

Friday sit with instructions

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Perhaps, as an experiment, sitting here at this moment, what in the present moment, what here and now, is the easiest thing to be aware of? What here and now comes into awareness, arises in awareness, with the least amount of effort? What comes into awareness, here and now, that you can leave alone without needing it to be different, without commentary, without defining yourself by it? Is it something that you hear, something that you see, something that you smell or taste? Is it some experience in the body? Is it a thought, or is it an emotion?

If you stop making effort to be aware, but allow yourself to be aware without any directedness, without any agendas, what comes into awareness? What is easy to be aware of? Not that it is necessarily pleasant, but what comes into awareness easily, lightly, with no need to stay with it, to track it, to do anything with it. And can you get a feel for, a sense of what it's like to be aware this way, where awareness is almost the same as doing nothing, the next best thing to doing nothing, almost as if awareness doesn't require you to do anything? What comes into awareness easily, and that you can leave alone, let it be?

And with that light touch of awareness, can you allow breathing to arise in awareness with such a simplicity, in whatever way breathing wants to show itself to you, in whatever way inhale appears, for this particular inhale, letting each exhale be new, so that you don't know really how it's going to appear next. Aware of breathing with the body. Breathing, allowing the body to relax. Aware of breathing with the mind. Aware of breathing, allowing the mind to soften. Aware of breathing, with a simplicity of mind, simplicity, not needing anything to happen, not needing anything to go away.

A simplicity of awareness, breathing, where nothing sticks to awareness, nothing needs to stick in the mind, where awareness is renewed with every inhale, every exhale. Nothing

needs to be carried along, and everything is allowed to be, to be included. A steady awareness of breathing in and breathing out that allows all things to be included in the periphery, the wide gathering circle of awareness. Thank you.

What would it be like if awareness, awareness of breathing, was welcoming for all things to gather? Not searching for things, not making anything gather, but trusting the natural way that things appear, enjoying the whole, the whole of awareness. Everything is welcome. But there's no need to continue anything, to stay involved in making something, feeding it. No need to participate. Everything is welcomed and left alone.

And this simple rhythm of breathing is a reminder to leave all things alone in awareness. With the lightest of touches, what are you leaving out of awareness that, if you include it, you could be more at peace? What are you leaving out that you can include into the simplest field of awareness? So in the simplicity of all things, you can feel more whole. So awareness is not divided. So awareness has room, space to hold all things simply, without for or against, without needing to reject or accept anything.

And for this session, there'll be no bell to end it, no dividing time with a before and after. But for those of you who are working in the kitchen, at 9:30, please know that it is now 9:15.