

## **Absolute silence of the mind - Jiddu Krishnamurti**

<https://youtu.be/Ym3Vb8GleWM>

So one asks, is there a stop to thought and time?

Because if there is time, that is if there is thought, this perpetual occupation, as most of us are perpetually occupied thinking about various things, chattering the brain is never quiet but always groping, searching, remembering, hoping.

Such a mind, obviously, is never quiet.

But to perceive that it is not quiet without any direction, not say it must be quiet to perceive it, to observe it is not quiet, then it becomes extraordinarily quiet without any compulsion, without any practice, which means one requires great sensitivity, attention, awareness.

Only in that absolute silence of the mind, a silence which is not cultivated by thought, it isn't a silence between noise, between two noises, or between two thoughts this silence is not that.

Silence demands total freedom from all self-centred activity and pursuit of pleasure and fear and so on.

Only in that silence completely, can there be that which is nameless.