Last Morning Guided Meditation

Gil Fronsdal

October 25, 2026

Keywords: insight practice, deva, deva realms, impermanence, suffering, self, river of change, forgiveness, self-free zone

---

One of the very, very strong characteristics of the insight practice is a dedication, a devotion, a love, hopefully, eventually, to be present for things as they are, directly as they are. And we don't want to take that too seriously. Occasionally, it's good to use the imagination and reflect on maybe what could be.

So, I'm going to offer you a thought experiment that you may or may not want to participate in. Imagine that some great being, maybe one of the great *devas* of the Buddhist pantheon, has been really pleased with this retreat, been really pleased with your practice on this retreat. Maybe more pleased than you are yourself, and is so happy and wants to come down from the *deva* realms with a gift for you—an unsurpassed gift that's not given to many people.

And the gift is that, for the next half hour, you're completely off the hook. You're forgiven for everything for the half hour. You're responsible for nothing for the next half hour. And that you're allowed to—you're allowed. You really have permission to rest and live in and float in and swim in the ever-changing river of change that's right here.

You don't have to project, create, build the idea that anything is permanent, including you. Nothing is permanent. That's your contribution to the difficult world. You're off the hook. You can stop doing that. You can you the suffering.

It's not out there. That's also your contribution. It's a lot of serious, heavy work to create suffering. You're off the hook. Completely free from having to see anything, experience anything, make anything into suffering. No suffering is needed.

And the heavy, heavy lifting of me, myself, and mine, and who I am, and what I've done, and what I should be doing, and what I'm trying to hide from people, and what I'm trying to show people, and be for people—you're off the hook. It's a lot of work. You're free for these thirty

Transcript is machine generated and may contain errors.
Creative Commons License: Attribution-NonCommercial-NoDerivatives 4.0 International

minutes just to live, float, and not doing any of it is. Imagine that's the gift that the *deva* is giving you.

So, to gently close your eyes, and maybe just maybe appreciating this gift by feeling and sensing how much the energy, the momentum, the activity of your mind and heart and body. That this moment is the continuity, the momentum of all the heavy lifting you've been doing, all the work the mind makes to create permanence—a certain kind of way—suffering, self—and to hold that momentum and energy side by side with this gift.

Yes, yes, for these minutes, I'm allowed to put it all down, not be concerned about it, not have to fix anything or make anything better. I'm given the gift of forgiveness, no responsibility, nothing that you have to do or build. Kind of like settling back into a soft mattress to rest and be safe and content. To settle back into the river of change on your back, and allow yourself to float on all the change here—not because you're making change, but because when you're not making permanence, that's what's left.

Trusting the river of change more than you trust suffering, you left that at the shore. Trusting that for these minutes you don't have to give any thought to me, myself, and I, because if you do, you forget to float. Floating is so good. Floating in the river of change, the river of this wonderful gift that you've been given. Oh.

So, we are now halfway through this half-hour gift. You might want to continue enjoying the gift, and if you forget, that's okay because you're off the hook for everything. It's kind of like you're in a tax-free zone. We might call a self-free zone for these next 15 minutes. As silly as it might sound, it's also very profound. See if you can enjoy it, and if you can't, that's okay. You're off the hook.

Transcript is machine generated and may contain errors.
Creative Commons License: Attribution-NonCommercial-NoDerivatives 4.0 International