

Guided Meditation: What's Comes Forth?

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July 29, 2026

Keywords: mindfulness meditation, meditation posture, present moment, silence of awareness, inner goodness, loving-kindness

Well, I'm happy to sit here, to come into my meditation posture. This is my second sitting of the day, and it's quite wonderful to kind of come back into this. I feel the pull in my body and myself to just be quiet. And, you know, I'm going to be—I'm kind of supposed to say something here and welcome you all.

And it's one of the wonderful things that I've said before, of having such familiarity and delight to sit down and feel kind of this: so happy to be able to sit and meditate. And for some of you, I don't know if some of you—I've had this experience sometimes as well—that, um, oops, oops, waking up in the morning, sometimes I look forward, just in a very happy, nice way, to a cup of coffee. But in a deeper kind of way, sometimes I wake up—sometimes I often wake up, actually, these days—or sit down to meditate, and it's kind of like that feeling of delight, happiness: oh, I'm so lucky, this is going to be good.

So, we'll sit quietly together today. And maybe as you sit, as you meditate, whatever posture you're meditating in, the task is more than just to be in the present moment, to be in the present with your breathing, with your direct experience. But maybe the task is to be in the present moment so you can feel. There's something here in your being, in your experience of being alive, that feels kind of a pull towards yourself: being present, being alive, feeling the aliveness, feeling the offering presence, waking up in the middle of your experience.

It's not just being mindful. It's feeling the way the whole body, heart, mind likes being awake, likes being present. And I know that we all of us, including myself, can have challenges. And I sit sometimes with feelings that are not so pleasant. And even with that, maybe because of that, it's even more precious, more valuable to be awake in the middle of it. And I can feel that pull.

So hopefully these words point to something for you. So, sitting up, laying down, standing, intentionally and maybe slowly putting yourself into your meditation posture as a way of beginning to feel your body in the posture, and to feel that there's something besides your thinking mind, your calculating mind, your worried mind, that you can feel, sense, intuit for how to place your body, position your body, and how to approach your breathing.

And closing your eyes, if you haven't, and maybe not doing mindfulness meditation the way you usually do, at least at first. But see what call, what pull, what deeper way in which your lived experience welcomes you to be awake in the middle of it. And sit quietly, breathing quietly, with a deeper call, pull over the body, the heart, to be awake here now.

And as we approach the end of the sitting, I'll offer you a metaphor. Before a chick hatches from its egg, it begins poking, pecking with its beak against the edge, inner edge of its egg, pushing to break through. What is it in you that wants to come forth? When you are most quiet, most not thinking about an answer to this question, but sensing, intuiting deep in your body, your heart, what is it that wants to come forth? What wants to be born?

Can you feel something like the pecking or pushing or germinating, growing? And in the silence of awareness, to make lots of room for it, with lots of patience. And in the silence of awareness, the quiet and spaciousness of whatever meditation you have now, to let imagine that your inner goodness, whatever it might be, spreads out into the world. That your goodness, whatever it is, may touch others, to remind them that they're valued, they're important. And they too have goodness.

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