's space for your ribcage and the space between your ribcage to expand. So being careful with your posture that the posture is not limiting the freedom of your breathing and gently close your eyes.

Yes. And give time to feel your whole body as if you're giving time to a friend to really be present for them. And then within this body, maybe if you can some enjoyable, fuller breaths, slowly, calmly, breathing in, relaxing as you exhale, letting your breathing return to normal, and give a bit of time to feel if there's any pressure or tension, contraction in the thinking mind. If there is, feel it fully, as if you have all the time in the world. On the inhale, to allow to be there. And on the exhale, soften the thinking mind.

And then on the next exhale, settling your attention down into the torso. To feel the sensations of breathing. As if you have lots of time. Give time to feel and inhale. Give time to feel the exhale while it's there. Staying with the alternation of breathing in and out, expanding and contracting of the torso.

The movements in the body of breathing, giving time and attention to breathing, in a way that supports the quieting of the thinking mind. And if something is happening in the present, that's more compelling than the breathing, give time to know it. Perhaps knowing it in the same rhythm as breathing in and breathing out, giving time to know it for however long it takes to breathe in, to give the time it takes to breathe out, to know the thoughts, the feelings, sensations, whatever is happening. Let it be known with sense of spacious time, being aware one thing at a time, as if you have lots of time. And with that as a reference, maybe you'll notice that how you're mindful, how you're aware, might be somewhat in a hurry, wanting something to happen, or sometimes lagging behind in time, not really there, partly because we're thinking about what's happening.

Or maybe you're stepped out of time entirely, out of present moment flow of time, to be absorbed in thoughts and fantasies. When we give time to whatever is happening in the present, we are also then living in the live time, a time that's in a sense alive because it's how we are experiencing ourselves now. If we lose awareness by being absorbed in thoughts, we're no longer living in time, only in the present. Are we in time? And as we come to the end of the sitting, to do so while remaining in time, the way that the present moment is always the lived time of now, in giving time to what's unfolding here and now, the lived experience.

And then considering... bring into mind all the people who are alive around you right now, the people who might be in your neighborhood, on the streets, in your wide area where you live, the ecosystem of your place. And imagine giving everyone time, if they're in front of you,

giving them time. It's a phenomenal gift we can give, the gift of our attention, where people feel like we're giving them our time, giving time, allowing them time, as if we respect them, we value them, we care for them. May how we give time to every person be an expression of a deep care, deep compassion, respect. May all beings... Be happy. May all beings be safe. May all beings be peaceful. May all beings be free. Thank you.