

Guided Meditation: Awareness Established in the Body

Gil Fronsdal

July 30, 2026

Keywords: mindfulness meditation, body awareness, stable awareness, rootedness, groundedness, presence, posture, *Middle Way*, freedom, kindness

Hello and welcome for this morning's meditation. I hope that it's helpful for some of you.

It's useful in doing mindfulness meditation to shift the language from mind to body. So, rather than mindfulness meditation, think of it as body fullness. We limit ourselves in meditation if we think it's all about the mind, and it's just the mind that knows and navigates what's there, as if it's in the control tower, somewhat removed from the body.

There's a lot of benefit in being rooted in the body, established in the body, in the sense of being kind of stable, stable in a body awareness. The way the body is aware, the way the body, the field of sensations in the body, creates that kind of a field of awareness. Rather than awareness arising out of the mind as a mental phenomenon of the mind, of the brain, awareness is centered in the body, flows out of the body. So, it's a field of attention.

And the advantage of being rooted in the body's experience of itself is that it's possible to find a way to be with the body that creates a feeling of stability, rootedness, where there's a clear presence that has maybe even some strength to it. An intentionality of presence may be expressed through an intentionality of the posture. Maybe you don't adjust your posture, maybe you do, but somehow the posture is clearly a place within which we establish our awareness of body—not of body, but the body's awareness, the way we can know and feel.

So, assuming a meditation posture, gently closing the eyes, and maybe swaying back and forth a little bit, maybe back, forward, and back, feeling the contact of your body against whatever surface it's touching that's holding your weight. And come to stillness, feeling the contact against that surface, feeling the meeting of your weight and the surface. Taking a few deeper breaths, fuller breaths, but as you do so, let the expanding body of inhale include a kind of pressure downward into the surface that's holding you, making contact with it, almost like you're putting down roots there. And as you exhale, settle in, settle around that rootedness, that groundedness. And let your breathing return to normal.

And from some feeling of being grounded or rooted in the place you're meditating, let that feeling of being stable, grounded, expand out through your torso. Maybe feeling the weight of your torso in the way it appears throughout the torso. Feeling the shifting and changing sensations of the torso that highlight or provide a feeling of stability, steadiness. Maybe somewhere in the spine, maybe somewhere in the belly, maybe around the diaphragm. Feeling in the torso where there is stability, a feeling of being established here and now. Even a little bit of solidity or stillness that holds up, or is the center of, all things that are shifting and changing.

And as you breathe, breathing in and breathing out, as the torso expands and contracts, maybe the companion to the shifting, changing sensations of breathing is some feeling of stability, rootedness in the body, awareness established in the body that highlights the shifting, changing breathing. And the shifting, changing sensations of breathing highlight the stability.

As we approach the end of the sitting, feel now whatever stability you have in your body, in your posture. Might there be some strength of presence where your presence, your attention, is rooted in the body? And from there, you can know what's happening without being what's happening. You might notice thoughts, but you're not living in the thoughts, being the thinker. You might know your feelings, but you're not the feeler.

Rather, you're the one who has stable awareness that can know everything else as if it's around you, but it is not you. A stable presence and awareness that needs no definition, needs not be associated with any of your identities, may be a stable awareness rooted in the body that gives you a glimpse of what it's like to be free, free in relationship to everything that's going on around, beyond the edges of that stability.

And that stable presence, stable awareness established in your body, is not a retreating from the world and not a leaning into the world. It's the *Middle Way* that we're present for this world, present in such a way that our kindness, our care, has a feeling of freedom in it. With stable awareness and freedom, we can wish well for the whole world.

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

And may our ability to have stable presence, rooted attention in our body, be the ground from which we offer friendship, safety, peace, and freedom to the people we meet. Thank you.