

KRISHNAMURTI. If there's a person we can learn from immeasurably - who by his own account is not a guru - it is Jiddu Krishnamurti. He talks to us from a position of enlightenment, where he sees the world as it really is, and he doesn't mince words: The world is cruel, full of violence and ignorance ... while always emphasizing he is in no sense a person of authority, i.e. he has no doctrine to impart. **Krishnamurti** (1895 - 1986) was an Indian-born writer and speaker on spirituality and philosophy, who had no allegiance to any nationality, caste, religion or philosophy and spent his life travelling the world, speaking to groups and individuals. His subject matters included psychological revolution, the nature of mind, meditation, inquiry, human relationships and bringing about radical change in society. **Krishnamurti** stressed the need for a revolution in the psyche of all human beings and emphasized that such revolution can't be brought about by any external entity, be it religious, political, or social ... that change has to come from within and it has to occur in every human; consequently his supporters work through non-profit foundations and oversee independent schools based on his views on education.

Krishnamurti writes eloquently about life, truth and reality ... all in respect of the absence of religion, with its doctrines and dogmas, its delusions and falsehoods. The core of Krishnamurti's teachings is the realisation that our strongest longing is for freedom ... and that is not just political freedom, but Freedom from the Known. That is freedom from the contents of our overloaded mind ... our biases, illusions & disillusion, expectations, past experiences (good or bad), our rituals and traditions.

This is the conclusion to his book Freedom from the Known: "A still mind is limitless, it has no centre and no space, no time ... and that is the only truth, the only reality." "This state of mind is the true religious mind ... in that state of mind you may come across this thing called truth or reality or bliss or God or beauty or love." "This thing cannot be invited. It is like a cool breeze coming through the window ... you can not invite the breeze in, but you can leave the window open."

see also ENLIGHTENMENT 2
I often reference Krishnamurti
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"I don't mind what happens."

"I don't mind what happens" was Krishnamurti's response when asked about the secret to his enlightenment. It would be a contentious statement in public life - surely great advances would not have happened and injustices would have been ignored, had people simply elected not to mind. But this axiom is profound in spirituality: Acceptance is not the same as fatalism. To accept the way things are is to stop resisting reality. Then acceptance is a pre-condition for change, not an obstacle to it.

"I don't mind what happens" ... that is the essence of inner freedom; it is a spiritual truth: release attachment to outcomes. And as you accept reality and see things as they really are, you'll feel good because you are connected to - you are one with - the power of the universe; that is the beauty of life. When you live with this awareness, this sensitivity and insight, life has an astonishing way of taking care of you. Then there is no problem of insecurity, as regards what people say or do not say.

With content from Jim Dreaver and Oliver Burkeman; see also ACCEPTANCE, MEDITATION

*One last thought: when reading K and listening to K's talks, it becomes clear that meditation retreats, courses, apps and techniques at best are superfluous ... at worst a hindrance.
Just meditate.*