

## Two ways of being with the breath

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**March 18, 2026**

**Keywords:** mindfulness, mindfulness of breathing, breathing, mindfulness practice, central focus

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Words. So one of the central practices that I have that is the kind of the foundation for mindfulness practice is mindfulness of the breathing. And there's two general approaches for mindfulness of breathing that are kind of interesting to juxtapose. One is, you know, just to rest with a breath, breath with a sensation, stay with them. Just stay with it. It's all about staying present for them.

The other is not really trying to try to stay present for the breathing. Just avoid not being there. Just don't pick up anything. Don't go off in your thoughts. Don't get involved in anything else. Just no thank you. No thank you.

And so, kind of by default, all that's left is the breathing is to be with. So whatever else is happening, no, no thank you. I see you. I know you're there. I'm not for or against you. I just let you go. Let you go.

It's kind of a little bit like maybe a very relaxed driving. There's no traffic on the freeway. It's a long open stretch. And maybe you still have to have some good awakefulness for the road as you go. But you just let all the sights just go by. Go by. You don't look over your shoulder and take a minute to stare back at what you just passed. And then you're going to have an accident. Right.

You just, you don't get involved with the sights. You might look at it briefly, but you're driving along. It just falls away, falls away. And so you don't have to be engaged with anything. And so the idea is mostly just don't get involved with anything else, but the breathing or with the feet, the rhythm and the alternation of heats. So you're not trying to stay there, you're straining to stay with the breathing. But that's where you're staying.

And mostly you stay attentive enough, just nope, nope. Not going there, not staying there. That's not interesting for now. I'm on the mindfulness freeway. Just stay on the road of the breathing. And just no, no. No.

So I don't know if this will work for all of you, but you might want to see if that's a, I don't know how you've been doing this practice, but if you have a central focus like the steps as you walk, the breathing as you sit, and you're just trying to stay with it, still stay with it, but don't try so much. Don't try with staying with it. Just try not to do anything else. And then you're kind of left there with it. And see if that makes a different way, a different approach of how to do the practice. So I hope you enjoy it and look forward to meeting those who have signed up.