

Practice Note: Simple Presence

Transcribed and edited from a short talk by Gil Fronsdal on October 3, 2012

The words about practice that might be useful for you today are, “” It’s always a good idea to keep in mind that mindfulness practice is supposed to be simple. It’s meant to be simple presence, simple attention to what’s going on.

Keep that in mind with whatever you are doing: sitting here and being with your breath, or doing walking meditation and paying attention to your feet as you walk back and forth.

Whatever you are doing, you might ask, “Is what I’m are doing simple? Is it possible to simplify what I do, so that there’s a simpler presence in the present moment?”

I like to think of simple as being an open-handed, open-minded, open-hearted way to know what’s happening. Maybe that’s enough. See what it’s like to just be simple with what is, as it is.

I hope you enjoy your morning.