

Can happiness be found through anything? - J. Krishnamurti

We **seek happiness** *through things, through relationship, through thoughts, ideas*. So things, relationship, and ideas **become all-important** and **not happiness**. When we seek happiness through something, then the thing becomes of greater value than happiness itself. When stated in this manner, the problem **sounds simple and it is simple**. We seek happiness in property, in family, in name; then property, family, idea become all-important, for then happiness is *sought through a means, and then the means destroys the end*. Can happiness be found through any means, through anything made by the hand or by the mind? Things, relationship, and ideas are **so transparently impermanent**, we are ever **made unhappy by them...** *Things are impermanent, they wear out and are lost; relationship is constant friction* and **death awaits**; **ideas and beliefs** have **no stability, no permanency**. We **seek happiness in them** and **yet do not realize their impermanency**. So *sorrow becomes our constant companion* and **overcoming it our problem**.

To find out the true meaning of happiness, we *must explore the river of self-knowledge*. *Self-knowledge is not an end in itself. Is there a source to a stream? Every drop of water from the beginning to the end makes the river*. To imagine that **we will find happiness at the source is to be mistaken**. It is to be **found where you are on the river of self-knowledge**.

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