

Reasons for Fast Walk

0	AT LASSONS & FAST, WALK
0	VISIT ANY HOUSE. To make up for
	it all I put the maximum stewn in
	the short welks . (PATSICAI).
(2)	
	I DO NOT LIKE TO WASTE TIME BY NALICING SLOWLY. WHILE WACKING MIND
	GETS DISPERSED & to meditation on LOD 15
	MINIMAL.

Two reasons for Fast Walk

- 1. I do not go for any walk or visit any house. To make up for it all I put the maximum stamina in short walks (Physical)
- 2. I do not like to waste time by walking slowly. While walking mind gets dispersed and so meditation on God is minimal.