



### **Jiddu Krishnamurti (1895-1986)**

*'How did you come to that state of unity with everything?'*

'People have asked me about it before, and I always feel that they expect to hear the dramatic account of some sudden miracle through which I suddenly became one with the universe. My inner awareness was always there; though it took me time to feel it more and more clearly; and equally it took time to find words that would at all describe it. It was not a sudden flash, but a slow yet constant clarification of something that was always there. It did not grow, as people often think. Nothing can grow in us that is of spiritual importance. It has to be there in all its fullness, and the only thing that happens is that we become more and more aware of it. It is our intellectual reaction and nothing else that needs time to become more articulate, more definite.'

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'Indeed, it is only our free choice which creates conflicts in our lives; and conflicts are responsible for deterioration. By free choice we begin to build up handicaps and complications which we are forced to drive out one by one if we are to make our way towards truth.'

*'Then we should despair, according to you, just because we have been given the faculty of free choice? Would it be better if we were as the animals, which simply follow their dark fate and do not know what free will means?'*

'Not at all. Only the unintelligent mind exercises choice in life. When I talk of intelligence I mean it in its widest sense, I mean that deep inner intelligence of mind, emotion and will. A truly intelligent man can have no choice, because his mind can only be aware of what is true and can thus only choose the path of truth. An intelligent mind acts and reacts naturally and to its fullest capacity. It identifies itself spontaneously with the right thing. It simply cannot have any choice. Only the unintelligent mind has free will.'

*Krishnamurti In Carmel by Rom Landau  
From "God is My Adventure" published in 1936*

Self-knowledge is the beginning of wisdom, and to have self-knowledge is not a complex problem. You can know yourself as you actually are by observing yourself every minute of the day, or whenever it is possible to do so. If I want to know myself, the conscious as well as the unconscious, if I want to understand the whole buildup of the 'me', I must watch myself as I get into the bus, when I am conversing with a friend; I must observe the way I talk to my wife, to my boss, to my servant. Surely, I can see myself as I am only in the mirror of relationship. Do you follow? If you really go into it, you will find that it is extraordinarily simple.

Without knowledge of yourself there can be no solution of either the world problem or your own problem.

*New Delhi, October 10, 1956*

When you give your whole mind, your whole heart, your total being to something, there is no problem. It is partial attention, in which there is a withholding, that creates the problems and the miseries in our life.

*Bombay, December 23, 1959*

Awareness of the fact, like awareness of a dangerous thing, creates its own energy, which in turn produces action not based on contradiction.

*Bombay, December 27, 1959*

[www.jkrishnamurti.org](http://www.jkrishnamurti.org)      <http://tchl.freeweb.hu/>

<http://www.archive.org/details/godismyadventure032951mbp>