

"IN A CLEAN PLACE" --- This is important inasmuch as the external conditions have a direct bearing upon the human mind. In a clean place there is more chance for the seeker to maintain a cleaner mental condition. Apart from this, commentators explain that the place should be rid of mosquitoes, house-flies, bugs, ants and such other creatures that may disturb the beginner's mental concentration which he is trying to turn inward.

In his seat, the meditator is asked to sit steady (*Sthiram*). Without moving the physical body at short intervals and without swinging the body either forward and backward or sideways, the seeker is asked to get firmly established on his seat, because physical movement immensely contributes to the shattering of mental concentration and inner equipoise. This is very well realised by all of us, if we only remember our attitude when we are sincerely and seriously thinking over something. In order to get established in a firm posture it would be advisable to sit in any "comfortable seat" (*Asana*), with the vertebral column erect, fingers interlocked and hands thrown in front.

Adding more details, Krishna says that the seat of meditation "should not be too high or too low." If it is too high there will be a sense of insecurity in the meditator, created as a result of instinct of self-preservation, and he will find it difficult to extricate himself from his outer-world-consciousness and plunge himself into the inner. Again, we are told that the seat should not be too low; this is to avoid the mistake of meditating in any damp under-