
Quiet Mind, Simple Mind

Posted:

When we are **aware of ourselves**, is not the **whole movement of living** a way of uncovering the **"me,"** the **ego,** the **self?** The self is a **very complex process** that can be uncovered **only in relationship,** in our **daily activities,** in the **way we talk,** the **way we judge, calculate,** the **way we condemn** others and ourselves. All that **reveals** the **conditioned state** of our **own thinking,** and **is it not important** to be **aware of this whole process?** It is only through **awareness of what is true** from **moment to moment** that there is **discovery** of the **timeless,** the **eternal.** Without **self-knowledge,** the **eternal cannot be.** When we do not know ourselves, the **eternal** becomes a mere word, a symbol, a speculation, a dogma, a belief, an illusion to which the mind can **escape.**

But if one **begins to understand** the **"me"** in **all its various activities** from **day to day,** then in that **very understanding,** without **any effort,** the **nameless,** the **timeless** comes into being. But the timeless is not a reward for self-knowledge. That which is eternal cannot be **sought after;** the mind cannot **acquire** it. It **comes into being** when the mind is **quiet,** and the mind can be quiet only when it is **simple,** when it is **no longer storing up, condemning, judging, weighing.** It is **only the simple mind** that can understand the **real,** **not** the mind that is full of words, knowledge, information. The mind that **analyzes, calculates, is not a simple mind.** - Krishnamurti, J. Krishnamurti, The Book of Life

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