



Meditation at all times**

WHILE WALKING YOU CAN MENTALLY CHANT
MANTRA or NAMES OF LORD

Further in one stage meditation is not
only while sitting with closed eyes – while
eating, walking, sitting – most of the times &
later constantly we can meditate.

While walking people never look at
the mountain at all. Once in a way pausing
for 1 minute & simply looking at it while
going round, is more beneficial in my opinion.

While walking you can mentally chant the names of the Lord.

Further in one stage, meditation is not only while sitting with closed eyes
– while eating, walking, sitting – most of the times and later constantly
we can meditate.

While walking people never look at the mountain (Arunchala) at all. Once
in a way pausing for 1 minute and simply looking at it while going round,
is more beneficial in my opinion.

****Note:** Swamiji had written an article 'On Meditation and Japa'. The article provides lot of clarity on this subject. The same is enclosed and also available on Swamiji's website.

http://swamishantanandapurimaharaj.org/writings_swamiji/On-Meditation-and-Japa.pdf



On Meditation and
Japa.pdf