

When thought has understood its own beginning

Meditation is to be **aware** of every thought and of every feeling, never to say it is **right or wrong** but **just to watch it** and **move** with it. In that **watching** you **begin to understand** the **whole movement** of thought and feeling. And **out of this awareness** comes **silence**. Silence **put together** by **thought** is **stagnation**, is **dead**, but the **silence** that **comes** when **thought** has **understood** its **own beginning**, the **nature of itself**, **understood** how **all thought** is **never free** but **always old** - **this silence is meditation** in which the **meditator** is **entirely absent**, for the **mind has emptied itself** of the **past**.

- Krishnamurti, Freedom from the Known, 115