

J. Krishnamurti Online

Listening brings freedom

When you make an **effort** to listen, **are you listening?** Is not that **very effort** a **distraction** that **prevents listening?** Do you make an effort when you listen to something that gives you delight?... You are **not aware** of the **truth**, nor do you see the **false as the false**, as long as your mind is **occupied** in any way with **effort**, with **comparison**, with **justification** or **condemnation**...

Listening itself is a **complete act**; the **very act of listening** brings its own **freedom**. But **are you really concerned with listening**, or with **altering** the **turmoil within?** If you would listen, sir, in the sense of being **aware** of your **conflicts and contradictions** **without** forcing them into any particular pattern of **thought**, perhaps they might **altogether cease**. You see, we are **constantly** trying to be **this** or **that**, to **achieve** a particular state, to **capture** one kind of experience and **avoid** another, so the mind is **everlastingly** occupied with something; it is **never still** to **listen** to the **noise** of its **own struggles** and **pains**. **Be simple** ... and **don't try to become** something or to **capture** some experience.

The Book of Life, January 5, HarperSanFrancisco, 1995
