

Extraordinary seeing - J. Krishnamurti

So we are asking, as at the beginning, *can the mind come to that **extraordinary seeing**, not from the **periphery**, from the **outside**, from the **boundary**, but *come upon it **without any seeking***? And *to come upon it **without seeking** is the **only way** to find it*. Because in coming upon it *unknowingly, there is **no effort, no seeking, no experience***; and there is the ***total denial** of all the **normal practices** to come into that center, to that **flowering***. So the mind is ***highly sharpened, highly awake, and is no longer dependent upon any experience to keep itself awake***.*

When one asks oneself, one may ask verbally; for most people, naturally, it must be verbal. And *one has to realize that the **word** is not the **thing***—like the *word “**tree**,” is not the **tree**, is not the **actual fact***. The *actual fact* is when one touches it, not through the word but when one actually comes into contact with it. Then it is ***an actuality***—which means *the **word** has lost its power to mesmerize people*. For example, the word God is ***so loaded*** and *it has mesmerized people so much* that they will accept or deny, and function *like a squirrel in a cage!* So the ***word** and the **symbol** must be **set aside***.

The Book of Life, May 19, Harper San Francisco, 1995