

## Excerpts from “The Book of Life” by J. Krishnamurti

Without meditation, there is no self- knowledge; without self - knowledge, there is no meditation. So, you must begin to know what you are. You cannot go far without beginning near, without understanding your daily process of thought, feeling , and action. In other words, thought must understand its own working, and when you see yourself in operation, you will observe that thought moves from the known to the known. You cannot think about the unknown.

Not being anything is the beginning of freedom. So if you are capable of feeling, of going into this, you will find, as you become aware, that you are not free, that you are bound to very many different things, and that at the same time the mind hopes to be free. And you can see that the two are contradictory. So the mind has to investigate why it clings to anything. All this implies hard work.

If you find it difficult to be aware, then experiment with writing down every thought and feeling that arises throughout the day; write down your reactions of jealousy, envy, vanity, sensuality, the intentions behind your words, and so on. If you write these things down whenever you can, and in the evening before sleeping look over all that you have written during the day, study and examine it without judgment, without condemnation, you will begin to discover the hidden causes of your thoughts and feelings, desires and words... In the flame of self -awareness, of self- knowledge, the causes of conflict are discovered and consumed.

A still mind is not seeking experience of any kind. And if it is not seeking and therefore is completely still, without any movement from the past and therefore free from the known, then you will find, if you have gone that far, that there is a movement of the unknown which is not recognized, which is not translatable, which cannot be put into words—then you will find that there is a movement which is of the immense. That movement is of the timeless because in that there is no time, nor is there space, nor something in which to experience, nor something to gain, to achieve. Such a mind knows what is creation —not the creation of the painter, the poet, the verbalizer; but that creation which has no motive, which has no expression. That creation is love and death.

So, to meditate is to purge the mind of its self-centered activity. And if you have come this far in meditation, you will find there is silence, a total emptiness. The mind is uncontaminated by society; it is no longer subject to any influence, to the pressure of any desire. It is completely alone, and being alone, untouched, it is innocent. Therefore there is a possibility for that which is timeless, eternal, to come into being.

**Meditation is not only constant self - awareness, but constant abandonment of the self. Out of right thinking there is meditation, from which there comes the tranquility of wisdom; and in that serenity the highest is realized.**