

## Friday evening reflections

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**December 05, 2025**

**Keywords:** simplicity, sense contact, clinging, non-clinging, non-entanglement, view, gaze, present, judgments, preferences

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The teaching of this week began with the idea of simplicity, to be with our immediate experience, simply to be with our senses, sense contact, simply maybe without a lot of elaboration, entanglement.

And it led to this idea of, in the seen, just the seen. In the heard, simply the heard. In the thought, just the thought. In the sensed, just the sensed. In the cognized, just the cognized. In the known, just the known, it's known.

And to begin to have a sense of how to do that, however little, can lead you to something very profound. And that is, in you there's just you. You're allowed to be as you are. Can you be that simple? In the you, there's just the you. As you are, just as you are.

Can you hold yourself, be with yourself, maybe as a whole person, globally, and have the same simple relationship as you would in the seen, just the seen? In the you, just the you, without entanglement, without desire and aversion. You're allowed to be here, live, present as you are. Maybe there's no need to make it complicated with interpretations and meaning assignment and judgments, preferences and liking and not liking and measuring yourself against standards of all kinds.

In the body, just the body. In the heart, just the heart. Emotions, just the emotions. In you, just you. And may that be a way that you can be generous and wise and caring for yourself in this sitting. To be with yourself with that kind of simplicity.

For yourself as a whole and for every detail. Every part of the whole that comes into view as you're sitting here, gaze upon it simply.

In the last few minutes of this sitting, I would like to introduce something different to this idea of in the seen, just the seen. It is possible to see something without any clinging to it,

without any elaborations or judgments or interpretations. Allow something to just be itself in the simplest possible way. And what I want to introduce is the idea that this is a way of seeing. So it's a view, it's a perspective that we bring.

Sometimes it's called a view. It's a way of gazing upon the world. We gaze upon anything, allowing it to be its own simplicity, its own thing. We gaze upon another person. So the gaze is simple, taking in the person without our clinging and preferences and liking and disliking. And to have this view, to have this gaze, is a great gift.

Sometimes it might be easier to have it in the quiet of a late evening. Maybe even a time when you're tired and ready for sleep. Maybe there's no energy for anything extra than just being with what is as it is. And may you, when you go to bed tonight and maybe your lights are off, maybe there's a way of looking into the darkness, looking maybe in the faint light that might still be there. Maybe a way of gazing upon your body, comfortable under the sheets.

To have that view, to have that gaze of non-clinging, non-entanglement, allowing each thing just to be itself, and so that as you fall asleep, you allow yourself to just be in the simplicity of being, to be with all of yourself without any clinging. That's the view. And may that support you in falling asleep deeply and peacefully, contentedly, and maybe even allow you to wake up, ease with yourself. May you sleep well. Thank you.