

J. Krishnamurti Online

Meditation means a **mind acting** in **daily life** that is **capable of seeing without** the **observer**. Meditation is **not something away** from **daily life**. It is **concerned with the whole of life**. It is **no good** sitting in the corner of a room and **doing all kinds of things**, and being **crooked the rest of the day**, rushing off to meditate in the evening to bring about some kind of **consolation, comforted** by **vague ideas**. That is **not** meditation, that is **childishness, playing with things**.

Public Talk 4 in Bangalore, 13 January 1974