

## Practice Notes: Resting Place

**Gil Fronsdal**

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I'll give you some small ideas about practicing here today. Sometimes when we're practicing, we can feel some settling or some calming movement in the practice, or something like that, some ways in which we're starting to feel a little bit better in meditating. And so it could be very subtle, maybe it's almost intuitive at first, but it's possible to kind of find that, where that is, a feeling of that inside the body and kind of rest the attention there. Or have some of your attention resting there, kind of resting with the calm, resting with a place of settling, to support it. Stay close to it so that it has a chance to kind of inform the rest of you. Stay right here.

Stay with the calm. Stay with the settling. Stay with the peace. Stay with the opening. Stay with the intimacy. Stay with the honesty.

There might be, you just have to be really honest about what's really happening to you. You're surprised sitting down and, and so it might be a feeling of, oh yes, if I stay here, this is a place where I can be honest with this and just be present and breathe with it, settle with it, continue the practice from this place. And that can be with walking meditation too. You start walking and after a while you feel, oh, yeah. There's something here that, I mean, there's a little momentum, momentum of a practice, a little bit of getting into it. There's a flow or there's a connectedness.

Oh, that's the place. Let me stay close to that. So there might be, where the goodness of the practice, meditation is coming alive for you, stay close to it. Let it be a reference point that supports you to stay in the present, continuing through the practice. So thank you for being here, and I look forward to meeting those of you who signed up for the meetings.