

Seats like a lounge, a swing or a hammock are no good for meditation. A heap of grass or pebbles, a pile of logs — things such as these are also to be avoided. A rock or a platform constructed about two feet above the ground is quite suitable for this purpose. One would feel dizzy if the pedestal be too high. A seat on the ground would provide no protection against creeping insects. The provision on the platform, of a sacred kusa-grass mat, a deer skin and a cloth, one over the other would make an ideal seat for meditation.

How should one practise meditation? The process is explained :—

The Method — 12-15

तत्रैकाग्रं मनः कृत्वा यतचित्तेन्द्रियक्रियः ।

उपविश्यासने युञ्ज्याद्योगमात्मविशुद्धये ॥ १२

तत्र एक-अग्रम् मनः कृ-त्वा यत्-त-चित्त-इन्द्रिय-क्रियः ।

उप-विश-य आस-ने युञ्ज्यात् योगम् आत्म-वि-शुद्धये ॥

tatrai 'kāgram manaḥ kṛtvā yatacittendriyakriyaḥ ।
upaviśyā 'sane yuñjyāt yogam ātmavīśuddhaye ॥

तत्र *tatra* there एकाग्रम् *ekāgram* one pointed मनः *manaḥ* the mind कृत्वा *kṛtvā* having made यतचित्तेन्द्रियक्रियः *yata cittendriya kriyah* one who has controlled the actions of the mind and the senses उपविश्य *upaviśya* being seated आसने *āsane* on the seat युञ्ज्यात् *yuñjyāt* let him practise योगम् *yogam* yoga आत्मविशुद्धये *ātma viśuddhaye* for the purification of the self

Sitting there on his seat, making the mind one-pointed and restraining the thinking faculty and the senses, he should practise yoga for self-purification. 12