

Guided Meditation: Throughline of Breath

Gil Fronsdal

October 12, 2026

Keywords: meditation, breathing, presence, through line, loving heart, freedom, kindness, all beings

So I want to welcome you, welcome you all here. I feel particularly kind of inspired in the welcome, in that I've been gone for a week and, before that, for a month. I just delight in being able to be here. And before all the no-sound chats, which I appreciated being told, I appreciated all the good mornings and the friendliness with it all. So thank you.

It's common for me to give a lot of guided meditation on these seven a.m. [sessions]. And there's something very profound about not giving any. I was taught meditation without any guided meditation at all, and that was actually the beginning meditation. It wasn't taught much at all, except to be present, to be present with the breathing, and then finding my way with that for years. It's been a wonderful adventure.

And as we start this meditation, you might want to consider what it's like to sit, as some of you probably are, with the notion that this is an ongoing journey, an ongoing exploration, discovery, ongoing attunement to yourself and all the life changes, all the life experiences, everything that goes on in your life. Meditation can be the thread that runs through all the ways, all the unfoldings of a life—the difficult, the wonderful, the painful, the joyous. And through it all, there's this thread of meditation: staying present, staying here, staying true to ourselves, staying present for it all, no matter what it is.

And if this thread going through all the different changes of our life can produce a tremendous stability and tremendous resource, connecting us to something that's always here, something deeper, some capacity to process and work through and make space for our lives and the depths of who we are as well. So, assume a meditation posture—a posture of presence, whatever way that means for you—and perhaps gently close your eyes.

And before meditating, just checking in with yourself—an honest check-in: How are you right now? And if meditation is the thread that runs through your life, the through line through

all the ups and downs of how you are, how does that understanding shift how you might be present for yourself in the way you are now?

And part of that through line that comes with meditation can be breathing. Breathing is the—maybe that's the thread that we're following. Maybe that's where the thread unravels as we move through our life. And for this meditation, gently stay close to breathing, as if it's a through line that keeps us present, keeps us here with all that we are, but always staying with the breathing that keeps us steady, balanced through it all.

Extending on a mountain, in a strong gust of wind, and holding a railing to walk along to see it all—the great view from the mountains. The through line being the hand on the railing; the attention on the breathing.

So as we come to the end of this sitting, imagine that your breathing could accompany you through your life, through all the challenges and all the joys, a loving, friendly companion that wants the best for you. Accompanying you like a railing that keeps you always steady through all the ups and downs, keeps you present, keeps you free in the middle of whatever you're doing. Can you imagine a gentle presence, attention to breathing, being accompanied by breathing in a way that would support your freedom, your care and love, to be a through line through your life?

And from time to time, your inhales allow the middle of your chest to expand and to open, letting your heart, your sensitive heart, the emotional heart, radiate, feel, sense more fully, and walk through this world with a loving heart. A through line through all the ups and downs. Why not stay close to a kind heart, a warm heart?

May it be that how we walk through this world leaves a wake of kindness, of friendship, of warmth, of respect, of care for our world. May we create a wake that spreads ever wider behind us, like the wake of a boat. A wake of love, a wake of care, a wake of goodness. May all beings be happy. May all beings be safe. May all beings be peaceful. May all beings be free.

Thank you.