

All Becoming Is Disintegration

The mind has **an idea**, perhaps **pleasurable**, and it **wants** to be **like that idea**, which is **a projection** of your **desire**. You are **this**, which you **do not like**, and you **want to become that**, which you like. The **ideal** is a **self-projection**; the **opposite** is **an extension** of **what is**; it is **not** the opposite at all, but a **continuity** of **what is**, perhaps **somewhat modified**. The projection is **self-willed**, and **conflict is** the **struggle** towards the **projection**. You are struggling to become something, and **that something is part of yourself**. The **ideal is your own projection**.

See how the mind **has played a trick** upon **itself**. You are **struggling after words**, pursuing your **own projection**, your own **shadow**. You are **violent**, and you are **struggling** to **become nonviolent**, the **ideal**; but the **ideal** is a **projection of what is**, only under a **different name**. When you are **aware** of this trick that you have **played upon yourself**, then the **false as the false is seen**. The **struggle** towards an **illusion** is the **disintegrating factor**. **All conflict, all becoming** is **disintegration**.

When there is **an awareness** of **this trick** that the **mind has played** upon itself, then **there is only what is**. When the mind is **stripped of all becoming, of all ideals, of all comparison and condemnation**, when its own structure **has collapsed**, then the **what is which is the Reality** has undergone **complete transformation**. As long as there is the **naming of what is**, there is **relationship between the mind and what is**; but when this **naming process** - which is **memory**, the **very structure of the mind - is not**, then **what is, is not**. In this **transformation alone** is there **integration**.

- Krishnamurti, J. Krishnamurti, The Book of Life