

482 The truth (*this is an edited version of my blog 482; also go to blog 488 the truth redux*)

When reading Krishnamurti (and indeed all others) one re-occurring subject is the truth: Saints, prophets, philosophers, writers, orators, gurus, teachers ... and Krishnamurti, talk about truth. What are they talking about? Do you have an idea what the truth is? It seems a silly question, the truth is the opposite of a lie, the opposite of falsehoods; we all know that. Yet, the truth is mentioned again and again in different contexts: It seems an issue much more pertinent than just the antonym of a lie. There appears to be a spiritual dimension to it ... but one thing that has struck me over and over when reading K is that an easy definition is not available. It is hard to find a point where you can have an "aha" moment ... so *that* is what he is (they are) talking about! Krishnamurti says, "truth is a pathless land" (no *system* holds the truth). However, for Christians the path is simple: The Truth is the holy trinity, there is the Father, the Son, the Holy Ghost, and you better believe (in) it. For Buddhists the opposite is true: The truth is there is *no holy trinity*, in fact there is nothing holy ... no God and neither soul nor self. Myself, I reject both notions and I have settled for a much more simple Truth as well as truth in the vein of Jain beliefs - *not-one-sidedness*: one claim or another or both may be true. I have essays on THE TRUTH 1, 2, 3, 4, THE PATH and TRUTH. But wait, there is more to the issue of truth from the point of view of many philosophies and some religions like Buddhism, and that is the enigma of duality versus non-duality. In many ancient scriptures the point is made: All-Is-One ... i.e. "*the truth is there is no duality, all is One, and the One is all there is.*" Duality, then, is an illusion ... our "reality" - as we perceive it with our minds - is an illusion and the only true reality is that of *Oneness of the All* (there are so many ways to describe this entity, this state ... God comes to mind, universal consciousness is another). Ahhh ... consciousness, this indeed is another favorite subject of mine, I write about it in CONSCIOUSNESS 1 and 2. And in my essay DUALITY you can see I don't buy into the concept of non-duality (read more in my blog 411). So, non-duality is actually a state that is supported by the sciences: On a quantum level everything is energy, there is no such thing as "material"; but the question of truth and duality vs non-duality for me is not an issue of science, at least not in our context of spirituality. On a mystical level ... if the mystics say All Is One, well, so be it; that's OK with me. But on the level where we are living, breathing, thinking, where we are both physical and conscious human beings, it's a different story. I do think here we have duality, the duality of everything material, including our bodies, as well as the functions of the brain, our mind, our lower consciousness; and then we have the spiritual, our soul, our inner self, our higher consciousness; that's the truth (well, one truth). Anyway, I'm reading Krishnamurti these days; he and the Buddha want us to go inside (in meditation) and discover the truth for ourselves, in fact all on our own. Maybe the concept of truth can't be expressed in words. However, K does define the truth eventually: "A still mind is limitless, and that is the only truth." Frankly, I believe the truth is in Zen. I have a ZEN essay ... but what does it mean to us on a daily basis? Read all about it.