

J. Krishnamurti – Meditation

Meditation is the **beginning of order**. Meditation is **awareness** of the **movement of thought as the 'me'**. **Meditation** is total, absolute inward **freedom** in which there is not a single image; freedom from all the things that man has **put together as reality**. Then the **natural sequence** is the **flowering** of silence. In that silence is that **quality of energy** you have never **touched before**, and that is the **transforming factor**, the **real creative movement of life**. In that silence, a great many other things go on because, in that silence, the **brain becomes orderly**. It will function when necessary; **otherwise**, it is **completely quiet**. In this silence, thought has **no place**, and therefore there is **no time**. That silence **cannot** be measured. In that **quiet stillness**, that which is **not describable**, which is **nameless**, which is **not the product of time and thought**, is that movement. That is the **creation**.

Public Talk 4 in New Delhi, 2 December 1973