

There is understanding only when there is stillness

There is **understanding** only when there is **stillness**, when there is **silent observation**, **passive awareness**. Then only the problem **yields its full significance**. The awareness of which I speak is of what is **from moment to moment**, of the **activities of thought** and its **subtle deceptions, fears, and hope**. **Choiceless awareness wholly dissolves** our **conflicts and miseries**. - Krishnamurti, The Collected Works, Vol. IV,144,Choiceless Awareness

Discover the whole content of what is

Understanding comes with the **awareness** of **what is**. There can be **no understanding** if there is **condemnation of** or **identification with** what is. If you **condemn a child** or **identify yourself with him**, then you **cease to understand** him. So **being aware of a thought or a feeling as it arises**, **without condemning** it or **identifying with it**, you will find that it **unfolds** ever more **widely** and **deeply**, and thereby **discover** the **whole content of what is**. To understand the **process** of what is, there must be **choiceless awareness**, a **freedom** from **condemnation, justification, and identification**. When you are vitally interested in **fully understanding** something, you **give your mind and heart**, **withholding nothing**. But unfortunately you are **conditioned, educated, disciplined** through **religious and social environment** to **condemn** or **to identify**, and **not** to **understand**. To **condemn is stupid** and **easy**, but **to understand is arduous**, requiring **pliability** and **intelligence**.

Condemnation, as **identification**, is a **form of self-protection**. Condemnation or identification is a **barrier** to **understanding**. To understand the **confusion**, the **misery** in which one is, and so of the world, you **must observe its total process**. **To be aware** and **pursue** all its implications requires **patience**, to follow **swiftly**, and to be **still**. - Krishnamurti, The Collected Works, Vol. IV,143,Choiceless Awareness

If you are aware of outward things

Please do listen to this. Most of us think that awareness is a mysterious something to be practised, and that we should get together day after day to talk about awareness. Now, you don't come to awareness that way at all. But if you are aware of outward things -the curve of a road, the shape of a tree, the colour of another's dress, the outline of the mountains against a blue sky, the delicacy of a flower, the pain on the face of a passer-by, the ignorance, the envy, the jealousy of others, the beauty of the earth- then, seeing all these outward things without condemnation, without choice, you can ride on the tide of inner awareness. Then you will become aware of your own reactions, of your own pettiness, of your own jealousies. From the outward awareness you come to the inward, but if you are not aware of the outer, you cannot possibly come to the inner. - Krishnamurti, The Collected Works, Vol. XV,242,Choiceless Awareness

NOTE:

*"Awareness is the **silent and choiceless observation** of **what is**; in this awareness the **problem unrolls itself**, and thus it is **fully and completely understood**. A problem is **never solved** on its own level; being complex, it must be **understood** in its **total process**. **To try to solve** a problem on only one level, physical or psychological, **leads** to further **conflict** and **confusion**. For the resolution of a problem, there must be this **awareness**, this **passive alertness** which reveals its total process." – J Krishnamurti*