

Why is one thoughtless? - J Krishnamurti

The **thinker thinks** his **thoughts** through **habit**, through **repetition**, through **copying**, which brings **ignorance** and **sorrow**. **Is not habit thoughtless?**

Awareness creates order, but it **never** creates habit. **Settled tendencies** only bring about **thoughtlessness**.

Why is one thoughtless? Because to think is **painful**, it creates **disturbances**, it brings **opposition**, and it may **cause one's actions** to go **contrary** to the **established pattern**. To think-feel extensionally, to **become choicelessly aware** may lead to **unknown** depths, and the **mind rebels against** the **unknown**; so it moves from the **known to the known**, from **habit to habit**, from **pattern to pattern**. Such a mind **never abandons** the **known** to **discover** the **unknown**.

Realizing the **pain of thought**, the **thinker becomes thoughtless** through copying, through habit; being afraid to think, he creates **patterns** of **thoughtlessness**. As the **thinker is afraid**, his **actions** are **born of fear**, and then he **regrets his actions** and tries to change them.

The **thinker** is afraid of **his own creations**; but the **deed is the doer**, so the **thinker is afraid of himself**. The **thinker is fear** itself; the **thinker is the cause of ignorance, of sorrow**. The **thinker may divide himself into** many categories of **thought**, **but the thought is still the thinker**. The thinker and his **efforts to be**, to **become**, are the **very cause of conflict** and **confusion**.

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