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Sommario/riassunto	Meditation means a life that is totally different every minute of the day - 14 March 1971 A mind that inquires into this whole question of meditation must have tremendous discipline. When you observe 'what is' without the interference of the past, there is complete change of 'what is'. Is there a way of seeing the whole content of consciousness without analysis? When you give complete attention there is no centre from which you attend. The word 'innocence' means a mind that is never hurt, scarred. Meditation is the sense of complete silence and quietness of the mind. Question topics following the talk include: gurus, meditation, effort, escaping from 'what is'.