

Guided Meditation: Homecoming

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Hello and welcome, and welcome to this meditation. And in all these years I've been meditating—50 years—I look forward to meditating. I wake up in the morning and I get up, or if it's still in bed, I can't. I look forward to the chance to meditate and sit down to meditate. And I feel so fortunate.

And so here, coming together to meditate, happy to be here. I don't have much on my mind. I don't have much, which is a nice thing. And maybe partly after all that engagement with the last series we just finished Friday, maybe I'm delightfully without a series, without too much of a theme. I have an idea for the *Dharma Talk*, but I'm just happy to be here with you all. Happy to meditate with you.

So we'll keep this quite simple. So, in your way, enter into a posture that supports your meditation. On different days, different postures are the right thing. Different degrees of sitting alert or sitting relaxed are appropriate. But there is some deep relaxation that can happen, sometimes deeper, if we begin by sitting or laying or being in a way that the posture is alert, balanced, so that something deeper can relax, something deeper can trust.

The way that we are engaging with having an attentive body, a body that is quietly, calmly alert, gently closing the eyes. And if sitting in meditation is a homecoming for you, homecoming to yourself, homecoming into your body, maybe your heart, how would you tune into that sense of homecoming? Even if you're in some ways having difficult emotions, even with that, is there some way to feel like you're coming home to yourself, to really sense and feel and be with yourself while meditating?

And a common thread that runs through the time, a period of meditation, is the rhythm of breathing in and breathing out. Maybe that sense of homecoming can be there with every in-hale and every exhale, with a rhythm that—the thread continuity of breathing in and out—is

a gentle protection from being caught in thoughts, judgments, conclusions, being caught in emotions and feelings. Stay close to your breathing as a loving protection from losing yourself into your thoughts, your ideas, your reactivity, your conclusions. Trust your breathing to keep you steady and continuous in a way of being that's not caught up in anything.

And then, as we come to the end of this quiet period of sitting, to imagine whatever quiet that's in your heart, in your mind, in your body, is a quiet that has space for love. Whatever quiet or spaciousness there's around you has room for love to spread. Like the sound of a bell travels through space, so does love, ready to touch everyone, wishing for the welfare and happiness of all beings.

May all beings be happy. May all beings be safe. May all beings be peaceful. May all beings be free.

And may we know each of these things for ourselves, so we can wish it well for others. May we all experience degrees of happiness, safety, peace, and freedom, and may we carry it with us, not expecting it from others. Thank you.